

“Celebrating 54 Years of Serving Guernsey County”

# Senior Times Newsletter



Volume 54 Issue 11 Guernsey County Senior Citizens Center, Inc. November 2026

## Special Events:

**VOTE**  
on Election Day  
Tuesday,  
November 3rd

**Caregiver  
Appreciation  
Luncheon**  
Thursday, Nov. 5th

**Good Ole Gospel  
Music Night**  
November 10th

**Veterans Day  
Breakfast**  
Wed, Nov. 11th  
8:30AM-9:30AM

**Thanksgiving  
Luncheon**  
Wed., Nov. 25th  
Advanced Tickets  
are Required

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

## Meals on Wheels: Nourishing Seniors, Strengthening Our Community

For more than a decade, Guernsey County residents have supported an important service that helps older adults remain healthy, safe, and independent in their own homes. The Meals on Wheels levy, first approved by voters in 2012, has provided critical funding for meal services throughout the county and has continued to receive strong community support ever since.

The Meals on Wheels renewal levy appearing on the November 3, 2026, ballot is estimated by the Guernsey County Auditor to generate approximately \$914,994 annually for five years, beginning in 2027 and first collected in calendar year 2028. For the owner of a home valued at \$100,000, the cost of the levy is approximately \$22 per year.

Funding from the Meals on Wheels levy is dedicated to covering the cost of food, milk,

juice, and meal packaging supplies used by both the Congregate Meal Program and the Home Delivered Meal Program. These funds ensure that nutritious



**MEALS on WHEELS**  
GUERNSEY COUNTY  
TOGETHER, WE CAN DELIVER.

You are cordially invited to attend the  
**November Monthly  
Senior Dinner**  
**Thursday, Nov. 19, 2026**

*Dinner, Entertainment, &  
Door Prizes*

**Starts at 5:00PM**

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

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 can continue to reach the seniors and disabled veterans who rely on them every day.

The need for this funding is significant. In 2025, the Meals on Wheels levy generated \$873,508.15, while the cost of food, milk, juice, and packaging supplies totaled \$902,534.64, exceeding levy revenue by \$29,026.49. During that same year, the program served 195,300 meals to seniors and eligible individuals throughout Guernsey County.

It is important to understand that levy dollars do not cover many of the operational expenses required to run the program. The levy does not pay for the wages of nutrition administration staff, cooks, kitchen aides, dishwashers, site managers, or home-delivered meal drivers. It also does not fund mileage reimbursement for drivers, utilities, equipment maintenance, or equipment repairs. Those costs must be supported through other funding sources.

While the name Meals on Wheels highlights meal delivery, the program provides far more than food. Each delivery offers an opportunity to check on the well-being of older adults who may be isolated or living alone. For some seniors, the Meals on Wheels driver is the only person they see that day. These daily contacts provide a valuable source of human connection and reassurance.

Drivers are trained to recognize changes in a client's condition or well-being and report concerns when necessary. When issues are identified, a Care Navigator follows up to help connect seniors with appropriate services, resources, and support. This added layer of care helps ensure that vulnerable older adults receive the assistance they need before small concerns become larger problems.

The impact of Meals on Wheels extends throughout the community. By helping seniors remain independent in their homes, the program supports families and caregivers while potentially delaying the need for more costly long-term care services. Meals on Wheels Guernsey County serves qualified residents age 60 and older and also provides meals to disabled veterans of any age.

The need for these services remains strong. Senior hunger is a reality in Guernsey County. Many older adults live at or below the federal poverty level, and some townships have limited access to grocery stores, restaurants, or other reliable food sources. For seniors who are homebound or unable to travel, obtaining nutritious meals can be a daily challenge. Meals on Wheels helps bridge that gap by bringing healthy meals directly to those who need them most.

Should the levy fail, the consequences would be serious. By 2028, the program could be forced to reduce the number of clients served, significantly cut staffing, and scale back operations. Without adequate funding, the long-term sustainability of the Meals on Wheels program could ultimately be jeopardized.

