



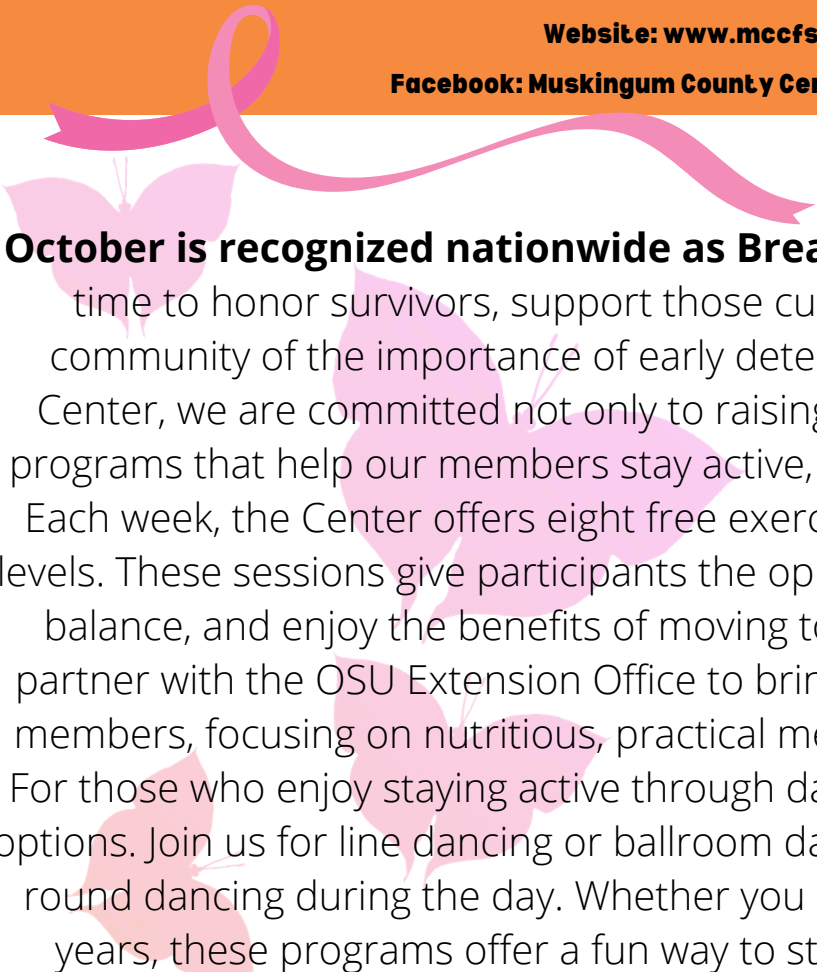
The Community Connection

OCTOBER | VOLUME 50, ISSUE 10 2026

Business Hours: 8:00 AM - 4:00 PM Phone: (740)454-9761 Fax: (740)454-3309

Website: www.mccfs.org

Facebook: Muskingum County Center for Seniors



October is recognized nationwide as Breast Cancer Awareness Month—a time to honor survivors, support those currently fighting, and remind our community of the importance of early detection and overall wellness. At the Center, we are committed not only to raising awareness but also to providing programs that help our members stay active, engaged, and healthy all year long. Each week, the Center offers eight free exercise classes designed for all fitness levels. These sessions give participants the opportunity to build strength, improve balance, and enjoy the benefits of moving together as a community. We also partner with the OSU Extension Office to bring hands-on cooking classes to our members, focusing on nutritious, practical meals that support long-term health. For those who enjoy staying active through dance, the Center has a full lineup of options. Join us for line dancing or ballroom dancing in the evenings, or stop in for round dancing during the day. Whether you are a beginner or have danced for years, these programs offer a fun way to stay moving while connecting with others.

As we observe Breast Cancer Awareness Month, we encourage everyone to take a moment to prioritize their health—schedule screenings, learn the signs, and participate in activities that support your well-being. The Center is proud to offer a wide variety of programs that help our community stay healthy, engaged, and active. We invite you to take part, get involved, and celebrate wellness with us this October and beyond.

