



*“Celebrating 54 Years of Serving Guernsey County”*  
**Senior Times Newsletter**



Volume 54 Issue 3

**Guernsey County Senior Citizens Center, Inc.**

March 2026

*Special Events:*

**Good Ole Gospel Music Night**  
**Tues., March 3rd**

**Breakfast Buffet**  
**Friday, March 6th**

**St. Patrick’s Day Luncheon**  
**Tuesday, March 17th**

**Lunch Bunch Group**  
**Mon., Mar. 23rd**

**First Day of Spring**  
**Friday, March 20th**

**March Birthday Celebration**  
**Thursday, March 26th**

**Byesville Dinner**  
**Tuesday, March 31st**

1022 Carlisle Ave, Cambridge, Ohio 43725  
 Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349  
 E-mail: [gscsc@guernseysenior.org](mailto:gscsc@guernseysenior.org) Website: [www.GuernseySenior.org](http://www.GuernseySenior.org)

The issue of senior hunger and isolation in America is reaching a critical point. The older adult population is increasing at an incredible rate: 1 in 4 Americans is age 60 or older and 12,000 more are turning 60 every day. Today nearly 14 million seniors worry about having enough food, and older adults of color are disproportionately affected by food insecurity. Other at-risk groups include seniors who live alone, have disability, and/or are veterans.

Across the country local Meals on Wheels providers are working tirelessly to create a different reality for these seniors. However because of insufficient resources, many are left waiting months—sometimes even years—for life-saving services. We are fortunate that our Meals on Wheels program here at Guernsey County Senior Center does not currently have a waiting list. We were proud to serve 195,300 meals to seniors located all throughout Guernsey County in 2025.



*You’re Cordially Invited to attend the*

**March**  
**Monthly Dinner**  
**Thursday,**  
**March 19, 2026**  
**4:00 PM**

*Entertainment, Dinner, & Door Prizes*

**Advanced Ticket is Required for this Dinner**

This fact sheet sheds light on the escalating issue of senior hunger and isolation in America, providing insight into the challenges faced by older adults and the growing need for Meals on Wheels Services.

*The Guernsey County Senior Citizens Center is funded in part by the Ohio Department of Aging-Area Agency on Aging-9, Guernsey County Senior Services Tax Levy, Meals on Wheels Tax Levy, United Way, as well as through Public and Private Donations & Corporate Contributions Received from County-Wide Supporters. The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 54 years. This institution is an equal opportunity provider.*

# END *the* WAIT™

MEALS ON WHEELS AMERICA

2026 NATIONAL SNAPSHOT

## The Escalating Issue of Senior Hunger and Isolation

The Meals on Wheels network is comprised of approximately 5,000 community-based providers across the country dedicated to addressing senior hunger and isolation. But with growing demand and rising costs, many seniors are left waiting for nutritious meals and moments of connection. The need has never been greater, but together, we can End the Wait.



### Our nation's senior population is growing and changing rapidly.

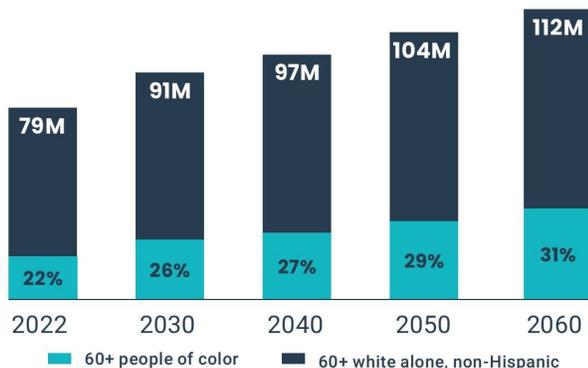


**1 in 4 Americans is 60+**  
with 12,000 more turning 60 every day

Among Americans 60 and older:  
**29%** have a disability    **25%** live alone    **11%** are veterans

**This population is set to reach 91 million by 2030, with 112 million expected by 2060** – increasing the number of seniors today by nearly half.

**Older Americans of color** will continue to make up an increasingly larger portion of this population.



### Older Americans are living longer with less money.



**12 million older adults** face financial challenges that impact their ability to age at home.



**1 in 2 seniors** living alone lacks the income to pay for basic needs

Information data sources available at [mealsonwheelsamerica.org/facts](https://mealsonwheelsamerica.org/facts). © January 2026 Meals on Wheels America

## Seniors are at greater risk of hunger and malnutrition.



Food insecurity disproportionately affects older adults of color:

- 19%** of Hispanic seniors
- 19%** of Black seniors
- 13%** of seniors who identified as Asian American, Pacific Islander, Native American or multiracial
- 8%** of non-Hispanic seniors
- 8%** of white seniors

Older adults are already at higher risk of malnutrition due to decreased appetite, mobility issues, prescription medications and more.

## The Meals on Wheels solution starts with the meal...

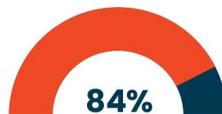


## and delivers on so much more.

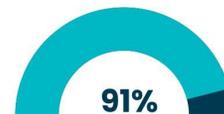
of home-delivered meal participants:



say the meals help **improve their health**



say the services help them **feel more secure**



say the meals help them **live independently**

**HELP US END THE WAIT. FUND AND SUPPORT MEALS ON WHEELS.**

Information data sources available at [mealsonwheelsamerica.org/facts](https://mealsonwheelsamerica.org/facts). © January 2026 Meals on Wheels America



# Pearl Valley Cheese Fundraiser

**Monday, February 2nd - Tuesday, March 3rd**

Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County will be hosting the annual Pearl Valley Cheese fundraiser as part of our 2026 March for Meals campaign. These delectable cheeses will be available in many different varieties and come in 12 oz. blocks. In addition, a 1 lb. ring of trail bologna and a 12 oz. summer sausage will be available for purchase. We will begin taking orders on Monday, February 2nd at 8:00 AM and will continue through Tuesday, March 3rd. Order forms will be located at the guest service desk of Guernsey County Senior Citizens Center and all satellite site locations. Prepayment is required at the time the order is placed. Orders may be picked up “tentatively” on Wednesday, March 11th.