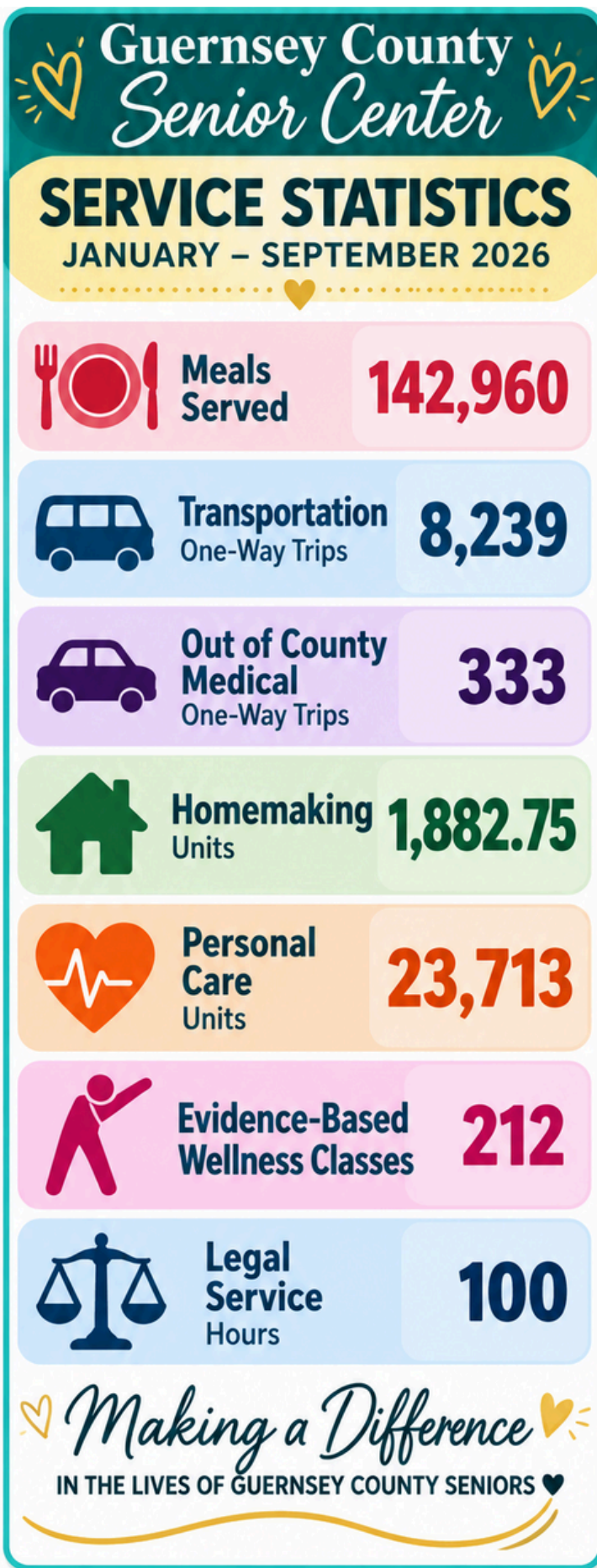
The 2026 Meals on Wheels levy is a renewal levy, not a new tax. Its purpose is to continue a service that thousands of Guernsey County seniors have relied upon over the years. Every meal delivered represents more than nourishment. It represents safety, independence, human connection, and peace of mind for some of the county's most vulnerable residents.

Supporting Meals on Wheels means supporting the health and well-being of local seniors, easing the burden on families and caregivers, and strengthening the community as a whole. With continued support from voters, this vital program can continue serving older adults and helping them remain safely in their homes for years to come.

Please vote FOR the Meals on Wheels Levy  
Together we can make a difference

Respectfully,  
Rhonda Foraker  
Executive Director

**Vote FOR**  
**MEALS on WHEELS**  
**GUERNSEY COUNTY**



**Sunday, November 1st**

Daylight Savings Time-Don't forget to turn your clocks back 1 hour.



