The Community Connection

NOVEMBER | VOLUME 50, ISSUE 11 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

It's Coming Soon!

WHAT: F.O.P. CHRISTMAS LUNCHEON

WHO'S INVITED?

MUSKINGUM COUNTY SENIORS ONLY (AGE 60+)

WHEN: FRIDAY, DECEMBER 18TH

11:00 AM - 1:00 PM

(DOORS OPEN AT 9:30 AM)

WHERE: THE CENTER

160 NORTH 4TH STREET, ZANESVILLE

COST: FREE, BUT TICKETS ARE REQUIRED!

The F.O.P. is the Fraternal Order of Police. They sponsor the event each year and assist in serving the meals. The staff of the Center helps coordinate the event with ticket distribution, meal preparation, set-up and tear-down for the event, as well as assist in the day's responsibilities.

Tickets will be available **ONLY** at the Center beginning on **December 2nd** at 9:00 am. The limit is 4 tickets per person.

Names will be assigned to tickets, and you must have your ticket to attend. Your ticket will also serve as your entry into the DOOR PRIZE drawing. Door prizes are provided by local businesses and gathered by members of the F.O.P.

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:
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.



LET US HELP YOU

Special Days November

1 Daylight Saving Time Ends
2 All Souls' Day
3 National Sandwich Day
4 National Candy Day
5 National Donut Day
6 National Nachos Day
7 National Play Outside Day
8 National Cappuccino Day
10 Marine Corps Birthday
11 Veterans Day
13 World Kindness Day
14 World Diabetes Day
15 America Recycles Day
16 National Button Day
17 National Butter Day
18 National Princess Day
19 National Play Monopoly Day
20World Children's Day
21 World Television Day
22 National Cranberry Relish Day
23 National Espresso Day
24 National Sardines Day
25 National Jukebox Day
26 Thanksgiving Day
27 National Day of Listening
27 Black Friday
28 Small Business Saturday
28 National French Toast Day
29 Electronics Greetings Day
30 Cyber Monday
30 National Mason Jar Day

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 October. 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, December 8.

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



DJ DANCE PARTY

Friday, November 20
6 pm

- DJ ADONIS
- DOORS OPEN AT 5 PM
- OPEN TO THE PUBLIC
- CONCESSIONS AVAILABLE

the CENTER

COST $3

LUNCH BUNCH

Muddy Misers
Zanesville, Ohio

WHEN: Tuesday, November 24 at 11:30 pm
WHERE: Muddy Misers - 112 Muskingum Ave., Zanesville
Enjoy lunch & fun with friends!
A $5.00 deposit is required!
Registration begins November 2.

theCENTER

Good Ole Gospel Music Night

Sponsored by
Helen Purcell



Hosted by Dick Pryor

Thursday,
November 12, 2026

Music by
New Promise

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



Join us.
Prepare to be blessed.
Admission $2

All are welcome at the Center.

160 N. 4th Street, Zanesville, OH

THANKFUL

Square Dance

theCENTER
gather • connect • thrive

Pleasant Valley Boys

Friday, November 13
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.





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, November 12 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!

Zumba on Thursdays at 8:45 AM

Cardio Dance, instructed by Anne Agin (Certified Zumba Instructor), is a fun, fast paced fitness program that includes easy to follow dance steps. It is a fun workout that boosts your body from top to bottom. It gives you an opportunity for social interaction, while improving your health and mobility. It provides stress relief, builds stronger muscles & bones, and aids in weight loss.

Genesis HEALTHCARE SYSTEM

FREE Community Health Fair

WEDNESDAY, DECEMBER 9
9:00 AM - 11:00 AM
LOWER LEVEL OF THE CENTER

Learn important information - Black Lung for your healthcare success

LOCAL VENDORS
HEALTHCARE SCREENINGS



FAITH & SPIRIT



November 12 - Praise and Thanks--This session will focus on gratitude. We will discuss biblical roots for praise and thanksgiving. We will review contemporary practices for expressing gratitude. We will explore one or two gratitude practices. Short prayers and devotions will conclude the group session.

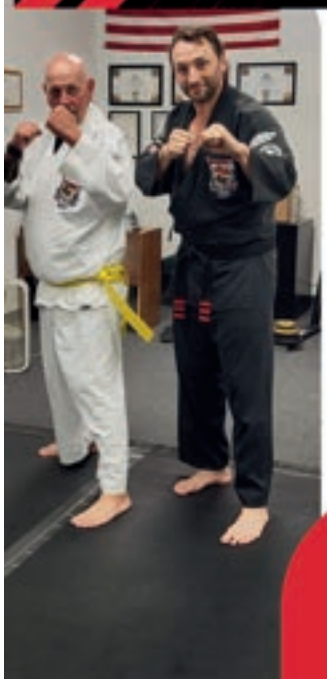
November 26 - No Group
Happy Thanksgiving!

