



**EMPLOYEE  
SPOTLIGHT...**

This month our employee in the spotlight is the first person you see when you walk into the Center, and most likely, the first voice you hear on the phone when you call in.

Introducing...**CINDY!!**



- \* *Job Title:* **RECEPTIONIST**
- \* *How long have you worked at the Center?* **15 YEARS**
- \* *Birthday month:* **APRIL**
- \* *Where did you grow up?* **BLUE ROCK, OHIO (the Philo side)**
- \* *Favorite sport/team:* **MY 6 YEAR-OLD GRANDDAUGHTER'S SOCCER & T-BALL TEAM**
- \* *What do you like to do when you're not working?*  
**VISIT FAMILY, WATCH HALLMARK MOVIES, TAKE RANDOM ROAD TRIPS**
- \* *If you could go anywhere, where would it be, and why?*  
**I WOULD TAKE A RANDOM ROAD TRIP BECAUSE I LIKE ADVENTURE!**
- \* *What are your favorite hobbies?*  
**TAKING RANDOM ROAD TRIPS,  
SPOILING GRANDDAUGHTER & GRANDSON  
(Actually, they have me spoiled and wrapped around their tiny fingers!)**

# 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

Cindy Cameron

Melissa Bell

Mollie Crooks

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Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Wendy Harris

Ann Hollingsworth

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James McDonald

Brian Wagner

Keely Warden

The MCCFS  
Board of Trustees  
will hold its next meeting on  
Tuesday, July 11, 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, 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 **JULY**

\*\*\*\*\*

- 1 National Mahjong Day
- 2 World UFO Day
- 4 National Barbecue Day
- 6 National Fried Chicken Day
- 7 National Macaroni Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 11 National Blueberry Muffin Day
- 12 National Pecan Pie Day
- 13 National French Fry Day
- 14 Collector Car Appreciation Day
- 15 National Give Something Away Day
- 16 National Ice Cream Day
- 17 World Emoji Day
- 19 Hot Dog Day
- 20 National Ice Cream Sundae Day
- 21 National Junk Food Day
- 24 National Cousins Day
- 27 National Chili Dog Day
- 29 National Lasagna Day
- 30 National Cheesecake Day
- 31 National Mutt 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 June. 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 MAY: Vicki Jack, referred by Nany Omen**  
*Welcome to The CENTER!!!*

## MISSION OAKS GUIDED TOUR

**July 25th at 10:00 AM—\$5.00**

**Optional lunch purchase  
(\$10 for choice of Giacomo's salad & bottled water)  
or bring your own lunch**

Mission Oaks Gardens is a beautiful urban garden located in Zanesville, Ohio. It exists quietly and virtually undetectable from the street in a residential neighborhood. The garden's history began in the late 1980's with the purchase of the property by Bert and Susan Hendley. They restored the mission style home which sits at the top of the property and then began development of the gardens in an abandoned ravine located below the home. The ravine's unique micro-climate made it suitable for the survival of both native and non-native plants to this part of Ohio.

Today, more than seven acres of gardens showcase hundreds of rare and unusual plants including a collection of azaleas, rhododendrons, magnolias, and conifers. Perennials, annuals, and wildflowers fill the gardens year-round. The gardens also feature two waterfalls, a natural bog, perennial garden, walking paths, creek, gazebo and one of the most renowned conifer gardens in the state. The nearly two-acre conifer garden displays over 300 trees, many of which are not native to North America. In 2010 Mission Oaks Gardens was acquired by the Muskingum Valley Park District through a grant from the Clean Ohio Conservation Fund to ensure the preservation of these exceptional gardens for the enjoyment and education of generations to come.

# 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.

**CARDIO DRUMMING** combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories.

**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. 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 rhumba).

**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.

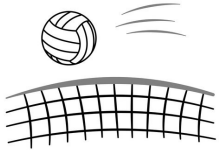
**ART CLASS** is a painting class with supplies provided; on occasion, there may be additional arts & crafts opportunities. The cost for this class is \$1.00. On Wednesdays, some of the artists meet here to paint; however, on Wednesdays, you must supply your own materials.

**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



## CHAIR VOLLEYBALL FUN

Friday, July 7th at 10:00 AM

## Make & Take Honey Sugar Scrub class with Kelly's Hilltop Goats

Mon. 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.



SEE TARA TO REGISTER.



## CRUISE The Muskingum aboard the LORENA!

Tuesday, July 11th  
11:00 AM

(board by 10:30)

See Tara to register.