**MEALS on WHEELS**

**GUERNSEY COUNTY**

TOGETHER, WE CAN DELIVER.

**For additional information or to place an order, please visit  
Guernsey County Senior Citizens Center  
1022 Carlisle Ave., Cambridge, Oh. 43725  
or call (740) 439-6681.**



# GOOD OLE GOSPEL MUSIC NIGHT

at



**Guernsey County Senior Citizens Center, Inc.**

1022 Carlisle Ave. Cambridge, OH 43725

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**TUESDAY, MARCH 3, 2026**

**DOORS OPEN AT 5:00PM**

**MUSIC BEGINS AT 6:00PM**

**ADMISSION COST: \$2**

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**Featuring:**

**BridJez**



**SPONSORED BY:**  
**HELEN PURCELL**  
**SENIOR LIVING**

**&**  
**BUCKEYE TIRE & SERVICE**

**Hosted by: Dick Pryor**





**TAI CHI EXERCISES**

**This Class is Offered:  
Standing Tai Chi—  
Monday's at 9:00AM  
In the first half of the dining room at  
the Senior Center.**

**Geri-Fit Exercise Classes**

Geri Fit is an ongoing strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their fitness level, can participate.

These classes are offered:

**Wednesday's at 9:00 AM**

**Friday's at 9:00AM & 1:00PM**



**Sponsored Bingo Day by Beckett House  
Wednesday, March 4th**

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, March 4th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

**Identifying Scams Class  
Wednesday, March 4th**

Join us on Wednesday, March 4th at 1:00PM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about identifying potential scams. To sign up for this class please call (740) 439-6681.



**Free Hearing Screenings  
Friday, March 6th**

Hearing Life will be here at Guernsey County Senior Center on Friday, March 6th from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.



**Breakfast Buffet  
Friday, March 6th**

Come in out of the cold and warm up at our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, March 6th. The breakfast menu will include: waffle with syrup, scrambled eggs, sausage patty, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.



Guernsey County  
District Public Library

**Library Pop Up  
Friday, March 6th**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, March 6th from 9:00AM-10:00AM. They can sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



**Don't forget to turn your clocks up  
1 hour on  
Sunday, March 8th, 2026.**

**This is also a great time to check the  
batteries in your smoke detectors!**

## Line Dancing Class on Mondays

Come enjoy yourself and the company of others as you learn to line dance on Mondays at 1:00PM. Instruction will be provided by Sharon Bachna.



**Cardinal Place**  
ASSISTED LIVING

### Sponsored Bingo Day by Cardinal Place Tuesday, March 10th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, March 10th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

### Cardio Drumming Class on Tuesdays

Come try out cardio drumming at Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM, instructed by Sharon Bachna. All equipment needed will be provided.

## ALZHEIMER'S SUPPORT GROUP

### Alzheimer's Support Group Tuesday, March 10th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, March 10th** here at the Senior Center.



### Cooking for One or Two Wednesday, March 11th

Join us on Wednesday, March 11th at 11:00AM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about creating well-balanced meals, reducing recipes, food safety, and stretching your food dollars. To sign up for this class please call (740) 439-6681.



### Craft Class Sponsored by Hospice of Guernsey Wednesday, March 11th

Come enjoy a "crafternoon" with Stephanie from Hospice of Guernsey as they sponsor a craft class on Wednesday, March 11th at 1:00PM. She will be bringing a spring craft for you to complete. To sign up for this class please call (740) 439-6681.



### Sponsored Bingo Day by The Enclave Tuesday, March 17th

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, March 17th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



### St. Patrick's Day Luncheon Tuesday, March 17th

Celebrate the luck of the Irish on Tuesday, March 17th as the Guernsey County Senior Citizens Center hosts the annual St. Patrick's Day Party & Luncheon. The festivities will begin at 11:30 AM. If you would like to make reservations for this special luncheon, please contact the Senior Center at (740) 439-6681.



# Cambridge Lions Club “50th Golden Show” Music & Comedy Show

Thursday, March 19th, 2026

Show will begin at 7:30 PM

The Guernsey County Senior Citizens Center is proudly partnering with the Cambridge Lions Club to provide tickets and transportation to the show

## Cost for Lions Club Show Tickets:

**\$8.00**

and includes the admission to the Thursday, March 19th Lions Club show, and optional shuttle service provided by the Guernsey County Senior Citizens Center Transportation Department. Shuttles to the show will begin after the conclusion of our Senior Monthly Dinner at approximately 6:15PM.

**Advance Monthly Senior Dinner Tickets & Tickets to Lions Club Show are Required & Sold Separately.**

**Tickets are on sale now at**

**Guernsey County Senior Citizens Center**

**No tickets to Lions Club Show will be sold at GCSCC the night of the event.**

For Additional Ticket Information

Please call (740) 439-6681



**Monthly Senior Dinner  
Thursday, March 19th**

**\*\*This dinner will require a ticket\*\***

We cordially invite you to join us Thursday, March 19th, for the March monthly senior dinner at 4:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. **Dine in dinner on this evening will be ticketed and require advanced ticket purchase due to a larger crowd in conjunction with the Lions Club Variety Show.** Menu will include: bourbon glazed pork loin, baby bakers, whole baby carrots, tropical fruit, dinner roll with butter, and caramel vanilla cake for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. “Grab & Go” meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. Cost of ticket for this event is “By Donation” for seniors age 60+, suggested donation is \$5.00.



