



“Celebrating 54 Years of Serving Guernsey County”

Senior Times Newsletter



Volume 54 Issue 7

Guernsey County Senior Citizens Center, Inc.

July 2026

Special Events:

**CLOSED for
Independence Day
Friday, July 3rd**

**Chair Yoga
on
Tuesdays at 11AM**

**Good Ole Gospel
Music Night
Tuesday,
July 7th**

**Breakfast Buffet
Friday,
July 10th**

**Lunch Bunch
Group
Tuesday,
July 21st**

**Greeting Card
Class
Thursday, July 23rd**

**Byesville
Dinner
Tues., July 28th**

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681

Fax: 740-439-7478

Toll Free: 1-866-534-2349

E-mail: gscce@guernseysenior.org

Website: www.GuernseySenior.org

**Guernsey County Senior Citizens
Center Names Rhonda Foraker
as Executive Director**

The Board of Directors of the Guernsey County Senior Citizens Center Inc. is pleased to announce the appointment of Rhonda Foraker as Executive Director, effective May 24, 2026.

Foraker has been serving as Interim Executive Director since January 2026, where she demonstrated strong leadership, dedication, and a deep commitment to the Center’s mission. Her successful tenure in the interim role made her the clear choice to lead the organization moving forward.

Prior to her appointment as Interim Executive Director, Foraker served as Executive Assistant beginning in September 2019, where she oversaw both the Accounting and Human Resource departments. In that role, she developed a strong understanding of the organization’s operations and played a key role in supporting its growth and stability.

In her new role as Executive Director, Foraker will oversee daily operations, guide strategic plan-



You're Cordially Invited to attend the

**July Monthly
Senior Dinner
Thursday, July 16, 2026**

*Dinner, Entertainment, &
Door Prizes*

Starts at 5:00PM

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

ning, and continue strengthening programs and services that support seniors throughout Guernsey County.

The Board expressed confidence in Foraker’s leadership and vision, noting her proven ability to enhance the quality of life for local seniors while fostering a welcoming and supportive environment for all who rely on the Center’s programs.

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.



Our
2026
**ANGEL
AWARD**
Winners



United Way of Guernsey,
Noble, & Monroe Counties



Guernsey County
Cancer Society



HearingLife



OhioHealth
Physicians Group

Thank you

FOR MAKING A DIFFERENCE
IN OUR COMMUNITY!



MEMORIES FROM OUR 2026 OLDER AMERICANS MONTH EVENTS





Protecting Yourself from Summer Heat



- Stay hydrated! Stay hydrated! Stay hydrated! Drink plenty of water and avoid alcohol.
- When heat and humidity rise, everyone should avoid long exposure to the sun; **drink plenty of fluids** (water is best); avoid caffeine and alcohol; and try to spend as much time as possible in an air-conditioned or cool environment.
- During hot weather, when fans are used they should be used in well-ventilated areas. They should never be used in a closed room, as the intense heat is merely redistributed in other areas. Fans should be checked for safety and should be utilized with precaution according to individual manufacturer's recommendations. Never leave electrical fans and other heating or cooling appliances unattended.
- It is advisable to take cool baths or showers, wear lightweight clothing and avoid strenuous activity, especially during the warmest time of the day. It is also wise to avoid heavy meals, using cooking ovens, and avoid using salt unless directed by a physician.
- Above all, take the heat seriously; do not ignore danger signals like nausea, dizziness and fatigue. If you or anyone you know needs medical attention, call 911 immediately.
- Family, friends, neighbors, and in-home care providers should check on elderly individuals to ensure they are withstanding the heat and that they are comfortable during their normal sleep times.
- Educate yourself on the warning signs: dizziness, rapid heartbeat, diarrhea, nausea, cramps, thirst, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems and vomiting. NOTE: These symptoms can also signal other major related health problems, such as heart failure. Again, if you experience any of them, contact 911 and/or a doctor immediately.
- Limit or curtail physical activity during extremely hot weather. Activity adds to heart strain.
- Avoid alcohol. Alcohol acts as a diuretic, resulting in fast water loss. In addition, alcohol can promote impairments making you less aware of the danger signs of heat stress.
- If you live alone, make arrangements for a trusted relative or neighbor to check in on you regularly.
- Take the heat seriously, pay attention to the danger signs and contact emergency personnel such as 911 or you doctor.
- **KEEP COOL.** The best advice is to keep as cool as possible. So if you or someone you know is vulnerable or faces a special risk from heat stress, please do your part in taking some helpful precautions to help and protect them this summer.