### 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 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.

## IMPORTANT REMINDER

**Due to the Guernsey County Senior Citizens Center being a voting precinct, there will be NO regular activities held on Election Day, Tuesday, November 3rd. If you have any questions or concerns, please contact the Senior Center at (740) 439-6681.**

**Tuesday, November 3rd**



**DON'T FORGET  
TO VOTE**



**Breakfast Edition of Lunch Bunch Group  
Tuesday, November 3rd**

November's Lunch Bunch will be changing things up and having breakfast at Cracker Barrel in Cambridge on Tuesday, November 3<sup>rd</sup> at 8:30AM. 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.



**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, November 4th**

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, November 4th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you will join us!



**THE OHIO STATE UNIVERSITY  
EXTENSION**

**Homemade for the Holidays  
Wednesday, November 4th**

We will have Caitlin for OSU Extension office here joining us on Wednesday, November 4<sup>th</sup> at 1:00PM. Come practice your creativity and craftiness as you get ideas for homemade Christmas gifts. If you would like to attend this event please call (740) 439-6681.



**Program Change: Thursday, November 5th**

There will be no regular activities, including bingo and dine in lunch, on Thursday, November 5th here at the Guernsey County Senior Center due to the Caregiver Luncheon event. There will be Grab & Go lunches available here at the Senior Center from 11:30AM-1:00PM. Dine in and Grab & Go meals will also be available at our Byesville and Pleasant City Satellite Sites. If you would like to make a reservation to join us at either of these locations on this day 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!



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

## Menu:

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

**ADVANCED RESERVATIONS ARE REQUIRED**

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





# GOOD OLE GOSPEL MUSIC NIGHT

at



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

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**TUESDAY, NOVEMBER 10, 2026**

**DOORS OPEN AT 5:00PM**

**MUSIC BEGINS AT 6:00PM**

**ADMISSION COST: \$2**

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**Featuring:**  
**Michael Gardner**



**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 (740) 624-1527**



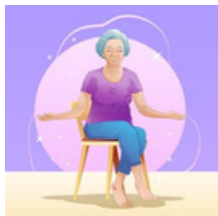
**Free Hearing Screenings  
Friday, November 6th**

Hearing Life will be here at Guernsey County Senior Center on Friday, November 6th 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.



**Beginner Watercolor Painting Class  
Monday, November 9th**

If you would like to learn how to paint with watercolor this is a perfect class for you. On Monday, November 9<sup>th</sup> 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. This month you will be painting two Christmas cards and will they will come with envelopes to put them in. 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.



**Chair Yoga  
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.



**Cardinal Place  
ASSISTED LIVING**

**Sponsored Bingo Day by Cardinal Place  
Tuesday, November 10th**

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



**Alzheimer's Support Group  
Tuesday, November 10th**

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, November 10th here at the Senior Center.



**Veterans Day Breakfast Buffet  
Wednesday, November 11th  
\*Please note time change\***

Guernsey County Senior Center will be honoring our Veterans with a special breakfast buffet from 8:30AM-9:30AM on Wednesday, November 11th. The breakfast menu will include: ham, egg, and cheese breakfast casserole, hashbrown, sausage gravy & biscuit, assorted Danish, 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 by  
Embassy of Cambridge  
Thursday, November 12th**

We will have Embassy of Cambridge staff joining us to sponsor Fun Bingo on Thursday, November 12th at 10:00AM. They will be providing the bingo prizes on this day.

**UNDERSTANDING  
ALZHEIMER'S AND DEMENTIA**

**Alzheimer's Association Presentation  
Thursday, November 12th**

We will have Laura, from the Alzheimer's Association joining us on Thursday, November 12<sup>th</sup> at 1:00PM. She will be discussing the warning signs of the disease and how to communicate with someone who is experiencing memory loss. If you would like to learn more about either of these topics, we encourage to join her for this informative session. If you plan to attend please call, (740) 439-6681 to register.



**BIGGS | HEALTH & LIFE**

**Medicare Open Enrollment Appointments  
Friday, November 13th & 20th**

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Friday, November 13<sup>th</sup> and 20th 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.



