



Learning Always. Laughing Together. Living Well.

GOLDEN news

OCTOBER | VOLUME 44, ISSUE 10 | 2022

Business Hours: 8:00 am - 4:00 pm
Phone: 740.454.9761 Fax: 740.454.3309
Website: www.mccfs.org

The Muskingum County Center for Seniors will soon bid farewell to one of our long-time employees. After 15 years behind the desk as our financial officer, Kurt Ufholz will be leaving us at the end of the month to spend more time on his farm and with his family. Please join us in wishing Kurt the best!



VETERANS! Service pictures WANTED for our bulletin board for the month of November. Please give your photos to the Activity Department, along with your military information (e.g. Name, year(s), branch, classification, conflict, etc.).

OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Administrative Assistant

Erica Silvia Ext. 102

Supportive Services Director

Becky Bruce Ext. 114

Outreach Specialist

Debbie Moore Ext. 113

Activities Director

Tara Rock Ext. 116

Activities Assistant

Carol Morgan Ext. 123

Receptionist

Cindy Sheppard Ext. 101

Nutrition Director

Earl Stapleton Ext. 104

Transportation Director

Jodi Paul Ext. 111

Fiscal Officer

Kurt Ufholz Ext. 115

Board of Commissioners

Cindy Cameron

Mollie Crooks

Jim Porter

Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Ann Hollingsworth

R. Susan Jones

James McDonald

Brian Wagner

Keely Warden

Mission:

Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

MCCFS will be CLOSED on the following dates in 2022:

Monday, October 10—Columbus Day

Tuesday, November 8—Election Day (Meals on Wheels WILL run)

Friday, November 11—Veterans' Day

Thursday/Friday, November 24-25—Thanksgiving

Friday, December 23/Monday, December 26—Christmas

Friday, December 30/Monday, January 2, 2023—New Year's

*** NOTICE REGARDING CANCELLATIONS/CLOSINGS ***

Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, Facebook, and WHIZ TV and radio. REMINDER: Our automated calls will show up as "Muskingum County" on Caller-ID. PLEASE make sure that we have your current contact information so that you receive these important messages.

My Senior Center

Just a reminder to please sign in to MY SENIOR CENTER 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.

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

The MCCFS
Board of Trustees
will meet on THURSDAY,
October 27, 2022
at 7:30 AM

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

NEED A REASON TO CELEBRATE?

Check out these holidays for **OCTOBER**



- 1 Homemade Cookies Day
- 2 Astronomy Day
- 3 Look at the Leaves Day
- 4 National Golf Lover's Day
- 4 National Taco Day
- 5 National Do Something Nice Day
- 6 National Noodle Day
- 8 National Online Banking Day
- 9 Fire Prevention Day
- 9 National Chess Day
- 10 National Cake Decorating Day
- 11 World Sight Day
- 12 Pumpkin Pie Day
- 14 National Dessert Day
- 16 Dictionary Day
- 17 National Pasta Day
- 20 World Osteoporosis Day
- 22 Make a Difference Day
- 22 National Nut Day
- 26 National Pumpkin Day
- 27 National Mother-in-Law Day
- 28 National Chocolate Day
- 29 National Cat Day
- 29 World Stroke Day
- 30 National Candy Corn Day
- 31 Halloween



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 for transportation is \$3.00 per trip (each way). **All transportation is by appointment only, and an advance notice of 5 BUSINESS DAYS is required.** Please call 740-454-9761, Ext. 111 to schedule a ride.

Leave a Legacy

The Muskingum County Center for Seniors depends on private contributions to assist us in providing services to the seniors of Muskingum County. The Leave a Legacy program provides a means for private citizens to establish memorial funds or endowments for their favorite charities. Please call the Center for more information.

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.

Policy Update:

Please help us ensure we have a healthy and safe place to enjoy a meal and socialize. It is the policy of the Muskingum County Center for Seniors to maintain an environment free from pests. (e.g. fleas, roaches, lice, etc.) If an individual or individuals are bringing in the pests that cause the infestation they will be asked to leave the premises immediately. Upon proof of treatment they may return to the Center. Proof may consist of proper receipts, clearance of infestation, and/or doctor's report.