OUR COMMUNITY

Staff

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

Shannon Weaver Ext. 102

Quality Compliance Coordinator

Debbie Moore Ext. 114

Activities Director

Tara McGuire Ext. 116

Community Involvement Coordinator

Jill Jones Ext. 123

Nutrition Administrator

Karen McHenry Ext. 107

Transportation Coordinator

Mike Keffer Ext. 112

Activities Assistant

Carol Morgan

Receptionist

Vicki Smith Ext. 101

Programs Coordinator

Billie Guerra Ext. 115

Nutritional Support

Karissa Moss Ext. 104

Lora Paisley Ext. 109

Office Support

Kathaleen Soter Ext. 113

Goodwill Support

Carol Layman

Board of Commissioners

Cindy Cameron

Melissa Bell

Drake Prouty

Board of Trustees

Anthony Adornetto

Jay Benson

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

Flora Martin

James McDonald

Jeff Tilton

Brian Wagner

Keely Warden

Melissa Wood

Mission:

Our mission is to **ENRICH** the quality of life in Muskingum County by creating opportunities for healthy aging that **PROMOTE** social connectivity, **EMPOWER** mind and body wellness, and **CELEBRATE** lifelong growth.

MCCFS will be **CLOSED** on the following dates in 2026:

Monday, October 12 - Columbus Day

Tuesday, November 3 - Election Day

Wednesday, November 11 - Veterans Day

Thursday & Friday, November 26 & 27 - Thanksgiving

Thursday & Friday, December 24 & 25 - Christmas Eve & Day

Thursday, December 31 - New Year's Eve

SERV TRACKER

Just a reminder to please sign in at the kiosk when you come in for lunch and/or activities. This process is **VERY** important for us to maintain accurate records and is our only way to track our meals and activity attendance. If you are a regular attendee and do not have a card, please stop at the front desk or see a staff member. We update the information annually.

*NOTICE REGARDING CANCELLATIONS/CLOSINGS

* Any cancellations due to weather (or other emergencies) will be announced using our website, Facebook, and WHIZ TV and radio. We will no longer use the ALL CALL SYSTEM.

Every effort is made to ensure the accuracy of dates, times, and activities in the Community Connection. Unfortunately, there are times when changes occur after the newsletter has gone to print. Schedule changes will be posted online and at the front door of the Center.



Special Days October

- 1 International Coffee Day
Pumpkin Spice Day
- 2 Name Your Car Day
- 3 National Boyfriends Day
- 4 National Golf Day
- 5 Do Something Nice Day
World Teacher's Day
- 6 Physician Assistant Day
- 7 National Forgiveness Day
- 8 National Pierogi Day
- 9 Fire Prevention Day
- 10 National Angel Food Cake Day
- 11 It's My Party Day
- 12 Columbus Day
Old Farmer's Day
- 13 National M&M Day
- 14 National Dessert Day
- 15 National Grouch Day
- 16 Bosses Day
- 17 National Pasta Day
Sweetest Day
- 19 National Seafood Bisque Day
- 20 Brandied Fruit Day
- 21 Count Your Buttons Day
Pumpkin Cheesecake Day
- 22 National Nut Day
- 24 Make a Difference Day
- 25 Mother-In-Law Day
- 26 National Pumpkin Day
- 27 Black Cat Day
- 28 National First Responders Day
- 29 National Cat Day
- 30 National Candy Corn Day
- 31 Halloween

USDA prohibits discrimination on the basis of race, color, national origin, gender, age, or disability.



Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. The suggested donation is \$3.00 per trip (each way). **All transportation is by appointment only, and advanced notice is required.** Please call (740) 617-1402 to schedule a ride.

Leave a Legacy

The Center depends on private contributions to help us provide services to the seniors of Muskingum County. Through the Leave a Legacy program, individuals can establish memorial funds or endowments for their favorite charities. Please call the Center for more information.



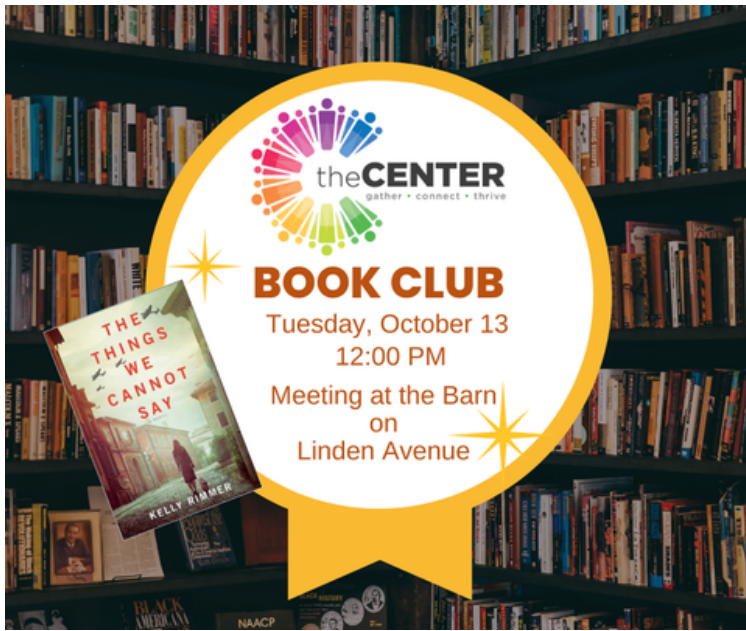
We would like to thank everyone who donated to the Center in September. We continue to be blessed by your generosity, which enables us to continue to provide quality service to our Friends of the Center in Muskingum County!