**Canton Shopping Trip  
Tuesday, November 17th**

Get a jump start on your holiday shopping and travel with us to Canton on Tuesday, November 17<sup>th</sup>. We will start off the day stopping at the shopping plaza where Burlington, TJ Maxx, Home Goods, and Skechers is located. Next, we will enjoy lunch at Chili's, which will be on your own. After lunch, we will stop at the Belden Village mall for some more shopping before heading home. This trip will depart at 8:00AM and return around 4:00PM. The cost of this trip will be \$25.00 for members and \$40.00 for non-members.



**Sponsored Bingo Day by The Enclave  
Tuesday, November 17th**

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, November 17th at 10:00AM. They will be providing the bingo prizes on this day.



**Commodity Pick-Up  
Friday, November 20th**

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, November 20th from 10:00AM-3:00PM.



# 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



### **Greeting Card Class Friday, November 20th**

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Friday, November 20th 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!



### **Acute Nursing Care**

### **Sponsored Bingo Day by Acute Nursing Care Tuesday, November 24th**

We will have Acute Nursing Care staff joining us to sponsor Fun Bingo on Tuesday, November 24th at 10:00AM. They will be providing the bingo prizes on this day.



**Due to all of the Holiday events, there will be  
NO Byesville Dinner in the month of  
November. If you have any questions or  
concerns, please contact the Guernsey County  
Senior Citizens Center at (740) 439-6681.**

### **Wednesday, November 26th**

**There will be no bingo on this day due to the dining room being set up for our Thanksgiving Luncheon. Our doors will open at 11:00AM to begin admission to the luncheon on this day. As a friendly reminder, no grab & go meals will be available on this day.**



**Guernsey County Senior Citizens Center will be CLOSED on Thursday, November 26th and Friday, November 27th in Observance of the Thanksgiving holiday.**

### **November Birthday Celebration Monday, November 30th**

Please plan to join us on Monday, November 30th at 11:30AM as we celebrate November birthdays! We will enjoy cake, 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.

### **November Employee Birthdays**

|                   |      |
|-------------------|------|
| Bryan McEndree    | 9th  |
| Louella Nichols   | 18th |
| Roger Davis       | 24th |
| Jessica Hodkinson | 25th |
| Sean Murphy       | 27th |
| Olivia Bates      | 30th |



### **Nutcracker Ballet Trip Friday, December 11th**

We will be traveling to Cleveland on Friday, December 11<sup>th</sup> to watch the Nutcracker Ballet performance at Playhouse Square. We will watch the ballet first and then enjoy lunch at Hausbrauhaus, which will be on your own. This trip will depart at 8:00AM and return around 4:30PM. The cost will be \$50 for members and \$65.00 for non-members. Due to pre-payment being made for this trip, in the event of a cancellation, there will be no reimbursement or credit given. Payment is due by Wednesday, November 4<sup>th</sup>. To reserve a seat please call (740) 439-6681.

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 is a limited number tickets left available.**

**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**

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

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 



## 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) 439-7478 • Toll-Free 1-866-534-2349  
[www.GuernseySenior.org](http://www.GuernseySenior.org)

| Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                              | Thursday                                                                                                                                                                                           | Friday                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>2</div> <div>8:30 AM- Crafting Group<br/>9:00AM Tai Chi<br/>10:00AM -Bingo<br/>11:00 AM Chair Volleyball<br/>11:00AM Clothes Closet<br/>11:30AM Lunch<br/>1:00PM Line Dancing</div>                     | <div>3</div> <div>8:30AM Breakfast Bunch<br/>9:00 AM Quilters<br/>11:30AM Lunch<br/><b>Election Day</b><br/><i>*No Bingo, Seated Tai Chi, Chair Yoga or Cardio Drumming on this day</i></div>                                       | <div>4</div> <div>9:00AM- Sewing<br/>9:00 AM Geri-Fit Exercise<br/><b>10:00AM –Sponsored Bingo</b><br/>11:00 AM Blood Pressure Check<br/>11:30AM Lunch<br/>12:00PM– Mahjong<br/>1:00PM Homemade for the Holidays</div> | <div>5</div> <div>Caregiver Appreciation Luncheon<br/><b>11:00AM-1:00PM</b><br/>There will be no regular activities on this day, Grab &amp; Go Lunches will be available from 11:30AM-1:00PM</div> | <div>6</div> <div>8:00AM-10:00AM Hearing Life<br/>9:00AM Library Pop Up<br/>10:00AM Bingo<br/>11:30AM Lunch<br/>12:00PM Euchre</div>                                                                                 |
| <div>9</div> <div>8:30 AM- Crafting Group<br/>10:00AM -Bingo<br/>11:00 AM Chair Volleyball<br/>11:00AM Clothes Closet<br/>11:30AM Lunch<br/>1:00PM Line Dancing<br/><b>1:30PM Water Color Painting</b></div> | <div>10</div> <div>9:00 AM Quilters<br/><b>10:00AM Sponsored Bingo</b><br/>11:00AM Chair Yoga<br/>11:30AM Lunch<br/>1:00PM Cardio Drumming<br/>1:30PM Alzheimer’s Support Group<br/><b>6:00PM Good Ole Gospel Music Night</b></div> | <div>11</div> <div><b>8:30AM Veterans Day Breakfast Buffet</b><br/>9:00AM- Sewing<br/>10:00AM Bingo<br/>11:00 AM Blood Pressure Check<br/>11:30AM Lunch<br/>12:00PM– Mahjong</div>                                     | <div>12</div> <div><b>10:00AM Sponsored Bingo</b><br/>11:00AM Chair Volleyball<br/>11:30AM Lunch<br/>12:30 PM- Open Cards<br/><b>1:00PM Alzheimer’s Presentation</b></div>                         | <div>13</div> <div>9:00AM-3:00PM Biggs Insurance Counselling Appointments<br/>10:00AM Bingo<br/>11:30AM Lunch<br/>12:00PM Euchre</div>                                                                               |
| <div>16</div> <div>8:30 AM- Crafting Group<br/>9:00AM Tai Chi<br/>10:00AM -Bingo<br/>11:00 AM Chair Volleyball<br/>11:00AM Clothes Closet<br/>11:30AM Lunch<br/>1:00PM Line Dancing</div>                    | <div>17</div> <div>9:00AM Seated Tai Chi<br/>9:00 AM Quilters<br/><b>10:00AM Sponsored Bingo</b><br/>11:00AM Chair Yoga<br/>11:30AM Lunch<br/>1:00PM Cardio Drumming</div>                                                          | <div>18</div> <div>9:00AM- Sewing<br/>9:00 AM Geri-Fit Exercise<br/>10:00AM –Bingo<br/>11:00 AM Blood Pressure Check<br/>11:30AM Lunch<br/>12:00PM– Mahjong</div>                                                      | <div>19</div> <div>10:00AM Bingo<br/>11:30AM Lunch<br/>12:30 PM- Open Cards<br/><b>5:00PM Dine In Monthly Dinner</b></div>                                                                         | <div>20</div> <div>9:00AM-3:00PM Biggs Insurance Counselling Appointments<br/>10:00AM Bingo<br/>10:00AM-3:00PM Food Commodity Distribution<br/>11:30AM Lunch<br/>12:00PM Euchre<br/>1:30PM Greeting Card Class</div> |
| <div>23</div> <div>8:30 AM- Crafting Group<br/>9:00AM Tai Chi<br/>10:00AM -Bingo<br/>11:00 AM Chair Volleyball<br/>11:00AM Clothes Closet<br/>11:30AM Lunch<br/>1:00PM Line Dancing</div>                    | <div>24</div> <div>9:00AM Seated Tai Chi<br/>9:00 AM Quilters<br/><b>10:00AM Sponsored Bingo</b><br/>11:00AM Chair Yoga<br/>11:30AM Lunch<br/>1:00PM Cardio Drumming</div>                                                          | <div>25</div> <div>*No Bingo on this Day*<br/><b>Doors open at 11:00AM on this day</b><br/>12:00 Noon- Traditional Thanksgiving Luncheon– Dine In Only</div>                                                           | <div></div>                                                                                                   |                                                                                                                                                                                                                      |
| <div>30</div> <div>8:30 AM- Crafting Group<br/>9:00AM Tai Chi<br/>10:00AM -Bingo<br/>11:00 AM Chair Volleyball<br/>11:00AM Clothes Closet<br/><b>11:30AM Birthday Lunch</b><br/>1:00PM Line Dancing</div>    | <div></div>                                                                                                                                     |                                                                                                                                                                                                                        |                                                                                                                                                                                                    |                                                                                                                                                                                                                      |

