

MUSKINGUM COUNTY
CENTER for SENIORS

Learning Always. Laughing Together. Living Well.

GOLDEN news

June | VOLUME 46, ISSUE 6 | 2023

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

DID YOU KNOW?

The Center for Seniors has much to offer in the way of activities, entertainment, and socialization. **BUT**, how much do you know about our Nutrition Department? We have a Nutrition Staff of 19, which includes three cooks, and **15** home-delivered meal drivers who cover all of Muskingum County five days a week. The cooks start every morning at 7:00 in order to get meals out the door to an average of 420 Meals on Wheels recipients, and then turn around and serve an average of 99 people in our downtown congregate setting! That's a lot of food for three cooks, but they do it every day with smiles on their faces!



Check out our kitchen staff hard at work preparing lunch for the day!



OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Administrative Assistant

Erica Silvia Ext. 102

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

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Ann Hollingsworth

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Brian Wagner

Keely Warden

The MCCFS
Board of Trustees
will hold its next meeting on
Tuesday, June 13th 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 remaining dates in 2023:

Monday, June 19—Juneteenth

Monday, July 3 & Tuesday, July 4—Independence Day

Tuesday, August 8—Election 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 SOMETHING TO CELEBRATE?

Check out these holidays for **JUNE**

- 1 National Say Something Nice Day
- 2 National Donut Day
- 3 National Trails Day (Hike a Trail!)
- 4 National Cheese Day
- 6 National Drive-In Movie Day
- 7 National Chocolate Ice Cream Day
- 8 National Jelly-Filled Doughnut Day
- 10 National Iced Tea Day
- 11 National Corn on the Cob Day
- 12 National Peanut Butter Cookie Day
- 13 National Weed Your Garden Day
- 14 National Strawberry Shortcake Day
- 16 National Flip-flop Day
- 17 National Eat Your Vegetables Day
- 18 National Go Fishing Day
- 20 National Vanilla Milkshake Day
- 22 National Onion Ring Day
- 23 National Hydration Day
- 26 National Chocolate Pudding Day
- 27 National Sunglasses Day
- 29 National Camera Day
- 30 National Meteor Watch Day
- 30 Social Media 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 during the month of May. We continue to be blessed by your contributions, which enable us to provide continued quality service to the seniors of Muskingum County!

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.



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.

WINNERS for APRIL: Glenna Toki referred by Jane Dovenbarger

Welcome to The CENTER!!!

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, **June 14th: EUCHRE DAY** (12:00 PM)

Thursday, **June 15th:**  Cake provided by Shriver's Hospice

Tuesday, **June 28th: DESSERT DAY!**

**** The BLSC will be CLOSED on Friday, June 2nd at the request of the Village of Dresden.**



We are pleased to announce that the **Alzheimer's Association** is holding office hours here at the Center for Seniors on the first Tuesday of each month from 10 AM to 2 PM.

The Alzheimer's Association staff provides personalized education, resources, and strategies to help caregivers and family members of individuals with Alzheimer's disease or other dementia provide the best care possible. Stop by during the designated office hours to talk with a staff member about free support services and learn what the Alzheimer's Association is doing in our community.

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.

SENIOR-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

Zentangling with Julie's Artery

June 9th @ 10:00 AM



The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Cost: \$20

* See Tara to register.

Bring your grandkids and come on out for

GRAND

B I N G O

THURSDAY, June 15th at 1:30 PM

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

June 15th at 1:00 PM

\$1⁰⁰ and \$2⁰⁰ cards available

(Limit=8 cards)

No supplies or experience needed.

Come join us for a fun & creative time!



CHARCUTERIE WORKSHOP

Thursday, June 22

5:00 PM

Cost: \$50

~ includes a unique, hand-crafted 12" board made locally by Reclaimed Woodworks.



Friday, June 2nd at 10:00 AM

ROCK-n-ROLL Dance with DJ Adonis Brooks

Friday June 16th

(Doors open at 5:00)

~Boomertunes at 5:30~

DJ starts at 7:00 PM



June 7—The Oaks at Northpointe

June 9—AlterCare

June 14—**FLAG DAY BINGO!**

June 16—Humana (12:15 PM)

June 21—Adams Lane

June 23—Humana

June 28—Shriver's Hospice



BEACH PARTY BIRTHDAY CELEBRATION

June 28th

with **SURPRISE GUEST!!**



Ice Cream Social &

Elvis Impersonator

(sponsored by Primrose Retirement Community)

**Friday, June 30th
at 12:30 PM**





FAITH & SPIRIT

June 8th—During this session we will discuss Scripture/Bible reading. We will highlight some well known inspirational passages. Participants will have the opportunity to make their own faith based bookmark to use in their Bible or devotionals.

