



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



Volume 54 Issue 6

Guernsey County Senior Citizens Center, Inc.

June 2026

Special Events:

Good Ole Gospel Music Night
Tuesday, June 2nd

Breakfast Buffet
Friday, June 5th

Chair Yoga is back on
Tuesdays at 11AM

WEAR PURPLE
Monday, June 15th
for ELDER ABUSE AWARENESS DAY

Lunch Bunch Group
Mon., June 22nd

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

The Guernsey County Senior Citizens Center Inc. continued its dedication to serving older adults across Guernsey County throughout the month of March, providing essential services that help seniors remain safe, healthy, and connected.

In March, 16,871 Meals on Wheels were delivered to seniors throughout the county. These meals not only provide important nutrition, but also offer a friendly visit and sense of connection.

Getting seniors where they need to go is an important part of staying independent, and in March, 959 transportation trips were provided to help individuals reach medical appointments, run errands, etc.

In-home services provided 275 homemaking units, assisting with everyday household needs, along with 3,230 personal care units to help with daily living activities.

To promote wellness and active living, 17 exercise classes were offered encouraging seniors to take an active role in their health.



You're Cordially Invited to attend the

June Monthly Senior Dinner

Thursday, June 18, 2026

Dinner, Entertainment, & Door Prizes

Starts at 5:00PM

Please call ahead and make your advance reservations by calling (740) 439-6681 today!

In addition, 7.5 hours of legal assistance were provided to help older adults navigate important legal matters and access trusted guidance when needed.

Each of these services reflects the continued commitment of the Guernsey County Senior Citizens Center, Inc. to meet the needs of seniors across the county.

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.

Rooted in Kindness: Honoring the Memory of Hollia Husk



The Guernsey County Senior Citizens Center recently honored the memory of our former Nutrition Supervisor, Hollia Husk, whose compassion and dedication left a lasting mark on our entire community. Hollia believed that a meal was never just a meal—it was comfort, connection, and care—and she worked each day to ensure every senior felt valued and supported.

To celebrate her life and legacy, a tree has been planted in her honor on our grounds. This living tribute serves as a beautiful reminder of the kindness, strength, and growth she nurtured in others. Accompanied by a memorial plaque bearing her name, the tree stands as a place of reflection for all who were touched by her work.

Hollia's spirit continues to guide us in the care we provide and the connections we build. Though she is deeply missed, her legacy lives on in every meal served, every smile shared, and now, in the growing branches of the tree planted in her memory.

Pictured with the memorial tree is Hollia's mother, Katherine Cotton.

Expanding Access: Guernsey County Senior Center Begins Parking Lot Expansion Project



The Guernsey County Senior Citizens Center is making steady progress on its parking lot expansion project, bringing improved access and convenience to the many individuals who visit the Center each day. Recent work at the site shows excavation and groundwork underway, marking an exciting step forward in this much-needed improvement.

As seen in the photo, construction crews and equipment are actively preparing the area for additional parking spaces. This expansion will help accommodate the growing number of members, visitors, and service vehicles that rely on the Center for daily meals, activities, and essential services.

With participation continuing to increase, the added parking will enhance safety, ease congestion, and make visits more accessible for everyone. The project reflects the Center's ongoing commitment to supporting the needs of Guernsey County seniors and ensuring a welcoming, functional environment for all.

The Guernsey County Senior Citizens Center looks forward to completing this project and continuing to serve the community with improved facilities and expanded accessibility.



Celebrating our Staff

We recently took the time to celebrate a few of our staff on a couple of very special days, Administrative Professionals Day and National Nurses Day. Please read below to see how each of these ladies makes a difference everyday here at Guernsey County Senior Citizens Center. We are blessed with a wonderful staff all throughout GCSCC that are a vital part in helping us continue our mission of serving seniors all throughout Guernsey County.



Administrative Professionals Day

On April 22nd, we took a moment to recognize and thank Valerie Wray (left), Administrative Assistant, and Donna Devers (right), Receptionist/Social Services Coordinator. Their organization, dedication, and attention to detail make a difference every sing day—and we truly couldn't do it without them. Their hard work does not go unnoticed. We want to thank them for their professionalism, positivity, and commitment to excellence.