**The MCCFS Board of Trustees will
hold its next meeting on
Tuesday, October 13.**

Golden Buckeye Card

If you did not receive your Golden Buckeye Card at age 60 or need a replacement card, you can call 1-800-422-1976.

What's Happening




BOOK CLUB
Tuesday, October 13
12:00 PM
Meeting at the Barn
on
Linden Avenue



DJ DANCE PARTY

Friday, October 16
6 pm



- DJ KURTUS NICHOLS
 - DOORS OPEN AT 5 PM
 - OPEN TO THE PUBLIC
 - CONCESSIONS AVAILABLE
- COST \$3**

the **CENTER**



LUNCH BUNCH



WHEN: Tuesday, October 27 at 11:30 pm
WHERE: Longhorn - 3557 Maple Ave.,
Zanesville

Enjoy lunch & fun with friends!
A \$5.00 deposit is required!
Registration begins October 1.



Good Ole Gospel Music Night

Sponsored by
Helen Purcell

Hosted by Dick Pryor

Thursday,
October 8, 2026

Doors open at 5:00pm
Music begins at 6:00pm



Music by
PureHeart

Join us.
Prepare to be blessed.

Admission \$2



All are welcome at the Center.



160 N. 4th Street, Zanesville, OH



Square Dance



Brenda Sue and the
Out of Towners

Friday, October 9
6:00 pm
Doors open at 5:00 pm

Pleasant Valley
Boys

Friday, October 23
6:00 pm
Doors open at 5:00 pm

Concessions Available

Admission
\$3 per person

Open to the
Public





Follow us on Facebook for updates and announcements.



Karaoke Night

**BRING YOUR FRIENDS!
OPEN TO THE PUBLIC**

FRIDAY, OCTOBER 2
6:00 PM - 9:00 PM
DOORS OPEN AT 5:00 PM

ADMISSION \$5
PROFESSIONAL SOUND
MULTIPLE MICS
OVER 55,000 SONG CHOICES
CONCESSIONS AVAILABLE

WWW.MCCFS.ORG



CARD CREATIONS

the CENTER

**OCTOBER 15
1:00 PM**

Join our greeting card making class. No experience necessary, and no tools are required. Class fee is \$12 and includes four cards.

The TURBAN PROJECT com

The Turban Project is run 100% by volunteers and donations, and the turbans are distributed to oncology/radiation centers totally free of charge. The group will meet this month on **Thursday, October 8 from 12 pm to 3:30 pm and October 22 from 12 pm to 3:30 pm**. We welcome anyone who crochets and knits to come and make beanies. NO experience is necessary, and the more the merrier. Invite your friends to join this meaningful mission!



Line Dance Class

**Mondays 5:15 pm
Tuesdays 5:30 pm**



Tech Help at the Center

the CENTER
gather • connect • thrive

**Needing help with a smart device?
Tech related questions or issues?**

**Thursday at Noon
October 8**

FAITH & SPIRIT



Thursdays at 10:15 am

October 8--Harvest Time--This session will focus on the seasonal harvest. We will discuss the signs of harvest all around us, both physically and spiritually. We will address Harvest meanings from Scripture and their applications to our everyday lives. We will conclude with making a corn husk angel.

October 22--Faith and the Campfire--This session will focus on the positive significance of fire in biblical communities and in our present-day communities. We will share stories from our campfire experiences. We will conclude with making and enjoying a special campfire treat!



BASICS

The foundation of all martial art systems, basics include the practice of stances, foot maneuvers, blocks, punches, kicks, and the use of all other natural weapons on the human body.

BENEFITS

- Build self-confidence
- Improve balance & coordination
- Learn effective self-defense
- Stay active & healthy
- Join a supportive community

MONDAYS
1 PM

740-454-9761
160 N. 4th Street, Zanesville
www.mccfs.org

Alzheimer's Association Central Ohio Chapter



Office Hours at Muskingum County Center for Seniors October Hours canceled

Our staff provides FREE personalized education, resources and strategies to help caregivers and family members of individuals with Alzheimer's disease or another dementia provide the best care possible.

