



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



Volume 54 Issue 5

Guernsey County Senior Citizens Center, Inc.

May 2026

Special Events:

Breakfast Buffet
Friday,
May 1st

Good Ole Gospel
Music Night
Wednes. May 6th

Lunch Bunch
Group
Mon., May 18th

Chair Yoga
is back
Tuesday, May 19th

Senior Citizens
Picnic at the Park
Wednesday,
May 20th

Memorial
Cookout
Friday, May 22nd

Closed Memorial Day
Monday, May 25th

1022 Carlisle Ave, Cambridge, Ohio 43725
 Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349
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Services Spotlight

In February, the Guernsey County Senior Citizens Center Inc. continued its mission of serving older adults throughout Guernsey County with compassion, care, and support.

During the month, 15,317 Meals on Wheels meals were delivered to seniors across the county, helping provide not only nourishment, but also a friendly check-in and connection for many individuals. We also provided 846 transportation trips, helping older adults get to medical appointments, grocery stores, pharmacies, and other important destinations.

In-home services remained a vital part of our work, with 259 homemaking units and 2,918 personal care units provided to help seniors remain independent in their homes. To support overall health and well-being, we offered 20 Health & Wellness exercise clas-

You're Cordially Invited to attend the

Annual Senior
Citizens Day
Luncheon

Wednesday,
May 13, 2026

Advance Tickets &
Reservations Are Required

ses, encouraging seniors to stay active and engaged. In addition, 30.5 hours of legal assistance were provided to help older adults access guidance and support for important legal matters.

Every service provided reflects our ongoing commitment to helping Guernsey County seniors live healthier, safer, and more connected lives. We are grateful for the opportunity to serve and for the continued support of our community.

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.

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. At the Guernsey County Senior Citizens Center, this theme reflects the Center's ongoing commitment to helping older adults in our community stay active, informed, and connected. This theme encourages older adults to take an active role in their health by advocating for themselves, staying up to date on preventive care, and making informed decisions that support independence.

Championing your health means taking small, meaningful steps each day to care for your body, mind, and overall well-being. Whether it's attending wellness programs, staying socially connected, eating well, or keeping up with checkups, those everyday choices make a lasting difference.

During Older Americans Month, the Guernsey County Senior Citizens Center encourages older adults, families, and caregivers throughout Guernsey County to celebrate health aging and explore ways to support life-long wellness.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

At the Guernsey County Senior Citizens Center, healthy aging means more than medical care—it means creating opportunities for connection, learning, movement, and support. This Older Americans Month, we invite the community to join us in celebrating the strength, wisdom, and vitality of older adults across Guernsey County.

For more information and downloadable materials, visit acl.gov/oam and join the conversation using #OlderAmericansMonth.



VS



**Cleveland Guardians vs New York Yankees
Game Trip
Wednesday, June 10th**

If you are a Cleveland Guardians or New York Yankees fan, this is the perfect trip for you! We are trying to get more seniors signed up to go on this trip so that we can take a charter bus. At the time of print for this newsletter we still needed 7 more. We will be heading to Cleveland on Wednesday, June 10th to watch these two MLB teams face off against each other. Lunch this day will be on your own at one of the many food vendor options located inside the stadium. This trip will be departing from the Senior Center at 9:15AM for the game and will be returning home around 6:30PM. Cost for this trip will be \$75 for members and \$90 for non-members. Payment for this trip is due by Friday, May 1st. Due to pre-payment being made, there will be no credit give in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.

**Free Hearing Screenings
Friday, May 1st**

Hearing Life will be here at Guernsey County Senior Center on Friday, May 1st 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.

**Free DermaScan
Friday, May 1st**

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Friday, May 1st from 9:00AM-10:00AM offering free DermaScans. DermaScan is a skin analysis technology that accurately diagnoses diseases and imperfections in the skin and its deeper layers.



**Breakfast Buffet
Friday, May 1st**

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, May 1st. The breakfast menu will include: egg & cheese omelet, bacon, hashbrown, biscuits & sausage gravy, 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.

**Library Pop Up
Friday, May 1st**

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, May 1st 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!



Line Dancing Class on Mondays

Come enjoy yourself and the company of others as you learn to line dance on Mondays. Beginners dance will be from 12:30PM-1:00PM with the regular class starting at 1:00PM. Instruction will be provided by Sharon Bachna.