National Nurses Day

On May 6th, we proudly recognized and celebration Heather, the dedicated registered nurse at Guernsey County Senior Center, whose compassion and commitment make a lasting impact on our members each day. Heather is more than a nurse—she is a trusted presence, offering not only blood pressure checks, but also kindness, reassurance, and a listening ear. Her warmth and dedication help create a welcoming environment for everyone senior.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, JUNE 2, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Pure Heart



Pure Heart

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

Seated Tai Chi—

Tuesday's at 9:00AM

**In the first half of the dining room at
the Senior Center.**



Bingocize Classes

Mondays & Thursdays at 11:00AM

A mix of light exercise, health information and Bingo! Join us for just one hour. We will play bingo, **Win Prizes** and perform exercises to increase strength, flexibility and reduce the risk of falls. Every exercise can be modified to accommodate seated motion or limited physical ranges so absolutely anyone can participate! Bingocize is designed for healthy fun for anyone.

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.

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.

Chair Yoga is back on Tuesdays

We are excited to have Hope Mercer, a local certified yoga instructor, back with us to offer chair yoga. Hope 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.



Sponsored Bingo Day by Beckett House Wednesday, June 3rd

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, June 3rd at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Breakfast Buffet Friday, June 5th

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, June 5th. The breakfast menu will include: breakfast casserole, 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, June 5th

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, June 5th 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!



Sponsored Bingo Day on Fridays by Biggs Insurance Agency

We will have Philip, from Biggs Insurance Agency joining us to sponsor Fun Bingo every Friday throughout the month of June at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



Dehydrating Produce Class Wednesday, June 10th

Join Caitlin from OSU Extension on Wednesday, June 10th at 11:00AM to discover the basics of dehydrating, freezing, and other methods of food preservation! This class will address topics such as: basic food safety principles, methods for freezing fruits and vegetables, and reliable research-supported resources from the U.S Department of Agriculture, OSU Extension and others. To register for this class please call (740) 439-6681.



Cardinal Place ASSISTED LIVING

Sponsored Bingo Day by Cardinal Place Tuesday, June 9th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, June 9th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Alzheimer's Support Group Tuesday, June 9th

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, June 9th here 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



Please join Guernsey County Senior Citizens Center in promoting Elder Abuse Awareness by WEARING the color **PURPLE** on **Monday, June 15th**



**Sponsored Bingo Day by The Enclave
Tuesday, June 16th**

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, June 16th at 10:00AM. They will be providing the bingo prizes on this day.



**Monthly Senior Dinner
Thursday, June 18th**

We cordially invite you to join us Thursday, June 18th, for the June monthly senior dinner at 5:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. Menu will include: pork chops with gravy, mashed potatoes, California blend vegetables, cinnamon applesauce, and chocolate cake with raspberries for dessert. There will also be entertainment and a 50/50 raffle. To make your advance 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, June 19th**

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, June 19th** from 10:00AM-3:00PM.



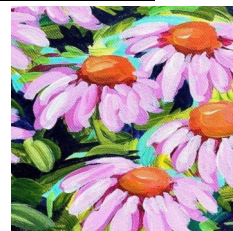
**Father's Day Cookout
Friday, June 19th**

You are cordially invite to attend our Father's Day Cookout on Friday, June 19th beginning at 11:30AM. The menu will be: cheeseburger on bun, seasoned potatoes wedges, baked beans, tropical fruit, and chocolate chip blondie for dessert. If you would like to join us in celebrating all of the “fathers” out there please call (740) 439-6681 to make your reservation.



**Lunch Bunch Group
Monday, June 22nd**

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! June's Lunch Bunch will be meeting at The Station on 22, located at 20138 Cadiz Rd in Freeport on Monday, June 22nd 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, June 22nd**

We are excited to have Three Sister's Studio here with us on Monday, June 22nd 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.

TRIVIA

Prizes Awarded Every Round.
Teams are Chosen at Random.
Grand Prize for the Winning Team!

Event

**WEDNESDAY
JUNE 24TH
1:00 PM**



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

FREE TO ENTER

Anyone 60+ Eligible
Membership Not Required
Zero Registration Fee

Call 740-439-6681 To Register

The Number of Entries is Limited, so Register Now!



Come to Play or Come to Watch. There is Sure to be Fun for Everyone!