## November 2026 Menu

| Monday                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                           | Thursday                                                                                                                                        | Friday                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Salisbury Steak w/Gravy<br>Baby Baker Potatoes<br>Mixed Vegetables<br>Fresh Apple<br>Choice of Bread/Margarine<br>Choice of Milk    | <b>3</b><br>Cream of Potato Soup w/Crackers<br>Pimento Cheese Sandwich<br>Cucumber & Onion Salad<br>Fresh Banana<br>Choice of Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>4</b><br>Lemon Butter Fish<br>Roasted Red Potatoes<br>California Blend Veg.<br>Clemintine<br>Dinner Roll/Margarine<br>Choice of Milk                                             | <b>5</b><br>Roast Beef w/Gravy<br>Mashed Potatoes w/Gravy<br>Seasoned Green Beans<br>Mixed Fruit<br>Dinner Roll/Margarine<br>Choice of Milk     | <b>6</b><br>Philly Cheesesteak w/Hoagie Bun<br>Hashbrown Casserole<br>Carrots<br>100% Fruit Juice<br>Choice of Milk     |
| <b>9</b><br>Sliced Pork Roast w/Gravy<br>Mashed Sweet Potatoes<br>Cauliflower<br>Fresh Orange<br>Dinner Roll/Margarine<br>Choice of Milk        | <b>10</b><br>Stuffed Pepper<br>Mashed Potatoes<br>Buttered Corn<br>Diced Pears<br>Choice of Bread/Margarine<br>Choice of Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>11</b><br>Beef Stew w/Vegetables<br>Whole Buttered Potatoes<br>Warm Cinnamon<br>Applesauce<br>Biscuit/Margarine<br>Choice of Milk                                                | <b>12</b><br>Shredded Chicken w/Bun<br>Tater tots<br>Italian Green Beans<br>Pineapple Chunks<br>Brownie<br>Choice of Milk                       | <b>13</b><br>Sausage Pizza<br>Broccoli Florets<br>Cherry Crisp<br>100% Fruit Juice<br>Choice of Milk                    |
| <b>16</b><br>Italian Sausage w/Peppers & Onions<br>Seasoned Cabbage<br>Baked Beans<br>Fresh Pear<br>Choice of Bread/Margarine<br>Choice of Milk | <b>17</b><br>Meatloaf<br>Scalloped Potatoes<br>Creamed Peas<br>Mandarin Oranges<br>Knot Roll/Margarine<br>Choice of Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>18</b><br>Cheese Ravioli w/Meat Sauce<br>French Style Green Beans<br>Spiced Peaches<br>Tossed Salad w/Dressing<br>Garlic Bread<br>Choice of Milk                                 | <b>19</b><br>Chicken Noodle Soup/<br>Crackers<br>Broccoli Salad<br>Pineapple Chunks<br>Cottage Cheese<br>Oreo Pudding Parfait<br>Choice of Milk | <b>20</b><br>Ham Loaf<br>Parsley Potatoes<br>Succotash<br>Ambrosia Salad<br>Choice of Bread/Margarine<br>Choice of Milk |
| <b>23</b><br>Egg & Cheese Omelet<br>Sausage Patty<br>Potatoes O'Brian<br>V8 Juice<br>Biscuit/Margarine<br>Choice of Milk                        | <b>24</b><br>Chili w/Crackers<br>Coleslaw<br>Peaches<br>Cornbread/Margarine<br>Choice of Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>25</b><br>Roasted Turkey w/Dressing<br>Mashed Potatoes w/Gravy<br>Glazed Carrots<br>Cranberry Relish<br>Pumpkin Pie w/Whipped Topping<br>Dinner Roll/Margarine<br>Choice of Milk | <b>26</b><br><b>CLOSED</b><br>Frozen Meals are<br>available upon request                                                                        | <b>27</b><br><b>CLOSED</b><br>Frozen Meals are<br>available upon request                                                |
| <b>30</b><br>Cheeseburger Soup<br>w/Crackers<br>Pea Salad<br>Apricots<br>Carrots & Celery w/Ranch<br>Vanilla Pudding<br>Choice of Milk          | 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 <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a> .<br>*Menu subject to change depending on item availability.<br>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 September:

**Rick Clay**  
**Anonymous**  
**Kathy Wray**  
**In Memory of Rose Kopyar**  
**Beckett House**  
**Cardinal Place**  
**Embassy of Cambridge**  
**The Enclave of Cambridge**  
**Biggs Insurance**  
**Rhonda Foraker**  
**Kylee Quinn**  
**Pattie Arnold**  
**Terry Holzschuher**  
**Judy Scheltz**



**Seeking Volunteers to Help in  
 Communities That Need Us Most**  
 AARP Foundation is recruiting volunteers  
 to provide free Tax-Aide service.

**To learn about our volunteer opportunities,  
 visit [aarpfoundation.org/TaxaideVolunteer](http://aarpfoundation.org/TaxaideVolunteer)  
 or call 1-888-AARP-NOW (1-888-227-7669).**



**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 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 September:

Allen Calvert  
Billy Miller  
Robert Fitzgerald  
Terry Losego  
Margie Pachuta  
Sanford Grant  
Joan Magill  
Gerri Regan  
Jan Cleek  
Varhonda Burlingame  
Eric Burlingame  
Janesa Hig

Lois Freeman  
Harry Freeman  
Timothy Joy  
Martha Joy  
Crystal Willis  
Doris Moore  
Melissa Dyer  
Jerry Dyer  
Robin Wright  
Jerry Miley  
David Sabados  
Warren High

## **HEAP Assistance Available**

Heating Assistance Available  
Application Deadline: May 31, 2027

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

Applications for the HEAP program must be received by May 31, 2027.

For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Center at (740) 439-6681.

To locate your local Energy Assistance Provider, visit [www.energyhelp.ohio.gov](http://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 (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.

