



"Celebrating 54 Years of Serving Guernsey County"
Senior Times Newsletter



Volume 54 Issue 9 Guernsey County Senior Citizens Center, Inc. September 2026

Special Events:

**Good Ole Gospel
Music Night
Tuesday,
September 1st**

**Chair Volleyball on
Mondays &
Thursdays at 11AM**

**Chair Yoga
on
Tuesdays at 11AM**

**SENIOR DAY at
the GUERNSEY
COUNTY
FAIR**

**Wednesday,
Sept. 16th**
Seniors aged 60+
**FREE ADMISSION
UNTIL 5:00 PM**

**Carnival &
Petting Zoo
Friday, Sept. 25th**

**Byesville
Dinner
Tuesday, Sept. 29th**

1022 Carlisle Ave, Cambridge, Ohio 43725
Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349
E-mail: gcscc@guernseysenior.org Website: www.GuernseySenior.org

**A Message from our
Executive Director**

The first six months of the year tell a powerful story about community, compassion, and commitment. At the Guernsey County Senior Citizens Center, the numbers represent much more than services delivered. They reflect lives enriched, independence preserved, and neighbors helping neighbors. I would like to share our story for January through June of 2026.

As we reach the midpoint of the year, it is important to recognize the remarkable impact being made every day by the Guernsey County Senior Citizens Center. Behind every meal delivered, every ride provided, and every hour of care given is a senior citizen whose quality of life has been enhanced through the dedication of our staff, volunteers, and supporters.

From January through June, GCSCC provided an impressive



You're Cordially Invited to attend the
**September
Monthly Senior
Dinner**
Thursday, Sept. 17, 2026
*Dinner, Entertainment, &
Door Prizes*
Starts at 5:00PM
*Please call ahead and make
your advance reservations by
calling (740) 439-6681 today!*

96,212 meals to older adults across Guernsey County. This included 85,307 home-delivered meals for seniors who rely on nutritious food being brought directly to their homes, as well as 10,905 congregate meals that offered not only nourishment but

*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.*

also opportunities for social engagement and friendship.

Nutrition is only one piece of the support our organization provides. Transportation services continue to be a critical lifeline for many seniors who no longer drive or have limited access to transportation. During the first half of the year, GCSCC provided 5,558 in-county trips and 268 out-of-county trips, helping older adults reach medical appointments, grocery stores, pharmacies, and other essential destinations. These rides help seniors remain independent and connected to the services they need.

Our in-home services also continue to make an extraordinary difference. Homemaking assistance totaled 1,333 hours, helping older adults maintain safe and comfortable living environments. In addition, our dedicated caregivers provided 22,706 hours of personal care services, offering support with daily activities that enable seniors to remain in their homes and communities with dignity and confidence.

Promoting health and wellness remains a key priority. During the first six months of the year, GCSCC offered 140 evidence-based wellness exercise classes, encouraging participants to stay active, improve balance and strength, and reduce the risk of falls and other health complications. These programs help seniors maintain both physical health and social connections, which are equally important to overall well-being.

These statistics are more than numbers. They represent thousands of moments of care, compassion, and support. They demonstrate the vital role the Guernsey County Senior Citizens Center plays in helping older adults live healthier, safer, and more independent lives.

As our county's senior population continues to grow, so does the importance of services that address nutrition, transportation, personal care, and wellness. The accomplishments of the first six months of the year

would not be possible without the continued support of our community, local partners, volunteers, caregivers, and dedicated staff.

The Guernsey County Senior Citizens Center remains committed to its mission of serving older adults with dignity, respect, and excellence. These first-half statistics are a testament to what can be achieved when a community comes together to care for its seniors. As we look ahead to the remainder of the year, we are proud of what has been accomplished and grateful for the opportunity to continue making a difference in the lives of those we serve.