MEDICARE OPEN ENROLLMENT

We will have Medicare counselors here to assist with the open enrollment process on the following dates:

- Monday, October 24th**
- Monday, November 14th**
- Monday, November 28th**

Please call to schedule an appointment—spots **WILL FILL QUICKLY!!**

SUPPORT SERVICES

HEAP

The Home Energy Assistance Winter Crisis Program (HEAP Winter Crisis Program) helps income eligible Ohioans that are threatened with disconnection, have been disconnected, need to establish new service, need to pay to transfer service, have PIPP default, need to pay first PIPP, or have 25% (or less) supply of bulk fuel in their tank maintain their utility service.

The program runs from November 1, 2022 until March 31, 2023. Ohio households serviced by a Public Utilities Commission of Ohio-regulated utility must sign up for the Percentage of Income Payment Plan Plus (PIPP) or another payment plan if there is still an outstanding balance on the bill after receiving assistance.

| Size of Household | Total Household Income (12 Months) |
|-------------------|------------------------------------|
| 1 | up to \$23,782.50 |
| 2 | up to \$32,042.50 |
| 3 | up to \$40,302.50 |
| 4 | up to \$48,562.50 |
| 5 | up to \$56,822.50 |
| 6 | up to \$65,082.50 |
| 7 | up to \$73,342.50 |
| 8 | up to \$81,602.50 |

A household applying for HEAP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

**** PLEASE NOTE:** This program does not start until November 1st.

We still have openings in our **Commodity Food Supplemental Program!** CFSP is a once monthly food distribution. All boxes are assigned. The box includes shelf stable foods such as cereal, peanut butter, canned fruits and vegetables, juice, canned meat and cheese. You must be at least 60 years of age, live in Muskingum County, be able to pick up your box on a monthly basis, or have someone that can, and fall within income guidelines. If you have questions about the Commodities program please call the Center. Applications may be picked up at the front desk.

MONTHLY INCOME GUIDELINES are as follows:

1 Person – \$1473

2 Persons – \$1984

3 Persons – \$2495

4 Persons – \$3007

WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS

ARTHRITIS EXERCISE is a joint-friendly exercise that improves pain, function, mood, and quality of life. It aids in managing other chronic diseases. Our arthritis program is done from a seated position and can be done at any fitness level.

CARDIO DANCE is a fun, fast paced fitness program that includes easy to follow dance steps. It is a fun workout that gives you the opportunity for social interaction, while improving health and mobility. It provides stress relief, builds stronger muscles & bones, and aids in weight loss.

GERI-FIT is a 45 minute, evidence-based, ongoing strength training exercise class that works toward increasing strength and balance and helps improve gait and flexibility. Anyone at any age and fitness level can participate. It is effective in rebuilding strength, balance and range of motion, and it's great for chronic disease management. *Geri-Fit will begin in January.*

LINE DANCE is the perfect form of exercise, providing the benefits of an aerobic workout, which helps maintain a healthy heart. It also gives you social interaction, which is great for mental wellness. There are various levels of difficulty, and all are welcome to attend any class.

ROUND DANCE is a choreographed and cued PARTNERS ballroom dance class that progresses in a circular counter-clockwise pattern around the dance floor. The two major categories of ball room dances are the smooth and international ballroom styles (such as foxtrot and waltz) and the Latin dances (such as cha-cha-chá, salsa, and rumba).

SQUARE DANCE is a dance for four couples (eight dancers in total) arranged in a square, with one couple on each side, facing the middle of the square. The dancers are generally prompted or cued through a sequence of steps by a caller to the beat and/or words of the music.
Cost is \$3.00

YOGA is a calm, tranquil, and restorative fitness program that focuses on breathing and listening to your body. Yoga has physical and psychological advantages. It improves balance and stability, strengthens muscles, improves flexibility and joint health, reduces high blood pressure and anxiety, improves respiration, and encourages mindfulness. It can be done from a seated position or on the floor. A yoga mat is suggested for comfort, and the cost is \$1.00.