Meet with René Redd, your local Alzheimer's Association representative to:

- Discuss FREE Alzheimer's Association care & support services
- Learn about behavioral changes, communication strategies, safety in the home and planning for the future
- Develop a caregiving action plan with support and guidance from your care coach
- Learn how to find and access local resources and monitor the quality as needs change

**Muskingum County
Center for Seniors**

**160 N 4th Street
Zanesville, OH 43701**

**First Wednesday
of the month
10:00am-12:00pm**

WALK-INS WELCOME

**Questions? Contact René
Redd at (740) 337-0343 or at
rjredd@alz.org**

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE 800.272.3900

ALZHEIMER'S ASSOCIATION



Strawberry Jam 101

Learn how to preserve the taste of summer with Alexis Masterson in a jam making demonstration!

Tuesday
OCTOBER

6

10 a.m.-11 a.m.

Spaces are limited! Maximum 12 participants

Call Alexis to secure your spot at 740-454-0144

During the demonstration, you will learn:

- Safe water bath canning procedure
- The importance of home food preservation
- Where to find resources for other recipes
- Tips and tricks for troubleshooting jams, jellies, and other fruit spreads!



THE OHIO STATE UNIVERSITY
EXTENSION

The Ohio State University Extension
Muskingum County
muskingum.osu.edu

OSU Extension provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit osue.osu.edu/nondiscrimination. For an accessible format of this publication, visit osue.osu.edu/accessible.

More of What's Happening



the **CENTER**

FOOTBALL

Fridays

EVERY FRIDAY
IN SEPTEMBER & OCTOBER

WEAR YOUR FAVORITE TEAM COLORS

Seasoned Skillets



**2nd & 4th
Wednesday
12:00 PM**



THE OHIO STATE UNIVERSITY
EXTENSION

Looking for easy ways to prepare nutritious meals without the hassle? Join us for ****One Skillet Meals****, a hands-on cooking demonstration designed for those who want to enjoy healthy eating with minimal cleanup. Learn how to create flavorful dishes using just one skillet.

To register ☎ 740-454-0144, ext. 4



PLEASE JOIN US FOR

GRAND NIGHT PUMPKIN PAINTING

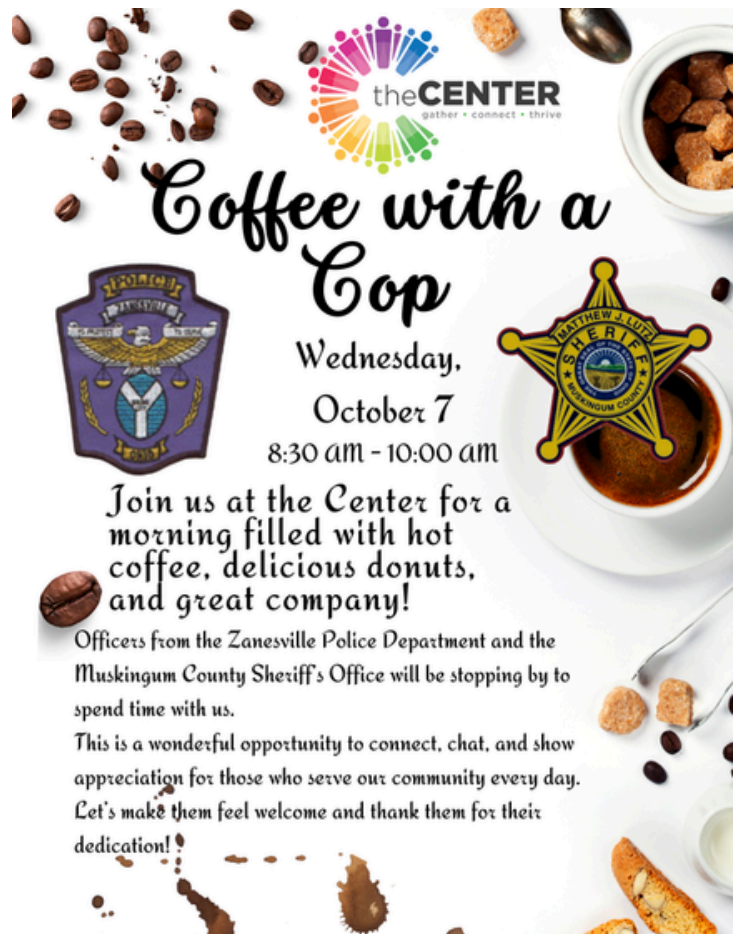
WITH WMES ART TEACHER
JODIE BATES
5:30 PM

14 OCTOBER

REGISTER AT THE CENTER
OR ONLINE MCCFS.ORG
BY 10/8/26
(740) 454-9761
ENJOY PIZZA AFTER PAINTING

\$5 PER PUMPKIN
MUST BE REGISTERED

160 N. 4TH STREET,
ZANESVILLE



the **CENTER**
gather • connect • thrive

Coffee with a Cop

Wednesday,
October 7
8:30 am - 10:00 am

Join us at the Center for a morning filled with hot coffee, delicious donuts, and great company!