**Election Day
Tuesday, May 5th**

Due to Guernsey County Senior Center being a voting precinct on Tuesday, May 5th there will be NO bingo or cardio drumming on this day. Lunch will be served at regular time, 11:30AM-1:00PM.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

WEDNESDAY, MAY 6, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

New Promise



S P O N S O R E D B Y :
H E L E N P U R C E L L
S E N I O R L I V I N G

&
B U C K E Y E T I R E & S E R V I C E

Hosted by: Dick Pryor





2026

OLDER ADULT EXTRAVAGANZA
Roaring 20's Theme

Free to public!

*Celebrating 20 years of the
Older Adult Extravaganza &
AAA9's 50th Anniversary*

May 8 10am-1pm

Over 50 Vendors Inside

FOOD TRUCKS

BINGO

FREE ADMISSION

**PRITCHARD LAUGHLIN CIVIC CENTER -
7033 GLENN HWY. CAMBRIDGE, OHIO 43725**

**FOR MORE INFORMATION
1-800-945-4250**



Sponsored Bingo Day by Beckett House Wednesday, May 6th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, May 6th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Sponsored Bingo Day by Quanex Thursday, May 7th

We will have Quanex staff joining us to sponsor Fun Bingo on Thursday, May 7th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Cambridge Primary Choir Wednesday, May 6th

We are excited to have special guests here at 11:30AM on Wednesday, May 6th to perform for us! The Cambridge Bobcat Blue & White Choir is comprised of 2nd graders. We are excited to have them join us again and hope that you are able to hear them!



Mother's Day Luncheon Wednesday, May 6th

You are cordially invite to attend our Mother's Day Luncheon on Wednesday, May 6th beginning at 11:30AM. The menu will be: chicken salad w/croissant, broccoli cheddar soup, celery & carrot sticks w/ranch, fresh fruit cup, vanilla pudding parfait. If you would like to join us in celebrating all of the "mothers" out there please call (740) 439-6681 to make your reservation.

Southeastern Home Care



Free Hand Massage & Paraffin Dip by Southeastern Home Care Wednesday, May 6th

We will have two therapists from Southeastern Home Care joining us on Wednesday, May 6th from 12:00PM to 2:00PM to offer free hand massages and paraffin dips. If you would like to make an appointment for this event please call (740) 439-6681.



Due to preparation of the Annual Senior Day Luncheon on Wednesday, May 13th, **there will be NO regular scheduled activities or dine in lunch held at the Guernsey County Senior Center on Tuesday, May 12th.** Grab & Go lunches will be available at Guernsey County Senior Center on this day. Lunch will also be served at the Byesville and Cumberland Satellite Sites. If you have any questions, concerns, or need to make your reservations for lunch at any of these locations, please call the GCSCC at (740) 439-6681.

There will also be **NO Grab & Go lunches served on Wednesday, May 13th** during our Senior Citizens Day Luncheon event.



Sponsored Bingo Day by Shafer Insurance Friday, May 15th

We will have staff from Shafer Insurance Agency joining us to sponsor Fun Bingo on Friday, May 15th at 10:00AM. They will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Ave., Cambridge, OH 43725

YOU ARE CORIDALLY INVITED TO ATTEND

Senior Citizens Day Luncheon

Wednesday, May 13, 2026

Schedule of Events:

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:30PM- Guest Speaker- Collin Moulton

1:30PM- Door Prizes



**Guest Speaker
Collin Moulton**

Menu:

Beef Filet

Loaded Mashed Potatoes

Candied Baby Carrots

Tossed Salad w/Choice of Dressing

Fresh Fruit Kabob

Dinner Roll

Tiramisu Cake

Iced Tea, Coffee, & Water

Advanced Reservations are Required for this Event

To purchase tickets, please visit Guernsey County Senior Citizens Center or call (740) 439-6681 for questions.

Due to tremendous attendance,
we regrettably cannot hold tickets for this event.

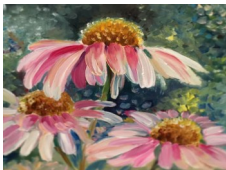
Commodity Pick-Up Friday, May 15th

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, May 15th** from 10:00AM-3:00PM.



Lunch Bunch Group Monday, May 18th

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! May's Lunch Bunch will be meeting at Downtown Arena, located at 1005 Wheeling Ave. in Cambridge on Monday, May 18th at 11:30AM. 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.



