

February is turning out to be a busy month here at the Center for Seniors! Check out our upcoming special events and activities:

***Sweetheart Dinner*** -

Wednesday, February 15th—6:00 PM

(Doors open at 5:00 PM)

Menu: Baked steak, Red skinned mashed potatoes,  
Smothered green beans, Dessert

Cost: \$15.00 single / \$25.00 couples

Entertainment provided by the West Muskingum  
High School Jazz Band

*\*Tickets available until February 8th*

***Valentine Cookie Decorating*** - February 7th (\$6.00 per dozen)

This is an MCCFS sponsored event; please see Tara to register.

***Candy Grams*** - on sale February 6th-10th

Send a friend a Candy Gram for Valentine's Day for \$1.00 each.

These will include a piece of candy with a personalized note to be delivered here at the Center on February 14th and 15th.

***Be Well Cookie Co. cookie decorating class*** - February 13th at 6:00 PM

Learn detailed decorating techniques and go home with 4 beautiful cookies. Please contact Tara at the Center or go to "Be Well Cookie Co" on Facebook to register. (Cost: \$25)

***Three Sisters Studio Easter Gnome Painting class*** - February 28th at 6:00 PM

Registration required by February 24th - please contact Tara or sign the registration sheet in the Zanesville Room. See page 6 for more details.

# 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 McGuire 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

Melissa Bell

Mollie Crooks

### Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

James McDonald

Brian Wagner

Keely Warden

The MCCFS  
Board of Trustees  
will hold its next meeting on  
Tuesday, March 14, 2023  
at 8:00 AM.

## 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 2023:**

### **Monday, February 20—Presidents' Day**

Tuesday, May 2—Election Day/Staff Training (**NO** meal delivery)

Monday, May 29—Memorial Day

Monday, June 19—Juneteenth

Tuesday, July 4—Independence Day

Monday, September 4—Labor Day

Monday, October 9—Columbus Day

Tuesday, November 7—Election Day

Friday, November 10—Veterans' Day

Thursday/Friday, November 23-24—Thanksgiving

Monday/Tuesday, December 25-26—Christmas

Monday/Tuesday, January 1-2, 2024—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.**

### NEED A REASON TO CELEBRATE?

Check out these holidays for **FEBRUARY**

- 1 Change Your Password Day
- 2 Rheumatoid Awareness Day
- 3 National Carrot Cake Day
- 4 National Homemade Soup Day
- 6 National Frozen Yogurt Day
- 7 Send a Card to a Friend Day
- 8 National Potato Lover's Day
- 9 National Pizza Day
- 11 National Shut-In Visitation Day
- 13 Clean Out Your Computer Day
- 13 National Tortellini Day
- 14 National Donor Day
- 16 National Almond Day
- 17 Random Acts of Kindness Day
- 18 National Battery Day (collect & recycle)
- 20 National Love Your Pet Day
- 21 National Pancake Day
- 21 Mardi Gras / Fat Tuesday
- 22 Ash Wednesday
- 22 National Margarita Day
- 23 National Chili Day
- 25 National Clam Chowder Day
- 26 National Pistachio Day
- 26 Tell a Fairy Tale Day
- 28 Floral Design Day



### 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 advanced notice is required.** Please call 740-969-6200 to schedule a ride.

### 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 donated to the Center in January. We continue to be blessed by your contributions, which enable us to provide quality service to the seniors of Muskingum County!

**Have you been to our Center?** Either way, we'd love to have your input! Scan here  to complete a quick survey.



## Weather Reminder

All weather delays, closings, and emergencies for the Center will be reported on WHIZ-TV & radio, as well as our Facebook page and website. In certain situations, you **may** also receive one of our automated All-Calls. We will do our best to keep you informed of all cancellations, and you can be assured that we make these decisions with the safety of our staff and seniors in mind.

## Refer-a-Friend Program

**We all love the Center for Seniors, so why not share that love with others?**

Beginning in February, we will be sponsoring a Refer-a-Friend program. When you invite a NEW senior to join us for lunch, an activity, or special event AND that person REGISTERS with the Center, both you and your friend will be entered into a monthly MYSTERY PRIZE DRAWING!

Your new visitor must fill out our First-time Visitor postcard AND complete our membership questionnaire (assessment) on their return visit in order to be eligible.