June Birthday Celebration Thursday, June 25th

Please plan to join us on Thursday, June 25th at 11:30AM as we celebrate June 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.



Greeting Card Class—Thursday, June 25th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, June 25th 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 class please call (740) 439-6681 to sign up!



Stan Hywet Hall & Gardens Tour Trip Friday, June 26th

We'd love to have you join us as we travel to Akron on Friday, June 26th. We will be taking a guided tour of the Stan Hywet Hall & Gardens. During the tour we will see the Manor House the way it was meant to be seen and see the Seiberling family's world come to life in the great hall and music room. After our tour we will enjoy lunch at Akron Family Restaurant, which will be on your own. This trip will depart at 8:15AM and return around 4:00PM. The cost of this trip is \$40.00 for members and \$55.00 for non-members. Payment is due by Friday, June 5th, due to pre-payment being made no credit will be given in the event of a cancellation. To reserve your seat please call (740) 439-6681.



Byesville Dinner Tuesday, June 30th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, June 30th. The menu will include: BBQ chicken, parsley potatoes, green beans, mandarin oranges, and sweet potato pie for dessert. Please call (740) 439-6681 to make your reservations.

Satellite Site Activities

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

Pleasant City:

Monday, June 1st at 12:00PM

Cumberland:

Tuesday, June 2nd at 12:00PM

Old Washington:

Wednesday, June 3rd at 12:00PM

Byesville:

Tuesday, June 30th at 12:00PM

Londonderry:

Temporarily Closed



Eagles Tribute Band Concert Trip Thursday, July 30th

If you are a fan of the Eagles, this is a perfect trip for you! We will be travelling to the Ohio Star Theater in Amish Country on Thursday, July 30th to enjoy an Eagles Tribute Band Concert. We will enjoy shopping at a few favorite stops before having lunch, which is included in the cost, at Dutch Valley. Following lunch we will enjoy the concert. We will depart at 8:15 AM and return by 4:30PM. The cost of this trip is \$80.00 for members and \$95.00 for non-members. Payment is due by Monday, June 22nd. Due to pre-payment being made no credit will be given in the event of a cancellation. To reserve your seat for this fun trip please call (740) 439-6681.



JUNE is

Men's Health

MONTH

Men's health encompasses physical, mental, emotional, and social health issues that affect men. Senior men face unique health challenges including increased risks for heart disease, prostate issues, and mental health concerns, making regular check ups and healthy lifestyle choices essential.

THE ULTIMATE GOAL IS TO HELP MEN

Men Over 50 Should

schedule annual checkups to monitor cardiovascular health, blood pressure, cholesterol, and diabetes risk, as these conditions become more prevalent with age.

Prostate health is also critical; discuss PSA testing with your doctor, especially if there is a family history of prostate cancer.

Early detection of conditions like heart disease, prostate issues, and diabetes significantly improve treatment outcomes.

LIVE LONGER, HEALTHIER LIVES.



Don't Try to "Tough it Out"

Untreated depression is bad for your mental and physical health. If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed.

It is Treatable!

Talk to your healthcare provider and get the treatment you need.



Friday, June 19th for

MEN'S HEALTH

SHARE FOR DEMENTIA

A Personalized Program Weaving Together

Care Values Personal Preferences & Best Interests

to Create a Workable Plan that Empowers those Diagnosed with Dementia and Serves as a Guide for Caregivers, as TOGETHER, they make decisions about Future Care Needs.