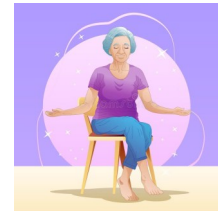
Painting Class Monday, May 18th

We are excited to have Three Sister's Studio here with us on Monday, May 18th at 2:00PM to host a painting class. You will be doing a finger painting of the floral picture pictured above. The cost of this class is \$10.00. If you would like to sign up for this class please call (740) 439-6681.



Sponsored Bingo Day by The Enclave Tuesday, May 19th

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.



Chair Yoga is back on Tuesdays Starting Tuesday, May 19th

We are excited to have Hope Mercer, a local certified yoga instructor, back with us to offer chair yoga. Starting Tuesday, May 19th she will be here on Tuesdays at 11:00AM, for one hour. The cost is \$5 per class. Hope's classes offer supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment.

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 Meeting

Alzheimer's Support Group Tuesday, May 19th

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, May 19th** here at the Senior Center.



Sponsored Bingo Day by Quanex Thursday, May 21st

We will have Quanex staff joining us to sponsor Fun Bingo on Thursday, May 21st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Guernsey County Senior Citizens Center, Inc.

2026 Senior Citizens Picnic at the Park

Wednesday, May 20th

11:00 AM-1:30 PM

Menu:

Chicken Leg
Smoked Sausage on Bun
Pasta Salad
Baked Beans
Bananas in Strawberry Glaze
Assorted Pies
Lemonade, Coffee, & Water

Entertainment By:



Cruz-Ins

Limited Seating Available
Advanced Tickets and Reservations
are Required!

Tickets Cost is "By Donation"

For additional information, please call (740) 439-6681.



**Memorial Day Cookout
Friday, May 22nd**

Not only is Memorial Day a time a to pay tribute to America’s heroes, but also is the start of summer. We will have our Memorial Day Cookout on Friday, May 22nd beginning at 11:30AM. The menu will include: cheeseburger on bun, scalloped potatoes, buttered corn, fruit cocktail, and holiday cake for dessert. We ask that you please make a reservation for lunch on this day by calling (740) 439-6681.



**Closed Memorial Day
Monday, May 25th**

Guernsey County Senior Citizens Center will be CLOSED on Monday, May 25th in observance of the Memorial Day holiday. To receive a frozen holiday meal, please contact the Senior Center at (740) 439-5717.



Cardinal Place
ASSISTED LIVING

**Sponsored Bingo Day by Cardinal Place
Tuesday, May 26th**

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, May 26th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



**Devoted Health Sponsored Craft Class
Tuesday, May 26th**

Ashley from Devoted Health will be joining us on Tuesday, May 26th at 1:00PM to sponsor a free painting craft class. All supplies will be provided. To sign up for this free class please call (740) 439-6681.

Tanger®Outlets

**Tanger Outlet Shopping Trip
Wednesday, May 27th**

We’d love to have you join us as we travel to the Tanger Outlets in Sunbury, OH on Wednesday, May 27th. Tanger Outlets has a wide variety of stores such as: Skechers, Clarks, Bath & Body Works, The Buckeye Corner, Yankee Candle, and more. We will start off the day having breakfast at Cracker Barrel in Sunbury, which will be on your own, before starting to shop. This trip will depart at 7:45AM and return around 4:30PM. The cost of this trip will be \$25.00 for members and \$40.00 for non-members. Payment for this trip is due by Tuesday, May 19th. To reserve your seat we ask that you please call (740) 439-6681.



**Greeting Card Class
Thursday, May 28th**

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, May 28th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



**Ice Cream Treat Day at Razor’s in Byesville
Thursday, May 28th**

We are proud to partner with Razor’s Drive-In in Byesville for our annual Ice Cream Treat Day! If you come and join us for lunch on Thursday, May 28th and we will give you a ticket for a special ice cream treat at Razor’s Drive-In in Byesville. The tickets can be redeemed from 12:00PM to 1:30PM. If you would like transportation for ice cream treat day please call and make a reservation at (740) 439-6681.



**May Birthday Celebration
Friday, May 29th**

Please plan to join us on Friday, May 29th at 11:30AM as we celebrate May 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.