ART CLASS is a painting class with supplies provided; on occasion, there may be additional arts & crafts opportunities. The cost for this class is \$1.00. On Wednesdays, some of the artists meet here to paint; however, on Wednesdays, you must supply your own materials.

GREETING CARD CLASS is the class formerly know as Stamp Art, and the creations made in this class look as professional as Hallmark! The cost for the class is \$5.00, reservations are required, and you must provide your own tools. Card kits are provided.

BRIDGE is a four-player partnership trick-taking card game with thirteen tricks per deal. Players bid how many tricks they can win and the goal is to successfully estimate how many tricks one's partnership can take.

EUCHRE is a trick taking game with a trump, played by four players in teams of two. The game is played over several rounds until one team scores 10 points.

What's Happening

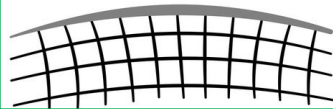


Join us for
Coffee WITH A Cop
Wednesday, October 5th
8:30—10:00 a.m.



CHAIR VOLLEYBALL FUN

Friday, October 7th
9:30 AM



CRAFT CLASS with MARILYN

October 11th
4:00 PM

You provide your
own
materials:
Wire wreath
Yarn
Ribbon
Embellishments



Come craft together!!

Thursday, October 27—11:45 AM

SHOW & TELL



Bring in your favorite antique and share its
story with others!

"White Christmas"

at Pritchard Laughlin Civic Center
When: Sunday, November 6th at 2:00 PM
Cost: \$20
- includes ticket and transportation
(by Carr Center bus)
Dinner to follow at Ruby Tuesday (your cost)
Tickets are LIMITED and go on sale
(see Tara) October 17th at 9:00 AM.

Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, OCTOBER 13th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and this event is open to ALL. Join us for fellowship and music, featuring The Maynards.



Oct. 5—**THINK PINK BINGO**—Wear **pink!**
Oct. 12—sponsored by **Humana**
Oct. 14—**SWEETEST DAY BINGO!**
Oct. 19—**SPOOKY BINGO!**
Oct. 21 - (12:15 PM) sponsored by **Riverside Landing**
Oct. 26—sponsored by **Shriver's Hospice**
Oct. 28—sponsored by **The Oaks at Northpointe**



Fall fun Rock & Roll
Dance
with
DJ Adonis Brooks
\$3.00 admission

Thursday, October 20th at 7:00 PM

Doors open at 6:00 PM

*** Bring your friends and snacks! ***

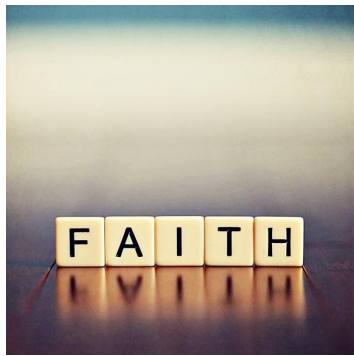
OCTOBER BIRTHDAY/HALLOWEEN PARTY

Wednesday, October 26th @ 11:45 AM

Entertainment by Jan Smith

***Wear your Halloween costumes ***





FAITH & SPIRIT upcoming schedule:

October 13 -- NO MEETING

October 27--Harvest Snack--We will have a devotional related to the harvest and its many blessings. As a group, we will peel and chop fresh harvest vegetables; each participant will have a packet of these vegetables to take home for soup or salad.

HEALTHY LIVING

Healthy Living is an informal class led by Becky Bruce that focuses on various health issues that may affect anyone. The class meets twice monthly at 10:00 AM, and ALL are welcome to any or all sessions. Class dates and topics for October are:

Tuesday, October 4—Eye Health and Preventing Blindness

Tuesday, October 18—Respiratory Diseases

Come join the **LUNCH BUNCH!**

WHEN: Tuesday, October 25th at 11:30 AM

WHERE: Tlaquepaque

3090 Maple Avenue, Zanesville

Enjoy lunch (at your cost) & fun with friends!

