

“Celebrating 54 Years of Serving Guernsey County”



Senior Times Newsletter



Volume 54 Issue 10 Guernsey County Senior Citizens Center, Inc. October 2026

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Guernsey County Senior Citizens Center Issues Statement Regarding Criminal Charges Against Former Executive Director

The Guernsey County Senior Citizens Center is aware that criminal charges, including Grand Theft and Tampering with Evidence, have been filed against its former Executive Director.

The Senior Center wants the community to know that when concerns regarding the possible misappropriation of Senior Center funds were identified, the matter was immediately reported to the appropriate authorities. During the investigation, the Senior Center was not permitted to disclose any information concerning the case. The organization has fully cooperated with the investigation and remains committed to transparency, accountability, and responsible stewardship of all resources entrusted to its care. The Senior Center takes seriously its responsibility to protect both public and private funds and to ensure those resources are used for

their intended purpose: providing valuable programs, services, and support to the seniors of Guernsey County.

While the criminal proceedings are now before the courts, the Senior Center remains focused on moving forward and continuing its mission. Serving the seniors of Guernsey County remains our highest priority, and we remain dedicated to supporting the individuals and families who rely on our programs and services. Our volunteers, employees, donors, and community partners continue to play an essential role in that mission.

We are grateful for the continued support and trust of the Guernsey County community. The Senior Center remains committed to serving local seniors with integrity, accountability, compassion, and excellence.

**Guernsey County Senior Citizens Center
Board of Directors**

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.

Meals on Wheels Guernsey County: “Together, We Can Deliver”

Meals on Wheels Guernsey County received \$873,508.15 in Meals on Wheels levy funding in 2025. The cost of food and the materials required to package Home Delivered Meals alone totaled \$902,490.88, exceeding the amount generated by the levy. 195,300 meals were served in 2025. Meals on Wheels levy funds are not used to pay salaries, mileage reimbursement, purchasing of equipment or maintenance, insurance, licensing, training, or other operating expenses. Meals on Wheels levy dollars are used solely for the purchase of food and packaging materials necessary to prepare and deliver nutritious meals to eligible older adults and disabled veterans throughout Guernsey County. While all 2026 levy funding has not yet been received, revenues are estimated to be slightly more than \$900,000. With food and packaging expenses may once again exceed Meals on Wheels levy revenues, creating a potential funding shortfall.

The Guernsey County Senior Citizens Center and Guernsey County Commissioners will place a 0.75 mil, five-year Meals on Wheels Levy on the ballot this fall. **This is a Renewal, it is not a new tax.** The cost to the average homeowner of a residential property valued at \$100,000 will amount to \$22.00 per year, which comes to \$1.83

per month or less than the cost of cup of coffee.

Many senior citizens in our local communities depend on essential services that help them maintain their independence, health, and quality of life while remaining in the comfort of their own homes. The Meals on Wheels Levy provides reliable funding that enables the Guernsey County Senior Citizens Center to continue delivering nutritious meals and conduct

wellness checks for those who need them most.

The Guernsey County Senior Citizens Center's courteous and well-trained staff do more than deliver nutritious Meals on Wheels to homebound seniors. Each meal delivery also provides an opportunity to conduct daily wellness and safety checks for older adults who live alone, are socially isolated, or may not have family or friends regularly checking on them. This valuable service helps ensure the safety, health, and well-being of many seniors throughout our local communities. For families, neighbors, and caregivers, these regular visits provide reassurance and peace of mind, knowing that someone is checking in on their loved ones each day. Meals on Wheels is more than a meal. It is a lifeline that helps older adults remain safe, healthy, and independent in the comfort of their own homes.

Our seniors helped build the communities we call home and made possible many of the opportunities and quality of life we enjoy today. Please help us care for them by ensuring that the valuable services and programs provided by Meals on Wheels Guernsey County remain available for those who need them today and for future generations who may depend on them tomorrow.

Show you care...

VOTE FOR THE MEALS ON WHEELS LEVY

Thank you,

Rhonda Foraker, Executive Director

PLEASE
VOTE FOR RENEWING
The Guernsey County
Meals on Wheels Levy



“TOGETHER, WE CAN DELIVER”



Free Medicare Checkup Event

Thursday, October 1st

We will have Susan from the Ohio Senior Health Insurance Information Program (OSHIIP) here with us on Thursday, October 1st at 1:00PM. She will be talking about 2027 Part D plans, comparing Medicare Advantage, and ways to save on prescription and Medicare costs. If you plan to join us for this informative session 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 Thursdays at 11:00AM in the first half of the dining room. If you plan on joining us please call (740) 439-6681.