**Commodity Pick-Up  
Friday, March 20th**

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday, March 20th** from 10:00AM-3:00PM.



**Friday, March 20th, 2026**



**Lunch Bunch Group  
Monday, March 23rd**

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! March's Lunch Bunch will be meeting at Denny's, located at 2031 Southgate Pkwy Cambridge, OH 43725 on at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



**Painting Class  
Monday, March 23rd**

We are excited to have Three Sister's Studio here with us on Monday, at 2:00PM to host a painting class. You will be painting a spring floral scene with a bird. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.



**March Birthday Celebration  
Thursday, March 26th**

Please plan to join us on Thursday, March 26th at 11:30AM as we celebrate March birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.



**MARCH 25, 2026**  
**“ANNUAL GARDENERS  
NIGHT OUT”**

**Sponsored by:  
Grow & Show Garden Club**

**\$15.00 per person**

**for RESERVATIONS**

**CALL: CHERYL @ 740-439-2153**

**(Taking reservations MARCH 1<sup>ST</sup> - MARCH 20<sup>TH</sup>)**

**NO SALES AT THE DOOR**



**“BIRDS IN YOUR  
BACKYARD”**

**Presented by;  
Christine Gelley,  
OSU Extension,  
Noble County**

**Wednesday.  
March 25, 2026  
6:00 pm**

**SERVING:  
HOMEMADE DESSERTS  
& CHARCUTERIE  
BOARDS**

**DRAWINGS!**

**TO BE HELD AT:  
GUERNSEY COUNTY  
SENIOR CENTER**

**1022 CARLISLE AVE.  
CAMBRIDGE,  
OHIO**





# Save the Date

You are corially invited to attend the  
2026

## Senior Citizens Day Luncheon

Wednesday, May 13, 2026

Festivities Begin at 10:30AM

Advanced Ticket Reservations are  
Required for this Event

**Ticket Cost :**

Guests 60 & Older

“By Donation”

Recommended Donation is \$10.00

Guests under 60 is \$15.00 each

Tickets will be available  
beginning March 23rd

# Save the Date



Guernsey County Senior Citizens Center, Inc.

## Senior Citizens Picnic at the Park

Wednesday, May 20, 2026

11:00 AM-1:30 PM

Please come and join us at the  
Large Pavilion of the  
Cambridge City Park for a  
day full of entertainment,  
food, door prizes and fun!

**Advanced Tickets and  
Reservations are Required**

**Ticket Cost :**

Guests 60 & Older “By Donation”  
Recommended Donation is \$10.00

Guests under 60 is \$15.00 each

**Tickets will be available  
beginning March 23rd**



## MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

During the past few years we have made many changes to the way we have provided and made meals available, including the type of meals that are offered. In recent months we have had staffing and supply challenges similar to other companies and organizations. We continue to modify and adjust our menus and appreciate your understanding and patience whenever supply and products may not be available. We continue to welcome seniors to enjoy Grab & Go or Dine-In options at any of our senior nutrition sites located below or to sign-up for Meals on Wheels-Home Delivered Meals today!

- **Londonderry Site** TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Located at: 400 Main St. Pleasant City, OH 43772. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Located at: 118 Old National Rd. Old Washington, OH 43768. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Located at: 60330 Southgate Rd. Byesville, OH 43723. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

If you are unable to attend a site or drive to pick up a Grab & Go meal, please call us before 9:30AM and we will place you on a Home Delivered Meal route for the days that you request. If you have any questions or concerns, please call 740-439-5717.



1022 Carlisle Avenue, Cambridge, Ohio 43725 • Tel: (740) 439-6681 • Fax: (740) 439-7478 • Toll-Free 1-866-534-2349  
[www.GuernseySenior.org](http://www.GuernseySenior.org)

# March 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>8:30 AM- Crafting Group 9:00AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch 1:00PM Line Dancing Class</p>	<p>9:00AM Quilters 10:00AM Bingo 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming Class <b>6:00PM Good Ole Gospel Music Night</b> <b>Pearl Valley Cheese Fundraiser Ends</b></p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing <b>10:00AM Sponsored Bingo</b> 11:30AM Lunch 12:00PM- Mahjong <b>12:00PM Old Washington Site Activity</b> <b>1:00PM Identifying Scams Class</b></p>	<p>10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p><b>9:00AM Breakfast Buffet</b> <b>9:00AM Library Pop-Up</b> 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p>
<p>8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM Lunch 1:00PM Line Dancing Class</p>	<p>9:00AM Quilters <b>10:00AM Sponsored Bingo</b> 11:00AM Blood Pressure Checks 11:30AM Lunch <b>12:00PM Cumberland Site Activity</b> 1:00PM Cardio Drumming Class 1:30PM Alzheimer's Support Group</p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Cooking for One or Two</b> 11:30 AM Lunch 12:00PM- Mahjong <b>1:00PM Craft Class</b></p>	<p>10:00AM Bingo 11:30AM Lunch <b>12:00PM Pleasant City Site Activity</b> 12:30 PM- Open Cards</p>	<p>9:00AM Geri Fit Exercise 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo <b>11:00AM Clothes Closet</b> 11:30AM Lunch 1:00PM Line Dancing Class</p>	<p>9:00AM Quilters <b>10:00AM Sponsored Bingo</b> 11:00AM Blood Pressure Checks <b>11:30AM St. Patrick's Day Luncheon</b> 1:00PM Cardio Drumming Class</p>	<p><b>8:30AM Rhythm of Dance Trip</b> 9:00AM- Sewing 10:00AM- Bingo 11:30 AM- Lunch 12:00PM- Mahjong</p>	<p>10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards <b>4:00-5:00PM Grab &amp; Go Dinner</b> <b>4:00PM- Monthly Dine In Senior Dinner (Ticketed)</b></p>	<p><b>9:30AM-2:00PM AARP Tax Appointments</b> 10:00AM -Bingo 10:00 AM- 3:00PM- Food Commodity Pick Up 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo <b>11:00AM Clothes Closet</b> 11:30AM Lunch 1:00PM Line Dancing Class <b>2:00PM Painting Class</b></p>	<p>9:00 AM Quilters 10:00 AM Bingo 11:00 AM Blood Pressure Checks 1:00 PM Cardio Drumming</p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong</p>	<p>10:00AM Bingo <b>11:30AM Birthday Lunch</b> 12:30 PM- Open Cards 1:30 PM Greeting Card Class</p>	<p><b>8:30AM Frankie Valli Trip</b> 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo <b>11:00AM Clothes Closet</b> 11:30AM Lunch 1:00PM Line Dancing Class</p>	<p>9:00 AM Quilters 10:00 AM Bingo 11:00 AM Blood Pressure Checks 12:00PM Byesville Site Activity <b>4:00PM Byesville Dinner</b></p>			

