



SPOTLIGHT



Kathaleen Soter went from a Friend of the Center to a member of our team. One of her favorite things about working at the Center is knowing she is a small part of helping seniors get their meals. It is a process feeding our seniors and she feels blessed to be a part of the team.

Kathaleen likes seeing our Friends of the Center eating and socializing together. When she started coming to the Center a year and a half ago, it amazed her that we offered so many activities here. There is something for everyone. She says this is a nice place for seniors to make new friends.

Before coming to the Center, she was a nurse for over 35 years. She always considered her job a privilege. She tried to treat all of her patients as if they were her own family. She stayed positive and friendly with her patients, and you will see that she continues to do that at the Center. Kathaleen is one of the nicest people you will meet.

When asked what she enjoys most about working here, she said she enjoys all the staff. Everyone has been so nice and helpful to her. It's nice to see teamwork.

Kathaleen said that this is the perfect job for her. She works part-time so she can still enjoy her retirement and family. Most importantly, she can still play euchre, line dance, and come to gospel night at the Center. She was doing all of that before she became an employee. She looks forward to being a part of the Center growing and helping more seniors. The only thing that she misses is playing BINGO, but it's something she looks forward to when she gets older.

OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Quality Compliance Coordinator

Debbie Moore Ext. 114

Activities Director

Tara McGuire Ext. 116

Community Involvement Coordinator

Jill Jones Ext. 123

Nutrition Administrator

Karen McHenry Ext. 104

Activities Assistant

Carol Morgan

Receptionist

Cindy Sheppard Ext. 101

Office Support

Kathaleen Soter

Community Health Assessor

Alexandria Harris

Board of Commissioners

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The MCCFS Board of Trustees will hold its next meeting on Tuesday, April 9th, 2024

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 2024:

Monday, May 27th—Memorial Day

Wednesday, June 19th—Juneteenth Day

Thursday/Friday, July 4th & 5th—Independence Day

Monday, September 2nd—Labor Day

Monday, October 14th—Columbus Day

Tuesday, November 5th—Election Day

Monday, November 11th—Veterans' Day

Thursday/Friday, November 28th & 29th—Thanksgiving

Tuesday/Wednesday, December 24th & 25th—Christmas

Tuesday/Wednesday, December 31st & January 1, 2025
New Year's

* NOTICE REGARDING CANCELLATIONS/CLOSINGS

* *Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, our website, Facebook, and WHIZ TV and radio. REMINDER: The call should show up as "Muskingum County" on Caller-ID. PLEASE make sure we have your current contact information so that you receive these important messages.*

MY SENIOR CENTER

Just a reminder to please sign in at the kiosk 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 **APRIL**

- 1 April Fool's Day
- 2 National Peanut Butter and Jelly Day
- 3 National Find a Rainbow Day
- 5 National Caramel Day
- 7 National No Housework Day
- 10 National Sibling's Day
- 11 National Living Donor Day
- 11 National Pet Day
- 12 National Grilled Cheese Sandwich Day
- 13 National Scrabble Day
- 14 National Gardening Day
- 15 National Laundry Day
- 15 National Tax Day
- 16 National Orchid Day
- 18 National Exercise Day
- 20 Volunteer Recognition Day
- 21 National Yellow Bat Day
- 22 National Earth Day
- 23 National Picnic Day
- 24 National Bucket List Day
- 25 National Zucchini Bread Day
- 28 National Blueberry Pie Day
- 30 National Adopt a Shelter Pet 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 generosity, which enables us to continue providing quality service to the senior citizens 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.



What's Happening

Do you love to sing?

Join us for **KARAOKE!**
Friday, April 5



We have professional sound, multiple mics, and over 55,000 songs!

Bring your friends!

Admission: \$5.00 - the fun starts at 6:00 PM!
(Doors open at 5:00)



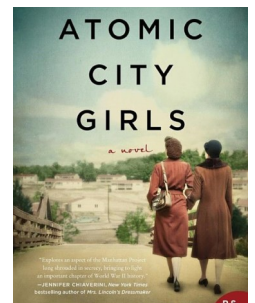
Join us for **CHAIR VOLLEYBALL!**

Friday, April 5th
10:00 AM



Our Book Club will meet **April 9th** in the Library at the Center.