By the Numbers (January-June):

- Home-Delivered Meals: 85,307
- Congregate Meals: 10,905
- Total Meals Served: 96,212
- In-County Transportation Trips: 5,558
- Out-of-County Transportation Trips: 268
- Homemaking Hours: 1,333
- Personal Care Hours: 22,706
- Evidence-Based Wellness Exercise Classes: 140

Together, these services continue to help Guernsey County seniors remain healthy, independent, and engaged in the community they call home.

If you are interested in receiving our services, please contact a member of our staff by calling (740) 439-6681. We would be happy to connect you with the right department and welcome you aboard.

Again, thanks to everyone we are privileged to serve and to those who make all of this possible.

Sincerely,

Rhonda Foraker

Executive Director



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, SEPTEMBER 1, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Grace 4 Faith



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

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

Hosted by: Dick Pryor

**Friendly
REMINDER!**

PLEASE REMEMBER TO
Sign Up
FOR EVENTS & ACTIVITIES
AT GUERNSEY COUNTY SENIOR CENTER

This helps us ensure we have plenty of *seating* and *food* for everyone who joins us.

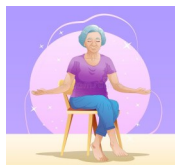
TO MAKE A RESERVATION
Simply...

 **STOP AT**
the Front Desk

OR

 **CALL**
(740) 439-6681

WE LOOK FORWARD TO
Seeing You!



Chair Yoga 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.



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.



Zoar Historic Tour Trip Wednesday, September 2nd

We would love to have you join us as we travel to Zoar, OH on Wednesday, September 2nd for a historic tour of their village. We will have a guided walking tour through a few of the main locations in the village including the store and their gardens. The tour will be approximately 2 to 3 blocks of walking, so please be sure to wear comfortable footwear. After the tour we will enjoy lunch at Canal Street Diner, which will be on your own. This trip will depart at 9:00AM and return around 4:00PM. The cost of this trip will be \$35 for members and \$50 for non-members. Payment for this trip is due by Tuesday, August 25th. If you would like to reserve a seat for this trip please call (740) 439-6681



Sponsored Bingo Day by Beckett House Wednesday, September 2nd

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, September 2nd at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Healthy Aging Class Wednesday, September 2nd

Join Caitlin from OSU Extension on Wednesday, September 2nd at 11:00AM as she discusses healthy aging. She will also be talking about maintaining healthy habits why we age. To register for this class please call (740) 439-6681.



Chair Volleyball on Mondays & Thursdays at 11:00AM

Chair volleyball is a popular, inclusive, and accessible sport that mirrors traditional volleyball but is played entirely from a seated position using a beach ball and a lower net. We would love to have you come try it out and play on Mondays and Thursday at 11:00AM in the first half of our dining room. If you plan on joining us please call (740) 439-6681.



Free Hearing Screenings Friday, September 4th

Hearing Life will be here at Guernsey County Senior Center on Friday, September 4th 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.



Pre-Labor Day Cookout Friday, September 4th

Join us to kickstart your Labor Day weekend with a cookout for lunch on Friday, September 4th starting at 11:30AM. The menu this day will be: coney dog, au gratin potatoes, baked beans, tropical fruit, and chocolate brownie for dessert. If you plan to attend we ask that you please make a reservation by either stopping by the front desk or calling (740) 439-6681.



Library Pop Up Friday, September 4th

Guernsey County District Public Library will be here on Friday, September 4th from 11:00AM-12:30PM. They can sign you up for a library card during this time as well. 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!



Closed Monday, September 7th In Observance of Labor Day

Guernsey County Senior Citizens Center will be closed on Monday, September 7th in observance of the Labor Day holiday.



Cardinal Place ASSISTED LIVING

Sponsored Bingo Day by Cardinal Place Tuesday, September 8th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, September 8th 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, September 8th

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, September 8th** here at the Senior Center.



HUNTINGTON BANK PRESENTS

Cyber Security BINGO

Staying Safe in Today's Digital World

Learn how to protect your money while having fun!