# March 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Divan Red Skinned Potatoes Spinach Fresh Orange Dinner Roll/Margarine Choice of Milk</p>	<p>3</p> <p>Ham Loaf Scalloped Potatoes Steamed Broccoli w/Cheese Ambrosia Salad Choice of Bread/Margarine Tapioca Pudding Choice of Milk</p>	<p>4</p> <p>Pizza Burger w/Bun Potato Wedges Lima Beans Apricots Choice of Milk</p>	<p>5</p> <p>Chef Salad w Ham, Turkey &amp; Egg w/Salad Dressing Three Bean Salad Pickled Beets Blueberry Muffin 100% Fruit Juice Choice of Milk</p>	<p>6</p> <p>Sliced Pork Loin Sweet Potatoes Peas &amp; Carrots Pineapple Tidbits Cornbread/Margarine Choice of Milk</p>
<p>9</p> <p>BBQ Pork Chop Whole Buttered Potatoes Creamed Peas 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p>10</p> <p>Southwest Chicken Diced Potatoes Mexican Corn Diced Peas Choice of Milk</p>	<p>11</p> <p>Country Fried Steak w/ Gravy Baby Baker Potatoes Brussel Sprouts Grape Salad Choice of Bread/Margarine</p>	<p>12</p> <p>Turkey &amp; Noodles Mashed Potatoes w/Turkey Gravy Sliced Carrots Tropical Fruit Choice of Bread/Margarine</p>	<p>13</p> <p>Chili Cornbread Casserole Broccoli Florets Cinnamon Applesauce Fruit Cocktail Choice of Milk</p>
<p>16</p> <p>Sloppy Joe w/Bun Tater Tots Italian Blend Vegetables 100% Fruit Juice Choice of Milk</p>	<p>17</p> <p>Corned Beef Yukon Gold Potatoes Seasoned Cabbage Apricots Pistachio Pudding Parfait Choice of Bread/Margarine</p>	<p>18</p> <p>Spaghetti w/Meat Sauce Tossed Salad w/Dressing Broccoli Florets Cherry Crisp Garlic Bread Choice of Milk</p>	<p>19</p> <p>Chicken Cordon Bleu Hash Brown Potatoes Buttered Corn Fresh Banana Choice of Milk</p>	<p>20</p> <p>Baked Round Steak Mashed Potatoes w/Beef Gravy Key Largo Vegetables Fresh Apple Knot roll/Margarine</p>
<p>23</p> <p>Salisbury Steak w/Gravy Loaded Mashed Potatoes Italian Green Beans Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>24</p> <p>Lemon Pepper Chicken Long Grain Wild Rice Spinach Fresh Grapes Choice of Bread/Margarine Choice of Milk</p>	<p>25</p> <p>Kielbasa w/Peppers &amp; Onions Parsley Red Potatoes Baked Beans Fruited Strawberry Jello Choice of Bread/Margarine Choice of Milk</p>	<p>26</p> <p>Meatloaf Au Gratin Potatoes California Blend Vegetables Peaches Knot Roll/Margarine Choice of Milk</p>	<p>27</p> <p>Breaded Fish Roasted Potatoes Glazed Baby Carrots Fresh Pear Choice of Bread/Margarine Choice of Milk</p>
<p>30</p> <p>Sweet &amp; Sour Chicken w/ Brown Rice Asian Blend Vegetables Baked Pineapple Casserole Mandarin Oranges Choice of Milk</p>	<p>31</p> <p>Johnny Marzetti Italian Blend Vegetables Blueberry Crisp 100% Fruit Juice Breadstick/Margarine Choice of Milk</p>	<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Bylesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday, Tuesday &amp; Thursday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b> If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>. *Menu subject to change depending on item availability.</p> <p>This institution is an equal opportunity provider.</p>		



**March Employee Birthdays**

Becky Bundy	2nd
Connie Reasoner	6th
Donna Doudna	7th
Mariah Carpenter	9th
Jeanette Lindell	10th
Andy Yandora	12th
Glenda Umstott	27th
Christina Sager	31st



**A Special “Thank You”**

The Guernsey County Senior Citizens Center and the services we provide depend largely on the kindness and generosity of our supporters. We would like to take this opportunity to personally thank each and every special individual who made a generous gift during the months of December & January:

- Dave & Fran Peters
- \*Beverly Moore
- \*In Memory of Jim Moore
- Larry & Susan Smith
- Michelle Riesbeck
- Taylor Linen
- Kathy Wray
- Tom & Mary Ellen Tipton
- Pam Thompson
- Medical Associates
- John & Pat Westover
- Cindi Maynard
- Cambridge BPO Elks 448
- John & Judy Davis
- Dave Prine
- \*Doris Bowman
- \*In Memory of Alberta Cubbison
- Charmaine Chorey
- \*William & Bernice Lingle
- \*Andy & Teresa Yandora
- \*Robert & Reta Nolan
- \*In Memory of Earl Adams



**Do you need a ride to & from your doctor appointments?**

**Guernsey County Senior Citizens Center can help!**

We transport senior citizens, age 60 & older, to medical appointments and wellness exams, and many other non-medical transportation to locations within Guernsey County, Ohio.