June 22nd—During this session we will discuss Scripture and faith based guidelines for managing worry and anxiety. Participants will have the opportunity to create a "worry" stone to use for coping with anxiety and worry.



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 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**.

The group will meet on Thursday, June 8th & 22nd. NO experience is necessary. We are currently in need of fabric scissors, ball point needles, sewing thread, angel charms, and safety pins. Monetary or gift card donations are always welcome as well. If you don't sew but want to help, we can use pattern cutters or people to disassemble basket liners using seam rippers.

Also, if anyone is a crocheter, we have a Pocket Prayer Square pattern that is a need as well.

HELEN PURCELL

Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, June 8th at 6:00 PM**. Admission is \$2.00. Join us for fellowship and music, featuring **Jim Mayercak**. Doors open at 5:00 PM.



LUNCH BUNCH

WHEN: Tuesday, June 20th at 11:00 AM



**LUNCH
IN THE
PARK**

**REGISTRATION IS
REQUIRED!**

at Armco Park (Adams Lane)

Boxed lunches are available from Chef Steve for \$10.00—see Tara for details.

Orders must be placed by June 14th.

You may also bring your own lunch.

**** Bring a hat/sunglasses and a lawn chair!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 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 CARDIO DANCE 6:00 PM 3 SISTERS STUDIO PAINTING 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>6 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</p>	<p>7 BINGO 9:45AM WATERCOLORS 12:00 PM OHIO SNAPPED 12:15 PM BEGINNERS' BRIDGE 1:00 PM SENIOR-FIT 1:15 PM Welcome to Medicare 5:00PM</p>	<p>1 A/ARTHRITIS EXERCISE CARDIO DANCE 9:00 AM BUTTON CLUB 11:00 AM P.E.R.L. 11:30 AM EUCHRE 12:00 PM</p>	<p>2 CRAZY SOCKS & CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM</p>
<p>12 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 CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>13 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM JOYLIGHTS PRAYER GROUP 12:00 PM NAMI Family Support Group 2:30 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>14  FLAG DAY MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM BINGO 9:45AM BEGINNERS' BRIDGE 1:00 PM SENIOR-FIT 1:15 PM **Wear your red, white, & blue</p>	<p>15 A/CARDIO DANCE ARTHRTIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM BOOMERTUNES 11:15 AM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM "GRAND" BINGO 1:30 PM</p>	<p>16 BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM BOOMERTUNES 5:30 PM DJ DANCE 7:00 PM Admission: \$3.00</p>
<p>19 CLOSED </p>	<p>20 LINE DANCE 9:30 AM (new) / 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>21 BINGO 9:45 AM WATERCOLORS 12:00 PM OHIO SNAPPED 12:15 PM BEGINNERS' BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>22 A/CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM CHARCUTERIE WORKSHOP 5:00PM</p>	<p>23 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Brenda Sue Admission: \$3.00</p>
<p>26 ARTHRITIS EXERCISE 9:30 AM PRAYER, CARE & SHARE 10:00 AM CRAFT TIME w/Doreen—after lunch ART CLASS 12:00 PM—\$1.00 TEA & Fairy Teacup Craft 1:00 PM ENER-CHI 2:00 PM—\$1.00 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>27 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM The WILDS Trip 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>28 MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM BINGO 9:45 AM BEACH PARTY BIRTHDAY CELEBRATION 11:00 AM BEGINNERS' BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>29 CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM EUCHRE 12:00 PM</p>	<p>30 DUPLICATE BRIDGE 12:30 PM ICE CREAM Social & ELVIS Impersonator 12:30 PM</p>