**THURSDAY,
SEPTEMBER 10, 2026**



1:00 PM – 3:00 PM

Join Huntington Bank for an afternoon of fun, fellowship, and financial education! While enjoying several rounds of BINGO, you'll learn simple ways to protect yourself from today's most common scams and fraud.

YOU'LL LEARN HOW TO:



Recognize phone, email, and text scams ✓



Protect your personal and banking information ✓



Create stronger passwords and stay safe online ✓



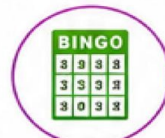
Avoid identity theft and financial fraud ✓



Gain confidence using today's banking technology ✓



Enjoy:



BINGO



SNACKS &
REFRESHMENTS



GREAT
PRIZES



HELPFUL
TAKE-HOME
RESOURCES

COME READY TO LEARN, LAUGH, AND WIN!



Your security.
Your peace of mind.
We're here for both.



Huntington
Welcome.

Helping seniors
stay informed,
connected, and
financially secure.





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

in the first half of the dining room.



**Sponsored Bingo Day by
Embassy of Cambridge
Thursday, September 10th**

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



**Breakfast Buffet
Friday, September 11th**

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, August 7th. The breakfast menu will include: scrambled eggs, bacon, hashbrown, sausage gravy & biscuit, 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.



**Sponsored Bingo Day on Fridays by
Biggs Insurance Agency**

We will have Philip, from Biggs Health & Life joining us to sponsor Fun Bingo on Fridays September 11, 18, and 25th at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



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.**

Line Dancing Class on Mondays

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



**Beginner Watercolor Painting Class
Monday, September 14th**

If you would like to learn how to paint with water color this is a perfect class for you. On Monday, September 14th at 1:30PM we will have Dana here to teach this class. The cost of this class is \$5 and will include all supplies and a 4x6 magnetic sleeve to display your painting. If you would like to attend this class please call (740) 439-6681 to reserve a spot.



**Sponsored Bingo Day by The Enclave
Tuesday, September 15th**

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, September 15th at 10:00AM. They will be providing the bingo prizes on this day.

**Senior Day at the Guernsey County Fair
FREE admission until 5:00PM
Wednesday, September 16th**

You can find the entertainment schedule on the next page, page 8, of this newsletter. Transportation to the fair is also available on this day by calling our Senior Transportation department (740) 432-3838 to make a advanced ride reservation.

GUERNSEY COUNTY SENIOR CITIZENS CENTER

proudly sponsors

SENIOR DAY

at the

GUERNSEY COUNTY FAIR

★ WEDNESDAY, SEPTEMBER 16TH ★

SENIOR DAY ENTERTAINMENT SCHEDULE

10:00AM-
11:00AM

The VanDyne Trio

11:15AM-
12:15PM

Get Along Gang

12:30PM-
1:30PM

John Voorhies

1:45PM-
2:45PM

Carson Clouse

3:00PM-
4:00PM

Tracy Blaine

4:15PM-
5:00PM

The Loves



WE WILL BE LOCATED AT THE
LARGE PAVILION
behind the
GRANDSTAND

**DOOR
PRIZES!**

REFRESHMENTS

will be available!



★ SENIOR CITIZENS AGE 60 & OLDER

RECEIVE FREE ENTREE

ON THIS DAY UNTIL **5:00PM!**

We hope to see you there!



Monthly Senior Dinner Thursday, September 17th

We cordially invite you to join us Thursday, September 17th for the September monthly senior dinner at 5:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. Menu will include: glazed pork loin, scalloped potatoes, roasted root vegetables, berry cup w/ whipped cream, dinner roll with butter and tuxedo 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 dona-

Commodity Pick-Up Friday, September 18th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Foodbank in providing the Commodity Supplemental Food Program. This is an income eligible program for those 60 years of age and older.. The next distribution will be held on **Friday, September 18th** from 10:00AM-3:00PM.