**The transportation department’s hours of operation are**  
**Monday through Friday**  
**8:00 AM - 6:00 PM**  
**Saturday**  
**8:00 AM - 3:00 PM**

Evening dialysis:  
 by “appointment only”



24 - 48 hour advance notice is recommended. Hours and services may be limited based upon fleet availability. For additional information on these services, please contact (740) 432-3838.

## Showcase your creative side at the Guernsey County Senior

### Craft on Monday

If you enjoy creating new things, Guernsey County Senior Citizens Center invites you to join our in-house crafting group on Mondays from 8:30 AM-11:00 AM. Please visit the Senior Center and see the display of one of a kind, beautiful crafts for public sale, including floral arrangements, all occasion cards, and much more.

### Stitch together works of art on Tuesdays

Quilted works of art are created one stitch at a time and take loving hands to complete. Join in the fun by participating in the quilting group that meets each Tuesday at 9:00 AM. If you have a quilt top that you would like to have quilted, they are able to do that for you for a reasonable fee. Please stop by the Senior Center to see the beautiful quilts on display for purchase.

### Wednesdays are "tailor" made for sewing

The Senior Center sewing group meets every Wednesday from 9:00 AM - 11:30 AM and are always making & selling new items for purchase. If you are looking for someone to hem a pair of pants or repair a pocket, they may be able to help. Unfortunately, they are no longer able to sew any type of jean material.

**If you have questions about any of these fun artistic groups, or would like to sign up, please stop by the Senior Center or call (740) 439-6681.**

### Have Some Fun Playing Cards

Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join us for Open Cards on Mondays, Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:00 PM until 3:00 PM.

### Blood Pressure & Wellness Checks

Health checks are provided at the Senior Center by our registered nurse, Heather, every Tuesday from 11:00 AM -12:00 PM. She will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.

### Clothes Closet on Mondays

The Guernsey County Senior Citizens Center maintains a clothes closet exclusively for senior citizens and it can be visited on Mondays, 11:00 AM – 12:00 noon. Our friendly clothes closet volunteers Rachel Milligan & Marsha Kerr will assist you. Just a courtesy reminder we do have limited space for the clothing donations, so we ask that you please only bring one small bag with donations at a time. If you would please call us at 740-439-6681 before bringing in your donations that would be greatly appreciated!



### Become a Member of Guernsey County Senior Center

The Guernsey County Senior Citizens Center offers social membership for seniors 50 years of age and older. The cost is \$10.00 donation a year and entitles you to receive our informative monthly newsletter. You may also be able to receive your newsletter by email. For more information, please call the Senior Center at (740) 439-6681. **We would like to welcome our new members from January:**

Mary Weber  
Jim Howald  
Judy Howald  
Patrick Pollock  
Deborah Potechko  
Guy Butler  
Bud Wagstaff  
Aimee Wagstaff  
Jean Beifus

Ken Harper  
Holly Smith  
Charles Savage  
Keith Tyree  
Lula Carpenter  
Carol Infante  
Darla Galbreath  
David Kosko



# Utility Assistance Available For Senior Citizens

## Heating Assistance Available Application Deadline: May 31, 2026

The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that 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 for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- 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. Applications for the HEAP program must be received by May 31, 2026.

For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Citizens Center at (740) 439-6681.

*To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).*

## Utility Assistance Available For Senior Citizens

### Energy Assistance Available to Reconnect/Avoid Disconnection of Utilities

Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 18th through April 15th to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

The order allows any electric or natural gas customer of an investor-owned utility to avoid disconnection or to reconnect their service for \$175, even if the customer owes more and cannot afford to pay the entire balance.

It is always recommended to speak with a representative of the utility company or your local community action agency before using the WRO.

Contact your local community action agency, located at 185 S 2nd St, Byesville, by calling (740) 685-2422 or (740) 685-2423 for additional information. If you would like someone to assist you in talking to your utility company, you can call the Public Utilities Commission (PUCO) by calling 1-800-686-7826.

### Dollar Energy Fund & Neighbor To Neighbor Program Assistance

Dollar Energy Fund and AEP Ohio have teamed up to create a program that will assist low-income AEP Ohio customers who have difficulty paying their electric bill. The program will provide eligible customers with a utility assistance grant applied directly to the AEP Ohio bill. This grant will help low-income customers maintain or restore their basic electric service.

#### Eligible Households

1. Must be a customer of AEP
2. Be at or below 250% of the Poverty Income Guidelines (FPIGs), a family of four earning up to \$65,500 per year is eligible.
3. Have made a sincere effort of payment on their AEP bill. A sincere effort is a minimum of \$75 in the last 90 days. Exceptions for senior citizens will apply.
4. Have a minimum balance of \$100 on their AEP bill.

For a Neighbor-to-Neighbor Program referral, contact: Area Agency on Aging, Region 9 at (740) 439-2294 or 1-800-945-4250.



## **MEALS on WHEELS** **GUERNSEY COUNTY**

TOGETHER, WE CAN DELIVER.