## November 2026 Birthdays

|       |                                                                                                                                       |       |                                                                                                                                     |       |                                               |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|-------|-------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------------------------------------|
| 11/01 | Candace Freeman<br>Louis Miracle<br>Cheryl Onega                                                                                      | 11/16 | Nancy Buchanan<br>Jane Douglas                                                                                                      | 11/30 | Bonnie Ferguson<br>Jerry Hight                |
| 11/02 | Sharon Bachna<br>Victoria Overcash<br>Jody Payton<br>Eric Burlingame<br>Chris Furry<br>Susuan George<br>Paula Kafury<br>Donald Kahrig | 11/17 | Edna Scanlon<br>Marcella Sisson<br>Carol Stottsberry<br>Becky Dudley                                                                |       | Dixie Knight<br>Diane LaRue<br>Mayur Vaishnav |
| 11/03 | Robert Jennings<br>Cheryl Golmitz<br>Lorie Patterson                                                                                  | 11/18 | Donald Addlespurger<br>Louella Nichols<br>Vernon Salters                                                                            |       |                                               |
| 11/04 | Mary Ellen Pattison<br>Janice Ables<br>Melinda Dyer<br>Anny Mackinnon<br>Kathleen Williamson                                          | 11/19 | Peggy Shumate<br>Ronald Veselenak<br>Jean Ann Long                                                                                  |       |                                               |
| 11/05 | Richard Brixner<br>Joseph Sikora<br>Deborah Potechko                                                                                  | 11/20 | Martha Joy<br>Becky Saft                                                                                                            |       |                                               |
| 11/06 | Dale Wilson                                                                                                                           | 11/21 | Lori Goody<br>Shirley Stutz<br>Kim Barker<br>Jimmie Knight                                                                          |       |                                               |
| 11/07 | Darlene Roberts<br>Carolyn Sayre                                                                                                      | 11/22 | Jim Allen<br>Dale Davis                                                                                                             |       |                                               |
| 11/08 | Gary Moore<br>Virgil Stillion<br>Susan Baker<br>Ann Collins                                                                           | 11/23 | Barbara Adams<br>Tim Smith<br>Laura Hough<br>Mary Lou Laurent<br>Karen Smith                                                        |       |                                               |
| 11/09 | Darin Dodd<br>Jacqueline Folkert<br>Marie Kubuico<br>Richard Littleton<br>John McIntyre<br>Velma Ridgeway                             | 11/24 | Loretta Lambert<br>Patricia Hayes                                                                                                   |       |                                               |
| 11/10 | Donna Thompson                                                                                                                        | 11/25 | Cindy Hickman                                                                                                                       |       |                                               |
| 11/11 | David Berg Sr<br>Janet Hickman<br>Lynn Murrell<br>Martin Nelson                                                                       | 11/26 | John Carpenter<br>Betty Joann Davis<br>Jim McNeal<br>Karen Millward<br>Jessilon Ortiz<br>Linda Todd<br>Janessa High<br>Terry Phipps |       |                                               |
| 11/12 | Jack Westover<br>Dale Young                                                                                                           | 11/27 | David Crawford<br>Betty Gould<br>Shirley McCollum                                                                                   |       |                                               |
| 11/13 | Martha Cherry<br>Peter Lermer                                                                                                         | 11/28 | Rene Kelly                                                                                                                          |       |                                               |
| 11/15 | Linda Johnson                                                                                                                         | 11/29 | Tim Hubal<br>Jean Ann Rowe<br>Tom Tipton<br>Carol Touvell<br>Tom Shristie<br>Charlotte Simpson<br>Raeta Watson                      |       |                                               |



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

# Thanksgiving Word Search

|          |         |
|----------|---------|
| BAKE     | MIX     |
| BASTE    | PEEL    |
| BATTER   | POACH   |
| BEAT     | POUR    |
| BLEND    | PREPARE |
| BOIL     | PRESS   |
| BRAISE   | PUREE   |
| BREAD    | REDUCE  |
| BROWN    | RISE    |
| BRUSH    | ROAST   |
| CHOP     | ROLL    |
| CREAM    | SALT    |
| CURED    | SAUTE   |
| DECORATE | SCALLOP |
| DICE     | SCOOP   |
| DOUGH    | SEAR    |
| DRAIN    | SEASON  |
| DRY      | SERVE   |
| FLAVOR   | SHRED   |
| FOLD     | SIMMER  |
| FREEZE   | SKIM    |
| FROTH    | SLICE   |
| GARNISH  | SOAK    |
| GLAZE    | STEAM   |
| GRATE    | STEW    |
| GRIND    | STIR    |
| HEAT     | STRAIN  |
| JUICE    | STUFF   |
| KNEAD    | TOAST   |
| LAYER    | TOSS    |
| MARINATE | WARM    |
| MASH     | WASH    |
| MEASURE  | WHIP    |
| MELT     | WHISK   |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| W | W | O | A | E | A | B | M | E | L | T | B | M | T | Q | C | H | W | I | I |
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| Z | M | H | Y | Z | I | H | F | Q | T | T | M | A | E | T | S | E | R | T | R |
| E | S | E | A | S | O | N | S | T | E | S | I | A | R | B | H | D | B | A | D |
| D | T | E | M | R | A | W | E | A | U | A | E | G | E | S | E | H | S | E | O |
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| R | Q | O | R | V | M | I | X | T | O | R | A | M | R | R | A | P | T | P | G |
| J | F | D | F | O | E | M | E | A | S | U | R | E | A | G | O | L | Y | O | H |
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| C | A | Y | S | O | W | S | S | M | E | Q | B | B | S | D | F | I | R | G | R |



*"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 alter- 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 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 sey County services provided by the Guernsey 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.



“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!**