JUNE

LUNCH MENU

©LPI

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
<p>** Please note: Meal preparation and staff availability may affect lunch delivery times. We will do our best to maintain a consistent schedule; please do not call before 1:00 to report a meal not being delivered on time.</p>			<p>1 Baked chicken Redskin potatoes Carrots Apricots</p>	<p>2 Taco salad Refried beans Warm apples Tortilla chips</p>
<p>5 Baked steak Mashed potatoes Peas & carrots Pineapple</p>	<p>6 Sloppy Joe Tater tots Corn Fruited Jell-O</p>	<p>7 Baked chicken breast Tossed salad Peas Apple crisp</p>	<p>8 Chili soup Baked potato Cornbread Pears</p>	<p>9 Mac & cheese Stewed tomatoes Capri blend Tropical fruit Breadstick</p>
<p>12 Smoked sausage Sauerkraut Mashed potatoes Pineapple Cookie</p>	<p>13 Cheeseburger Lettuce/onion/pickle Wedge fries Applesauce Animal crackers</p>	<p>14 Chicken Alfredo Broccoli Banana Cherry crisp</p>	<p>15 Meatloaf Mashed potatoes Lima beans Tropical fruit Vanilla wafers</p>	<p>16 Chicken sandwich Vegetable soup Tater tots Peaches</p>
<p>19 CLOSED </p>	<p>20 Turkey & cheese sandwich Potato soup Fruit cup Coleslaw</p>	<p>21 Hot Dog Baked Beans Macaroni salad Banana</p>	<p>22 Pork roast Sweet potatoes Peas Tropical fruit Fruit muffin</p>	<p>23 Fish sandwich Scalloped potatoes Beets Apple juice Brownie</p>
<p>26 Baked chicken Rice pilaf Broccoli Green beans Mandarin oranges</p>	<p>27 Swedish meatballs Mashed potatoes Italian blend Banana</p>	<p>28 Turkey & dressing Mashed potatoes Baby carrots Fruit cup</p>	<p>29 Sliced ham Au gratin potatoes Green beans Fruit cup Cookie</p>	<p>30 Fish sandwich Brussels sprouts Tater tots Fruit cup</p>

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

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

Activities (continued)...

Are you looking for a dash of whimsy to brighten your day?



Join us for a "TEA"rrific time creating your very own teacup fairy garden!

Afternoon tea will be served immediately following.

A variety of tea sandwiches, sweets, and teas are sure to delight as we par-tea the afternoon away!

All supplies are provided for this craft and hats are optional!



When: Monday, June 26, 2023 at 1:00 PM

Where: Roseville Room

Cost: \$20/person.

Space is limited and registration is required.



OPEN-AIR SAFARI TOUR AT THE WILDS?

Tuesday, June 27th—10:00 AM (must arrive 30 minutes early)

Cost: \$40 per person – Lunch on your own.

Tickets are non-refundable unless we can sell your tickets.

If you have any questions call Tara – 740.969.6183

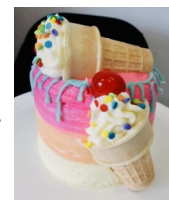
Registration deadline is June 12th.

COMING NEXT MONTH:

**~ Make & Take Honey Sugar Scrub class with Kelly's Hilltop Goats
July 10th at 12:00 PM—\$15.00**

These sugar scrubs have antibacterial properties and great benefits, promoting wound healing, decreased inflammation, decreasing wrinkles, and softening the skin.

**~ Cake Decorating Class—Monday, July 10th at 6:00 PM
Class includes all supplies and you will leave with one 4" cake.**



\$40.00

~ GRAND Day! - July 20th

~ Guided Tour of Mission Oaks & Lunch—July 25th

~ Cruising the Muskingum on the LORENA—TBA



COMMODITIES NEWS:

Commodity can be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road**. **Please 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.

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.

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:

June 7—Identifying Whole Grains with Ease

Recipe: Granola

June 21—Simple Whole Grain Substitutions

Recipe: Blueberry Muffin in a Mug

Have you recently turned or will you soon be turning 65?

Join us for a FREE seminar titled

“Welcome to Medicare”

Wednesday, June 7th at 5:00 PM

Sponsored by The Ohio Senior Health Insurance Information Program (OSHIIP), this program will hopefully answer everything you ever wanted to know about Medicare and the options available to you.



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices,
- Celebrate this exciting stage of life and all the benefits that come with it,
- Discuss risk factors and behaviors you should avoid to stay healthy,
- Learn how medications affect seniors differently and how to avoid problems,
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive:

Free refreshments and giveaways for participating in the program!

For more information, call Tara at the Muskingum County Center for Seniors at 740.969.6183.

*Classes begin
Thursday, July 8th
at 1:30 PM.*



**160 N. Fourth Street
Zanesville, Ohio 43701**

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!