Due to Older Americans Month special activities & events throughout the month of May there will be NO:

- May Evening Dinner at the Guernsey County Senior Citizens Center
- Byesville Senior Dinner



We will be visiting all of our Satellite Sites throughout the month of April doing a fun activity. Here are the days we will be at your site:

- Old Washington:**
Friday, May 1st at 12:00PM
- Pleasant City:**
Monday, May 4th at 12:00PM
- Cumberland:**
Tuesday, May 5th at 12:00PM
- Byesville:**
Tuesday, May 26th at 12:00PM
- Londonderry:**
Temporarily Closed

Join us for a
Trip to
THE
LION KING
Musical
at Playhouse Square
in Cleveland

Thursday, August 13th

Lunch on Your Own at
Hofbrauhaus House

\$120
Members

\$135
Non-Members

Payment Due by
Friday, May 8th

Due to pre-payment being made,
there will be no credit given
in the event of a cancellation.

Depart: 8:45 AM
Return: around 6:00 PM

To reserve a seat,
please call:
(740) 439-6681

BRING A FRIEND FRIDAY!

Join Us for Lunch in May

Bring someone **NEW** to dine with us!

Invite a friend who has **never dined with us** before and be entered for a special giveaway!

HOW TO ENTER

- Bring a **new friend** to lunch on any **Friday in May**
- You and your friend must stop at the **Front Desk**
- Register for the giveaway



ENTER TO WIN A **\$50 Walmart Gift Card!**

Important Details

Entries will only be taken on **Fridays** throughout the month of May.

Winner will be drawn on **Monday, June 1st.**

Guernsey County Senior Center

Come enjoy lunch, friendship, and fun!



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

May 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4</p> <p>8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM Lunch 12:00PM Pleasant City Site Activity 12:30PM Line Dancing Class</p>	<p>5</p> <p>9:00AM Quilters 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Cumberland Site Activity</p> <p>Due to Guernsey County Senior Center being a voting precinct on there will be NO bingo, or cardio drumming on this day</p>	<p>6</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Sponsored Bingo 11:00AM Cambridge Choir Luncheon 11:30 AM Mother's Day Luncheon 12:00PM- Mahjong 12:00PM-2:00PM Hand Massage & Paraffin Dip 6:00PM Good Ole Gospel Music Night</p>	<p>7</p> <p>10:00AM Sponsored Bingo 11:30AM Lunch 12:30 PM- Open Cards</p>	<p>8</p> <p>10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise</p> <p>Older Adult Extravaganza at Pritchard Laughlin Civic Center 10:00AM-1:00PM</p>
<p>11</p> <p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Clothes Closet 11:30AM Lunch 12:30PM Line Dancing Class</p>	<p>12</p> <p>11:30AM-1:00PM Grab & Go Lunch</p> <p>No activities will be held at the Senior Center on this day due to preparations for the Senior Citizens Day Luncheon</p>	<p>13</p> <p>Senior Citizens Day Luncheon Begins at 11:00AM Advanced Tickets Required Dine In Only on this day, NO Grab & Go</p>	<p>14</p> <p>10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab & Go Dinner 5:00PM- Monthly Dine In Senior Dinner</p>	<p>15</p> <p>10:00AM Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>18</p> <p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Clothes Closet 11:30AM Lunch Bunch Group 11:30AM Lunch 12:30PM Line Dancing Class 2:00PM Painting Class</p>	<p>19</p> <p>9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 1:00 PM Cardio Drumming Class 1:30PM Alzheimer's Support Group</p>	<p>20</p> <p>9:00AM- Sewing 10:00AM -Bingo Senior Citizens Picnic at the Cambridge City Park 11:00 AM-1:30 PM Advanced Tickets Required 11:30AM Lunch 12:00PM- Mahjong</p>	<p>21</p> <p>10:00AM Sponsored Bingo 11:30AM Lunch 12:30 PM- Open Cards</p>	<p>22</p> <p>9:00AM Geri Fit Exercise 10:00AM Bingo 11:30AM- Memorial Day Cookout for Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p>
<p>25</p> <p>CLOSED</p> <p></p>	<p>26</p> <p>9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Bylesville Site Activity 1:00PM Devoted Health Craft 1:00 PM Cardio Drumming Class</p>	<p>27</p> <p>7:45AM Tanger Outlet Shopping Trip 9:00AM Geri fit Exercise 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards</p>	<p>28</p> <p>10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards 12:00PM-1:30PM Ice Cream Treat Day at Razor's 1:30 PM Greeting Card Class</p>	<p>29</p> <p>9:00AM Geri Fit Exercise 10:00AM Bingo 11:30AM Birthday Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p>