A \$5.00 deposit is required to hold your spot.

Deposits will be returned to you upon arrival that day.

See Tara to sign up today, as space is limited!!




MVHC Mobile Health Services

Muskingum Valley Health Center is at the Center twice a month from 9:00 AM to 3:00 PM. Their unit has a full exam room that allows them to provide services that include Primary Care Medical Visits; Lab Services; Immunizations; COVID Testing and Vaccinations; and vital checks such as weight, blood pressure and glucose checks. Their mobile unit will be here on:

**Wednesday, October 12th & 26th
from 9:00 AM to 3:00 PM**



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| <p>3 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p> | <p>4 BUTTON CLUB 11:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p> | <p>5 COFFEE WITH A COP 8:30—10:00 AM BINGO 9:45AM WATERCOLORS 12:00 PM</p> | <p>6 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p> | <p>7  BUCKEYE FRIDAY CHAIR VOLLEYBALL FUN 9:30AM DUPLICATE BRIDGE 12:30 PM</p> |
| <p>10 CLOSED</p>  | <p>11 Rambo WELLNESS CHECKS 10:00 AM HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM “JOY LIGHTS” GROUP 12:00 PM CRAFT CLASS 4:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p> | <p>12 MVHC MOBILE UNIT 9:00 AM-3:00 PM BINGO 9:45AM</p> | <p>13 NO CARDIO DANCE ARTHRITIS EXERCISE 9:30 AM NO FAITH & SPIRIT BOOMERTUNES w/JIM 11:15 AM EUCHRE 12:00 PM FOSTER GRANDPARENTS 1:00 PM GOSPEL NIGHT 6:00 PM—\$2.00</p> | <p>14  BUCKEYE FRIDAY BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Ohio Swing Band) - \$3.00</p> |
| <p>17 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM NO CARDIO DANCE DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p> | <p>18 Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p> | <p>19 BINGO 9:45AM FRIENDS from the LIBRARY 11:00 AM WATERCOLORS 12:00 PM</p> | <p>20 NO CARDIO DANCE ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM FALL FUN DANCE 7:00 PM—\$3.00</p> | <p>21  BUCKEYE FRIDAY BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM</p> |
| <p>24 ARTHRITIS EXERCISE 9:30 AM PRAYER, SHARE & CARE 10:00 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p> | <p>25 Rambo WELLNESS CHECKS 10:00 AM HEALTHY LIVING 10:00 AM LUNCH BUNCH 11:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p> | <p>26 MVHC MOBILE UNIT 9:00 AM-3:00 PM BINGO 9:45 AM BIRTHDAY PARTY 11:30 AM (Halloween Dress Up!) </p> | <p>27 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM ANTIQUE SHOW & TELL 11:45 AM EUCHRE 12:00 PM</p> | <p>28  BUCKEYE FRIDAY BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM HALLOWEEN SQUARE DANCE 6:00 PM—Dress in costume! (Brenda Sue) - \$3.00</p> |
| <p>31 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p> | <p>WII GAMES, BILLIARDS, BOARD GAMES, AND PUZZLES ARE AVAILABLE ALL DAY EVERY DAY!! PLAYING CARDS ARE AVAILABLE AT THE FRONT DESK. OUR DOWNSTAIRS WALKING TRACK IS ALSO ACCESSIBLE YEAR-ROUND.</p> | | | |

LUNCH Menu

OCTOBER

The **suggested donation** for all meals is **\$3.00** per meal.

FYI: For those who may not care for a particular day's menu, please request the alternative in advance.

