



Since Pi Day (3.14) is coming up, we have decided to “**celebrate**” by holding a friendly competition among staff members, with the “winner” (and loser) taking a pie to the face on the afternoon of March 15th.

Seniors can “vote” by placing a donation in the decorated can of the employee of his/her choosing any time through Pi Day (March 14th). At the end of the day

on March 14th, the staff member with the most (and least) money raised will be selected. On Wednesday, March 15th, those seniors in attendance can vie for the opportunity to be a pie “thrower” and select their “victim” of choice.

This should be an afternoon of fun and entertainment for all! Be sure to come join the fun!

Speaking of food...

A mobile unit is cooking up the conversation about food literacy. The Muskingum County Library System's Charlie Cart is a full-service mobile kitchen unit that comes with all the essentials for cooking and instructions on how to make amazing meals. There's a lot that goes into cooking and baking that involves literacy because you have to read the recipe, understand it, and use critical thinking skills with that. You also have to measure ingredients which helps get a little math involved as well, so it's just all around a good thing.”

The food literacy program also gives the library a chance to teach the community about nutrition and things like portion control and what is considered healthy.

The Charlie Cart and Food Literacy Project was made possible thanks to a grant from The United Way. Our friends from the library will be at the Center on Thursday, March 23rd at 11:45 AM to introduce the program to our seniors.

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:

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 **MARCH**

- 1 National Peanut Butter Lover's Day
- 2 Dr. Seuss' Birthday
- 4 National Marching Music Day
- 7 National Cereal Day
- 7 The Birthday of Monopoly
- 8 International Women's Day
- 9 National Meatball Day
- 10 National Day of Unplugging (digital detox)
- 11 National Genealogy Day
- 12 National Plant a Flower Day
- 13 National Good Samaritan Day
- 13 National Napping Day
- 14 National Potato Chip Day
- 14 Pi Day (3.14)
- 17 National Quilting Day
- 18 National Sloppy Joe Day
- 19 National Let's Laugh Day
- 20 International Day of Happiness
- 23 National Puppy Day
- 27 American Diabetes Assoc. Alert Day
- 29 National Vietnam War Veterans Day
- 30 National Take a Walk in the Park Day
- 31 National Crayon 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, 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 February. We continue to be blessed by your contributions, which enable us to provide continued quality service to the seniors of Muskingum County!

Don't forget to set your clocks ahead Saturday night, March 11th.



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



Refer-a-Friend Program

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

Our Refer-a-Friend program is underway!

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 for this month is **Tuesday, March 21st**.

OHIO SNAP ED PROGRAM

The OSU Snap-Ed program is offering 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:

March 1—Reading the New Nutrition Facts Label

Recipe: Chinese Turnip Pancakes

March 15—Secrets of Savvy Shoppers

Recipe: Tofu Chocolate Mousse

March 29—Good Sources of Calcium to Put on YOUR Plate

Recipe: Asparagus Mushroom Melt

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

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

Wednesday, **MARCH 8th: Movie Matinee** (12:00 PM)

Thursday, **MARCH 16th:**



Cake provided by Shriver's Hospice

Wednesday, **MARCH 22: CRAFT DAY!!**

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.

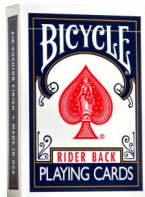
What's Happening

TUESDAY LINE DANCING IS BACK!

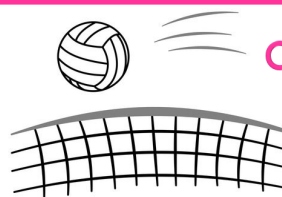
9:30—10:00 AM New dances
10:00—11:00 AM Regular class

Do you play cards?

We have a group that will be playing **Hausey** on **Wednesdays at 12:00 PM** beginning for anyone who wants to join!