Breakfast Buffet Friday, October 2nd

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, October 2nd. The breakfast menu will include: cheese omelet, bacon, diced potatoes, 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.



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.



Chair Yoga is on Tuesdays

We are excited to have Hope Mercer, a local certified yoga instructor, join 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.

Geri-Fit Exercise Classes on Wednesdays

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 Beckett House Wednesday, October 7th

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



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, OCTOBER 6, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Tim Thomas



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





**Sponsored Bingo Day by
Embassy of Cambridge
Thursday, October 8th**

We will have Embassy of Cambridge staff joining us to sponsor Fun Bingo on Thursday, October 8th at 10:00AM. They will be providing the bingo prizes on this day.



CROCKTOBER

**OSU Extension "Crocktober" Class
Thursday, October 8th**

Join Caitlin from OSU Extension on Thursday, October 8th at 1:00PM to discover new crockpot recipes. She will be talking about various recipes that can be made in a crockpot. To register for this class please call (740) 439-6681.



**Beginner Watercolor Painting Class
Monday, October 12th**

If you would like to learn how to paint with watercolor this is a perfect class for you. On Monday, October 12th at 1:30PM we will have Dana here to teach this class. This cost of the class will be \$10 and will include all of the supplies and 4x6 magnetic sleeve to display your painting, like the photo above. If this is your first class she asks that you arrive 15 minutes prior to class to help you get set up. If you would like to attend this class please call (740) 439-6681.



**Cardinal Place
ASSISTED LIVING**

**Sponsored Bingo Day by Cardinal Place
Tuesday, October 13th**

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, October 13th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



No Bingo

Friday, October 9th

There will be NO fun bingo on Friday, October 9th due to a private event in the dining room on this morning. Lunch and Grab & Go meals will be served at normal time, from 11:30AM-1:00PM.



**Alzheimer's Support Group
Tuesday, October 13th**

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, October 13th here at the Senior Center.

OCTOBER
MONTHLY DINNER

A
FEAST
FIT FOR A
PIRATE!

THURSDAY, OCTOBER 15TH

MENU INCLUDES:

- Chicken Leg
- Meatball Skewer
- Potato Wedges
- Veggie Cup
- Croissant
- Fruit Kabob
- Chocolate Cheesecake
- Puffed Pastry

★ **UTENSILS ARE** ★
OPTIONAL!

★ **DINE IN** ★
BEGINS AT
5:00PM

GRAB & GO
MEALS WILL BE SERVED
4:00PM-5:00PM

★ **RESERVATIONS ARE REQUIRED** ★
FOR THIS EVENT PLEASE
CALL
(740) 439-6681
OR STOP AT THE FRONT DESK
TO RESERVE YOUR SEAT.



Monthly Senior Dinner Thursday, October 15th

We cordially invite you to join us Thursday, October 15th, for the October monthly senior dinner that will be “a feast fit for a pirate” at 5:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. Menu will include: chicken leg, meatball skewer, potato wedges, veggie cup, croissant, fruit kabob, and a chocolate cheesecake puffed pastry. 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, October 16th

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, October 16th from 10:00AM-3:00PM.



Sponsored Bingo Day by The Enclave Tuesday, October 20th

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, October 20th at 10:00AM. They will be providing the bingo prizes on this day.



Lunch Bunch Group Tuesday, October 20th

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! October's Lunch Bunch will be meeting at Dragline Deli & Cafe, located at 430 W Main St. in Cumberland on Tuesday, October 20th at 11:00AM. 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.



Elijah Trip

Thursday, October 22nd

We will be traveling to Amish Country on Thursday, October 22nd to see Elijah: Prophet of Fire at the Ohio Star Theater. We will depart at 8:15AM and stop at a couple favorite stores before we have lunch, which is included in the cost of the trip, at Der Dutchman. After lunch we will head to the show. This trip will return around 4:30PM. The cost of this trip is \$90 for members and \$105 for non-members. Payment is due by Thursday, October 1st. Due to pre-payment being made there will be no credit given in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.





Greeting Card Class Thursday, October 22nd

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, October 22nd 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!



