



It's August, and you know what that means...

It's FAIR TIME!!

Come join us on SENIOR DAY, Tuesday, August 15th at the NORTH STAGE for some toe-tappin' entertainment!

The theme will be **BEACH PARTY** with entertainment provided by:

The Dancing Divas

Cardio Dance class

Cardio Drumming class

Pat Wess

Senior Line Dancers

Boomertunes

Four Cousins

Muskingum County Library

Don't forget your
beach hats!



Join us, along with some of our sponsors, for Door Prizes and Giveaways!



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The MCCFS
Board of Trustees
will hold its next meeting on
Tuesday, August 8, 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:

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.

What's Happening



CHAIR VOLLEYBALL FUN
Friday, August 4th at 10:00 AM




Glass Painting with Carrie Turner
Monday, August 21st—6:00PM
Cost: \$10.00
Bring glass item of your choice (wine glass, small window, mirror, mason jar, etc.)
Registration is required—please see Tara.



Bee Hive Craft
August 23rd
12:00 PM
Cost: \$10.00
* Please see Tara to register.

"CARD CREATIONS BY KAREN"
Karen Bay - Instructor
Offering Handmade Card Classes
August 17th at 1:00 PM
CLASS FEE: \$10.00 (4 cards included)
Additional cards: \$2.50 each
No supplies or experience needed.
Come join us for a fun & creative time!

August 2—**The Oaks at Northpointe**
August 9—**Dolbow Senior Solutions**
August 11—**AlterCare**
August 16—**POOL PARTY BINGO**
August 18—2:00 PM *new time*
August 23—**Farmers Market BINGO**
August 25—**Dolbow Senior Solutions**
August 30—**Shriver's Hospice**




Bring your grandkids and come on out for GRAND DAY!
Thursday, August 17th
1:30 PM






Muskingum County Literacy Council
Storytime with Cindy Lawyer and
Muskingum County Valley Park
District - Sharing Wildlife animals with
Michelle Illing

ROCK-n-ROLL Dance
with DJ Adonis
Friday, August 18th—6:00 PM
(Doors open at 5:00)
Admission: \$3.00



BIRTHDAY CELEBRATION—August 30th



Entertainment by Pat Wess

REMINDER to all
COMMODITIES RECIPIENTS:
Commodity Day is
Thursday, AUGUST 31st
(This is a later date, due to the fair.)

FAITH & SPIRIT



August 10—Plants in the Bible--We will review plants mentioned in Scripture, particularly those of a healing nature. Participants will then pot an herb plant to take home.

August 24—Awe of Nature--We will talk about the spiritual practice of being in nature and awe of God in his creation. Participants will then complete a nature collage



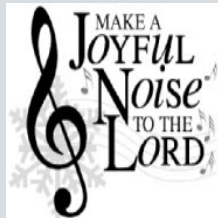
The Turban Project began with one woman making a turban for a friend who had lost her hair due to treatment for breast cancer. The Turban Project is run **100% by volunteers and donations**, and the turbans are distributed to oncology/radiation centers **totally free of charge**.

The group will meet this month on Thursday, August 10th & 24th. 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 you like to crochet, we have a Pocket Prayer Square pattern that you can also make .

HELEN PURCELL

Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, August 17th at 6:00 PM.** Admission is \$2.00. Join us for fellowship and music, featuring **TOM SHELTON.** Doors open at 5:00 PM.



LUNCH BUNCH

WHEN: Tuesday, August 29th at 11:30 AM

WHERE: Rake's Place



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>• - Date change</p> <p>1 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>1 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>2 BINGO 9:45AM WATERCOLORS 12:00 PM ALZHEIMER'S REP. 10:00 AM OHIO SNAP ED 12:15 PM SENIOR-FIT 1:00 PM</p>	<p>3 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</p>	<p>4 CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM</p>
<p>7 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</p> <p>** CLOSING AT 4:00 PM **</p>	<p>8 CLOSED</p>	<p>9 BINGO 9:45AM SENIOR-FIT 1:00 PM</p>	<p>10 //O CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM</p>	<p>11 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Ohio Swing Band Admission: \$3.00</p>
<p>14 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>15 SENIOR DAY AT THE FAIR LINE DANCE 9:30 AM (new) / 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 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>16 BINGO 9:45AM WATERCOLORS 12:00 PM SENIOR-FIT 1:00 PM</p>	<p>17 //O CARDIO DANCE ARTHRITIS EXERCISE 9:30 AM EUCHRE 12:00 PM * OHIO SNAP ED 12:15 PM CARD CREATIONS 1:00 PM "GRAND" DAY 1:30 PM GOSPEL NIGHT 6:00 PM—\$2.00</p>	<p>18 BINGO 2:00 PM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM DJ DANCE 6:00 PM Admission: \$3.00</p>
<p>21 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 GLASS PAINTING 6:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>22 Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM PRAYER, CARE & SHARE 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>23 BINGO 9:45 AM BEE HIVE CRAFT 12:00 PM SENIOR-FIT 1:00 PM</p>	<p>24 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES w/ JIM SCHAPER 11:15 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM</p>	<p>25 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Brenda Sue Admission: \$3.00</p>
<p>28 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>29 LINE DANCE 9:30 AM (new) / 10:00 AM LUNCH BUNCH 11:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>30 BINGO 9:45 AM BIRTHDAY PARTY 11:30 AM SENIOR-FIT 1:00 PM</p>	<p>31 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM * COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 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>