A PRODUCT OF
BENJAMIN ROSE INSTITUTE ON AGING



CALL

740-439-6681



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

June 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00 Clothes Closet 11:30AM Lunch 12:00PM Pleasant City Site Activity 12:30PM Line Dancing Class	2 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cumberland Site Activity 1:00 PM Cardio Drumming Class	3 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity	4 10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards	5 9:00AM Breakfast Buffet 9:00AM Library Pop-Up 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 12:00PM Old Washington Site Activity 1:00PM Geri Fit Exercise
8 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00 Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:30PM Line Dancing Class	9 9:00AM Seated Tai Chi 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	10 9:15AM Guardians Game Trip 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:00 AM Dehydrating Produce Class 11:30 AM Lunch 12:00PM- Mahjong	11 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards	12 9:00 AM Geri-Fit Exercise 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
15 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:30PM Line Dancing Class Wear Purple for Elder Abuse Awareness Day	16 9:00AM Seated Tai Chi 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	17 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	18 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	19 9:00 AM Geri-Fit Exercise 10:00AM Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Father's Day Cook Out 12:30 PM- Euchre 1:00 PM Geri-Fit Exercise
22 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:30PM Line Dancing Class 2:00 PM Painting Class	23 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 1:00 PM Cardio Drumming Class	24 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	25 10:00AM Bingo 11:00 AM Bingocize 11:30AM Birthday Celebration Lunch 12:30 PM- Open Cards 1:30 Greeting Card Class	26 8:15 AM Stan Hywet & Gardens Tour Trip 9:00AM Geri Fit Exercise 10:00AM Sponsored Bingo 11:00AM Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
29 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:30PM Line Dancing Class	30 9:00AM Seated Tai Chi 9:00 AM Quilters 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Bylesville Site Activity 1:00 PM Cardio Drumming Class 4:00 Bylesville Dinner			

June 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Fritter w/Gravy Diced Potatoes Yellow Squash 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	2 BBQ Beef w/Bun Sweet Potatoes Creamed Peas Fresh Pear Dinner Roll/Margarine Choice of Milk	3 Baked Chicken Au Gratin Potatoes Baby Carrots Mixed Fruit Choice of Bread/Margarine Choice of Milk	4 Meatloaf Parsley Potatoes Capri Vegetables Apricots Knot Roll/Margarine Choice of Milk	5 Cheese Ravioli w/Meat Sauce Tossed Salad w/Dressing Italian Green Beans Apple Crisp Garlic Bread Choice of Milk
8 Cabbage Roll Mashed Potatoes Buttered Corn Fresh Orange Choice of Bread/Margarine Choice of Milk	9 Italian Pork Chop Oven Roasted Potatoes Mixed Vegetables Fresh Banana Choice of Bread/Margarine Choice of Milk	10 Swedish Meatballs over Buttered Noodles Peas California Blend Vegetables 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	11 Bourbon Chicken Baby Baker Potatoes Brussel Sprouts Strawberries Dinner Roll/Margarine Choice of Milk	12 Philly Steak w/Hoagie Bun Hashbrown Casserole Seasoned Green beans Ambrosia Salad Choice of Milk
15 Sweet & Sour Chicken over Rice Scalloped Potatoes Peas & Carrots Peaches Choice of Bread/Margarine Choice of Milk	16 Sausage Gravy Cheese Omelet Potatoes O' Brian Fresh Apple Biscuit/Jelly Tomato Juice Choice of Milk	17 Pepperoni Pizza Italian Blend Vegetables Cherry Crumble 100% Fruit Juice Choice of Milk	18 Chef Salad w/ Ham, Turkey & Egg/Dressing Grape Salad Pickled Beets Blueberry Muffin Choice of Milk	19 Cheeseburger w/Bun Seasoned Potato Wedges Baked Beans Tropical Fruit Chocolate Chip Blondie Choice of Milk
22 Salisbury Steak Sour Cream & Chive Mashed Potatoes Lima Beans Peaches Choice of Bread/Margarine Choice of Milk	23 Ritz Chicken Noodle Casserole Red Skinned Potatoes Warm Apple Slices 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	24 Baked Ham Slice Cheesy Potatoes Seasoned Spinach Pineapple Tidbits Dinner Roll/Margarine Choice of Milk	25 Sloppy Joe w/Bun Tator Tots Broccoli w/Cheese Granny Smith Apple Choice of Milk	26 Country Fried Steak w/Gravy Yukon Gold Potatoes Buttered Peas Fruit Cocktail Choice of Bread/Margarine Vanilla Pudding Choice of Milk
29 Fish w/Tarter Sauce Rice Pilaf Stewed Tomatoes 100% Fruit Juice Italian Bread/Margarine Choice of Milk	30 Beef Roast Whole Potatoes Glazed Carrot Coins Diced Peas Dinner Roll/Margarine Choice of Milk	<p>We invite you to join us for lunch at the Guemsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Bysville 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 is temporarily closed, 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.GuemseySenior.org. *Menu subject to change depending on item availability.</p> <p>This institution is an equal opportunity provider.</p>		



