



Learning Always. Laughing Together. Living Well.

GOLDEN news

NOVEMBER | VOLUME 44, ISSUE 11 | 2022

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



It seems like just last week we were grumbling about the excessive heat, and now here we are—just 4 weeks away from Thanksgiving, and fewer than 60 days until Christmas! Where does the time go?

Well, speaking of Christmas, we wanted to let you know that the Fraternal Order of **Police (FOP) Christmas Party is back, and it's going to be held here at the Center for Seniors!!** Here is what you need to know:

WHAT: F.O.P. Christmas Party
WHO: Muskingum County Seniors ONLY (age 60+)
WHEN: Friday, December 16th—11:00 AM-1:00 PM
(Doors open at 9:30 AM)
WHERE: Muskingum County Center for Seniors
160 North 4th Street, Zanesville
COST: FREE, but tickets are REQUIRED!

Tickets will be available ONLY at the Center for Seniors between the hours of 11:30 AM and 3:00 PM beginning November 28th. 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.

We can't wait to see you there!!

OUR COMMUNITY

STAFF

Executive Director
Kate Paul Ext. 103

Business Director
Chad Tyson Ext. 111

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. 122

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

The MCCFS
Board of Trustees
will hold its next meeting in
January 2023.
(Date TBD)

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:
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.

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

OHIO SNAP ED PROGRAM

Good news! The OSU Snap-Ed program will continue to offer beneficial workshops at our site. This program offers valuable information on healthy eating, being a savvy shopper and much more nutrition related topics. Join us on the following dates at 12:15 PM in the Fultonham Room:

November 9—"Foods to Decrease"
Soup Label Comparisons
Food Switch Activity

November 23—"Budget Friendly Ways to Include Fruits and Vegetables"
Fruit & Vegetable Cost Analysis
Worksheet

FALL PREVENTION/WINTER SAFETY

American Nursing Care will be at the Center on Thursday, November 17th at 10:00 AM to talk about fall prevention and winter safety. They will also be doing assistive device safety checks to make sure yours is adjusted properly to fit your needs and reduce fall risks. Come visit with them and stay for lunch!

CAREGIVER CAFÉ


The Area Agency on Aging will host a Caregiver Café here at the Center. The Area Agency will provide education and resources. This is also an opportunity for peer support. The café will be held on Friday, November 18th at 12:00 PM. If you are interested in joining us for this beneficial opportunity, please contact Becky. Reservations are required and must be received by 12:00 PM on Thursday, November 10th.



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.

WE NEED YOUR INPUT!!

Scan here  to take a short (but important) transportation survey.

* Survey is also accessible on our website & Facebook.



Leave a Legacy

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



We would like to thank everyone who made donations to the Center for Seniors during the month of October. We are very appreciative of your contributions, which help us continue our work of serving the seniors of Muskingum County.

SUPPORT SERVICES

PREVENT TYPE 2 DIABETES

Prevent T2 is part of the National Diabetes Prevention Program and is evidence-based. It is focused on helping participants make positive lifestyle changes such as eating healthier, getting more physical activity and reducing stress. People who take part in this program can potentially cut their risk of developing Type 2 diabetes by at least 58%. This is a year long program that includes at least 16 weekly sessions the first 6 months and at least 6 monthly sessions during the second 6 months. This program is taught by a trained lifestyle coach and includes group support. The program and curriculum were developed by the CDC. It is designed for those who have pre-diabetes or are at risk for developing diabetes type 2. To take part in the program you must meet the following requirements: Have a body mass index of $>25\text{kg/m}^2$; lab results that show a fasting glucose of 110-125 (results must be provided); plasma glucose of 140-199 mg/dl measured 2 hours after a 75 gm glucose load; HbA1C of 5.7 to 6.4; or a positive screening for gestational diabetes during a previous pregnancy. Participants cannot have a previous diagnosis of Type 1 or Type 2 diabetes prior to enrollment. *Sessions will begin on Tuesday, January 10th at 2:00 PM.* If you are interested in joining this group or have any questions, please contact Becky. Class size is limited.

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

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, November 14th

Monday, November 28th

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

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.

ENER-CHI combines easy to learn tai chi forms and qigong exercises through mindful movement. While learning and practicing, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance, and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options. **Join Megyen Green beginning November 7th at 2:00 PM.**

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. **Classes begin on Wednesday, January 11th at 1:15 PM. Please contact Becky if you are interested in taking part in this program.**

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 ballroom 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.