Our current book may be checked out at the Muskingum County Library.



PAINT A CANVAS WELCOME SIGN \$20

TUESDAY, APRIL 23 5:00 PM



REGISTER AT THE CENTER OR ON OUR WEBSITE



"CARD CREATIONS BY KAREN"

Karen Bay - Instructor
Offering Handmade Card Classes
Thursday, April 18 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!

✦ TUESDAY, APRIL 11TH 1:00 PM ✦

COOKING FUN WITH CHEF STEVE

Menu: One pot tomato basil pasta with ricotta and some protein energy bites. Both are items that would be perfect for a meal and a sweet but healthy treat!



CLASS \$5 PER PERSON

JOIN US! REGISTER NOW AT WWW.MCCFS.ORG OR AT THE CENTER

Spring Fling Paint Party Tuesday, April 9th 4-6 pm Sponsored by Shriver's Hospice Foundation



Paint a beautiful canvas in a Free class with instruction by Allison Weeks. Register online or at the Center. Limited to 25 registrations.



Follow us on Facebook for updates and announcements.



When: Friday, April 19th—6:00 PM
(Doors open at 5:00)
Cost: \$3.00

LUNCH BUNCH

WHEN: Tuesday, April 23rd at 11:30 AM
WHERE: Muddy Miser's

Enjoy lunch & fun with friends!
A \$5.00 deposit is required!
Registration begins
April 1st.

Monday, April 1st at 6:00 PM

TRIVIA NIGHT

Grab your friends and snacks, and join us for a night of fun and entertainment!

FAITH & SPIRIT



April 11—This session will focus on prayer. We will touch on prayer from our oldest Scripture through contemporary practices. Participants will be encouraged to share their prayer practices and experiences. We will end the session by making a prayer pocket.

April 25—This session will again focus on prayer. We will review several prayer practices. Participants will be encouraged to begin to develop or expand upon their own prayer practices. We will conclude with making a prayer bead or prayer chain item.



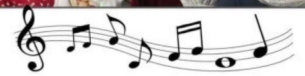
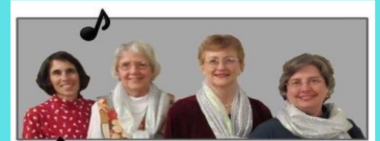
Good Ole Gospel Music Night

Hosted by Dick Pryor

Join us at the Center



Thursday,
April 11



Doors open at 5:00pm
Music begins at 6:00pm

Grace Notes

Sponsored by
Helen Purcell



Bring your friends and family.
Prepare to be blessed.

Admission \$2

Open to the Public



The TURBAN PROJECT .com

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, April 11 & April 25 from
10 AM until 2 PM.

NO experience is necessary, and the more, the merrier. Invite your friends to join this meaningful mission!

COMMODITIES NEWS:

Commodity boxes 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 to the North Stage to pick up your box, and then exit as instructed.**

Gates will NOT open until 9:30 AM. Please do NOT show up early. Through traffic on Pershing Road CANNOT be disrupted. All boxes need to be picked up on the assigned day during the scheduled times by the Commodity recipient OR the proxy designated on your application ONLY. **If you fail to pick up your box for 2 consecutive months without contacting us with a valid reason, you will be removed from the program.** Please be courteous to others. All boxes are assigned. **The remaining distribution dates for 2024 are as follows:**

| | |
|----------------------------------|--|
| April 18th | 3 rd Thursday of the month |
| May 16th | 3 rd Thursday of the month |
| June 20th | 3 rd Thursday of the month |
| July 18th | 3 rd Thursday of the month |
| August 29th | 5th Thursday due to FAIR |
| September 19th | 3 rd Thursday of the month |
| October 17th | 3 rd Thursday of the month |
| November 21st | 3 rd Thursday of the month |
| December 19th | 3 rd Thursday of the month |

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



We have implemented a new process with Commodities and appreciate your patience and cooperation to make this run smoothly.

The new procedure will make checking in take a little longer as we become acquainted with the new system.

With this in mind, we are asking that you come at the designated timeframe for your LAST NAME in the alphabet.

A—M: 10 AM—12 PM
N—Z: 12 PM—2 PM

We understand that you may have appointments that may not allow you to adhere to the specified time; however, to keep us from having a long line that requires you to wait for an extended period of time, we ask for your cooperation as we transition to the new system. Long lines and longer wait times will cause traffic congestion and we do not want to inconvenience others by blocking the roadways.