\$10.00

## ROCK-n-ROLL Dance with DJ Kurtus

Friday July 21st  
(Doors open at 5:00)

DJ starts at 6:00 PM



## Cake Decorating Class

Monday, July 10th  
6:00 PM

COST: \$40

(includes all supplies)

See Tara to register.



## Painting with

Three Sisters Studio

Monday, July 17th - 6:00PM

(rescheduled from June)

\* Reservations required \*

Bring your grandkids and come on out for

# Grand Parents Rock Day

THURSDAY, July 20th at 1:30 PM

We will have fun rock painting & enjoying  
ice cream!

Registration is appreciated, but not required.

- July 5—The Oaks at Northpointe
- July 12—Watermelon Bingo!
- July 14—AlterCare
- July 19—Humana
- July 21—2:00 PM \*new time\*
- July 26—Shriver's Hospice
- July 28—Humana



## "CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

July 20th 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 time!

BIRTHDAY CELEBRATION—July 26th

Wear your  
hats and  
sunglasses!





## FAITH & SPIRIT

**July 27**—During this session we will celebrate God's blessings in our lives. Participants will identify blessings they have experienced in their lives or in the lives of those around them. We will listen to some praise music and offer prayers of praise and thanks. To conclude our celebration, each participant will make homemade ice cream in a bag!

## The TURBAN PROJECT .com

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 Turban 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 this month on Thursday, July 6th and 20th.** 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, July 20th at 6:00 PM**. Admission is \$2.00. Join us for fellowship and music, featuring Four Cousins. Doors open at 5:00 PM.



## LUNCH BUNCH

**WHEN: Tuesday, July 18th at 11:00 AM**

**WHERE: Tumbleweed**



**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.



Muskingum County Library System

### "CUTTING THE CORD" - Tuesday, July 27th at 10:00 AM

The Emerging Tech Department will be here to teach a class on Smart TVs, and some of the many options currently available for streaming TV content (some are **FREE**) and how to stream it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>CLOSED</b></p>	<p>4</p>  <p><b>CLOSED</b></p>	<p>5</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM OHIO SNAP ED 12:15 PM SENIOR-FIT 1:00 PM</p>	<p>6</p> <p>CARDIO DANCE 9:00 AM NO ARTHRITIS EXERCISE P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>7</p> <p>CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM <b>ART SHOW OPEN HOUSE @ MUSK. CO. LIBRARY 4:30-6:00</b> CARDIO DRUMMING 1:00 PM</p>
<p>10</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 <b>SUGAR SCRUB CLASS 12:00 PM</b> ENER-CHI 2:00 PM—\$1.00 YOGA 3:00 PM—\$1.00 LINE DANCE 5:00 PM <b>CAKE DECORATING CLASS 6:00 PM</b> NO CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>11</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM <b>LORENA BOAT RIDE 11:00 PM</b> JOYLIGHTS PRAYER GROUP 12:00 PM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM <b>NAMI Family Support Group 2:30 PM</b> JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>12</p> <p>BINGO 9:45AM SENIOR-FIT 1:00 PM</p>	<p>13</p> <p>NO CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM W.I.S.E. PROGRAM 1:30 PM</p>	<p>14</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Pleasant Valley Boys Admission: \$3.00</p>
<p>17</p> <p>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 <b>3 SISTERS PAINTING CLASS 6:00 PM</b> CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>18</p> <p>LINE DANCE 9:30 AM (new) / 10:00 AM <b>LUNCH BUNCH 11:30 AM</b> Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>19</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM OHIO SNAP ED 12:15 PM SENIOR-FIT 1:00 PM</p>	<p>20</p> <p>CARDIO DANCE 9:00 AM 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 W.I.S.E. PROGRAM 1:30 PM <b>"GRAND" DAY 1:30 PM</b> GOSPEL NIGHT 6:00 PM—\$2.00</p>	<p>21</p> <p>BINGO 2:00 PM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM BOOMERTUNES 5:30 PM DJ DANCE 6:00 PM Admission: \$3.00</p>
<p>24</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, CARE &amp; 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 CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>25</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM <b>MISSION OAKS GUIDED TOUR 10:00 AM</b> Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>26</p> <p>BINGO 9:45 AM BIRTHDAY PARTY 11:30 AM SENIOR-FIT 1:00 PM</p>	<p>27</p> <p>CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM <b>"CUTTING THE CORD" 10:00 AM</b> FAITH &amp; SPIRIT 10:00 AM BOOMERTUNES w/ JIM SCHAPER 11:15 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM W.I.S.E. PROGRAM 1:30 PM</p>	<p>28</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Tim &amp; Friends Admission: \$3.00</p>
<p>31</p> <p>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>** Sarah will be here from the Muskingum County Library every Tuesday at 11:00 AM to record your summer reading minutes, which will also enter you for prizes!</p>	<p>* The MVHC Mobile Unit will be here on <b>TUESDAY, July 11th</b> and 25th this month.</p>		