Want to learn?
"Introduction to Bridge" will also be taught/played on **Wednesdays at 1:00 PM.**



CHAIR VOLLEYBALL FUN

Friday, March 3rd
10:00 AM

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor
Offering Handmade Card Classes
March 16th at 1:00 PM
\$1⁰⁰ and \$2⁰⁰ cards available (Limit=8 cards)
No supplies or experience needed.
Come join us for a fun,
creative and relaxing time!

EASTER BUNNY WREATH CRAFT

Wednesday,
MARCH 8th
12:00 PM

Cost: \$10.00

Registration
is required!



ShamROCK-n-ROLL Dance with DJ Adonis Brooks

Friday, March 17th
6:00 - 9:00 PM (Doors open at 5:00)

Admission: FREE!!

~ Sponsored by the Muskingum County
Community Foundation

QUILTING & CROSS-STITCH

2nd & 4th Tuesdays of the month (3/14 & 3/28)
12:00 PM in the Dresden Room



& LUNCH

When: Tuesday, March 14th at 11:00 AM

Where: Sunrise Bowling Center

Cost: \$10.00
(includes 2 games & shoes)

See Tara to sign up!

March 1—**The Oaks at Northpointe**

March 8—**Humana**

March 10—**BINGO with Tara**

March 15—**GREEN BINGO!**

Adams Lane Health Care

March 17—**Riverside Landing (12:15)**

March 22—**American Nursing Care**

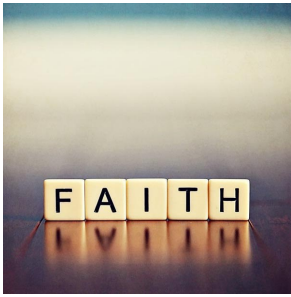
March 24—**Humana**

March 29—**Shriver's Hospice**



BIRTHDAY PARTY— March 29th





FAITH & SPIRIT

March 23rd—During this pre-Easter season, we will focus on drawing close to God. We will learn about the Breath Prayer and how we might use it. We will discuss and explore other simple spiritual practices which we can use in our everyday lives. We will conclude with making a simple prayer collage.

Introducing



The Turban Project began with one woman making a turban for a friend who had lost her hair due to treatment for breast cancer. The idea was shared with the Ladies Knights of Columbus Assembly 0830 in Licking County. The Turban Project has produced and distributed over 216,300 turbans and courage caps since June of 2012.

The project is run **100% by volunteers and donations**, and the turbans are distributed to oncology/radiation centers **totally free of charge**.

On March 9th, we will be holding an introductory meeting at 12:00 noon, and our first sewing session will be on March 23rd. NO experience is necessary. All materials will be provided, but if you have any leftover knit, cotton, fleece, or flannel fabric (1/4 yard or longer) or embellishments, feel free to bring them in! Call Tara with any questions.

LUNCH BUNCH

WHEN: Tuesday, March 28th at **11:00 AM**
WHERE: Roosters (Maple Avenue)



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, MARCH 9TH at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00. Join us for fellowship and music, featuring **Jan & the River Valley Boys**.

Doors open at 5:00 PM.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BINGO 9:45AM WATERCOLORS 12:00 PM OHIO SNAP ED 12:15 PM GERI-FIT 1:15 PM	2 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM P.E.R.J. 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 JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM	8 BINGO 9:45AM BUNNY WREATH CLASS 12:00 PM HAUSEY 12:00 PM NTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM	9 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM FOSTER GRANDPARENTS 1:30 PM GOSPEL NIGHT 6:00 PM—\$2.00	10 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Pleasant Valley Boys 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	14 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM BOWLING OUTING 11:00 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 GREEN BINGO 9:45AM Wear GREEN & decorate your tables! HAUSEY 12:00 PM WATERCOLORS 12:00 PM OHIO SNAP ED 12:15 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM	16 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM	17 BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM DJ DANCE 6:00 PM— FREE ADMISSION Wear GREEN!
20 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	21 LINE DANCE 9:30 AM (new) / 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	22 BINGO 9:45 AM HAUSEY 12:00 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM ESSENTIAL OILS CLASS 5:00 PM	23 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES 11:15 AM CHARLIE CART 11:45 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM	24 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Tim & Friends 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 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM LUNCH BUNCH 11:00 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	29 BINGO 9:45AM BIRTHDAY PARTY 11:15 AM HAUSEY 12:00 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM	30 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM EUCHRE 12:00 PM	31 DUPLICATE BRIDGE 12:30 PM