Lunch Bunch Group Tuesday, September 22nd

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new ? Then the Lunch Bunch is for you! September's Lunch Bunch will be meeting at Mr. Lee's, located at 2000 E Wheeling Ave. in Cambridge on Tuesday, September 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.



Valley Gem Sternwheeler Trip Wednesday, September 23rd

Come aboard as we travel to Marietta, OH on Wednesday, September 23rd to enjoy a relaxing ride down the Ohio River on the Valley Gem Sternwheeler. We will begin the day doing some shopping in Marietta before enjoying a delicious lunch at Boathouse BBQ, which will be on your own. After lunch we will board the boat for a cruise on the river. This trip will depart at 9:00AM and return around 4:00PM. The cost of this trip is \$40 for members and \$55 for non-members. Please call (740) 439-6681 to make your reservation. Payment for this trip is due by Tuesday, September 15th.



Greeting Card Class Thursday, September 24th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, September 24th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$12.00 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!

CARNIVAL & PETTING ZOO

AT GUERNSEY COUNTY

Senior Center



**FRIDAY,
SEPTEMBER 25TH**

—★—
**NOON TO
2:00PM**



**1022 CARLISLE AVE
CAMBRIDGE, OH**

FUN GAMES

**PETTING ZOO
ANIMALS**

PRIZES

★
If you plan
to attend
please stop by
the front desk
or call
(740) 439-6681
to let us know!

PETTING ZOO SPONSORED BY



BIGGS | HEALTH & LIFE

★ *Special Thank You* ★
to the **SENIOR COALITION GROUP** and
CAMBRIDGE HEIGHTS APARTMENTS
for partnering with us to make this event possible!



Byesville Dinner

Tuesday, September 29th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, September 29th. The menu will include: ham loaf, scalloped potatoes, green beans, fruit cocktail, dinner roll with butter, and pineapple upside down cake for dessert. Please call (740) 439-6681 to make your reservations.



September Birthday Celebration Wednesday, September 30th

Please plan to join us on Wednesday, September 30th at 11:30AM as we celebrate September 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.

September Employee Birthdays

Dannie Bates	2nd
Sharon Moyer	17th
Lisa McClay	21st
Ted Bundy	26th



Sourdough Class Wednesday, September 30th

Sourdough seems to be everywhere! Join Caitlin from OSU Extension on Wednesday, September 30th at 1:00PM to discover the basics of making sourdough. Follow a beginner's sourdough journey, learning techniques from start to finish. To register for this class please call (740) 439-6681.

Seniors Please Be Sure to Vote!

**The Next Election is:
Tuesday, Nov. 3, 2026**

**Election precincts are
opened on the above date
6:30 am-7:30 pm.**

**All precincts will be opened
and vote where you ordinarily
would—unless you've re-
cently moved.**

**You can vote in person at
the Guernsey County Board
of Elections Office 627
Wheeling Avenue, Cam-
bridge, Ohio (*Elevator to lower
floor-Suite 101*)**

**No voting at the Board of Elections
on the actual Election Day**

**Register to vote before
October 5, 2026 deadline
so you can vote on Nov. 3,
2026**

**Vote by Absentee—contact
Guernsey County Board of
Elections by calling
(740) 432-2680 today!**



**Department of
Insurance**

Senior Health Insurance
Information Program

Join Us! For our **FREE...** **Medicare Checkup Event**

- Review and compare 2027 Part D plans
- Review and compare Medicare Advantage
- Learn ways to save on Rx and Medicare costs

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

October 1, 2026 1:00 PM

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2027 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$5,700 on your prescription drug costs.