JULY

LUNCH MENU

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
	1 Beef tips w/gravy Mashed potatoes Beets Fruit cup Pudding	2 Turkey Cobb salad Mandarin oranges Crackers Breadstick	3 Baked steak Mashed potatoes Green beans Pears	4 Chicken sandwich Broccoli soup Peaches Crackers
7 Baked chicken Redskin potatoes California blend Pears Cookie	8 CLOSED for Elections	9 Mixed salad with diced chicken Potato salad Fruit cup Crackers Breadstick	10 Pork roast Sweet potatoes Corn Fruited Jell-O	11 Cheeseburger Baked beans Potato wedges Fruit cup
14 Smoked sausage Mashed potatoes Sauerkraut Peaches	15 Sausage gravy over biscuit Hash browns Baked apples Orange juice	16 Chef salad Boiled egg Broccoli soup Grapes Crackers Fruit muffin	17 Spaghetti Baby carrots Coleslaw Garlic bread Pears	18 Swiss steak Mashed potatoes Green beans Apricots
21 BBQ chicken breast Redskin potatoes Succotash Pears	22 Ham & bean soup Baby carrots Warm peaches Crackers Cornbread	23 Taco salad Refired beans Tortilla chips Mandarin oranges	24 Meatloaf Mashed potatoes Lima beans Banana	25 Sliced turkey Dressing Sweet potatoes Capri blend Pineapple
28 Chicken penne pasta Spinach Pickled beets Apple crisp	29 Baked fish Stewed tomatoes Brown rice Coleslaw Orange juice	30 Chicken salad on croissant Potato soup Cucumber & tomato salad Fruit cup	31 Baked steak Mashed potatoes Green beans Pears	* Menu is subject to change without notice.*

**** 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.**

Activities (continued)...

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:

August 2—Stretching Your Food Dollars: It's a SNAP

Recipe: *Pizza in a Mug*

(Thursday) August 17—Breaking Down Barriers

Recipe: *Microwave Bread Pudding*

August 30—It's All About the Dates

Recipe: *French Toast 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.

****August 31st**

September 21st

October 19th

November 16th

December 21st

PLEASE NOTE: This month's pickup is the **5th Thursday of the month, 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, **August 17th:**



Cake provided by Shriver's Hospice

KARAOKE NIGHT



OVER 55,000 SONGS

PUBLIC WELCOME

Professional Sound, Multiple Mics, Bring a friend!

*Muskingum County Center for Seniors
160 N. Fourth Street, Zanesville*

**1st Friday of the Month
Beginning Sept. 1st**

**\$5.00
ADMISSION**

**6:00 - 9:00 PM
Doors Open at 5:00PM**

COMING IN SEPTEMBER:

Tuesday, September 12th—10:00 AM

Pick your own bouquet of FLOWERS at Curly Girl Farm (Cost: \$15)

Come and share the joy of the beautiful flower patch! Join us for a "cut your own bouquet" event! If you have a favorite vase, bring it along to fill with whatever flowers you choose to cut. If not, a selection of jars and vases will be available to choose from.

Please note:

- * This event can take place in light rain. Just wear your rubber boots and a raincoat. In the event of a storm, you will receive a notification of cancellation.
- * The flowers are a haven for pollinators. Bees LOVE the flowers--if you are allergic to them please be aware of this.
- * This is a farm, therefore you are encouraged to wear sensible shoes. Sandals are okay, but realize that whatever you wear has the potential to get dirty or wet.
- * Parking is limited so if you are attending with friends and can carpool that would be most appreciated.



A lunch option is available for purchase—See Tara for details and to register!

Tuesday, September 12th—5:00-7:00 PM

Jill's Unique Boutique Shopping Party!

Do you like to shop?