If your home is too hot during the day for your own personal comfort, please come and visit the Guernsey County Senior Citizens Center, Inc. where you are welcomed to enjoy a continental breakfast, delicious lunch, and a host of activities and events that occur throughout the day and are located inside a climate controlled/air-conditioned/ smoke-free facility. For additional information, please call (740) 439-6681 or toll-free 1-866-534-2349. WE ARE OPEN MONDAY - FRIDAY; 8:00 AM - 4:00 PM.

Information provided by the Guernsey County Senior Citizens Center, Inc.

Making a Difference Every Day

AT THE

GUERNSEY COUNTY SENIOR CENTER

At the Guernsey County Senior Center, every meal served, every ride provided, and every visit made represents a neighbor, friend, or family member receiving the support they need to live safely and independently.

APRIL SERVICE STATISTICS



16,159
MEALS SERVED

Nutritious meals and friendly smiles every day.



988
TRANSPORTATION TRIPS

Rides to appointments, stores, pharmacies and more.



956
HOMEMAKING UNITS

Help with the daily tasks that make a house a home.



3,037
PERSONAL CARE UNITS

Compassionate care that helps seniors live with dignity.



14
EVIDENCE-BASED EXERCISE CLASSES

Building strength, balance and friendships.



11
LEGAL ASSISTANCE UNITS

Guidance and support for important legal matters.



Thank you for making a difference!

TOGETHER, WE ARE STRONGER.

***June Commodity Pick-Up Day Change** Monday, June 29th**

Due to Mid-Ohio Food Bank being closed on Friday, June 19th the June Commodity Supplemental Food distribution will be on **Monday, June 29th from 10:00AM-3:00PM**. This is an income eligible program.

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:

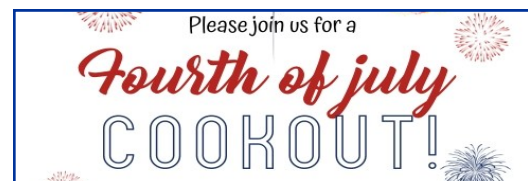
Wednesday's at 9:00 AM

Friday's at 9:00AM & 1:00PM
in the first half of the dining room at the Senior Center.



Sponsored Bingo Day by Beckett House Wednesday, July 1st

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, July 1st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



4th of July Cookout Thursday, July 2nd

Start celebrating Independence Day two days before all the fireworks on Thursday, July 2nd here at the Senior Center as we have a cookout for lunch starting at 11:30AM. The menu this day will be: smoked sausage with bun, scalloped potatoes, baked beans, watermelon, and patriotic Jell-O cake for dessert. If you would like to join us please make a reservation by calling (740) 439-6681.



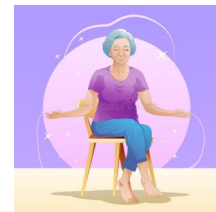
Cookie Decorating Class Thursday, July 2nd

We are happy to have Karen Googins, from Grammy's Oven, join us on Thursday, July 2nd at 1:00PM to offer a Cookie Decorating Class. You will have the choice of purchasing either one or two dozen cookies to decorate. The cost per dozen is \$6 and this includes all supplies needed for decorating the cookies. If you would like to be a part of this delicious class please call (740) 439-6681. We ask that you please make your reservation by Friday, June 26th at noon.



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.



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.