Medicare Open Enrollment Appointments Friday, October 23rd

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Friday, October 23rd from 9:00AM-3:00PM. He will be holding individual appointments for Medicare open enrollment. His service is completely free to you now and in the future, he is only paid by the insurance carrier when you choose a provider. If you would like to schedule an appointment please call (740) 439-6681. Please bring your medication list including dosage and a list of your doctors to the appointment.



Byesville Dinner Tuesday, October 27th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, October 27th. The menu will include: meatloaf, mashed potatoes & gravy, succotash, dinner roll & butter, and warm apple crisp for dessert. Please call (740) 439-6681 to make your reservations.



October Birthday Celebration Wednesday, October 28th

Please plan to join us on Wednesday, October 28th at 11:30AM as we celebrate October 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.

October Employee Birthdays

Barb Hudson	8th
Tom McCloy	11th
Michelle Miser	22nd
Deb Warren	25th
Peggy Atchison	29th



Team Trivia

Wednesday, October 28th

Join us for a fun afternoon of Team Trivia on Wednesday, October 28th starting at 1:00PM. Come and test your knowledge on a wide variety of subjects and categories while you and a teammate have fun facing off against other 2-person teams. This event is free and there will be door prizes given away to the winning team. To register your team today please call (740) 439-6681.



Sponsored Bingo Day by Altercare Thursday, October 29th

We will have Altercare of Cambridge staff joining us to sponsor Fun Bingo on Thursday, October 29th at 10:00AM. They will be providing the bingo prizes on this day.



Medicare Open Enrollment Appointments Friday, October 30th

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Friday, October 30th from 9:00AM-3:00PM. He will be holding individual appointments for Medicare open enrollment. His service is completely free to you now and in the future, he is only paid by the insurance carrier when you choose a provider. If you would like to schedule an appointment please call (740) 439-6681. Please bring your medication list including dosage and a list of your doctors to the appointment.



Halloween Party & Luncheon Friday, October 30th

Spice up your October and prepare for a spook-tacular good time at the Halloween Costume Party & Luncheon on Friday, October 30th beginning at 11:30AM. Costumes are not required but you are welcome to wear one for fun! If you would like to make reservations for this event, please call (740) 439-6681.



Guernsey County Senior Citizens Center, Inc.
is proud to host the

Caregiver Appreciation Luncheon

**Thursday, November 5, 2026
11:00AM-1:00PM**

Unpaid family caregivers residing in Guernsey County are invited to join us for a complimentary luncheon in recognition of the dedication and hard work necessary to be a caregiver. Caregiving may not be a job related or volunteer position.

Local organizations & facilities will also be set up during this event for a vendor fair, along with door prizes!



Menu:

Roast Beef
Mashed Potatoes & Gravy
Bacon Wrapped Green Beans
Melon Cup
Dinner Roll w/Butter
Pumpkin Cheesecake

To nominate someone for Caregiver of the Year, please pick up a nomination form at Guernsey County Senior Citizens Center
1022 Carlisle Ave., Cambridge, OH 43725

ADVANCED RESERVATIONS ARE REQUIRED

Please make a reservation by calling
(740) 439-6681





November Monthly Dinner

THURSDAY, NOVEMBER 19, 2026
BEGINNING AT 5:00PM

Special Entertainment by:
John Glenn String Sounds

Tickets:

Guests 60 & Over-
"By Donation"

Recommended Donation is
\$10 each

Guests Under 60-
\$15 Each

Menu:

Glazed Ham
Au Gratin Potatoes
Green Beans
Peaches
Dinner Roll with Butter
Apple Cranberry Pie
Iced Tea, Water, & Coffee

Advanced Tickets are Required for this event.

Tickets go on sale Thursday, October 1st

There will be no Grab & Go meals available on this day

If you would like to attend this event or have
additional questions, please call (740) 439-6681

Traditional Thanksgiving Luncheon Nov. 25th

Senior citizens and guests are cordially invited to attend a traditional Thanksgiving Luncheon at the
Guernsey County Senior Citizens Center, Inc.