# Healthy Meals & Nutrition

Guernsey County Meals on Wheels offers nutrition services to area seniors. We provide home delivered meals and on site lunches. If you are a senior age 60 or older, the suggested donation is \$5.00, for anyone under 60, the cost is \$7.50. For additional information, please contact (740) 439-5717.

### **Continental Breakfast Offered Every Morning**

A continental breakfast of items such as cereal, toast etc., is offered each morning at Guernsey County Senior Citizens Center from 8:00 AM - 9:30 AM for senior citizens age 60 and older. The recommended breakfast donation is \$2.50. Reservations are not required. If you would like additional information about this or any of the Senior Center's nutrition programs, please call (740) 439-5717.

### **Home Delivered Meals Available throughout Guernsey County**

Hot, home-style, nutritious, well-balanced home delivered meals are available to eligible individuals age 60 and older, living in Guernsey County, with nutritional need. Meals are delivered Monday - Friday and are provided by Meals on Wheels Guernsey County. Homemade, pre-prepared frozen meals are available for weekends and holidays upon request. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months. Special meals (diabetic, low-salt, puree, diverticulitis, liquid, etc...) are also available. If you are interested in receiving home delivered meals, please contact Meals on Wheels Guernsey County at (740) 439-5717.

### **Ensure® & Glucerna® Supplemental Beverages Available**

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$25, Ensure plus is \$28, and Glucerna is \$38. To place an order, please stop and visit with Donna at the front desk, or please call (740) 439-6681.

### **Disabled Veterans of Any Age are Eligible to Receive Home Delivered Meals**

Disabled veterans of any age are eligible to receive nutritious home delivered meals provided by the Guernsey County Meals on Wheels program. To receive this service, you must be a disabled veteran (no matter what age) living in Guernsey County. If you are interested in this service or have any additional questions, please contact (740) 439-5717. **Thank you to all of our veterans for your service.**

### **Friendly Reminder Regarding Assessments**

A requirement of Ohio Department of Aging is for providers, such as Guernsey County Senior Citizens Center, to conduct routine assessments and updates on every senior citizen, age 60 years and older, whom we serve. We will conduct client/participant assessments at different times throughout the year. We kindly ask for your assistance and cooperation as we complete these assessments. If you have any questions regarding the assessment process, please contact or call any member of the Senior Center staff at (740) 439-6681.

### **Nutritious Home Delivered Meals available to help clients recover**

Sustaining good nutrition and a healthy diet are beneficial to your recovery and wellbeing. The Meals as you Mend program is designed to provide recent patients of Southeastern Med who are residents of Guernsey County and at least 60 years of age with 30 nutritious, hot, home delivered meals at no cost once they are discharged and plan to return home. If you would like additional information on the Meals as you Mend program, please ask a nurse or social worker at Southeastern Med or please call Meals on Wheels Guernsey County at (740) 439-5717.

## March 2026 Birthdays

03/01	Lynn Davenport James Douglas ZoeAnn White			Frances Watson Martha Cochran Maudie Fanti			Martin Thompson Benjamin Vlkojan Sr. Ruth Young
03/02	Linda Ankrom Judy Bickford Gary Newman	03/12		Marge Roberts Andrew Yandora Wilma Vandrasik	03/29		Janice Lemmings
	Evelyn Nicholson Bonnie Pruneski	03/13		Faith Dodd Rachel Fuller Alan Huthmaker	03/30		Wanda Farrar J. Patrick Sullivan
03/03	Carol Conrad Paul Davis Teresa Keener Dana Lasko Jill Lee	03/14		Tommy Stewart Jean Warne Larry Couto	03/31		Lauren Darah Nancy Goodwin Kathryn Kirkman Carole Mitchell Beverly Moore
	Peg McClure Bertha Tucker	03/15		Barbara Crawford William Malernee Marcella Stanko			
03/04	Dixie Williams			Allan Strawsburg Jay Williams			
03/05	Sue Cowden Dianne Geiler	03/16		Dorothy Stephen Spiro Vass			
	Bernard Leatherman Betty Tyree	03/17		Richard Gallagher Dave McCulley			
	Joyce Underwood	03/18		Myrna Patterson Harold Shriver			
03/06	Teresa Ansberry Gary Kochur Diane Koon			Holly Smith Robert Cooley	03/20		
	William Slifko	03/21		Linda Cowan Linda Steele			
03/07	Donna Doudna Gary Farmer Bonnie Gattrell			Kim Larrick Connie Giesey	03/22		
03/08	Steven Bunn Geradline Campbell Eddie Emory	03/23		Betty Rose Donna Rush	03/24		
	Gary Strausser			Mary B. Stillion Mike Tedrick			
03/09	James Brown Dale Rogers	03/25		Nancy Detweiler Mary Hensley			
03/10	Vicki Art Lowell Gesaman Orval Gosnell			Philip Wentzel Jr. Shearl Colborn			
	Bonnie Kenworthy Sharon Miller Rita Nolan	03/27		Charles Cornelius Phyllis Mailot			
	Rachel Thompson Patricia Wilhelm			Richard Nason Beverly Smith			
03/11	KennyRay Diss David Lyons Beverli Stiles Mary Warehime	03/28		Charles Cincinat Frankie Dean Kathy Jenkins Helen Montgomery			