Officers from the Zanesville Police Department and the Muskingum County Sheriff's Office will be stopping by to spend time with us.

This is a wonderful opportunity to connect, chat, and show appreciation for those who serve our community every day. Let's make them feel welcome and thank them for their dedication!



Bowling

**Tuesday,
October 20**

**\$10
1:00 pm**

Must be registered.

Register at the Center or on-line www.mccfs.org

Join us for 2 games of bowling with free shoe rental at
Sunrise Bowling Center. Lunch is not included.

PUMPKIN PAINTING

CREATE YOUR OWN MASTERPIECE

Register at the Center or online
Cost \$5 per pumpkin
Deadline to register October 8

OCTOBER 13
9:30 AM

160 N. 4TH STREET, ZANESVILLE | 740-454-9761 | MCCFS.ORG

HILLBILLY BINGO



THURSDAY, OCTOBER 22

1:00-2:00 PM

**THERE IS A NEW BINGO IN TOWN!
YEEHAW!**



MAH JONGG

IS AT THE CENTER!

MONDAYS AT 5:00 PM

THIS CLASSIC TILE-BASED GAME IS FUN, SOCIAL, AND
A GREAT WAY TO KEEP YOUR MIND SHARP.

WHETHER YOU'RE BRAND-NEW
OR JUST A LITTLE CURIOUS, THIS
INTRO SERIES IS THE PERFECT
PLACE TO START.

**160 N. 4TH STREET
ZANESVILLE**



TALK HIGHLIGHTS:

Nimrat Bains, PA, will discuss Hypothyroidism. She practices with Genesis Medical Group - Genesis Endocrinology, seeing patients at both the Zanesville and Cambridge locations.

SPEAKER:

NIMRAT BAINS, PHYSICIAN
ASSISTANT ENDRICRONOLOGY

**THURSDAY,
OCTOBER 22ND**
12:00 - 12:30 PM



OPEN TO THE PUBLIC!
FIND MORE INFORMATION
WWW.MCCFS.ORG

THE THIRTEENTH IN
A SERIES AT THE
CENTER

160 N. 4TH STREET, ZANESVILLE
(740)454-9761



Archery at Dillon

**OCTOBER 8TH
9:00 AM**

Dillon State Park
5265 Dillon Hills Drive
Nashport, OH. 43830

mccfs.org

Archery is a great autumn activity. The bows are entry-level. You will need to sign an outdoor recreation waiver. Register for this free activity at the Center or on-line.

FORMULA⁴ Healthy Living

A TUESDAY MORNING LADIES GROUP

Faith 💖 | Fitness 💪 | Fuel 🌱 | Friendship 💖

Devotion • Exercise • Nutrition • Socialization

Good Friends. Healthy Habits. Brighter Days!

TUESDAYS | 9:30 – 11:00 AM

All ladies are welcome! 💖

Healthy beverages • Parfaits • Protein balls & more!