Join us for a **private shopping party** exclusively for US!!!
Enjoy discounts, hors d'oeuvres, and free fashion tips!!



Call Tara to register!

Tuesday, September 19th—6:00 PM

Spa Night

Guests will learn how to take care of their skin from head to toes! We will try Satin Hands, sample skin care, use a mask of choice, and hydrogel eye patches. Guests get to use samples for skin care, mask and gel patches, and will take home a Mary Kay mini Satin Hands set.

Cost: \$10.00

Register with Tara!

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.

JOIN US - August 2nd, 2023

Dementia EDUCATION PROGRAM



Muskingum County Center for Seniors ALZHEIMER'S EDUCATIONAL PROGRAM

Please Join us for an educational event:
Dementia and Alzheimer's 10 Warning Signs



Muskingum County Center for Seniors

160 North 4th Street
Zanesville, OH 43701

Wednesday, August 2, 2023
12:00 pm

For more information contact:

Ginger Gagne
glgagne@alz.org
740.337.0343

10 Warning Signs of Dementia

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them.



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SPINAL ARTHRITIS?

Many patients have been told by their doctors (AND Chiropractors) that they have Arthritis in their spine and that is why the treatments aren't working or "there's nothing more they can do." For the past 12 years, a Chiropractic Neurologist has studied the problem of spinal arthritis and damaged discs (slipped, bulged, herniated and degenerated).

After seeing what types of patients weren't responding to traditional Chiropractic, since he graduated from Palmer College nearly 20 years ago, Dr. Russ Schroder, DC, DACNB, FACFN, began gradually incorporating different technologies to treat this arthritis in the back (and neck). Plus with his advanced degrees in Chiropractic Neurology and Functional Neurology, he has sought out more and more treatments that help discs and nerves to heal naturally.

These combined therapies (including Cold Laser Decompression) led to the CTX Method a couple of years ago. The results have been phenomenal!

Just listen to what patients have to say:

"After six years of pain from the waist down, I could not even hold a small child. It was worth it all, and I would surely recommend it to anyone. Treatment was all I could wish for."
- Lloyd & Anna Gehman

"I have seen very rapid improvement in my lower back pain from thinning discs that I've had in my back since I was x-rayed at the chiropractor a couple of years ago" - V. Stutzman

Dr. Russ has offices in Sugarcreek and Zanesville Ohio and is accepting patients for a winter program in February. Call today for a free report on How to Avoid Back and Neck Surgery!



Dr. Russ Schroder
Chiropractic Neurologist



Dr. Heather Schroder
Naturopath

300 Main St
Zanesville, OH
740.454.1747

771 Dover Rd NE
Sugarcreek, OH
330.852.5131



AVOID KNEE SURGERY!

If you have been told by the doctor that you have arthritis in the knees, or even bone-on-bone, then the most commonly recommended treatment is Knee Replacement surgery.

For the past 12 years, a Chiropractic Neurologist has studied the problem of arthritis in the knees (and hip and spine) when the cushion or "cartilage" begins to wear out and degenerate.

After seeing what types of patients weren't responding to traditional Chiropractic after graduating from Palmer College nearly 20 years ago, Dr. Russ Schroder, DC, DACNB, FACFN began gradually incorporating different technologies to treat joint arthritis. When it worked so well with arthritis in the spine, he began incorporating these same Non-invasive therapies to arthritis in the knees (& hips).

Now with his Board Certification in Chiropractic Neurology and Functional Neurology, he has searched the newest medical research and found even more treatments for worn-out cartilage to heal naturally... even severe knee arthritis!

These combined therapies (including Cold Laser Decompression of the Knee) led to the CTX Method a couple of years ago. And the results have been astounding!

Just listen to what patients have to say:

"I've had knee problems for years. It is Unbelievable how these treatments have helped & I'm still getting better! My one knee was bone-on-bone. May God bless your work!" - S.T., Millersburg

"I came in to see Dr. Russ about treatment for my knee pain that was getting severe and really limiting my walking. I am so much better now! I definitely feel better and have referred him to family!" - Daniel Troyer

"I'm 86 years old and was having pain in my knees and couldn't be on my feet a lot. I had 18 treatments, and now I don't have any pain." - Anna Yoder

"I had severe thinning of the cartilage in my left knee. After completing the program, I must say I am not disappointed with the results I have experienced." - Levi S.

Dr. Russ has offices in Sugarcreek and Zanesville, Ohio and is accepting patients for a winter program in February. Call today for a free report on how to avoid knee surgery!



Dr. Russ Schroder
Chiropractic Neurologist



Dr. Heather Schroder
Naturopath

300 Main St
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MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street
Zanesville, OH 43701
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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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