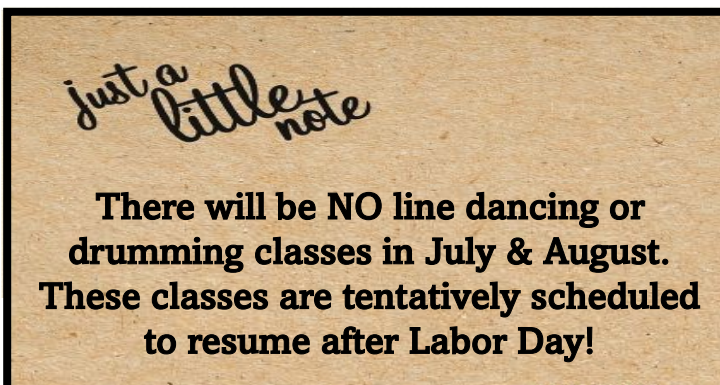


Guernsey County Senior Citizens Center & Meals on Wheels Guernsey County will be **CLOSED** on Friday, July 3rd in observance of the Independence Day holiday. Regular operations will resume on Monday, July 6th. If you have any questions or concerns about services you receive, please contact the Senior Center at (740) 439-6681. Have a safe and happy 4th!



Sponsored Bingo Day by Embassy of Cambridge Thursday, July 9th

We will have Embassy of Cambridge staff joining us to sponsor Fun Bingo on Thursday, July 9th at 10:00AM. They will be providing the bingo prizes on this day.





GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, JULY 7, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Victory Trio



SPONSORED BY:
HELEN PURCELL
SENIOR LIVING

&
BUCKEYE TIRE & SERVICE

Hosted by: Dick Pryor



**Freeze Drying Produce Class
Thursday, July 9th**

Join Caitlin from OSU Extension on Thursday, July 9th 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.

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

Pleasant City:
Monday, July 13th at 12:00PM

Cumberland:
Tuesday, July 14th at 12:00PM

Old Washington:
Wednesday, July 15th at 12:00PM

Byesville:
Tuesday, July 28th at 12:00PM

Londonderry:
Temporarily Closed

HearingLife

**Free Hearing Screenings
Friday, July 10th**

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



**Breakfast Buffet
Friday, July 10th**

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, July 10th. The breakfast menu will include: scrambled eggs, bacon, diced potatoes, sausage gravy & biscuits, yogurt, 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.



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.**



July Employee Birthdays

Cliff Dyer	1st
Joe Carte	6th
Rick Veselenak	6th
Ken Carpenter	7th
Cathy Ferrari	7th
George Rogers	7th
Glenn Foraker	27th
Doug Watkins	28th



Cardinal Place

ASSISTED LIVING

Sponsored Bingo Day by Cardinal Place Tuesday, July 14th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, July 14th 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, July 14th

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, July 14th** here at the Senior Center.



Monthly Senior Dinner Thursday, July 16th

We cordially invite you to join us Thursday, July 16th, for the July monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: cabbage rolls, mashed potatoes, corn, dinner roll with butter, and strawberries with pound cake 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, July 17th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Foodbank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday, July 17th** from 10:00AM-3:00PM.



Painting Craft Class Monday, July 20th

We are hosting a painting craft class on Monday, July 20th at 2:00PM to host a painting class. You will be painting the patriotic flower doorhanger pictured above. The cost of this class is \$5.00. If you would like to sign up for this class please call (740) 439-6681.



Sponsored Bingo Day by The Enclave Tuesday, July 21st

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, July 21st at 10:00AM. They will be providing the bingo prizes on this day.



Lunch Bunch Group Tuesday, July 21st

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! July's Lunch Bunch will be meeting at The Dockside Restaurant, located at 16592 Lashley Rd, in Senecaville on Monday, July 21st 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.



**Kingwood Center Gardens Trip
Wednesday, July 22nd**

We will be traveling to Mansfield on Wednesday, July 22nd to visit Kingwood Center Gardens. We will have a guided tour of Kingwood Hall and will be self-guided to explore the beautiful gardens. Afterwards, we will enjoy lunch, which will be on your own, at The Old Bag of Nails restaurant. This trip will depart at 8:00AM and return around 4:30PM. The cost of this trip will be \$45 for members and \$60 for non-members. Payment for this trip will be due by Wednesday, July 1st. Due to prepayment being made for this trip, there will be no credit given in the event of a cancellation. There will be a good amount of walking on this tour, but there are benches available throughout to sit and rest on. To reserve your seat, please call (740) 439-6681.