OCTOBER 2026 ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BINGO SPONSORS 10/7 - 10 AM The Oaks at Bethesda 10/9 - 10/14 - 10/16 - 2 PM Buckeye Hospice 10/21 - Socktober Bingo 10/23 - The Enclave 10/28 - Seniors Helping Seniors	**TO REGISTER FOR MIKE BRYAN'S ESTATE, MEDICAID & VA PRESENTATION ON 10/27 CALL 740-452-8484 SEATING IS LIMITED		01 ZUMBA 8:45 AM ARTHRITIS EXERCISE W/ ANNE 9:45 AM BUTTON CLUB 11:00 AM PERI 11:30 AM EUCHRE 12:15 PM	02 FOOTBALL FRIDAY CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 12:00 PM CARDIO DRUMMING 1:00 PM JOKERS & PAIRS 5:00 PM KARAOKE 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: \$5.00
05 ARTHRITIS EXERCISE 9:30 AM GROWING TOGETHER 10:00 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	06 CENTER OPENS AT 8:30 AM FORMULA 4 HEALTHY LIVING 9:30 AM JAM & JELLY DEMO 10:00 AM ROUND DANCE 12:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	07 WEAR PINK WEDNESDAY COFFEE W/ A COP 8:30 AM BINGO 10:00 AM (TIME CHANGE) NO ALZHEIMER'S REPRESENTATIVE BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	08 ZUMBA 8:45 AM ARCHERY AT DILLON 9:00 AM ARTHRITIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM TECH HELP W/ MCLS 12:00 PM TURBAN PROJECT 12 PM - 3:30 PM EUCHRE 12:15 PM GOSPEL NIGHT 6:00 PM **DOORS OPEN AT 5:00 PM ADMISSION \$2	09 FOOTBALL FRIDAY BINGO 9:45 AM DUPLICATE BRIDGE 12:00 PM CARDIO DRUMMING 1:00 PM JOKERS & PAIRS 5:00 PM SQUARE DANCE 6:00 PM **DOORS OPEN AT 5:00 PM Brenda Sue - ADMISSION: \$3.00
12 CLOSED  HAPPY COLUMBUS DAY — 12 OCTOBER —	13 FORMULA 4 HEALTHY LIVING 9:30 AM PUMPKIN PAINTING (MUST BE REGISTERED) 9:30 AM RAMBO WELLNESS CHECKS 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM BOOK CLUB 12:00 PM (AT THE BARN) ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	14 WEAR PINK WEDNESDAY BINGO 9:45 AM KARAOKE 11:15 AM ONE SKILLET MEALS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM GRAND NIGHT PUMPKIN PAINTING - PIZZA \$5/PERSON (MUST BE REGISTERED) 5:30 PM	15 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM COMMODITIES 10AM - 2 PM EUCHRE 12:15 PM CARD CREATIONS 1:00 PM	16 FOOTBALL FRIDAY CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 12:00 PM CARDIO DRUMMING 1:00 PM BINGO 2:00 PM JOKERS & PAIRS 5:00 PM DJ DANCE W/ DJ KURTUS 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: \$3.00
19 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	20 FORMULA 4 HEALTHY LIVING 9:30 AM ROUND DANCE 12:00 PM BOWLING 1:00 PM (MUST BE REGISTERED) ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	21 WEAR PINK WEDNESDAY SOCKTOBER BINGO 9:45 AM PET THERAPY W/ MIAH 11:45 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	22 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM BOOMERTUNES 11:15 AM NO TECH HELP W/ MCLS TALK W/ A DOC 12 PM TURBAN PROJECT 12 PM-3:30 PM EUCHRE 12:15 PM HILLBILLY BINGO 1:00 PM	23 FOOTBALL FRIDAY BLOOD DRIVE 9:00 AM - 3:00 PM BINGO 9:45 AM DUPLICATE BRIDGE 12:00 PM CARDIO DRUMMING 1:00 PM JOKERS & PAIRS 5:00 PM SQUARE DANCE 6:00 PM ** DOORS OPEN AT 5:00 PM Pleasant Valley Boys ADMISSION: \$3.00
26 ARTHRITIS EXERCISE 9:30 AM GROWING TOGETHER 10:00 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	27 FORMULA 4 HEALTHY LIVING 9:30 AM RAMBO WELLNESS CHECKS 10:00 AM LUNCH BUNCH 11:30 AM ROUND DANCE 12:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM PRESENTATION W/ MIKE BRYAN 3:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	28 WEAR PINK WEDNESDAY BINGO 9:45 AM BIRTHDAY PARTY W/ HOWIE CAMPBELL 11:15 AM BEGINNERS BRIDGE 12:00 PM ONE SKILLET MEALS 12:00 FITNESS FUN 1:00 PM	29 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM EUCHRE 12:15 PM	30 HALLOWEEN PARTY 10:00 AM COSTUME CONTEST & TRICK OR TREAT DUPLICATE BRIDGE 12:00 PM CARDIO DRUMMING 1:00 PM HALLOWEEN DJ DANCE PARTY 6:00 PM ** DOORS OPEN AT 5:00 PM DJ KURTUS NICHOLS COSTUME CONTEST & FUN ADMISSION: \$5.00

Menu is subject to
change without
notice.