## ~ 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 on the third Tuesday of the month at 10:00 AM, and ALL are welcome to attend any or all sessions. The class date and topic for this month is:

**Tuesday, February 21—Eye Health & Preventing Blindness**

## 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 many more nutrition related topics. You do not have to attend every session, so feel free to join in for what interests you. Class meets at 12:15 PM in the Fultonham Room on the following dates:

**February 1—Liven Up Your Meals with Legumes**

*Recipe: Baked Lentil Casserole*

**February 16 (Thursday)—Benefit with Beans**

*Recipe: Greek-Style Tuna Salad*

## 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, **FEBRUARY 16th:**



**\*\* The BLSC will be CLOSED Wednesday, February 1st.**



# 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 on Mondays at 2:00 PM; cost is \$1.00.

**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.

**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. Instructor: Megyen Green

**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.

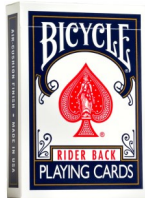
# What's Happening

## TUESDAY LINE DANCING IS BACK!

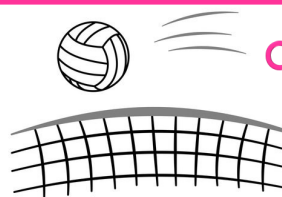
9:30—10:00 AM New dances  
10:00—11:00 AM Regular class

### Do you play cards!

We have a group that will be playing **Hausey** on Wednesdays at noon, beginning February 8th for anyone who wants to join!



**Want to learn?**  
"Introduction to Bridge" will also be taught/played on Wednesdays at noon.



## CHAIR VOLLEYBALL FUN

Friday, February 3rd  
10:00 AM

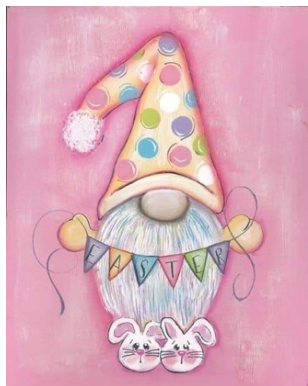
## "CARD CREATIONS BY KAREN"

Karen Bay - Instructor  
Offering Handmade Card Classes  
**February 16th at 1:00 PM**  
\$1<sup>00</sup> and \$2<sup>00</sup> cards available (Limit=8 cards)  
No supplies or experience needed.  
Come join us for a fun,  
creative and relaxing time!

## Three Sister Studio

presents:

### EASTER GNOME Painting class



**When:** February 28th  
6:00 PM

**Cost:** \$20

**Registration deadline:**  
Friday, Feb. 24th

(Painting is 16" X 20")

## Classic Rock Dance with DJ Adonis Brooks Friday, February 17th

6:00 - 9:00 PM

(Doors open at 5:00)

Admission: \$3.00

## QUILTING & CROSS-STITCH

2nd & 4th Tuesdays of the month (2/14 & 2/28)  
12:00 PM in the Dresden Room

## EASTER BUNNY WREATH CRAFT

Wednesday,  
**MARCH 8th**

12:00 PM

Cost: \$10.00

Registration  
is required!

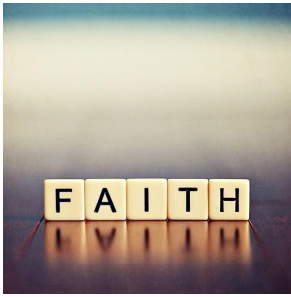


Feb. 1—**Super Bowl BINGO**  
Feb. 8—**American Nursing Care**  
Feb. 10—**Humana**  
Feb. 15—**Adams Lane Health Care**  
Feb. 17—**Riverside Landing**  
Feb. 22—**Shriver's Hospice**  
Feb. 24—**Humana**



**BIRTHDAY PARTY— February 22nd**  
Entertainment by Jan Smith





## FAITH & SPIRIT

**February 9th**—We will read and discuss Scripture passages and a devotional on love. We will then make "Acts of Love" bouquets, which will guide us in showing love toward God and others over the next week.

**February 23rd**—We will reflect upon and discuss how we are all unique parts of our faith community. We will share how together we can make a difference. This will be followed with combining a variety of ingredients to make a February snack mix, symbolizing both our uniqueness and togetherness.

### Would you like to visit with preschoolers?

Does reading, playing games and doing activities with children sound like fun?



We are taking a group of seniors to Mid-East Preschool on Tuesday, February 28th.

If interested, give Tara a call for more details.

## LUNCH BUNCH

WHEN: Tuesday, February 21st at 11:30 AM

WHERE: Olive Garden (Underwood St.)



**Enjoy lunch (at your cost) & fun with friends!**  
A \$5.00 deposit is required to hold your spot, and registration is REQUIRED.


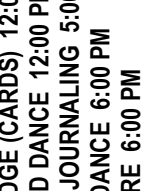
Deposits will be returned to you upon arrival that day. See Tara to sign up.

## Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, FEBRUARY 9TH at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00. Join us for fellowship and music, featuring the **Hands of Faith Praise Team**.

Doors open at 5:00 PM.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BINGO 9:45AM OHIO SNAP ED 12:15 PM GERI-FIT 1:15 PM	2 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM	3 CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM 
6 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM—\$1.00 YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM	7 LINE DANCE 9:30 AM (new) / 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM COOKIE DECORATING 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM	8 BINGO 9:45AM INTRO to BRIDGE CARD GAME 12:00 PM HAUSEY 12:00 PM GERI-FIT 1:15 PM	9 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM—\$2.00	10 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM Ohio Swing Band Admission: \$3.00
13 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM—\$1.00 YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM Be Well Cookie Co. CLASS 6:00 PM	14 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM Y-BRIDGE (CARDS) 12:00 PM QUILTING & CROSS STITCH 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM	15 BINGO 9:45AM WATERCOLORS 12:00 PM INTRO to BRIDGE 12:00 PM HAUSEY 12:00 PM GERI-FIT 1:15 PM SWEETHEART DINNER 6:00 PM	16 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM OHIO SNAP ED 12:15 PM CARD CREATIONS 1:00 PM	17 BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM DJ DANCE 6:00 PM—\$3.00
20 <b>CLOSED</b> 	21 LINE DANCE 9:30 AM (new) / 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	22 BINGO 9:45 AM BIRTHDAY CELEBRATION 11:30 AM INTRO to BRIDGE 12:00 PM HAUSEY 12:00 PM GERI-FIT 1:15 PM	23 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES 11:15 AM MUSKINGUM COUNTY GARDEN SOCIETY (sponsored by MCLS) 11:45 am EUCHRE 12:00 PM	24 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM Brenda Sue Admission: \$3.00
27 ARTHRITIS EXERCISE 9:30 AM PRAYER, CARE & SHARE 10:00 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM—\$1.00 YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM	28 MID-EAST PRESCHOOL VISIT 9:30 AM Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM Y-BRIDGE (CARDS) 12:00 PM QUILTING & CROSS STITCH 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM 3 SISTERS STUDIO PAINTING CLASS 6:00 PM			



# LUNCH Menu

## FEBRUARY

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

Lunch is served from approximately 11:15 AM until 12:00 noon.

### MONDAY

6  
Chicken sandwich  
Potato soup  
Italian blend  
Pineapple  
Crackers

13  
Stuffed pepper  
Redskin potatoes  
Carrots  
Applesauce

20  
**CLOSED**



27  
Swiss steak  
Mashed potatoes  
Corn  
Fruit cup  
Cookie

### TUESDAY

7  
Roast pork  
Cooked cabbage  
Lima beans  
Mandarin oranges

14  
Smoked sausage  
Sauerkraut  
Mashed potatoes  
Tropical fruit

21  
Salisbury steak  
Mashed potatoes  
Yellow squash  
Peaches  
Graham crackers

28  
BBQ pork sandwich  
Tater tots  
Baby carrots  
Tropical fruit

### WEDNESDAY

1  
Ham & bean soup  
Potato wedges  
Mixed fruit  
Cornbread

8  
Taco salad  
Refried beans  
Warm apples  
Tortilla chips

15  
Chili soup  
Baked potato  
Broccoli w/cheese  
Pears  
Corn muffin

22  
Shredded chicken  
Sandwich  
Au gratin potatoes  
Green beans  
Pineapple

### THURSDAY

2  
Baked chicken  
Rice pilaf  
Tossed salad  
Broccoli  
Baked apples

9  
Baked chicken  
Hashbrowns  
Brussels sprouts  
Ambrosia salad  
Graham crackers

16  
Creamed chicken  
over biscuit  
Buttered potatoes  
Mixed vegetables  
Mandarin oranges

23  
Meatloaf  
Mashed potatoes  
Baby carrots  
Fruit juice

### FRIDAY

3  
Baked fish  
Scalloped potatoes  
Beets  
Mandarin oranges

10  
Lasagna casserole  
Cauliflower  
Tossed salad  
Apple crisp  
Breadstick

17  
Pork loin  
Sweet potatoes  
Green beans  
Tropical fruit  
Pudding

24  
Chicken parmesan  
Capri blend  
Breadstick  
Fruit cup

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

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

Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department **by 9:30 AM** at **740-969-6189** if **you need to cancel your meal for ANY reason.**

# PRESIDENTS DAY WORD SEARCH

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

AbrahamLincoln  
America  
AmericanRevolution  
Battles  
BillofRights  
CherryTree  
Colonists  
CommanderInChief  
Congress  
Constitution  
Democracy  
Elected  
FederalHoliday  
Flag  
Forefather  
Government