**Building Healthy Brain Habits
Wednesday, July 22nd**

We will have a Laura, from the Alzheimer’s Association, here with us on Wednesday, July 22nd at 1PM. Join her to learn about healthy habits for your brain. To sign up please call (740) 439-6681.

Greeting Card Class—Thursday, July 23rd

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, July 23rd 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!



**Sponsored Bingo Day by Caption Call
Friday, July 24th**

We will have staff from Caption Call joining us to sponsor Fun Bingo on Friday, July 24th at 10:00AM. They will be providing the bingo prizes on this day.



**Byesville Dinner
Tuesday, July 28th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, July 28th. The menu will include: ham, scalloped potatoes, green beans, pineapple, and chocolate peanut butter pie for dessert. Please call (740) 439-6681 to make your reservations.

**July Birthday Celebration
Friday, July 31st**

Please plan to join us on Friday, July 31st at 11:30AM as we celebrate July 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.



**Elvis Tribute Lunch Cruise on
Goodtime III Boat Trip
Wednesday, August 26th**

Come aboard Goodtime III and enjoy a tribute to the “King of Rock & Roll”, a delicious lunch, and fabulous city views of Cleveland on Wednesday, August 26th. We will be departing from the Senior Center at 8:15AM to head towards Cleveland. We will board the boat at 11:00AM for lunch, which is included in the cost of this trip. The lunch menu will be: house baked herbed focaccia bread, braised beef tenderloins with beef demi, chive whipped potato, herb roasted carrots, fruit cup and assorted brownies. After lunch we will depart on a 2 hour narrated cruise while enjoying the Elvis tribute. After the cruise we will head back home and return around 4:30PM. The cost for this trip will be \$100 for members and \$115 for non-members. Payment for this trip is due by Wednesday, July 23rd. Due to prepayment needing made there will be no credit in the event of a cancellation. To make a reservation for this trip please call (740) 439-6681.

Your Photo

Can Be

Here



Email entries to
outreach@guernseysenior.org



Submit your entries for the August newsletter by June 30th.

The theme for August is



Here at Guernsey County Senior Center, we love our seniors and their stories! To show you how much, we will have a new memories page in our monthly newsletter featuring photos submitted by our very own members.

To submit your entry, email pictures to outreach@guernseysenior.org You can also mail or bring photos to the center to be scanned. GCSCC is not responsible for damage or loss of photos mailed or delivered. Photos can then be picked up but will not be returned by mail.

Include names of everyone in the photo, name and phone number of the member submitting the photo, and a brief description of when, where and why the photo was taken. Photos can be old or new. Be sure to follow the theme each month. A limited number of pictures will be featured in the newsletter. By submitting your photo, you are releasing that picture for publication by GCSCC.

August: Ice Cream **September:** Fair / Festival

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

July 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>JULY</p> <p>8:30 AM- Crafting Group 10:00AM -Bingo 11:00 BINGOCIZE 11:00AM Clothes Closet 11:30AM Lunch</p> <p>6</p>	<p>JULY</p> <p>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 6:00PM Good Ole Gospel Music Night</p> <p>7</p>	<p>9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong</p> <p>1</p>	<p>10:00AM Bingo 11:00 AM BINGOCIZE 11:30AM 4th of July Cookout for Lunch 12:30 PM- Open Cards 1:00PM Cookie Decorating</p> <p>2</p>	<p>CLOSED</p>  <p>3</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM BINGOCIZE 11:00AM Clothes Closet 11:30AM Lunch 12:00PM Pleasant City Site Activity</p> <p>13</p>	<p>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 12:00PM Cumberland Site Activity 1:30PM Alzheimer's Support Group</p> <p>14</p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30 AM Lunch 12:00PM- Mahjong</p> <p>8</p>	<p>10:00AM Sponsored Bingo 11:00AM BINGOCIZE 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Freeze Drying Produce Class</p> <p>9</p>	<p>8:00AM-10:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise</p> <p>10</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM BINGOCIZE 11:00AM Clothes Closet 11:30AM Lunch 2:00 PM Painting Class</p> <p>20</p>	<p>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 11:30AM Lunch Bunch Group</p> <p>21</p>	<p>9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity</p> <p>15</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>16</p>	<p>9:00 AM Geri-Fit Exercise 10:00AM Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Lunch 12:30 PM- Euchre 1:00 PM Geri-Fit Exercise</p> <p>17</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM BINGOCIZE 11:00AM Clothes Closet 11:30AM Lunch 2:00 PM Painting Class</p> <p>27</p>	<p>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 4:00 Byesville Dinner</p> <p>28</p>	<p>8:00AM Kingwood Gardens Trip 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00PM Building Health Brain Habits</p> <p>22</p>	<p>10:00AM Bingo 11:00 AM BINGOCIZE 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Card Class</p> <p>23</p>	<p>9:00AM Geri Fit Exercise 10:00AM Sponsored Bingo 11:00AM Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p> <p>24</p>
<p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM BINGOCIZE 11:00AM Clothes Closet 11:30AM Lunch</p> <p>27</p>	<p>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 Byesville Site Activity 4:00 Byesville Dinner</p> <p>28</p>	<p>9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong</p> <p>29</p>	<p>8:15AM Eagles Tribute Band Trip 10:00AM Bingo 11:00 AM BINGOCIZE 11:30AM Lunch 12:30 PM- Open Cards</p> <p>30</p>	<p>9:00 AM Geri-Fit Exercise 10:00AM Bingo 11:30AM Birthday Celebration Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise</p> <p>31</p>

