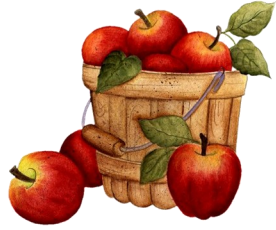


September 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	9:00AM Zoar Historic Trip 9:00AM- Sewing 10:00AM –Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM– Healthy Aging Class 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards	8:00AM Free Hearing Screenings 9:00AM Geri Fit Exercise 10:00AM Bingo 11:00AM Library Pop Up 11:30AM Cookout Lunch 12:00PM Euchre
7	8	9	10	11
CLOSED ★ Happy ★ LABOR DAY ★ ★ ★ ★ ★	9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cardio Drumming 1:30PM Alzheimer’s Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:30 AM Lunch 12:00PM– Mahjong	10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Huntington Fraud/Scam Awareness Bingo	9:00AM Breakfast Buffet 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
14	15	16	17	18
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing 1:30 PM Watercolor Painting Class	9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cardio Drumming	9:00AM- Sewing 10:00AM –Bingo 11:00 AM Blood Pressure Checks 11:30AM Lunch 12:00PM– Mahjong SENIOR DAY AT THE GUERNSEY COUNTY FAIR	10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab & Go Dinner 5:00PM- Monthly Dine In Senior Dinner	10:00AM Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM– Lunch 12:30 PM- Euchre
21	22	23	24	25
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:30AM Lunch Bunch Group 11:30AM Lunch 12:00PM Cardio Drumming	9:00AM Valley Gem Trip 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Checks 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Card Class	9:00AM Geri Fit Exercise 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Carnival & Petting Zoo 12:30 PM- Euchre
28	29	30		
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cardio Drumming 4:00 Byesville Dinner	9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Checks 11:30AM Birthday Luncheon 12:00PM– Mahjong 1:00PM Sourdough Class		

September 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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 Byesville 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, and Old Washington site Wednesday & Friday from 11:30am-1:00pm.	1 Swedish Meatballs w/Noodles Italian Blend Vegetables Harvard Beets Fresh Banana Choice of Bread/Margarine	2 Pepperoni Pizza Seasoned Green Beans Cinnamon Applesauce Apricots Peanut Butter Cookie Choice of Milk	3 Oven Baked Chicken Breast Baby Baker Potatoes Broccoli Fresh Orange Wheat Dinner Roll/Margarine	4 Coney Dog Au Gratin Potatoes Baked Beans Tropical Fruit Chocolate Brownie Choice of Milk
7 Closed in Observance Of Labor Day Frozen Meals available upon Request	8 Kielbasa w/Peppers & Onions Seasoned Cabbage German Potato Salad Pear Choice of Bread/Margarine Choice of Milk	9 Shake & Bake Chicken Thigh Buttered Potatoes California Blend Vegetables Fruit Cocktail Knot Roll/Margarine	10 Honey Glazed Ham Sweet Potato Casserole Cauliflower Mixed Fruit Cornbread/Margarine Choice of Milk	11 Salisbury Steak w/Gravy Mashed Potatoes Capri Vegetables 100% Apple Juice Dinner Roll/Margarine Choice of Milk
14 Sloppy Joe Macaroni & Cheese Carrot Coins Peaches Bun Choice of Milk	15 Baked Fish w/Tarter Sauce Potato Wedges Blueberry Crisp Coleslaw Choice of Bread/Margarine Choice of Milk	16 Baked Ziti Tossed Salad/Dressing Winter Blend Vegetables Stewed Apples Italian Bread/Margarine Choice of Milk	17 Chicken & Dumplings Mashed Potatoes w/Chicken Gravy French Style Green Beans Fruited Lime Jell-O Choice of Bread/Margarine	18 Sweet BBQ Pork Chop Red Beans & Rice Mixed Vegetables Grape Salad Cucumbers & Onions Mix Choice of Bread/Margaine
21 Sausage Breakfast Pizza Hashbrown Medallions Spiced Peaches V8 Tomato Juice Breadstick/Margarine	22 Cream Of Potato Soup w/Crackers Chicken Salad w/Croissant Raisins Broccoli Salad Choice of Milk	23 Glazed Meatloaf Buttered Parsley Potatoes Creamed Peas Pineapple Chunks Choice of Bread/Margarine Choice of Milk	24 Turkey w/Dressing Red Skinned Potatoes Baby Carrots Cranberry Sauce Choice of Bread/Margarine Choice of Milk	25 Hamburger Gravy Mashed Potatoes Green Beans 100% Fruit Juice Biscuit/Margarine Choice of Milk
28 Crispy Chicken Leg Potatoes O'Brien Capri Blend Vegetables Fresh Banana Blueberry Muffin Choice of Milk	29 Beef Roast w/Gravy Mashed Potatoes Steamed Broccoli Ambrosia Salad Dinner Roll/Margaine Choice of Milk	30 Soup Beans w/Ham Diced Potatoes Berry Crumble 100% Fruit Juice Cornbread/Margarine Choice of Milk	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 . <u>*Menu subject to change depending on item availability.</u> This institution is an equal opportunity provider.	