OCTOBER 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at the Center from approximately 11:00 am until 12:15 pm. *Lunch is served at the Hi-Rise and BLSC (Dresden) at approximately 11:00 AM.	Reserve a Grab & Go Meal at least one business day in advance by calling (740)454-9761. Pickup times are 11 AM to 1 PM.	The suggested donation for all SENIOR meals is \$3.00. For those under 60, the required cost is \$5.50.	01 Sweet N Sour Chicken Rice Oriental Blend Pineapple Mandarin Oranges	02 Ham & Potato Casserole Brussel Sprouts Carrots Mixed Fruit
05 Cheeseburger w/ Lettuce, Tomato & Pickles Baked Beans Applesauce	06 Creamed Chicken Biscuit Peas & Carrots Broccoli Fresh Orange	07 Taco Salad Refried Beans Corn Tortilla Chips Peaches	08 Lemon Pepper Fish Au Gratin Potatoes Lima Beans Apricots	09 Goulash Salad w/ Tomato & Cucumber Green Beans Garlic Bread Apple Crisp
12 CLOSED <i>HAPPY Columbus DAY</i> 12 OCTOBER	13 Smoked Sausage Mashed Potatoes Buttered Cabbage Tropical Fruit	14 Chili Soup Baked Potato Cornbread Pears Apricots	15 BLT Tossed Salad w/ Chicken, Tomato, Cucumber & Onion Mandarin Oranges	16 Sliced Ham Sweet Potatoes Succotash Pineapple
19 Spaghetti w/ Meatballs Italian Blend Veggies Peaches Fresh Apple	20 Hot Chicken Sandwich Wedge Fries California Blend Pineapple	21 Turkey & Bacon Wrap w/ Lettuce & Tomato Potato Soup Tropical Fruit	22 Meatloaf Mashed Potatoes Green Beans Banana	23 Fish Sandwich Carrots Coleslaw Apple Sauce
26 Grilled Chicken Red Skin Potatoes Spinach Pineapple	27 Cabbage Rolls Mashed Potatoes Green Beans Mandarin Oranges	28 Italian Sub w/ Lettuce, Tomato, Pickle & Onion Potato Salad Fruited Jell-O	29 Stuffed Pepper Casserole Salad w/ Tomato & Cucumber Peaches Pears	30 Hot Dog Baked Beans Coleslaw Baked Apples

**Please note: Meal preparation and staff availability may affect lunch delivery times. We will do our best to maintain a consistent schedule; please do not call before 2:00 pm to report a meal not being delivered on time.

Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:00 am at (740)969-6189 if you need to cancel your meal for ANY reason.

PUZZLE & DRESDEN CENTER NEWS

Crazy for Coffee

A M E R C D R I P F E Y E D E R E
 B F L A T T E S D E G A S S I N G
 O I P P O D D M O C H A O T G V E
 U E D R I O N O C A F D T S A O R
 R A E A F O I T T R A D E A W I I
 B A T A O T R A U T I T R O F A A
 O D A T I L G G R N R A O Y K X M
 N T N S A A N O O H B G R H R X A
 T F I U T T C F S I C I D E S E C
 Y E E B S E P F C S S N T S F M C
 P N F O I I U A D T E S E I O E H
 I I F R R R L N R L A R N R I H I
 C E A R A A L E B O H I P O F C A
 A F C S B V T S R M S O B S M Z T
 E F E B L T T L P H S A F U E J O
 E A D U O S S E R P O R E A N Q A
 O C R E W E R B O N A C I R E M A

Word List:

AEROPRESS
 ARABICA
 BLEND
 BREWER
 DEGASSING
 FAIR
 LATTE
 RISTRETTO
 TYPICA

AFFOGATO
 BARISTA
 BOURBON
 CORTADO
 DOPPIO
 TRADE
 MACCHIATO
 REDEYE
 VARIETAL

ROAST
 ROASTER
 CAFFEINE
 CREMA
 DRIP
 FINISH
 MOCHA
 ROBUSTA

AMERICANO
 GRINDER
 CHEMEX
 DECAFFEINATED
 ESPRESSO
 FRENCH
 PULL
 SHOT

Coming in November Veterans Day Program



BONNIE LONGABERGER SENIOR CENTER (Dresden)

Open Monday—Friday 10:00 AM—2:00 PM (Lunch served 11:00-11:30) **

MONDAY: **Bingo** at 12:00 noon

TUESDAY/THURSDAY: **Golf Card game** at 10:00 AM / **Hausey & Canasta** at 12:00 noon

WEDNESDAY: **Euchre/Craft** at 12:00 noon

FRIDAY: **Chair Volleyball** at 10:00 AM

Thursday, October 15th: Birthday Celebration with Shriver's

**** Please call the Nutrition lines directly to reserve your meal for the day in Dresden.**

Karen McHenry (Nutrition Administrator): 740-969-6189

Jodi Paul (Operations Director): 740-969-6200

****Depending on staff availability, the Center may be closed during regular scheduled hours.**

Summer Crisis Program Begins July 1

More than 55,000 Ohio households served in 2025

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 are once again offering assistance to help Ohio's families stay cool during the hot summer months.

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Job and Family Service's Home Energy Assistance Summer Crisis Program (HEAP).