July 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 Bylesville 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.GuernseySenior.org.</p> <p><i>*Menu subject to change depending on item availability.</i></p> <p>This institution is an equal opportunity provider.</p>	<p>6 Stuffed Pepper Mashed Potatoes Lima Beans Fresh Apple Choice of Bread/Margarine Choice of Milk</p>	<p>1 Hamburger Steak w/ Mushroom Gravy Whole Potatoes Broccoli Crowns Peaches Dinner Roll/Margarine Choice of Milk</p>	<p>2 Smoked Sausage w/Bun Scalloped Potatoes Baked Beans Watermelon Patriotic Cake Choice of Milk</p>	<p>3 Closed for the Fourth of July Holiday Frozen meals Available upon request</p>
<p>13 Italian Chicken Au Gratin Potatoes Buttered Corn Applesauce Choice of Bread/Margarine Choice of Milk</p>	<p>7 Pork Chop w/Mushroom Gravy Parsley Potatoes Sliced Carrots Orange Pineapple Salad Breadstick/Margarine Choice of Milk</p>	<p>8 Grilled Chicken Salad w/ Dressing Pickled Beets Apricots Blueberry Muffin Choice of Milk</p>	<p>9 Ham Loaf Mashed Sweet Potatoes Broccoli Pineapple Chunks Dinner Roll/Margarine Choice of Milk</p>	<p>10 Spaghetti w/Meatballs Key Largo Vegetables Spiced Pears 100% Fruit Juice Garlic bread Choice of Milk</p>
<p>20 Hamburger Gravy over Mashed Potatoes Sliced Carrots Cherry Crisp Biscuit/Margarine Choice of Milk</p>	<p>14 Sloppy Joe w/Bun Steak Fries Zucchini & Squash Mix Fresh Banana Choice of Milk</p>	<p>15 Salisbury Steak w/Gravy Yukon Gold Potatoes Creamed Peas Fresh Orange Choice of Bread/Margarine Choice of Milk</p>	<p>16 Pork Riblet Tater Tots Spinach Diced Pears Butterscotch Pudding Knot Roll/Margarine Choice of Milk</p>	<p>17 Roast Beef/Gravy Diced Potatoes Cauliflower w/Cheese Sauce 100% Fruit Juice Dinner Roll/Margarine Choice of Milk</p>
<p>27 Country Fried Steak w/Gravy Sour Cream Chive Mashed Potatoes Brussel Sprouts Granny Smith Apple Choice of Bread/Margarine Choice of Milk</p>	<p>21 Pork Loin Twice Baked Potato Casserole Italian Blend Vegetables Ambrosia Salad Dinner Roll/Margarine Choice of Milk</p>	<p>22 Glazed Meatloaf Red Skinned Potatoes Seasoned Green Beans Sliced Strawberries Dinner Roll/Margarine Choice of Milk</p>	<p>23 Chicken Alfredo w/Pasta Tossed Salad w/Dressing Succotash Cinnamon Applesauce Garlic Bread Choice of Milk</p>	<p>24 Baked Fish Macaroni & Cheese California Blend Vegetables Mandarin Oranges Coleslaw Choice of Bread/Margarine Choice of Milk</p>
<p>28 Roast Turkey Buttered Potatoes Peas & Carrots Tropical Mixed Fruit Dinner Roll/Margarine Choice of Bread/Margarine Choice of Milk</p>	<p>28 Roast Turkey Buttered Potatoes Peas & Carrots Tropical Mixed Fruit Dinner Roll/Margarine Choice of Bread/Margarine Choice of Milk</p>	<p>29 Cheese Omelet Sausage Patty Potatoes O'Brian Mixed Fruit Cup Tomato Juice Biscuit/Jelly Choice of Milk</p>	<p>30 BBQ Beef Hashbrown Casserole Italian Blend Fruit Cocktail Choice of Bread Choice of Milk</p>	<p>31 Chicken Salad w/Croissant Potato Salad Grape Salad 100% Fruit Juice Chocolate Chip Cookie Choice of Milk</p>