Wednesday, November 25, 2026
12:00 Noon



Luncheon Menu

Roasted Turkey
Mashed Potatoes & Turkey Gravy
Dressing
Noodles
Glazed Carrots
Cranberry-Relish
Dinner Roll with Butter
Pumpkin Pie with Whipped Topping



Advanced Tickets Required:

Seniors -Age 60+

"Recommended Donation" \$10.00

Anyone Under Age 60

\$15.00

**There will be no Grab & Go meals served
on this day**

**For information, please call
(740) 439-6681**

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



Tickets Available Starting Thursday, October 1st

YOU ARE CORDIALLY INVITED TO ATTEND OUR
"Share the Love"
**CHRISTMAS HOLIDAY DINNER
& CAMBRIDGE SINGERS
PERFORMANCE**
THURSDAY, DECEMBER 17, 2026
5:00PM

Tickets:
Guests 60 & Over
"By Donation"
Recommended Donation
\$10 Each
Guests Under 60
\$15 Each

Menu:
Beef Filet
Parsley Potatoes
Succatash
Grape Salad
Dinner Roll with Butter
Mint Chocolate Mousse

Advanced Tickets are Required for this event.

There will be no Grab & Go meals available at this event

To purchase tickets, please visit Guernsey County
Senior Citizens Center

1022 Carlisle Ave., Cambridge, OH

Tickets go on sale October 1st!

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



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

·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) 439-7475 • Toll-Free 1-866-534-2349
www.GuernseySenior.org

Monday	Tuesday	Wednesday	Thursday	Friday
 October 2026			1 10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM OSHIIP Medicare Talk	2 9:00AM Breakfast Buffet 9:00AM Library Pop Up 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre
5 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	6 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	7 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Sponsored Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	8 10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Crocktober Class	9 No Bingo this day due to private event in dining room 11:30AM Lunch 12:00PM Euchre
12 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing 1:30PM Water Color Painting	13 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 1:30PM Alzheimer's Support Grp	14 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	15 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM Grab & Go Meals 5:00PM Dine In Monthly Dinner	16 10:00AM Bingo 10:00AM-3:00PM Food Commodity Distribution 11:30AM Lunch 12:00PM Euchre
19 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	20 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:00AM Lunch Bunch Group 11:30AM Lunch 1:00PM Cardio Drumming	21 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	22 8:15AM Elijah Trip 10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Cards	23 9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre
26 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	27 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 4:00PM Byesville Dinner	28 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong 12:30PM Team Trivia	29 10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards	30 9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 11:30AM Halloween Luncheon 12:30 PM- Euchre

October 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. 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.			1 Chicken Parmesan w/Pasta Italian Blend Vegetables Cherry Crisp Breadstick/Margarine Choice of Milk	2 Bone in Pork Chop Buttered Whole Potatoes Butter Beans Grape Salad Choice of Bread/Margarine Choice of Milk
5 Smothered Chicken w/ Mushrooms & Cheese Parsley Potatoes Brussel Sprouts Fresh Pear Knot Roll/Margarine Choice of Milk	6 Cheeseburger Tater Tots Winter Blend Vegetables Fresh Orange Chocolate Chip Cookie Choice of Milk	7 Salisbury Steak Red Skinned Potatoes Creamed Peas Peaches Choice of Bread/Margarine Choice of Milk	8 Cabbage Roll Mashed Potatoes Buttered Corn Granny Smith Apple Choice of Bread/Margarine Choice of Milk	9 Sliced Ham Yukon Gold Potatoes Broccoli Florets Fruited Strawberry Jell-O Cornbread/Margarine Choice of Milk
12 Lemon Pepper Fish Diced Seasoned Potatoes Mixed Vegetables Tropical Fruit Choice of Bread/Margarine Choice of Milk	13 Sliced Pork Roast w/Pork Gravy Mashed Sweet Potatoes Seasoned Green Beans Blueberry Crisp Dinner Roll/Margarine Choice of Milk	14 Johnny Marzetti Tossed Salad w/Dressing French Style Green Beans Cinnamon Applesauce Garlic Bread Choice of Milk	15 Kielbasa Baby Baker Potatoes Sauerkraut Fresh Banana Choice of Bread/Margarine Choice of Milk	16 Chili Cornbread Casserole California Blend Vegetables Fresh Grapes 100 % Fruit Juice Blondie Choice of Milk
19 Chinese Pepper Steak w/ White Rice Asian Blend Vegetables Mini Egg Rolls Mandarin Oranges Choice of Milk	20 BBQ Chicken Cheddar Mashed Potatoes Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk	21 Egg & Sausage Biscuit Hashbrowns Baked Pineapple 100% V8 Juice Choice of Milk	22 Chef Salad w/Ham, Turkey & Egg w/Dressing Cottage Cheese Apricots Blueberry Muffin Choice of Milk	23 Pork Fritter Herb Roasted Potatoes Lima Beans Applesauce Choice of Bread/Margarine Choice of Milk
26 Sloppy Joe w/Bun Cheesy Hashbrown Casserole Cauliflower Fresh Banana Choice of Milk	27 Baked Herb Chicken Scalloped Potatoes Sliced Carrots Clementine Wheat Dinner Roll/Margarine Choice of Milk	28 Vegetable Beef Soup Tossed salad w/Dressing Mixed Fruit 100% Fruit Juice Breadstick/Margarine Choice of Milk	29 Glazed Meatloaf Au Gratin Potatoes Buttered Peas Ambrosia Salad Choice of Bread/Margarine Choice of Milk	30 Beef & Noodles Mashed Potatoes Peas & Carrots Mixed Berry Cup Halloween Cookie Choice of Milk