LUNCH Menu

MARCH

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham & bean soup Potato wedges Mixed fruit Cornbread	2 Baked chicken Rice pilaf Tossed salad Broccoli Baked apples	3 Baked fish Scalloped potatoes Beets Mandarin oranges
6 Chicken sandwich Potato soup Italian blend Pineapple Crackers	7 Roast pork Cooked cabbage Lima beans Mandarin oranges	8 Taco salad Refried beans Warm apples Tortilla chips	9 Baked chicken Hashbrowns Brussels sprouts Ambrosia salad Graham crackers	10 Lasagna casserole Cauliflower Tossed salad Apple crisp Breadstick
13 Stuffed pepper Redskin potatoes Carrots Applesauce	14 Smoked sausage Sauerkraut Mashed potatoes Tropical fruit	15 Chili soup Baked potato Broccoli w/cheese Pears Corn muffin	16 Creamed chicken over biscuit Buttered potatoes Mixed vegetables Mandarin oranges	17 Pork loin Sweet potatoes Green beans Tropical fruit Pudding
20 Salisbury steak Mashed potatoes Yellow squash Peaches Graham crackers	21 Chicken parmesan Capri blend Breadstick Fruit cup	22 Shredded chicken Sandwich Au gratin potatoes Green beans Pineapple	23 Meatloaf Mashed potatoes Baby carrots Fruit juice	24 Pimento cheese sandwich Broccoli soup Potato salad Pears Crackers
27 Swiss steak Mashed potatoes Corn Fruit cup Cookie	28 Chicken Alfredo California blend Tossed salad Baked apples Breadstick	29 BBQ pork sandwich Tater tots Baby carrots Tropical fruit	30 Mac & cheese Stewed tomatoes Peas Grape juice Cookie	31 Beef & noodles Mashed potatoes Peas & carrots Peaches

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.**

St. Patrick's Day WORD SEARCH



WORD LIST

CELTIC
CLOVER
COINS
DANCE
FORTUNE
FOUR LEAF CLOVER
GOLD
GREEN
IRELAND
IRISH
JIG
LEGEND
LEPRECHAUN
LIMERICK
LUCK
MAGIC
MARCH
PARADE
RAINBOW
SHAMROCK
ST PATRICK
TRADITION
WISH



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 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.

March 16th

April 20th

May 18th

June 15th

July 20th

August 31st

September 21st

October 19th

November 16th

December 21st

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

COMING IN APRIL

EASTER *Candy Grams*



The Valentine Candy grams were such a hit, we have decided to offer them again for Easter! These will include a sweet treat with a personalized note from the sender, and will be sold for \$1.00 each around the first week of April. Keep your eyes open for the exact dates!

We are excited to host the **Be Well Cookie Company** again! This will be a one-hour, hands-on cookie decorating class on Tuesday, April 4th at 6:00 PM. For \$25, you will learn decorating techniques, and leave with 4 beautiful Easter cookies, just in time for the holiday!



Julie's ARTery *A studio for students with a heart for art.* will be holding a HAND-BUILDING CERAMIC WORKSHOP on Tuesday, April 4th and 18th at 11:30 AM. During this 2-time workshop, we will be making a floral wall hanging. Class size is limited to 15 participants, and the cost is \$30. Please see Tara to sign up, and watch for flyers with all the details!

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.



Scan to donate!