A Special "Thank You"

. We would like to take this opportunity to personally thank each and every special individual who made a generous gift during the month of May:

- 360 Burger
- Advanced Auto Parts
- Alley Cat Antiques
 - Altercare
- An Enchanted Garden
- Anonymous
 - Arby's
- Area Agency on Aging Region 9
- Ascent Resources
 - Bear's Den
- Bigg's Health & Life
- Buckeye Hospice
- Buckeye Tire
- Cambridge Elks
- Cambridge Rent A Car
- Changes Hair Designs
- Continuing Healthcare Solutions
- Creno's Pizza
- Dairy Queen
- Dealbusters in Byesville
 - Denny's Restaurant
 - Domino's
- Downtown Arena
 - Ford Tire
- Francis Family Restaurant
- Galaxy Pizza
- Home Décor
 - Furniture
- Jacqueline's Day Spa
- Judy's Barbershop
- KFC
- King Carpet & Swim Away
 - Modern Movements
- Moore Brother's Hardware
 - Monarch Mercantile
- Mosser Glass
 - MVHC
- Nickell's
- Greenhouse
- Nothing But Chocolate
- Ohio Health
- Southeastern Med
 - Pantry Door
 - Papa John's Pizza
 - Plus One Pizza
 - Plus one Pizza-Byesville
- Pure Love Bakery
- Razor's Drive In
 - Rick Clay
- Rhonda & Dave
 - Foraker
- Riesbeck's Food Market
 - Sally's Beauty
 - Starbucks
- The Enclave of Cambridge
- The Forum
 - Theo's Restaurant
- Tim Horton's
- Tommy's Pizza
- Urban Twigs
- Visiting Angels



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"

**Zanesville
 Medical Transportation
 Available!!**

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 May:

Nancy Dickson
Brenda Mitchell
Douglas Gotschall
Julianne Willis-Tipton
Clara Terrell
Richard Devore
Gene Jewell Sr

Christina Miller
Melody Austin
Debbie Shaner
Molly Waggoner
David Stropki
Donald Addlespurger



**SOCIAL
WELLNESS
MONTH**
JULY

DID YOU KNOW???

Social wellness contributes significantly to overall well-being!

Take this month to focus on your health by

- deepening your personal connections
- improving your relationships
- increasing your support systems

As the health risks of social isolation are comparable to those of smoking and obesity, it is important to prioritize your social well-being!

There are dozens of social opportunities at Guernsey County Senior Center every month. Each of our speakers, informative sessions, exercise classes, bingo events, group trips, daily lunches and monthly dinners is an opportunity to join others and engage in new activities.



by inviting friends to join you today at **Guernsey County Senior Center** for Bingo, a hot meal or a class. Things are better with **FRIENDS!**



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 (PIGs), 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.