Thursdays at 10:15 am

theCENTER

IAN LAUER'S KENPO KARATE
ZANESVILLE, OHIO

IANLAUERSKENPO.COM



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



theCENTER

Archery at Dillon

NOVEMBER 12TH
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.

theCENTER

HANGING DIAMOND ART CRAFT

November 18
12:00 pm

$10 per person

Limit 15 people



Register at the Center or online
www.mccfs.org



More of What's Happening

theCENTER

HOLIDAY CRAFT SHOW

SHOP LOCAL VENDORS, CHANCE AUCTION AND CONCESSIONS



FRIDAY, DECEMBER 11, 2026
5:00 - 8:00 PM
160 N. 4TH STREET
ZANESVILLE

Seasoned Skillets

theCENTER



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

theCENTER

SUNRISE BOWLING CENTER

Bowling

Tuesday,
November 17

$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.

Formerly known as the Women's Empowerment Group

FORMULA 4 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!

theCENTER

Bags of Love

JOIN US TO PROVIDE HOLIDAY "BAGS OF LOVE" TO HOMEBOUND SENIORS.

Help Us Make a Difference This Holiday Season!
This holiday, let's bring joy to our homebound seniors with a simple act of kindness. Join our Bags of Love campaign and help spread cheer to those who need it most.

💝 **How It Works:**

Pick Up a Bag (Red for Women & Green for Men) beginning 11/16/26- Stop by the Center and grab a bag to fill.

Shop & Have Fun - Use our list of suggested items to shop for thoughtful gifts.

Return by December 9, 2026 - Bring your filled bag back to the Center.

We'll Deliver the Love

Our Meals on Wheels drivers will deliver your bag to a homebound senior.

🎄 **Why It Matters:**

Your generosity brings comfort, joy, and a sense of connection to seniors who may be spending the holidays alone. It's a small gesture with a big impact.

Let's make this season brighter—one bag at a time.

📍 **Visit the Center to get started!**

DONATIONS NEEDED BY 12/9/2026



BAGS OF LOVE

FILL A BAG OR DONATE ITEMS

HELP US PROVIDE HOLIDAY BAGS OF LOVE TO HOMEBOUND SENIORS

Choose from suggested items:

the CENTER

Tooth Paste	Stamps
Nail Polish/Files/Clippers	Lotion
Brush/Comb	Tissues
Dish Towel/Pot Holders	Candy
Dish Soaps	Socks (M&F)
Greeting Cards	Soaps
Playing Cards	Inspirational Items
Post-it Notes	Snacks
Christmas Ornaments	Razors
Calendar	Hat/Gloves/Scarf
Flashlight	Shaving Cream
Back Scratcher	Deodorant
Hand Warmers	Air Fresheners
Small Blanket	Note Pads
Specialty Coffee	Hand Sanitizer
Specialty Teas	Chapstick

New items only please

1) Pick up a bag at the Center beginning 11/16/26
2) Shop & have Fun!
3) Return bag by 12/9/26

**NO RUGS, CANDLES, OR HOMEMADE FOODS



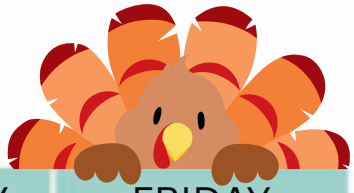


NOVEMBER 2026 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 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 CENTER CLOSES AT 4:00 PM DUE TO ELECTION SET-UP	**03** CENTER IS CLOSED ELECTION DAY! 	**04** BINGO 9:45 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	**05** ZUMBA 8:45 AM ARTHRITIS EXERCISE W/ ANNE 9:45 AM BUTTON CLUB 11:00 AM PERI 11:30 AM EUCHRE 12:15 PM	**06** CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM JOKERS & PAIRS 5:00 PM KARAOKE 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: $5.00
09 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	**10** FORMULA 4 HEALTHY LIVING 9:30 AM RAMBO WELLNESS CHECKS 10:00 AM VETERANS DAY PROGRAM W/ BASHFUL BLONDES SPONSORED BY SHRIVERS HOSPICE 12:00 PM JOYLIGHTS PRAYER GROUP 12:00 PM BOOK CLUB 12:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	**11** CLOSED 	**12** ZUMBA 8:45 AM ARCHERY AT DILLON 9:00 AM ARTHRITIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM TURBAN PROJECT 12 PM - 3:30 PM EUCHRE 12:15 PM GOSPEL NIGHT 6:00 PM **DOORS OPEN AT 5:00 PM ADMISSION $2	**13** BINGO 9:45 AM DUPLICATE BRIDGE 1:00 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
16 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	**17** 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 PRESENTATION W/ MIKE BRYAN 3:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	**18** BINGO 9:45 AM BOOMERTUNES 11:15 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	**19** ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM COMMODITIES 10AM - 2 PM TECH HELP W/ MCLS 12:00 PM EUCHRE 12:15 PM CARD CREATIONS 1:00 PM	**20** CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM BINGO 2:00 PM JOKERS & PAIRS 5:00 PM DJ DANCE W/ DJ ADONIS 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: $3.00
23 NO ARTHRITIS EXERCISE 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	**24** 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 LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	**25** BINGO 9:45 AM BIRTHDAY PARTY- FLANNELS & FRIENDS W/BETTY DOUGLAS 11:15 AM PET THERAPY W/ MIAH 11:45 AM BEGINNERS BRIDGE 12:00 PM ONE SKILLET MEALS 12:00 PM FITNESS FUN 1:00 PM	**26** CLOSED 	**27** CLOSED 
30 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		**BINGO SPONSORS** 11/4 - The Oaks at Bethesda 11/13 - Heartland Hospice 11/18 - Acute Nursing Care 11/20 - 2 PM Buckeye Hospice 11/25 - Seniors Helping Seniors		**TO REGISTER FOR MIKE BRYAN'S ESTATE, MEDICAID & VA PRESENTATION ON 11/17 CALL 740-452-8484 SEATING IS LIMITED