**Happy  
 Birthday!**  
 From your  
 friends at  
**Guernsey  
 County  
 Senior Citizens  
 Center, Inc.**



# Spring Word Search



R T U J K A E C Z Y X P L Y H C T D Z E Z B L B T  
 A S R E I Y R S L S Q D G S N H E H T W W I L L U  
 I H S E T N I F M S G B C I E E Y M G K A R J U L  
 N W C W E G R C E I L O B A S E K T V I W T D B I  
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- ANEW
- BEAUTY
- BIRDS
- BIRTH
- BLOOMS
- BLOSSOMS
- BUDS
- BULB
- BUTTERFLY
- CALF
- CATERPILLAR
- CHEER
- COLORS
- CROCUS
- DAFFODIL
- DAISY
- DAYLIGHT
- DUCKLING
- FAWN
- FROG
- FUN
- GALOSHES
- GARDEN
- GRASS
- GROWTH
- HARMONY
- JOY
- KITE
- LAMB
- LIFE
- LIGHT
- MEADOW
- MUD
- MULCH
- NATURE
- NEST
- OUTDOORS
- PANSY
- PETALS
- POLLEN
- PUDDLES
- RAIN
- RAINBOW
- RAINCOAT
- ROBIN
- SAPLING
- SCENT
- SEASON
- SEED
- SMELL
- SMILES
- SOIL
- SPADE
- SPLENDOR
- SPRING
- SPROUT
- SUN
- TREE
- TULIP
- VACATION
- WARMTH
- WOODS
- WORM
- YARD



*“Please Assist Us in Continuing Our Mission of Serving Guernsey County Senior Citizens”*

## **Your Tax Deductible Donations Help Provide Senior Citizens with Services**

The Guernsey County Senior Citizens Center, Inc. is a registered 501 (c) 3 non-profit multi-senior services county-wide provider that is funded in part by the Ohio Department of Aging through The Area Agency on Aging-Region 9. Additional funding sources include a Senior Services Tax Levy, United Way of Guernsey County, as well as donations and contributions that are made by our countywide supporters. No one-single funding source supplies 100% of the funding that is required to sustain the many programs and services that GCSCC provides. All funds are obtained on a reimbursable basis and are received by GCSCC only after services have been provided to eligible senior citizens living throughout Guernsey County.

For over 54 years we have steadfastly continued our mission of serving older adults in Guernsey County. Due to the growing need for senior based services and programs the Guernsey County Senior Citizens Center, Inc. depends a great deal upon the kindness and generosity of others in helping us to fulfill our mission and goals. **Your donations greatly assist us in our mission of serving senior citizens as well as help us to serve a growing and increasing aging adult population.** Quality services including, but not limited to; home delivered meals, transportation, and homemaking, are each provided on a “Donation Only” basis, whereby seniors will not be denied services based on their ability or inability to make a donation. Suggested Cost Sharing fees are recommended for some programs. Rising gasoline prices, increasing food costs, and other expenses require us to share this reminder about how crucial your donations are and how they go directly toward GCSCC achieving and fulfilling our mission of serving senior citizens.

Please remember GCSCC when structuring your Will; listing beneficiaries; and when making in-memoriam contributions are appropriate. We sincerely appreciate your kindness and support...and most importantly we know that the seniors that we serve appreciate your support too! *Please help us secure the future of senior based services so that they are readily accessible and available for you or when someone in your own family or circle of friends might need them.*

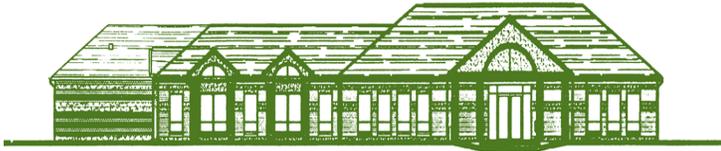
### **“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”**



**I/We wish to contribute to the following beneficial senior based program(s):**

- |  |  |
|--|--|
| <b>Home Delivered Meals</b> _____            | <b>Morning Breakfast Program</b> _____       |
| <b>Dining Center Meals</b> _____             | <b>General Use</b> _____                     |
| <b>Home Maker /Home Health</b> _____         | <b>Other: (Please specify)</b> _____         |
| <b>Transportation</b> _____                  | <b>GCSCC Foundation/Endowment Fund</b> _____ |
| <b>Pets Enjoy Treats (PET) Program</b> _____ |  |
| <b>In Memory of:</b> _____                   |  |

**Please complete and mail your 2026 tax-deductible donation to:**  
**Guernsey County Senior Citizens Center, Inc.**  
**1022 Carlisle Avenue, Cambridge, Ohio 43725**



*“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver” (2 Corinthians 9:7).*

## *“Leave a Lasting Legacy”*

### **The Guernsey County Senior Citizens Center Endowment Fund**

The Guernsey County Senior Citizens Center, in close collaboration with The Foundation for Appalachian Ohio, and Guernsey County Foundation has developed an alternative option for individuals who wish to leave a lasting legacy that will benefit future senior citizens and older adult generations served by the Guernsey County Senior Citizens Center and The Guernsey County Foundation & Foundation for Appalachian Ohio formed The Guernsey County Senior Citizens Center Endowment Fund because the Guernsey County Senior Citizens Center remains very reliant upon the kindness and generosity of our countywide supporters. Daily donations and routine contributions greatly assist our organization and permit us to serve a growing older adult population. Daily donations are also a vital financial resource, which assist us in meeting our program operational expenses. Because State and Federal funding sources have not kept pace the Guernsey County Senior Citizens Center, Inc. has developed the **Guernsey County Senior Citizens Center, Inc. Endowment Fund**. All services and programs provided by the Guernsey County Senior Citizens Center are provided on a “donation only” basis for senior citizens age 60 and older who live throughout Guernsey County. Beneficial senior based services provided by the Guernsey County Senior Citizens Center include, but are not limited to:

- Home Delivered Meals “Meals on Wheels”
- Senior Transportation Service & Assistance
- Homemaking
- Legal Services & Consulting Assistance
- PASSPORT
- Congregate/Social Interactive Meals
- Friendly Visiting
- Telephone Reassurance
- Senior Supplemental Food Commodities
- Preventative Medical and Well-Being Health Checks & Assessments
- Senior Clothes Closet
- Assistive Medical Equipment & Devices Loan Closet
- Morning Breakfast Program
- Golden 60’s Luncheon Meals
- As well as a variety of daily social, educational, recreational activities.