May 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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 Bysessville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday, Tuesday & Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. 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 www.GuernseySenior.org. *Menu subject to change depending on item availability.</p> <p>This institution is an equal opportunity provider.</p>				
<p>4 Monterey Chicken Roasted Red Potatoes Key Largo Vegetables Fresh Orange Choice of Bread/Margarine Choice of Milk</p>	<p>5 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Diced Pears Dinner Roll/Margarine Choice of Milk</p>	<p>6 Chicken Salad w/Croissant Broccoli Cheddar Soup Celery & Carrot Sticks w/ Ranch Fresh Fruit Cup Vanilla Pudding Parfait Choice of Milk</p>	<p>7 Lasagna French Style Green Beans Tossed Salad w/Dressing CLEMINTINE Garlic Bread Choice of Milk</p>	<p>1 Baked Macaroni & Cheese Stewed Tomatoes Lima Beans Berry Mix Choice of Milk</p>
<p>11 Chicken Strips w/Ranch Whole Buttered Potatoes Creamed Peas Fresh Banana Choice of Bread/Margarine Choice of Milk</p>	<p>12 Bourbon Pork Loin Sweet Potatoes California Blend Vegetables Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>13 Ham Salad w/Bun Potato Salad Cucumber & Onions Apricots Choice of Milk</p>	<p>14 Breakfast Casserole Seasoned Diced Potatoes Spiced Peaches 100% Fruit Juice Biscuit/Jelly Choice of Milk</p>	<p>15 Lemon Pepper Fish Rice Pilaf Succotash Strawberries Coleslaw Breadstick/Margarine Choice of Milk</p>
<p>18 Cabbage Roll Mashed Potatoes Peas & Carrots 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p>19 Turkey & Noodles Yukon Gold Potatoes Cauliflower Granny Smith Apple Choice of Bread/Margarine Choice of Milk</p>	<p>20 Smoked Sausage Diced Potatoes Baked Beans Banana's w/Strawberry Glaze Choice of Bread /Margarine Choice of Milk</p>	<p>21 Meatloaf Loaded Mashed Potatoes Brussel Sprouts Apricots Knot Roll/Margarine Choice of Milk</p>	<p>22 Cheeseburger w/Bun Scalloped Potatoes Buttered Corn Fruit Cocktail Holiday Cake Choice of Milk</p>
<p>25 Closed in Observation of Memorial Day. Frozen Meals are Available upon Request</p>	<p>26 Sausage Pizza Blueberry Crisp Zucchini & Squash Mix Peaches Choice of Milk</p>	<p>27 Johnny Marzetti Italian Green Beans Tossed Salad w/Dressing Cinnamon Applesauce Garlic Bread Choice of Milk</p>	<p>28 Ham loaf Parsley Potatoes Baby Carrots Fresh Pear Choice of Bread/Margarine Choice of Milk</p>	<p>29 Chinese Pepper Steak w/Rice Asian Vegetables Baked Pineapple 100% Fruit Juice Choice of Milk</p>



May Employee Birthdays

Cat Carpenter 6th
Mary Waggoner 6th
Jill McKee 17th
Morgan Watson 26th



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 March:

- *Boyer Brothers
- *Garry Yerian
- *Roger Davis
- *Forrest Duncan
- *Melissa Hickman
- *Andy & Teresa Yandora
- *Steve & Connie Mehaffey
- *Fred Ortiz
- *In Memory of Earl Adams
- Anonymous
- Mayor Tom Orr
- Mayor Jay Jackson
- Byesville Police Chief Dalton Dolan
- Cambridge Police Chief Dave Peoples
- Sheriff Jeff Paden
- Commissioner Dave Wilson
- Commissioner Jack Marlin
- Commissioner Bill Cowgill
- Carson Clouse
- *Evelyn Cornelius
- *James & Cindy Church
- *Tim Hayes
- *Jeffery & Mary Church
- *Andy Yandora
- *Bob & Grace Chambers
- *In Memory of Bob Mackley



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 March:

Dana Mullins
Judy Hooper
Christine Johnson
Anny Mackinnon
Victor Dutro
Jean Ann Long
Greg Long
Jay Atkinson
Sherry Roe

Shari Braden
David Snell
Terry McWilliams
Jeff McWilliams
Karen Fisher
Don Enochs
William Huhn
Kathy Williamson
Karen Kirk



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 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.

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.