Satellite Site

Christmas Party


Guernsey County Senior Citizens Center, Inc.



Schedule

Cumberland Christmas Luncheon

Located at: 441 W Main St. Cumberland, OH 43732

Tuesday, December 1st at 11:30 am

Baked Chicken, Mashed Potatoes & Gravy, Buttered Corn, Grape Salad, Dinner Roll & Butter, Chocolate Cream Pie, Iced Tea, Water & Coffee

Byesville/Golden 60's Christmas Breakfast

Located at: 60330 Southgate Rd. Byesville, OH 43723

Thursday, December 3rd at 10 am

Scrambled Eggs, Bacon, Hashbrown, Sausage Gravy & Biscuits
Fresh Fruit, Fruit Juice, Water & Coffee

Pleasant City Christmas Luncheon

Located at: 400 Main St. Pleasant City, OH 43772

Monday, December 7th at 11:30 am

Baked Ham, Scalloped Potatoes, Green Beans, Baked Pineapple Casserole, Dinner Roll & Butter, Coconut Cream Pie, Iced Tea, Water & Coffee

Old Washington Christmas Luncheon

Located at: 118 Old National Rd. Old Washington, OH 43768

Wednesday, December 9th at 11:30 am

Baked Steak, Mashed Potatoes & Gravy, Lima Beans, Waldorf Salad, Dinner Roll & Butter, Cherry Pie, Iced Tea, Water & Coffee

Advanced Reservations Required. Please Call 740-439-6681



SUBARU **share the love**® EVENT





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 August:

Rick Clay
 Anonymous
 Kathy Wray
 In Memory of Rose Kopyar
 BJ Yates
 Beckett House
 Cardinal Place
 Embassy of Cambridge
 The Enclave of Cambridge
 Biggs Insurance
 Hal & Peggy Ringer
 Donna Doudna



**Do you need a ride to & from
 your doctor appointments?**

**Guernsey County Senior
 Citizens
 Center can help!**

We transport senior citizens, age 60 & older, to medical appointments and wellness exams, and many other non-medical transportation to locations within Guernsey County, Ohio

The transportation
 department's hours of
 operation are

Monday through Friday

8:00 AM - 6:00 PM

Saturday

8:00 AM - 3:00 PM

Evening dialysis:

by "appointment only"



24 - 48 hour advance notice is recommended. Hours and services may be limited based upon fleet availability. For additional information on these services, please contact (740) 432-3838.

Showcase your creative side at the Guernsey County Senior

Craft on Monday

If you enjoy creating new things, Guernsey County Senior Citizens Center invites you to join our in-house crafting group on Mondays from 8:30 AM-11:00 AM. Please visit the Senior Center and see the display of one of a kind, beautiful crafts for public sale, including floral arrangements, all occasion cards, and much more.

Stitch together works of art on Tuesdays

Quilted works of art are created one stitch at a time and take loving hands to complete. Join in the fun by participating in the quilting group that meets each Tuesday at 9:00 AM. If you have a quilt top that you would like to have quilted, they are able to do that for you for a reasonable fee. Please stop by the Senior Center to see the beautiful quilts on display for purchase.

Wednesdays are "tailor" made for sewing

The Senior Center sewing group meets every Wednesday from 9:00 AM - 11:30 AM and are always making & selling new items for purchase. If you are looking for someone to hem a pair of pants or repair a pocket, they may be able to help.