Menu is subject to change without notice.

NOVEMBER 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Meatball Sub Tater Tots Italian Blend Veggies Peaches	03 CLOSED 	04 Chicken N Noodles Tossed Salad Peas & Carrots Warm Applesauce	05 Country Fried Steak Mashed Potatoes Lima Beans Cookie	06 BBQ Chicken Herb Potatoes Broccoli & Cheese Mixed Fruit
09 Swiss Steak Cheesey Mashed Potatoes Green Beans Pineapple	10 Beef N Cheddar Sandwich Baked Potato Corn Tropical Fruit	11 CLOSED 	12 Ham & Bean Soup Potato Wedges Warm Peaches Warm Applesauce Cornbread	13 Tuna Noodle Casserole Broccoli Mixed Vegetables Mandarin Oranges
16 Smoked Sausage Diced Potatoes California Blend Tropical Fruit Brownie	17 Sweet N Sour Pork Rice Peas Carrots Pears	18 Grilled Chicken Vegetable Soup Baby Carrots Peaches	19 Meatloaf Mashed Potatoes Green Beans Banana	20 Turkey Casserole Broccoli Applesauce Orange
23 Ham & Cheese Omelette Hashbrowns Baked Apples Grape Juice Muffin	24 Chicken Sandwich Broccoli Soup Carrots Peaches	25 Turkey Sweet Potatoes Lima Beans Fruited Jell-o	26 CLOSED 	27 CLOSED 
30 Herb Grilled Chicken Sour Cream & Chive Mashed Potatoes Mixed Vegetables Fruit Cup	**The suggested donation for all SENIOR meals is $3.00. For those under 60, the required cost is $5.50.**	**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.**

**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

Thanksgiving Word Search

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

Word List:

APPLE	PIE	AUTUMN	BAKE
BASTE	CELEBRATE	THANKSGIVING	COOK
CORNUCOPIA	CRANBERRY	CARVE	COLONISTS
DESSERT	DELICIOUS	DINNER	FALL
FAMILY	FEAST	FOOTBALL	FRIENDS
GOBBLE	GRATEFUL	GRATITUDE	GRAVY
HAM	HARVEST	HOLIDAY	LEFTOVERS
MAYFLOWER	MEAL	NOVEMBER	PEACAN
PUMPKIN	PLYMOUTH	PILGRIM	STUFFING
POTATOES	SQUASH	WISHBONE	TURKEY

PROTECT ONE ANOTHER

If you have symptoms (sneezing, runny nose, fatigue, vomiting, coughing, fever) or have been exposed to or are at risk of the spread of any pests (lice, bedbugs, scabies), please refrain from visiting our Center until symptoms have passed or the infestation has been remedied. We reserve the right to limit any or all of our services for the protection of both our clients and our staff. Let's keep each other as healthy as possible by practicing good hand washing and sanitation of all objects and surfaces and by refraining from exposing others to any known pests. If you need help identifying resources to help in any of these situations please reach out to a staff member for more information. THANK YOU for helping us protect one another.

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, November 19th: 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.

HEAP News

Heating Assistance Available
Application Deadline: May 31, 2027

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

Applications for the HEAP program must be received by May 31, 2027.

For more information or assistance with applying for a HEAP benefit, contact the Center at (740)454-9761.

To locate your local Energy Assistance Provider, visit www.energyhelp.ohio.gov.

Arthritis Exercise
Monday 9:30 AM & Thursday 9:45 AM

Participating in arthritis friendly exercise improves pain, function, mood, and quality of life. It can also help delay the onset of disability and may help in managing other chronic diseases. Our arthritis program is done from a seated position and can be done at any fitness level. Our class is instructed by Tara McGuire on Mondays at 9:30 AM and Thursdays at 9:45 AM.



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:**

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

Center News



Grab & Go Meal Program

theCENTER

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.**





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.