May 2026 Birthdays

05/01	Wayne Barnes April Carpenter Melba Hughes Ron Sotherden Diana Thompson Anita Wantz Lana Watkins Sandy West Marcia Winnett	05/12	Thelma Robinson Walter Showers Sandra Shugert	05/24	Maxine Sala Jackie Tripp Sandra Farley Nancy Prine
05/02	Kenneth Ford Kay Kelley Cindy Rankin	05/13	Donna Ball Shirley Ford Kathleen Katynski Bonnie Kerns Ron Lemmon Joyce Moore Mary Skeslock	05/25	Greg Ansberry Catherine Couto Susan Smith Laura Wayble Sharon Hayes Rita Jones Diane McWilliams Donan Pyles
05/03	Paula Bakos Tom Scanlon Teresa Weekley Janie McBride	05/14	Karen Froehlich Florence Neff	05/26	Cindy Cromwell Joseph Hollingshead Kay Ickes James E. Locher Sherry Wilkins
05/04	Alan Earnest Carolyn Sarchet	05/15	Gail Anderson Ella Cropper Lenora Dougals Karen Fisher Gerry Frencik	05/27	Alan Drake Cheryl Keller Lois Knight Darlene Lake Richard Price
05/05	Sandra Black Kathleen Bogart Sheila Buchtel Ed Gibson Robert Newcomer Debra McCormick	05/16	Merly Nicholson Habiba Nunn Darlene Rohl Sandy Wickham Timothy Wolfe Glenn Heddleson Frances Peters	05/28	Lois George Larry Likes Dee Ramage Harry Evans Tom Gottfried Mike Bakos Gail Bell Elizabeth Clark Harold Milner Connie Moore Bud Wagstaff Martha Wittmer
05/06	Phyllis Haught Glenna Hatcher Burdella Thomas Mary Waggoner	05/17	Frances Scharenberg Leonard Sedlak Tom Simon	05/29	
05/07	Debbie Miller Betty June Wolfe	05/18	James E Mercer William Gress Nettie Griffiths	05/30	
05/08	Jerome Durant Dr. Victoe Dutral Robert Heinton Gary Lucas Rick Smith Charlotte Smith Melissa Thompson Dale Yerian	05/19	Constance Gibson Pam Leep Marilyn LePage Polly Perry Barbara Tipton Mary Ellen Tipton Dale Whitis Tina Wickline Janet Campbell Rebecca Combs Ken Harper Clifford Heston Robert Pachuta	05/31	
05/09	Pam Lemmings Judy Elliott	05/20	Joyce Moore Shirley Carna Timothy Kiggans		
05/10	Barbara Morgan Jack Ridgway Anita Russell	05/21			
05/11	Pete Journey Phyllis Shoemaker John Westover	05/23			

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

Gardening Word Search

F F F B L P L C Y C X E K R P R P T B T S S Y B I
 N A N E U A O E C T D O O B M A B R U X Z E T S J
 F E R N D L G Y K A U S T A K E E I T L T V E K M
 U L T Y O D B N P W N A M D W Z X D T A E O I E G
 J H B R E H W S I O H N E D R A G E E V K L R P S
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ANNUAL
 ARBOR
 AROMA
 ATTRACTIVE
 BACKYARD
 BAMBOO
 BEAUTY
 BIRDS
 BLOOMS
 BOUQUET
 BULBS
 BUTTERFLIES
 COLORFUL
 COMPOST
 DECORATION
 DIRT
 EDGE
 FEEDER
 FENCING
 FLORAL
 FLOWERS
 GARDEN
 GAZEBO
 GLOVES
 GROUND
 GROW
 HABITAT
 HOSE
 LADYBUG
 LANDSCAPE
 LAWN
 LEAF
 MOSS
 MULCH
 NURSERY
 OASIS
 ORGANIC
 OUTDOORS
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 PEDALS
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 ROCKS
 SAND
 SEASONAL
 SEED
 SHADE
 SHEARS
 SHOVEL
 SOIL
 SPADE
 STAKE
 TOOLS
 TRACTOR
 TREES
 TRIMMING
 TROWEL
 VARIETY
 VINE
 WARMTH
 WATER
 WEEDS
 YARD
 ZONE



“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.*

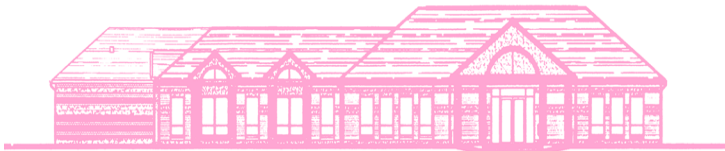
“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”



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

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

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!**