History  
Leader  
LibertyBell  
Lincoln  
Military  
MountVernon  
Nation  
Party  
Patriot  
Political  
President  
Presidents  
Redcoats  
Revolution  
States  
USA  
Vote



# MORE SUPPORT SERVICES

## HEAP

The HEAP program provides a credit once per winter heating season toward a household's primary heating source. Consumers may apply from July through May by completing an online application at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) or by scheduling an appointment here at the Center or with our local Community Action Agency. Funding will not be released until January. To complete an application, you will need:

- A list of all members of the household with birth dates and social security numbers.
- Proof of income for all household members 18 years of age and over for at least the previous 30 days.
- Proof of citizenship or legal residence for household members.
- Copies of recent utility bills.
- Disability verification (if applicable).

## Winter Crisis Program/E-HEAP

The Winter Crisis Program (WCP), also called E-HEAP, provides financial aid once per heating season beginning November 1 through March 31 to income-eligible consumers who:

- Have been disconnected or received a shut-off notice;
- Have less than a 25 percent supply of bulk fuel; or
- Need to establish new service or pay to transfer service.

**Customers are ineligible until any current medical certification filed with their utility expires.**

Consumers must:

- Complete an application during an interview, usually with a Community Action Agency;
- Be an adult member of the household;
- Submit proof of income for all household members 18 years and older;
- Submit shut-off notice and most recent utility bills; and
- Provide a list of all household members, including birth dates, Social Security numbers and proof of citizenship (or legal residency) for all household members.

Applicants should call to make an appointment with our local Community Action Agency and verify what documentation they should bring with them to verify eligibility. Once a consumer has been approved for the WCP/E-HEAP, the local agency will authorize the payment to the utility. The payment will cover disconnection prevention, reconnection of service, or 30 days of bulk fuel. Households served by a state-regulated utility with a remaining outstanding balance will be required to sign up for a payment plan, such as the Percentage of Income Payment Plan Plus (PIPP Plus).

Size of household*	175% of Total Gross Annual Household Income
1	\$23,783
2	\$32,043
3	\$40,303
4	\$48,563

## COMMODITIES NEWS:

Commodity boxes will now be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road**. **You will enter through Gate 1 at the east end of the fairgrounds and follow the traffic (parallel to Pershing) to the North Stage to pick up your box, and then exit through Gate 3.** **Gates will NOT open until 9:30 AM.** Please do NOT show up early. Through traffic on Pershing Road CANNOT be disrupted.

**Below are the dates for the 2023 Commodity Supplemental Food Program deliveries.**

All boxes need to be picked up on the assigned day during the scheduled times. We understand that emergencies arise, but it is **VERY** important to arrange for someone to pick up for you on the scheduled day if you are unable to do so. We cannot hold boxes. Please be courteous to others. All boxes are assigned. Distribution begins at 10:00 AM and ends at 2:00 PM.

**February 16<sup>th</sup>**

**March 16<sup>th</sup>**

**April 20<sup>th</sup>**

**May 18<sup>th</sup>**

**June 15<sup>th</sup>**

**July 20<sup>th</sup>**

**August 31<sup>st</sup>**

**September 21<sup>st</sup>**

**October 19<sup>th</sup>**

**November 16<sup>th</sup>**

**December 21<sup>st</sup>**

All dates are the 3rd Thursday of the month, EXCEPT August, which is the 5th Thursday, due to the Muskingum County Fair.



## WEATHER REMINDERS



### Level 1:

*Roadways are hazardous with blowing and drifting snow. Roads may also be icy. Drive carefully.*

**Congregate & Home-delivered meals, daytime activities, and transportation proceed as scheduled. Evening activities are cancelled.**

### Level 2:

*Roadways are hazardous with blowing and drifting snow. Only those who feel it is necessary to drive should be out on the roads. Contact your employer to see if you should report to work.*

**The Center opens on a 2-hour delay; congregate lunch is served. Home-delivered meals and transportation are cancelled. Home-delivered meal clients should utilize shelf stable meals. Evening activities are cancelled.**

### Level 3:

*All roadways are closed to non-emergency personnel. No one else should be out during these conditions unless it is absolutely necessary to travel or a personal emergency exists. All employees should contact their employer to see if they should report to work. Those traveling on the roads may subject themselves to arrest.*

**The Center is CLOSED. All services are cancelled. Shelf stable meals are to be used by home-delivered meal clients.**



# MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street  
Zanesville, OH 43701  
(740) 454-9761  
[www.mccfs.org](http://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.***



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