The Summer Crisis Program assists low-income households and those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with a household member age 60 or older and/or a household member with a documented medical condition. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$57,750.

Last year, the Summer Crisis Program assisted more than 55,000 households in Ohio, providing a total of \$12.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with Community Action. Appointments can be scheduled by calling 740-302-8404, option 2. Clients need to bring copies of the following documents to their appointment:
Copies of their most recent energy bills.

A list of all household members and proof of income for the last 30 days or 12 months for each member.

Proof of U.S. citizenship or legal residency for all household members.

Proof of disability (if applicable).

Physician documentation that cooling assistance is needed for a household member's health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance, or central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program and what is needed to apply, older Ohioans may contact the Center 740-454-9761. To be connected to your local Energy Assistance Provider, visit www.energyhelp.ohio.gov.

Commodities

COMMODITIES NEWS: NOTE THE CHANGES!

Commodity boxes can be picked up at the **Muskingum County Fairgrounds** at 1300 Pershing Road. **Please enter through Gate 4 at the WEST end of the fairgrounds, follow the traffic to the North Stage to pick up your box, and exit as instructed.**

Gates will NOT open until 9:30 AM. **Please do NOT show up early.** Pick-up is 10:00 AM - 2:00 PM (NOT before). Through traffic on Pershing Road CANNOT be disrupted. All boxes must be picked up on the assigned day during the scheduled times by the Commodity recipient OR the proxy designated on your application ONLY. If you or your designee are unable to pick up on the scheduled day, we must hear from you before 4:00 PM by calling **(740)454-9761**, or you will be considered a "no show." Two "no shows" for 2 consecutive months will result in removal from the program. Please be courteous to others. All boxes are assigned. **We will no longer make an ALL CALL. It is not compatible with our new system. The confirmed distribution dates for 2026 are as follows:**

October 15	3rd Thursday of the month
November 19	3rd Thursday of the month
December 17	3rd Thursday of the month

This program has grown to over 400 boxes each month and we need your full cooperation in order to continue offering this service. Pickups MUST BE made on this day.

Be prepared to show your photo ID when you check in, this will help expedite the check-in process. Long lines and longer wait times will cause traffic congestion and we do not want to inconvenience others by blocking the roadways.

Thank you for your understanding as we find better ways to serve you!

Thank
You



Carve out a
new tradition.

Give Blood!



American
Red Cross



The Center Blood Drive

Friday, October 23, 2026

9:00 am – 3:00 pm

Connect Room on the lower level of the Center

For an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767).

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App
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Grab & Go Meal Program

the **CENTER**

The Center offers a Grab-and-Go Meal Program, created to provide nutritious and convenient meals for members of our community. This program is open to all seniors aged 60 and older, though individuals under 60 may also participate for a small fee.

To receive a meal:

Call the Center the business day before pickup to reserve a meal. Participants may pick up one balanced, pre-packaged meal per day, Monday through Friday. Upon arrival, all participants are required to check in using the touchscreen kiosk located at the front entrance of the building. This helps us track participation and ensures meals are distributed efficiently.

- For those aged 60 and older, there is a suggested donation of **\$3.00** per meal.
- For individuals under the age of 60, a required fee of **\$5.50** per meal applies.

To ensure food safety, please do not leave meals in a vehicle for extended periods. Meals should be refrigerated promptly or consumed shortly after pickup.

Your voluntary contributions help support the continuation and quality of this important program and are sincerely appreciated.

For more information, to reserve a meal, or to inquire about pickup times, please contact the Center at **(740) 454-9761** or visit our website **www.mccfs.org**.

Growing Together: Hands on Gardening

Free



Where: The Center

160 North 4th Street, Zanesville, OH 43701

Time:

Join us on the following Mondays from 10:00 AM - 11:00 AM at The Center for hands on gardening education for small spaces!

When:

Monday September 14th- Fall Veggie Container Gardening
Monday September 28th- Grow Your Own Herbs
Monday October 26th- Plan Your Spring Garden

urbangreens
A program of Muskingum Soil and Water Conservation District



the **CENTER**



Jokers & Pairs

Mah Jongg

A 4-player tile game



FRIDAYS
5:00 PM

FOR THOSE WHO LOVE THE
GAME

160 N. 4TH STREET,
ZANESVILLE

BEGINNING FRIDAY, OCT. 2

theCENTER

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
www.mccfs.org

Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging



Scan to donate!

Our mission is to ENRICH the quality of life in Muskingum County by creating opportunities for healthy aging that PROMOTE social connectivity, EMPOWER mind and body wellness, and CELEBRATE lifelong growth.

October

2026

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