July 2026 Birthdays

07/01	Anni Blasenbauer Karen Boehm Philip Lane	07/15	Nancy Cooper Sandra Marlatt		Bob Rodgers Les Wojciechowski
07/02	Dixie Huff Julie Tedrick	07/16	Jeanette Cronin Rodger Hill Patricia Johnson	07/25	Edward McCoul Rusty Roberts Christine Simpson
07/03	Nancy Bee Dotty Eynon Lawrence Harding		Cherry Nelson Charlotte Stevens Melvin Wells	07/26	Bill Sink Linda Sherby Dick Kirkman
07/04	Sally Foster Georgia Gottfried Larry Heskett	07/17	Beth Wick Jay Archer Donald Frisbee		MaryAnn Larrison Betty Parry Sandy White
07/05	Bud Miller Lynn Bontrager Darlene Knight	07/18	Karen Kirk Pat VanMeter Viola Cross	07/27	Henny Dionne Douglas Gotschall Sharon Gress
	Susan Smith Beverly VanDyne Garry Kirby		Wanda Hockenberry Connie Secrest Jerry Williams	07/28	Shirley Olnhausen Gregory Graham Ruth Walls
07/07	Trina Stoner Betty Lester Steve Lowe	07/19	Rita Yerian Carol Burris Sandra Ferguson	07/29	Karen Dickey Evonna Womack
07/08	Teddy Ball Rebecca Forbes Janet Leach		Katie Lake Sonja Leathley Louise Sills	07/30	Ann Lanzer Pat Ringer Sue Strawsburg
07/09	Saundra Boyd Janie Frabel Denise Harper	07/20	Teresa Yandora Marilyn Hammond Joyce McMillen	7/31	Ray Thompson Dawn Booe Evelyn Hinds
	Kathy Kahrig Judith Roach Danny Roe		Kay Swonger Bill White Gwen Wilson		Ruth Hoops
07/10	Sherry Roe Pattie Arnold Pamela Breitreutz	07/21	Jane Schehl Jody Wilson Kathy Hess		
	David Fields-Johnson John Grimsley	07/22	Sheila Sedlak Dennis Carpenter Benny Fuller		
07/11	Gloria Howell Marilyn McKim Steve Pierce		Christina Miller Sherry Stewart Martin Stock		
07/12	Lolly Ravak Larry Folger Martha Martin	07/23	Shirley Valentine Susan Paden Gary Brown		
07/13	David Slay Don Enochs Toni Gallow		Mitch Giesey LouAnn Huthmaker Molly Nickell		
07/14	Dean Huprich Catherine Aunoien	07/24	Nancy Peltz Marjorie Currey		



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



Independence Day Word Search



ABLAZE

HERO

ADMIRATION

HISTORY

ADVANTAGES

HOLIDAY

ALLIANCE

INDEPENDENCE

AMERICANA

JULY

ANCESTORS

LIBERTY

ANNIVERSARY

MARCH

ANTHEM

MEMORIAL

APPRECIATION

MILITARY

BATTLEFIELD

NATION

BLESSINGS

PARADE

BLUE

PATRIOT

BOOM

PRIDE

CELEBRATE

RED

CITIZENSHIP

REMEMBRANCE

CONSTITUTION

RESPECT

COUNTRY

RIGTHS

DECLARATION

SACRIFICES

DEFENSE

SAFETY

DIGNITY

SERVICE

DUTY

STARS

EMOTIONAL

STATES

ENDURE

STRIPES

FAMILY

TRADITIONS

FATHERLAND

TRIBUTE

FIREWORKS

UNITE

FREEDOM

VETERAN

FRIENDSHIP

VICTORY

GLORY

WHITE

REMEMBERANCE J G J T Y B L E U L B E P
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“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.*

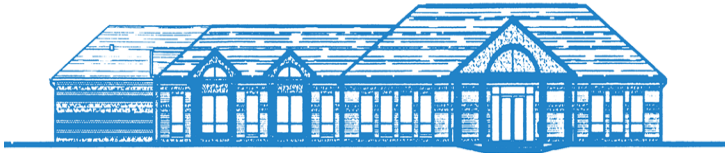
“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”



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



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 (temporarily closed), 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. 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, Mahjong, Monthly Theme Dinners, Line 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 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
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