Unfortunately, they are no longer able to sew any type of jean material.

If you have questions about any of these fun artistic groups, or would like to sign up, please stop by the Senior Center or call (740) 439-6681.

Have Some Fun Playing Cards

Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join us for Open Cards on Mondays, Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:00 PM until 3:00 PM.

Blood Pressure Checks on Wednesdays

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 Wednesdays.

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 August:

Larry Yeats
Mary Garber
Savilla Keim
Carol Young
John Harmon

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.

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.

October 2026 Birthdays

10/01	Zirita Meanor Constance Sprouse	10/18	Edith Carter Joyce Spencer Linda Turk Peggy Wheeler	10/28	Guy Butler Helen Graham
10/02	Ed Hlad Vivian Tedrick			10/29	William Kennworthy David Gray
10/03	Mary Beth Emory Roger Gotcher	10/19	Todd Hardgrove Gladys Hogan Marilyn Poland		Sylvia Miser Nancy Peach Janet Stump Jackie Wisenbarger
10/04	Jean Morgan Mike Reasoner	10/20	Jody Carter Tamara Heskett Peggy Moose Kathy Sullivan	10/30	Janet Kay Bennett Rose Clemenson Larry Long
10/05	Marsha Kerr Theresa Reiss Judy Steele			10/31	Mary Blackstone Joan Boyd Calvin Cross Jeanette Earley John Leodoro Susan Starr John Taylor
10/06	Beth Carter Tina George Cheryl Gray David McKim Velma Waite Sharon Wright	10/21	Harriet Hawthorne Bonnie Jones Rick Long		
10/07	Nellie Moorhead	10/22	Grace Bennett Richard Chesar Shelina Durr Rachel Jackson Bill Lingle John Slasor Michele Thompson Barbara Warne Carol Young		
10/08	Linda Ertz				
10/09	Steven Cochran Sharon Noble				
10/10	Katherine Cotton Anita Grywalsky Dale Hayes John Reid Eloise Wilson	10/23	Dee Blackwood Marilyne Hinson Karen Lawrence Gary Reyna John Rust Linda Urdak		
10/12	David Stropki				
10/13	Kathleen Bennett Dorothy Hughes Mary Jo Moorhead Susie Williams Lori Wolfe	10/24	Judith Coulson Shirley Glasgow Bernice Lingle John McClay Eugenia Pethtel Martha Trenner Chris Veselenak		
10/14	MaryAnn Bintliff Steve DeMarco				
10/15	Lorene Davey Theresa Noll Gayle Roberts	10/25	Jim Bakos Hubert May Deborah Warren		
10/16	Dawn Cottle Shirley Duhamel Greg Long Edward Macenko Cindi Mazek Hal Ringer	10/26	Fred Huff Margo Johnston Ramona St.Clair Cathy Gadd Barbara Mingione Dorothy Okey		
10/17	Nancy Mitchell Shirley Singleton Becky Sommers	10/27			



*Happy
Birthday
from your
friends at
Guernsey County
Senior Citizens
Center, Inc.*

October Word Search



ACORN	HALLOWEEN
APPLE	HARVEST
AUTUMN	HAYRIDE
BALES	HAYSTACK
BATS	HOOT
BEAUTY	HOWL
BLACK	LEAVES
BOO	MASK
BROOM	MOONLIGHT
CKACKLE	NIGHT
CANDLE	OCTOBER
CAT	ORANGE
CHESTNUT	ORCHARD
CIDER	OWL
COLORFUL	PARTY
COOL	PRANK
CORN	PUMPKINS
COSTUMES	RAKE
CRISP	SCARECROW
DOORBELL	SEASON
EXCITEMENT	SHADOWS
FALL	SPIDER
FEAST	SQUASH
FESTIVAL	SWEETS
FLASHLIGHT	TREATS
FOOTBALL	TRICK
FROST	WEB
GAMES	WIGS

W	N	T	O	P	H	W	L	X	M	V	E	X	L	L	W	I	M	L	M	K	M	X	R	S
Z	P	O	R	U	W	A	F	J	F	O	Q	P	E	U	O	O	O	F	F	Z	P	E	P	Q
X	H	A	B	J	V	J	N	I	R	E	Y	M	A	F	R	O	C	R	M	K	P	M	I	U
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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 Please help us secure the future of senior based services so that they are readily accessible too!

“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

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!**