Questions? Call OSHIIP
800-686-1578



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

September 2026 Activities

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 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
CLOSED ★ <i>Happy</i> ★ LABOR DAY ★ ★ ★ ★ ★	7 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	8 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:30 AM Lunch 12:00PM- Mahjong	9 10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Huntington Fraud/Scam Awareness Bingo	10 9:00AM Breakfast Buffet 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
14 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	15 9:00 AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cardio Drumming	16 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	17 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	18 10:00AM Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Lunch 12:30 PM- Euchre
21 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	22 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	23 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	24 10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Card Class	25 9:00AM Geri Fit Exercise 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Carnival & Petting Zoo 12:30 PM- Euchre
28 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	29 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	30 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/Margarine
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/Margarine 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. *Menu subject to change depending on item availability. This institution is an equal opportunity provider.	



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 July:

Rick Clay
Anonymous
Kathy Wray
In Memory of Rose Kopyar
BJ Yates
Beckett House
Cardinal Place
Embassy of Cambridge
The Enclave of Cambridge



We would like to take this time to thank TC Energy for awarding us funding through their Build Strong grant. This funding will help pay for the milk that goes out in our Home Delivered meals through our Meals on Wheels program. We are grateful for this help and support of our Meals on Wheels program.



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 Wednesday 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 July:**

**John Arnett
Randy Stoner
Debbie Leasor
Kay Brammer
Jessilon Ortiz**

**Judith Preece
Barbara Tobin
Stephen Province Sr.
Paul Switlyk
Jay Thompson**

Summer Crisis Program Begins July 1

More than 55,000 Ohio households served in 2025

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 are once again offering assistance to help Ohio's families stay cool during the hot summer months. From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Job and Family Service's Home Energy Assistance Summer Crisis Program (HEAP). The Summer Crisis Program assists low-income households and those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with a household member age 60 or older and/or a household member with a documented medical condition. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$57,750.

Last year, the Summer Crisis Program assisted more than 55,000 households in Ohio, providing a total of \$12.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with GMN Tri-County. Appointments can be scheduled by calling 740-955-8001. Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance, or central air conditioning repairs, or may receive an air conditioning unit and/or fan. For more information about the Summer Crisis Program, and what is needed to apply, older Ohioans may contact Guernsey County Senior Center at 740-439-6681. To be connected to your local Energy Assistance Provider 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.

September 2026 Birthdays

09/01	Barbara Kotoff		Diana Koenig		Martha Ford
	Mitzi Spencer		Allen Zuess		Donnie May
09/02	Dolores Bell	09/13	Deborah Barr	09/23	Angie Bania
	Debra Edwards		Connie Chappellear	09/24	MaryAnn Young
	Jerry McCollum		Linda Fair		Kathi Dingus
	Randy Newsom		Barbara Paden		Roy Flowers
	Rosemary Tiffner		Donald Pontius		Holly Hanes
	Raymond Wayble	09/14	Diane Secrest		Sandra Hinson
09/03	Sharon Wineman		Melanie Stillion	09/25	William Huhn
	Jewell Albaugh		Russell Suitt		Richard Booth
	Connie Vasko		Rosemarie Tedrick		Sharon Lewis
	Paul Fields		Beverly Thompson		Julia Shipman
	Donald Whitmore		BJ Yates		Norman Zimmerman
09/04	Mary Jamiel	09/15	Gerald Coganow	09/26	Mary Carpenter
	Andy Keith		Karen Hardgrove		Polly Michel
	Sherry Miller		Ray Ragsdale		Richard Springer
	Larry Peltz		Kristina Tipton		Brenda Taylor
	Janet Roe	09/16	Linda King	09/27	Linda McWhorter
09/05	Carolyn Stanley		John Miller		Donna Ball
09/06	Terry Callihan		Marie Paver		Linda Bennett
	Patricia Farley		Dale Rhinehart		Darlene Frese
	Lynnda Gress		Dennis Sommers		Lori Hall
	Reschell Johnson		Lynn Wray		Gloria Kochur
09/07	Rose Harmon	09/17	Rodman Blazvick	09/28	Hazel Leep
	Susan McCracken		Cynthia Goodman		Peggy Creek
	Andrea Mock		Sharon Sedor		Mary Dickerson
09/08	Lynn Bell		Princess Showers		Deborah Mingroni
	Linda Gothard		Bill Yontz	09/29	Dana Carley
	Doris Grady	09/18	Kathy Adamik		Bobbie Johnson
	Joanne Hamme		Randy Douglas		Christine Blazvick
	Esther Mehaffey		Dana Holyak		Shirley Delong
	Connie Williams		John Macy		Jean Heddleson
	Paul Wineman		Dale Reasoner Sr	09/30	SaraJean Shalosky
09/09	Laurel Adams	09/19	Joseph Armbruster		Gary Eubanks
	Lloyd Doudna		Shirley Kurtz		Janalea Stoney
	Debbie Honeywell		Catherine Strausser		
09/10	David Black		Aimee Wagstaff		
	Sandy Smith	09/20	Judy Brown		
	Byron Stevens		Peggy Callihan		
09/11	Jill Buckey		Jeff McWilliams		
	Joyce Eibel		Debbie Weaver		
	Mary Erbe		Jeannette Wiley		
	Debbie Realme	09/21	Linda Atkinson		
	Kenneth Sarratt		Gary Dunbar		
09/12	Dixie Anderson		David Milligan		
	Loretta Black	09/22	Janet Dettra		