CARD CREATIONS is a greeting card making class. No experience is necessary, and no tools are required. A variety of cards are available at a cost of \$1.00 or \$2.00 (Limit 12 per class)

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

MUSKINGUM COUNTY LIBRARY SYSTEM

Thursday, November 3rd—12:00 PM

Subject: Cyber Security:

How to be safe online while protecting yourselves and your information



CHAIR VOLLEYBALL FUN

Tuesday, November 1st
10:00 AM



CANDY CANE CRAFT - Nov. 16th

Supplies needed:

- ~ Candy Cane Wire Frame
- ~ Six rolls of Mesh Ribbon
3 Red & 3 white, or colors
of your choice (6in. 5yd.)
- ~ Pipe Cleaners
- ~ Embellishments
Bows, ornaments, etc.
of your choice



** Sign up sheet posted in the Zanesville Room

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes
3rd Thursday of each month at 1:00 PM
(First class—November 17th)

\$1⁰⁰ and \$2⁰⁰ cards available to make
(Limit=12 cards)

Choose from a large selection of cards.

No supplies needed and
no experience necessary.

Come join us for a fun, creative and
relaxing time!

November 17th—11:45 AM

ARTS, CRAFTS & HOBBIES SHOW & TELL

Bring in your favorite items and share their
stories with others!

Good Ol' COUNTRY Gospel Music Night

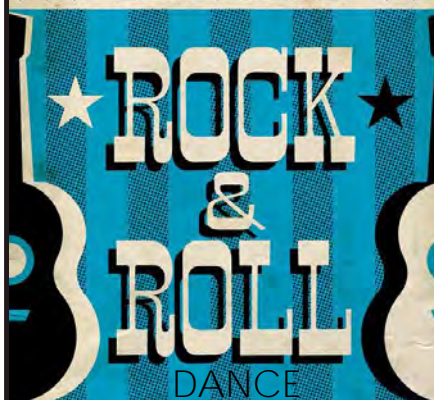
Our monthly gospel music night will be held on THURSDAY, NOVEMBER 10th at 6:00 PM, sponsored by Helen Purcell. Admission is \$2.00 and this event is open to the public. Join us for fellowship and music, featuring The Four Cousins. Doors open at 5:00 PM.



Nov. 2—BUCKEYE BINGO
Nov. 4—sponsored by Humana
Nov. 9—RED, WHITE & BLUE BINGO!
Nov. 16—sponsored by The Oaks
at Northpointe
Nov. 18—(12:15 PM) sponsored
by Riverside Landing
Nov. 23—sponsored by Humana
Nov. 30—sponsored by
Shriver's Hospice



CLASSIC



Sponsored by
Senior Task Force
with
DJ Adonis Brooks
November 17th
6:00 - 9:00 PM
(Doors open at 5:00)

** FREE **
Admission

NOVEMBER BIRTHDAY PARTY

Wednesday, November 30th @ 11:45 AM



NOVEMBER
BIRTHDAYS

Entertainment by Dale & Friends



FAITH & SPIRIT upcoming schedule:

November 12—We will be reading scriptures related to praise and thanks. We will then make Thankful mobiles in the shape of fall leaves. Each participant will create his/her own unique mobile to take home to display for the Thanksgiving holiday.

Following the activity, there will be a short (20-30 minute) informal, multi-faith session which will include seasonal scripture, music, and prayer. Those attending may simply listen and/or more actively participate as desired. ALL ARE WELCOME!

~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 this month are:

Tuesday, November 15—Untangling Grief

Tuesday, November 29—Falls & Balance Issues

LUNCH BUNCH & Preschool Fun!!

WHEN: Tuesday, November 15th at 11:30 AM

WHERE: Cracker Barrel

We will be visiting the Mid-East Preschool at 9:30 AM prior to lunch to read, play games, and make crafts with the kids. They had fun when they were here in the spring and are excited for us to come see them!

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 for more information or to sign up.

MVHC Mobile Health Services




Muskingum Valley Health Center visits the Center for Seniors twice monthly. Their unit has a full exam room and provides services including 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:

November 9th & 23rd
9:00 AM to 3:00 PM



MVHC accepts all patients regardless of insurance, income, or ability to pay. Services received on the Mobile Unit can be billed through insurance. Patients can also receive payment assistance through a sliding fee program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHAIR VOLLEYBALL 10:00 AM 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>1</p> <p>CHAIR VOLLEYBALL 10:00 AM 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>2</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM</p>	<p>3</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM P.E.R.I. 11:30 AM MUSK. CO. LIBRARY 12:00 PM EUCHRE 12:00 PM</p>	<p>4</p> <p>BUCKEYE FRIDAY BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM Pleasant Valley Boys \$3.00</p>
<p>7</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM—\$1.00 CLOSING AT 4:00 PM ** NO EVENING ACTIVITIES **</p>	<p>8</p> <p>CLOSED</p> 	<p>9</p> <p>MVHC MOBILE UNIT 9-3 BINGO 9:45AM VETERANS RECOGNITION PROGRAM w/Buckeye Hospice 12:00 PM OHIO SNAP ED 12:15 PM</p>	<p>10</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES w/JIM 11:15 AM EUCHRE 12:00 PM FOSTER GRANDPARENTS 1:00 PM COUNTRY GOSPEL NIGHT 6:00 PM</p>	<p>11</p> <p>CLOSED</p> 
<p>14</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>15</p> <p>VISIT--MIDEAST PRESCHOOL 9:30 AM Rambo WELLNESS CHECKS 10:00 AM HEALTHY LIVING 10:00 AM LUNCH BUNCH 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>16</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM CANDY CANE CRAFT 12:00 PM</p>	<p>17</p> <p>NO CARDIO DANCE ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM ARTS/CRAFTS/HOBBIES SHOW & TELL 11:45 AM GREETING CARD CLASS 1:00 PM EUCHRE 12:00 PM DJ DANCE 6:00 PM—sponsored by Sr. Task Force—FREE Admission</p>	<p>18</p> <p>BUCKEYE FRIDAY BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM (sponsored by Humana) Tim & Friends * FREE admission</p>
<p>21</p> <p>NO ARTHRITIS EXERCISE ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>22</p> <p>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>23</p> <p>MVHC MOBILE UNIT 9:00 AM-3:00 PM BINGO 9:45 AM OHIO SNAP ED 12:15 PM</p>	<p>24</p> 	<p>25</p>
<p>28</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, SHARE & CARE 10:00 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>29</p> <p>Rambo WELLNESS CHECKS 10:00 AM HEALTHY LIVING 10:00 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>30</p> <p>BINGO 9:45 AM BIRTHDAY CELEBRATION 11:30 AM STORYBOOK CHRISTMAS ~ Entertainment by Y-City Barbershoppers (6:00) & The Dancing Divas 7:00PM (Doors open at 5:00)</p>		

LUNCH Menu

NOVEMBER

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

* Home-delivered, BLSC, and Hi-Rise ONLY!

7
Sausage gravy
Hash browns
Fruit cup
Orange juice
Biscuit

14
Chicken sandwich
Broccoli soup
Peas
Fruited Jell-O
Crackers

21
Swiss steak
Mashed potatoes
Green beans
Fruit juice
Cookie

28
Pizzaburger
Tater tots
California blend
Peaches

TUESDAY

1
Baked chicken
Hash browns
Broccoli
Apple juice
Pudding

8 CLOSED
Stuffed pepper
Tossed salad
Italian blend
Peaches
* SEE NOTE ABOVE

15
Salisbury steak
Mashed potatoes
California blend
Pears
Brownie

22
BBQ pork on bun
Wedge fries
Lima beans
Mandarin oranges

29
Sliced turkey
Redskin potatoes
Brussels sprouts
Pears

WEDNESDAY

2
Swedish meatballs
Mashed potatoes
Carrots
Tropical fruit
Cookie

9
Pork loin
Redskin potatoes
Broccoli
Banana

16
Ham & bean soup
Tater tots
Warm peaches
Cornbread

23
Sliced ham
Scalloped potatoes
Peas & carrots
Tropical fruit

30
Spaghetti
Tossed salad
Corn
Apple crisp
Breadstick

THURSDAY

3
Baked fish
Rice pilaf
Beets
Cauliflower
Apricots

10
Chicken Alfredo
Peas
Stewed tomatoes
Fruit juice

17
Meatloaf
Mashed potatoes
Green beans
Applesauce

24



FRIDAY

4
Chicken & noodles
Mashed potatoes
Corn
Applesauce

11 CLOSED



18
Chef salad
Boiled egg
Pineapple
Crackers
Cookie

25

For reservations at Dresden & Hi-Rise: Please call 454-9761 before 9:00 AM.
Menu is **subject to change** without notice.

THANKSGIVING WORD SEARCH

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

Thanksgiving
 pilgrim
 mayflower
 gratitude
 yams
 family
 gobbler

pilgrim
 indian
 november
 thankful
 grandma
 mother
 traditions

pumpkin
 autumn
 stuffing
 Massachusetts
 grandpa
 father
 fall

turkey
 pie
 rolls
 Plymouth
 uncle
 brother
 leftovers

dressing
 cornucopia
 cornbread
 squash
 aunt
 sister
 acorns

cranberries
 feast
 drumstick
 wishbone
 cousin
 carve

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, NOVEMBER 17TH**. 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

Wednesday NOVEMBER 16th:



Thursday, NOVEMBER 17th:



Tuesday, NOVEMBER 22: **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.



NOVEMBER 2022