As a kind and much appreciated gesture or in gratitude for the services a senior receives we please ask that you consider The Guernsey County Senior Citizens Center Endowment Fund when:

- ♦ Making your Will
- ♦ Conducting your Estate Planning
- ♦ Making an “In Memoriam Gift” in memory of a special friend or loved one
- ♦ Making a personal gift or corporate donation
- ♦ Designating a beneficiary
- ♦ When making a bequest to a charitable trust or non-profit organization

For additional information regarding how you too can “leave a lasting legacy” benefiting senior citizens, please contact the Guernsey County Senior Citizens Center at 740-439-6681, or The Foundation for Appalachian Ohio at 740-753-1111.



# Serving Guernsey County Senior Citizens



*Providing Quality Services &  
Programs for over 54 years*

*“A 501 (c) 3 Non-Profit Multi-Senior Services  
Organization That Provides Beneficial  
Programs & Services to Older Adults Living  
throughout Guernsey County”*



## Services provided by the Guernsey County Senior Citizens Center Inc.

**Transportation Services-** Our courteous and professional van drivers personally escort senior citizens to medical exams and appointments; shopping and personal business trips; to pick-up prescription medications at pharmacies; to senior nutrition sites; and a host of other senior wellness related facilities. 24-hour advance reservations are required.

**Homemaking-** Home health care providers can visit your home and provide routine homemaking services such as cleaning, laundry, essential shopping, and meal preparation. Home health care workers also provide in-home help with Personal Care to promote and maintain essential personal hygiene, which also encourages improved self-image and good self-esteem.

**Home Delivered “Meals on Wheels”-** Hot, home style, nutritious, well-balanced home delivered meals are available Monday-Friday. Frozen meals are available for weekends and holidays. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months.

**Morning Breakfast Program-**GCSCC serves a nutritious breakfast each weekday at the Senior Center and delivers nutritious breakfasts each day to nutritionally at-risk older adults (Partially funded by United Way of Guernsey County).

**Congregate Meals-** Hot, nutritious meals are provided in a group social setting Monday-Friday at the Guernsey County Senior Citizens Center and our many Senior Nutrition Sites, which include; Cambridge Heights Apartments, Stop Nine Senior Center-Byesville, Londonderry, Cumberland, and Pleasant City. Meals are also served every Thursday at “Golden Sixties” located at the Stop Nine Church of Christ, Byesville, Ohio. *Reservations are encouraged and recommended.*

**Legal Assistance-** Legal work of a non-criminal nature (up to \$250.00) is available for seniors age 60 and over. Legal services subjects such as wills, power of attorney, real estate, probate, etc... are provided by local attorneys.

**PASSPORT-** The Guernsey County Senior Citizens Center is a certified “PASSPORT Qualified Facility” in close cooperation with the Ohio Department of Aging and Area Agency on Aging-Region 9 (740) 439-4478.

**Telephone Reassurance-** To insure the continued well-being of elderly individuals who are isolated or homebound, our professional staff and volunteers provide regular telephone contact to monitor their safety and well-being.

**Medical Assessments-** Qualified medical personnel provide blood pressure and pulse screenings each week. Cholesterol and blood sugar examinations, vision assessments, hearing screenings, and other wellness related screenings are also available throughout the year.

**Educational Programs-** Regular scheduled presentations and classes are conducted on subjects of interest to inform, enlighten, and inspire older adults and to stimulate mental activity.

**Information & Referral-** Individuals are given names, telephone numbers, and addresses of private and public organizations that can assist them with meeting their needs.

**Social & Wellness Activities-** Social and recreational activities occur daily here at the senior center. Activities include; Quilting, Crafting, Exercise, Tai Chi, Line Dancing, Painting, Computer Classes, Euchre, Bridge, Monthly Theme Dinners, Square Dancing, Aerobics, Music, Entertainment, and much more!

**Volunteer Respite Program-** This program is operated by our trained volunteers who can assist in providing caregivers with a much needed and temporary break from their caregiving responsibilities, providing them with rejuvenated respite. If you are caring for an older adult at least 60 years of age and need a much-needed break or are interested in serving as a Volunteer Respite, please contact us today.

**Senior Supplemental Food Commodities Program** – Monthly Food Program that provides 30-35 pounds of groceries each month (cheese every other month) to seniors who are at least age 60 and meet income Federal Poverty Guideline eligibility criteria.

**All services are provided on a “Donation Only” basis. Seniors will not be denied services based on their ability or inability to make a donation. Please contact us today by calling (740) 439-6681!**



## **BECOME A SOCIAL MEMBER OF THE SENIOR CENTER**

*Some people think they will never be old enough to join the Senior Center...staying active and engaged in all aspects of community life is the key to improved health and longevity. So, why wait...become a social member today!*

**Your membership card can be obtained by making a  
\$10.00 annual donation**

*Other benefits include, but are not limited to;*

- *Receiving your own personal copy of the "Senior Times" monthly newsletter.*
- *Discounts on day trips & other activities.*
- *Birthday card greeting on your birthday.*
- *Advance notification about new activities, services, and programs.*
- *Your own personal copy of each month's menu & menu items for both congregate & home delivered meals.*
- *And much, much more!*

**PLEASE CALL 740-439-6681 to learn more about becoming a  
new social member today!**