Happy Birthday
from your
friends at
Guernsey County
Senior Citizens

Farm Word Search

Acre
Animals
Baler
Barn
Bucket
Bull
Calf
Cat
Chick
Coop
Coral
Corn
Crow
Dairy
Donkey
Duck
Egg
Ewe
Farmer
Feed
Fence
Food
Gate
Geese
Goat
Goose
Grains
Grow
Harvest
Hay
Hen
Hog
Horse
Kid
Lamb

Land
Llama
Mare
Milk
Mower
Mule
Oats
Pail
Pasture
Pig
Plant
Plow
Rabbit
Rake
Ram
Ranch
Roost
Seeds
Sheep
Shovel
Sickle
Silo
Soil
Sow
Steer
Tend
Till
Tractor
Trough
Turkey
Udder
Water
Weeds
Wheat
Yak



DTKAYEAI FRWUNOSY JHKOB RPTS
COOPALBWHAWOL RAMECMUTEAIT
GCNWA OHTGKRSLCFLIKCLDWSBE
DOOFLEWAUCRMUPDHWKNOLOTBE
NOOIADOCOUSA EZCKEULOSMUAR
RESTXKBCRDALNRXTEVLEDGRRC
GEHZZMGATDUJPCOXDYERSAEKP
BHBVAKIDLMQOWIHLSDPFOKXFI
AEANIMALSEPEEHSUSOLEIMCZM
RLJEBLLZDRRESKUTTMSYDLOAS
NKHTNALPXKKAREGGREEIQRDP
LCWXMPZTBALLITRFOKOEBTNNW
SIMAISERRPMBFLOHREYTWDPOR
LSJGTNGFMRCIBGWUIFRSCWEEO
IAVCDSSPWYYOTOTSQOYHOAMTO
PMRNRMTLLPKJRHZIKOTFVWRNS
FOIADNWAVCELHALNGRVERAMTT
WLKHYAHLZJSPITLGYXAEESOFZ
UAA YRIADHLEEAMEDXFZDGOOSE
LZTCLELAZFEOOILLUBGSOILJW
AEVERARKEQG VQXLTQENRAJEOW
NZRV RVMNXMLEOBQRP SDSAHQDE
DCRQEMCB DWUWTHCLUJEVUIJME
AKUSKEMPUDDERASYROMMQHNUG
HOTNJEI VWYCUXWGOATS CEDHSI



"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 _____

Dining Center Meals _____

Home Maker /Home Health _____

Transportation _____

Pets Enjoy Treats (PET) Program _____

In Memory of: _____

Morning Breakfast Program _____

General Use _____

Other: (Please specify) _____

GCSCC Foundation/Endowment Fund _____

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 (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
new social member today!**