**JULY**

# LUNCH MENU

©LPI

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

**For those under 60, the required cost is \$5.50.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  CLOSED	4 CLOSED  	5 Baked steak Mashed potatoes Green beans Pears	6 Turkey Cobb salad Melon cup Crackers Breadstick	7 Chicken sandwich Broccoli soup Grape juice Crackers
10 Baked chicken Redskin potatoes California blend Pears Cookie	11 Sloppy Joe Baked potato Broccoli & cheese Banana	12 Pork roast Sweet potatoes Corn Fruited Jell-O	13 Diced chicken Mixed salad Potato soup Fruit cup Crackers Breadstick	14 Cheeseburger Baked beans Potato salad Fruit cup
17 Smoked sausage Mashed potatoes Sauerkraut Peaches	18 Sausage gravy over biscuit Hash browns Baked apples Orange juice	19 Spaghetti Baby carrots Coleslaw Garlic bread Cherry crisp	20 Chef salad Boiled egg Broccoli soup Grapes Crackers Fruit muffin	21 Swiss steak Mashed potatoes Green beans Apricots
24 BBQ chicken breast Redskin potatoes Succotash Pears	25 Taco salad Refired beans Tortilla chips Mandarin oranges	26 Ham & bean soup Baby carrots Tropical fruit Crackers Cornbread	27 Meatloaf Mashed potatoes Lima beans Banana	28 Slice turkey Dressing Sweet potatoes Capri blend Pineapple
31 Baked steak Mashed potatoes Green beans Pears	<p><b>** 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 report a meal not being delivered on time.</b></p> <p>Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department <b>by 9:30 AM</b> at <b>740-969-6189</b> if <b>you need to cancel your meal for ANY reason.</b></p>			

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

## Activities (continued)...

### A Word from our Partner – The Buckeye Valley Family YMCA

“At the Buckeye Valley Family YMCA we believe that all people deserve access to resources that help them learn, grow, and thrive, no matter where they live. However, the majority of the services we offer require participants to travel to Y facilities to participate. That’s why we started **Y ON THE FLY**.”

The **Y ON THE FLY** program is a mobile YMCA delivering healthy snacks, games and activities, STEM/STEAM activities, and Senior/Active Adult programming to youth and seniors in under-served neighborhoods during the summer months. This program is **FREE** to the public and **NO REGISTRATION IS REQUIRED!**

The van will be making stops on weekdays from June 12<sup>th</sup> - August 11<sup>st</sup>, 2023, in various neighborhoods around Licking and Muskingum counties! Y on the Fly will offer at least 60 minutes of activities at each stop.

Join us to get the most out of your summer and create healthy habits for life! Learn, grow, and thrive with the YMCA every weekday this summer!



As part of the Y ON THE FLY program, Megyen Green will be teaching Senior-Fit on Wednesdays at 1:00 PM and Cardio Drumming on Fridays at 1:00 PM here at the Center. Descriptions of these classes can be found on page 5.

Megyen is a certified instructor who also teaches Ener-chi and yoga here at the Center on Mondays at 2:00 and 3:00 PM, respectively.

**Be sure to join the fun by checking out one or more of these awesome classes!**

### 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:

**July 5—Simple Whole Grain Substitutions**

**Recipe: Blueberry Muffin in a Mug**

**July 19—Creative Cooking with Whole Grains**

**Recipe: Meatloaf in a Mug**

## 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.

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

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

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

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

**September 21<sup>st</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.

**\*\* If you change your phone number, PLEASE update it with us. This allows us to send you a reminder call each month.**

## 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: **Euchre** at 12:00 noon

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

Thursday, July 20th:



Cake provided by Shriver's Hospice

Wednesday, July 26th: **DESSERT DAY!**

## COMING IN AUGUST:

**Senior Day**  
**at the**  
**FAIR**

Tuesday, August 15th



## Glass Painting

with

Carrie Turner

Monday, August 21st  
6:00 PM



## Bee Hive Craft

August 23rd  
12:00 PM



*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 13th  
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](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.*



Scan to donate!

**JULY**  
**2023**