MONDAY

3
Smoked sausage
Mashed potatoes
Sauerkraut
Peaches

10 **CLOSED**



17
Chicken sandwich
Broccoli soup
Peas
Fruited Jell-O
Crackers

24
Swiss steak
Scalloped potatoes
Green beans
Fruit juice
Cookie

31
Pizzaburger
Tater tots
California blend
Peaches

TUESDAY

4
Baked chicken
Hash browns
Broccoli
Apple juice
Pudding

11
Stuffed pepper
Tossed salad
Italian blend
Peaches

18
Salisbury steak
Mashed potatoes
California blend
Pears
Brownie

25
BBQ pork on bun
Wedge fries
Lima beans
Mandarin oranges

WEDNESDAY

5
Swedish meatballs
Mashed potatoes
Carrots
Tropical fruit
Cookie

12
Pork loin
Redskin potatoes
Broccoli
Banana

19
Ham & bean soup
Tater tots
Warm peaches
Cornbread

26
Hot dog
Baked beans
Potato salad
Warm applesauce

THURSDAY

6
Baked fish
Rice pilaf
Beets
Cauliflower
Apricots

13
Chicken Alfredo
Peas
Stewed tomatoes
Fruit juice

20
Chicken breast
Sweet potatoes
Rice pilaf
Cucumber/tomato
salad
Grape juice

27
Sliced ham
Scalloped potatoes
Peas & carrots
Tropical fruit

FRIDAY

7
Chicken & noodles
Mashed potatoes
Corn
Applesauce

14
Baked steak
Mashed potatoes
Capri blend
Pineapple

21
Chef salad
Boiled egg
Pineapple
Crackers
Cookie

28
Beef stew
Tossed salad
Pears
Brownie

For reservations at Dresden & Hi-Rise: Please call 454-9761 before 9:00 AM.

Menu is **subject to change** without notice.

HALLOWEEN WORD SEARCH

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

WORD LIST:

AFRAID
BATS
BEWARE
BEWITCHED
BLACK CAT
BOO
BROOMSTICK
CANDY

CLOWNS
COBWEBS
COFFIN
DRACULA
EYEBALLS
FANGS
FOG
FRANKENSTEIN
GHOSTS

GOBLINS
GRAVEYARD
GRIM REAPER
HALLOWEEN
HAUNTED HOUSE
HOCUS POCUS
JACK O LANTERN
MONSTERS
MUMMIES

OCTOBER
POLTERGEIST
POTIONS
PUMPKINS
RIP
SKELETON
SPELLS
SPIRITS
SPOOK

TRICK OR TREAT
VAMPIRE
WARLOCK
WEREWOLVES
WITCHES

NUTRITION & OTHER

COMMODITIES CLIENTS:

In order for the commodities distribution to run safely and smoothly, clients must watch for direction from the staff on duty. **When approaching the garage to pick up your box, pull forward as far as possible – do not block the intersection, and stay in your vehicle. It is very important that you pick up your box on your scheduled day due to lack of storage.** Please have your proxy pick up for you if you are unable to do so. **There will be NO MAKE-UP DAYS so please plan accordingly!** Pick up time is from 10:00 AM until 2:00 PM. **The pick-up date for this month is THURSDAY, OCTOBER 20TH. Please remember to bring your COMMODITY SCAN CARD or your MySeniorCenter card.** This helps to ensure the speed and efficiency of the process.

HOMEBOUND MEAL CLIENTS: WE NEED YOUR HELP

Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department **by 9:30 AM** at **Ext. 104** if ***you need to cancel your meal for ANY reason.***

BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

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

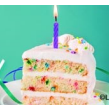
MONDAY/WEDNESDAY: **Line Dancing** at 10:00 AM

TUESDAY/THURSDAY: **Golf Card game** at 10:00 AM

Hausey & Canasta at 12:00 noon

Thursday, **OCTOBER 13TH**

Birthday Celebration



Wednesday **OCTOBER 12:**

CRAFT DAY



Tuesday, **OCTOBER 25:**

PIE DAY!!



MUSKINGUM COUNTY CENTER FOR SENIORS

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

Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