June Employee Birthdays

- Olivia Spires 5th
- Steve Bennett 7th
- Kirk Jones 12th
- Jean Tidwell 12th
- Donna Devers 13th
- Becky Wayt 16th
- Talia Fannin 20th
- Dave Peters 29th



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 April:

- Nancy Tom**
- Pat Graven**
- Ohio Health**
- Wayne Barnes**
- Jean Means**
- James Parsons**
- David Milligan**
- Cambridge BPO**
- Rick Clay**
- Ascent Resources**
- Cambridge Elks**
- Cambridge Fraternal Order of Eagles**
- MVHC**



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 April:

Marie Lunsford
Karen Boehm
Kaye Bednarczuk
Colleen McDermott
Patricia Reynolds
Billy Mullins
Ann Long
Janet DeVore

David Hamilton
Beverly Gassman
Janet Wilson
Christianne Church
Peggy Shumate
Dale Davis
Kathy Young
Gloria Howell



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.

June 2026 Birthdays

06/01 Marty Mathews
William Moore
Fred Steele
Sharon Zuess
06/02 Darla Kahrig
06/03 Evelyn Cornelius
Beverly Gassman
06/04 Patricia Lanning
Therese Terrell
06/05 Roger Cotton
06/06 Linda Bontrager
Vickie Hare
Earl Johnson
James Moss
06/07 Virginia Brown
Cindy Dolen
Nancy Kennedy
06/08 Anita Rausch
Terry Secrest
Toni Wilson
06/09 Karen Sherman
Carol Caldwell
06/10 Patricia Bischard
Linda Burgy
Charlotte Farmer
Danielle Locker
Yvonne Myers
Molly Pierce
JoEllen Murrey
06/11 Charles Kerns
Mona Keylor
Joe Seresun
Janet Wilson
06/12 Gene Michel
Pat Perkins
Carolyn Winland
06/13 Randy Black
Mildred Clouse
Peggy Cunningham
Deborah Gallagher
Thomas Greathouse
Dana Mullins
Bernard Schreiner
Patricia Westover
Vernetta Wilson
06/14 Jean Beifus

Charles Sage
06/15 Bob Farrar
Judy Howald
Curtis Burriss
06/16 Donna Callihan
06/17 Carol Bell
Tammy Galloway
David Hamilton
Susan Slifko
Shirley Ziegler
06/18 Terresa Frame
Dottie Henes
Diana Loy
Lynette Tipton
06/19 Resa Montgomery
Monique Spilker
06/20 Sue Ann Chewning
John Valentine
Gail Shank
06/21 Katrina Aubuchon
George Dillon
William Goodman
Robert Gray
Patrick Pollock
Sue Cunningham
06/22 Debbie DeVore
06/23 Jocelyn Davis
June Lewis
Kathy Adams
06/24 Wendy Beres
Maxine Forsythe
Madelyn Joseph
Barbara Mackey
Saundra Tittle
Betty Cox
Carol Work
06/25 Diane Pavlik
Donald Todd
Kenneth Warnock
06/26 Jeremy Brockwell
Tim Dolen
Mary Norris
06/27 June Franko
James Gibson
Barbara Minney
Shirley Tilton

Diane Cunningham
06/28 Peggy Flowers
06/29 Paula Lahmers
David Peters
Brenda Sink
06/30 Linda Williamson
Valarie Kirby
Robert Walker



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

Father's Day Word Search

- Ambition
- Amusing
- Appreciate
- Athletic
- Awesome
- Bond
- Brotherly
- Caring
- Character
- Clever
- Dad
- Devoted
- Drive
- Father
- Genuine
- Giving
- Golfer
- Heart
- Helpful
- Hobbies
- Honest
- Honor
- Hug
- Humor
- Husband
- Inspiration
- Integrity
- Joy
- Kindness
- Laughter
- Lesson
- Love
- Loyalty
- Memories
- Paternal
- Protection
- Provider
- Regard
- Respect
- Safety
- Son
- Sweet
- Teacher
- Tender
- Uncle
- Unique
- Warmth
- Wisdom
- Worker

Q S F M F P E A B C H G D U C H G L L P
 T R A E H M M S H R O U N R A U I O A R
 F P U C O B S A T L O C G C R M V V N O
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 H E Q D Y T L A Y O L S W E E T N A I R
 P R O T E C T I O N W O R K E R M I B C





“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!**