Thank you for your understanding as we find better ways to serve you!

OHIO SNAP ED PROGRAM

The OSU Snap-Ed program continues to offer beneficial workshops at our site. This program offers valuable information on healthy eating, savvy shopping, and many other nutrition related topics. Join in for whatever interests you. Class meets at 12:15 PM in the Fultonham Room, and these are the dates & topics for April:

April 10th—Eat more fruits & vegetables, you can do it!

Recipe: Broccoli Salad

April 24th—The importance of eating lean

Recipe: Avocado Chicken Salad



the Wilds

Sign-ups
begin
April 8

OPEN-AIR SAFARI TOUR AT THE WILDS

TUESDAY, JUNE 18 10:00 AM

Cost: \$60 per person.** Ticket includes Senior Center Chaperone, 2 hour Open-Air Safari Tour & Boxed lunch from German Farms Market. Parking on your own \$8 per vehicle - pay upon arrival.

Tour is Rain or Shine - dress accordingly.

Some walking will be involved.

** Fee is non-refundable unless we can sell your ticket or trip is canceled due to lack of interest.

EST. 2012
GERMAN
FARMS
Market

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 1 STRETCHING WITH JODI—9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM TRIVIA NIGHT 6:00 PM | 2 LINE DANCE 9:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM | 3 BINGO W/ OAKS AT NP 9:45AM <i>Alzheimer's Representative</i> 10:00 AM—12:00 PM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM | 4 ZUMBA 9:00 AM STRETCHING WITH JODI—9:30AM EUCHRE 12:00 PM PERI 11:30 AM | 5 CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM KARAOKE 6:00 PM ** Doors open at 5:00 PM |
| 8 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM | 9 LINE DANCE 9:30 PRAYER, CARE & SHARE 10:00 AM Rambo WELLNESS CHECKS 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM MEDICARE MEETING 12:00 PM Y-BRIDGE (CARDS) 12:00 PM BOOK CLUB 1:00 PM <i>Caregivers' Support Group 1:00 PM</i> SHRIVERS HOSPICE SPRING FLING PAINT PARTY 4:00 PM-6:00PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM /EUCHRE 6:00 PM | 10 BINGO 9:45AM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM | 11 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM TURBAN PROJECT 10AM - 2PM BUTTON CLUB 11:00 AM EUCHRE 12:00 PM COOKING W/ CHEF STEVE 1:00PM GOSPEL NIGHT 6:00 PM ** Doors open at 5:00 PM | 12 BINGO 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Brenda Sue |
| 15 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM CHAIR LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM | 16 LINE DANCE 9:30 AM ROUND DANCE 12:00 PM Y-BRIDGE (CARDS) 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM | 17 BINGO 9:45 AM BOOMERTUNES 11:15 AM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM | 18 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM | 19 DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM BINGO 2:00 PM ** DJ DANCE W/ADONIS 6:00 PM ** Doors open at 5:00 PM |
| 22 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM | 23 LINE DANCE 9:30 AM Rambo WELLNESS CHECKS 10:00 AM LUNCH BUNCH 11:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM | 24 BINGO W/ SHRIVER'S HOSPICE 9:45 AM BIRTHDAY PARTY <i>w/Pat Wess 11:15 AM</i> MEDICAID 101 BY APPT. 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM | 25 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM LIBRARY CHARLIE CART 11:45 AM TURBAN PROJECT 10AM - 2PM EUCHRE 12:00 PM | 26 BINGO 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Pleasant Valley Boys |
| 29 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM | 30 LINE DANCE 9:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM | | | |



APRIL

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 |
|--|---|---|---|--|
| 1 Chipped Beef Biscuit Green Beans Carrots Applesauce | 2 BBQ Chicken Sand. Tater Tots Peas Mandarin Oranges | 3 Ham Potato Green Bean Casserole Pineapple Cookie | 4 Chili Baked Potato Warm Peaches Cornbread | 5 Chicken Parm Italian Veg. Pears Fruit Juice |
| 8 Cheeseburger Wedge Fries Mixed Veg. Mandarin Oranges | 9 Taco Salad Mexican Corn Refried Beans Tortilla Chips | 10 Chicken Tenders Diced Potatoes Green Beans Tropical Fruit Cookie | 11 Sweet N Sour Meatballs Rice Capri Blend Fresh Apple Peaches | 12 Pimento Cheese Tomato Wedges Coleslaw Mixed Fruit |
| 15 Ham & Cheese Mac. Stewed Tomatoes Broccoli Fruit Juice | 16 Spinach Salad Vegetable Soup Boiled Egg Fresh Orange Muffin Crackers | 17 Meatloaf Mashed potatoes Green Beans Pineapple | 18 Turkey Club Potato Chips Apricots | 19 Chicken Patty Tater Tots California Blend Raisins |
| 22 Smoked sausage Mashed potatoes Sauerkraut Pineapple | 23 Ground Beef Stroganoff Brussel Sprouts Corn Applesauce | 24 Grilled Chicken Salad Celery Sticks/Dip Pickled Beets Apple Juice Muffin | 25 Sloppy Joe Wedge Fries Green Beans Mandarin Oranges | 26 Baked Fish Broccoli Stewed Tomatoes Grapes |
| 29 Fried Chicken Potato Salad Green Beans Peaches Cookie | 30 Sausage Cheese Sandwich Hashbrowns Applesauce Orange Juice | * Lunch is served at the Hi-Rise and BLSC (Dresden) at 11:00 AM (approximately). | Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:00 AM at 740-969-6189 if you need to cancel your meal for ANY reason. | |

**** 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 PM to report a meal not being delivered on time.**

Fundraising

Spring has sprung! We are holding a Spring Flower Sale with McDonald's Greenhouse, your local garden center! Orders are due with payment by May 1st. Additional order forms are available at the front desk at the Center and on our website. You can order 10" hanging baskets in a variety of colors for \$16 or a Boston Fern for \$18.50. New this year, you may purchase a \$25 Gift Certificate to McDonald's Greenhouse. Orders can be picked up at the Center from May 8-10 from 8 am-4 pm in time for Mother's Day, Sunday, May 12!



Spring Flower Sale Order Sheet

10" hanging baskets • \$16 each

- _____ Dragon Wing Begonia - red
- _____ Impatiens - pink
- _____ Impatiens - red
- _____ Impatiens - purple
- _____ 10" Boston Fern (**\$18.50**)

- _____ Wave Petunia - hot pink
- _____ Wave Petunia - royal purple
- _____ Ivy Geranium - pink
- _____ Ivy Geranium - red

NEW THIS YEAR!
 _____ \$25 Gift Certificate

TOTAL: \$ _____

Customer's Name: _____

Phone: _____

Checks payable to: **MCCFS**

Delivery by Mother's Day from McDonald's Greenhouse - your local garden center!

3220 Adamsville Rd., Zanesville, OH 43701 • 740-819-5814 • 740-819-4553 • mcdonaldsgreenhouse@columbus.rr.com

BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

Open Monday—Friday 10:00 AM—2:00 PM (Lunch served 11:00-11:30) **

MONDAY: **Bingo** at 12:00 noon

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, April 18th: **Birthday Celebration**



**** Please call the Nutrition lines directly to reserve your meal for the day in Dresden.**

Karen McHenry (Nutrition Administrator): 740-969-6189

Jodi Paul (Operations Director): 740-969-6200

****Depending on staff availability, Center may be closed during regular scheduled hours.**

WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS

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.

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.

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.

CARD CREATIONS is a greeting card making class. No experience is necessary, and no tools are required. Class fee is \$10.00 and includes four cards. Additional cards may be purchased for \$2.50 apiece.

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.

CHAIR 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. As an alternative, yoga may also be done on the floor, if desired.

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.

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.

FITNESS FUN with MEGYEN combines a variety of cardio and strength training exercises set to music. This is one class that is part of the Y-on-the-Fly mobile program.

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

ZUMBA is a fun, fast paced fitness program that includes easy to follow dance steps. It is a cardiovascular 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.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Ohio Department of Development and the Muskingum County Center for Seniors want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Community Action at (740) 453-5278, Ext. 109.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.



We would like to thank the Shriver's Hospice Foundation for throwing a fun and exciting **St. Patrick's Day Party** for our Friends of the Center!

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



Scan to donate!

Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

