



"Celebrating 53 Years of Serving Guernsey County" **Senior Times Newsletter**



Volume 53 Issue 4

Guernsey County Senior Citizens Center, Inc.

April 2025

Special Events:

Chair Yoga Classes
Every Tuesday
11:00 AM

Good Ole Gospel
Music Night
Tuesday, April 1st

Dinner with
Desserts
Bake-Off
Tuesday, April 8th
Tickets on sale now!

DO NOT MISS THIS!
Ohio Fraud &
Scam Awareness
Class
Thursday, April 10th
at 1:00 PM

ADVANCE
DIRECTIVE
ASSISTANCE
Tuesday, April 15th
"By Appointment"

FREE
Dining With
Diabetes Classes
every Wednesday
throughout April at
11:00 AM

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

An Easter Message from the Executive Director

Dear Seniors,

Happy Easter! I hope this month's newsletter finds each of you healthy, happy, and well. Spring officially arrived on March 20th and the additional sunshine has been a welcomed reprieve from the cold and darkness of winter. The month of April is filled with many notable Christian holidays such as Palm Sunday, Maundy Thursday, Good Friday, and Easter. Other notable dates in the month of April include Passover, Earth Day, and Holocaust Remembrance Day.

Maundy Thursday initiates the Paschal Triduum, the period which commemorates the passion, death, and resurrection of Jesus. This period includes Good Friday and Holy Saturday, and ends on the evening of Easter Sunday. The Mass of the Lord's Supper or service of worship is normally celebrated in the evening, when Friday begins according to Jewish tradition, as the Last Supper was held on the feast of Passover, according to the three Synoptic Gos-



You're Cordially Invited to attend the

April Monthly **Senior Dinner**

Thursday, April 24, 2025
Dinner at 5:00 PM

Entertainment to follow
Please note the date change
(4th Thursday)

For reservations, please
call (740) 439-6681 today!

-pels. Maundy Thursday or Holy Thursday, among other names, is the day during Holy Week that commemorates the **Washing of the Feet** (Maundy) and Last Supper of Jesus Christ with the

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 53 years.

This institution is an equal opportunity provider.

Apostles, as described in the canonical gospels. This year Maundy Thursday takes place on Thursday, April 17th. It is the fifth day of Holy Week, preceded by Holy Wednesday (Spy Wednesday) and followed by Good Friday. "Maundy" comes from the Latin word *mandatum*, or commandment, reflecting Jesus' words "I give you a new commandment."

I find it fitting when discussing washing one's feet that April is also National Foot Health Awareness Month. National Foot Health Awareness Month is observed in April every year in the United States. It is an initiative aimed at educating people about the importance of foot health and taking care of their feet. The month-long campaign is organized by the American Podiatric Medical Association (APMA) to raise awareness about foot-related issues, such as injuries, diseases, and other conditions that affect the foot and ankle.

Feet are an essential part of the human body. They carry the entire weight of the body and are responsible for movement and balance, however, they are often neglected, and people tend to overlook the importance of foot health until they develop a problem. Poor foot health can lead to several issues, including foot pain, blisters, corns, calluses, ingrown toenails, and other foot infections. During National Foot Health Awareness Month, the APMA encourages people to take care of their feet and ankles by following simple practices like:

- **washing and drying their feet daily**
- **wearing comfortable shoes that fit well**
- **avoiding going barefoot in public places.**
- **They also encourage people to visit a podiatrist for regular checkups to detect any potential foot problems before they worsen.**

One of the primary aims of the awareness campaign is to educate people about the importance of choosing the right footwear. Wearing the wrong shoes can lead to several foot problems, including blisters, calluses, and heel pain. Therefore, it is crucial to choose shoes that fit properly and provide adequate

support to the feet. The APMA recommends that people should choose shoes with a wide toe box, a low heel, and good arch support.



Another important aspect of National Foot Health Awareness Month is to raise awareness about the common foot problems that people may encounter. One of the most common foot problems is **plantar fasciitis**, which causes heel pain and stiffness in the foot's arch. **Other common foot problems include bunions, hammertoes, and fungal infections.** It is essential to detect and treat these problems early to prevent them from worsening and causing further complications, especially if you are diabetic or experience foot neuropathy.

In conclusion, National Foot Health Awareness Month is an important initiative aimed at educating people about the importance of taking care of their feet and ankles. By following simple practices like washing and drying their feet daily, wearing comfortable shoes that fit well, and avoiding going barefoot in public places, people can reduce their risk of developing foot-related problems. **Regular checkups with a podiatrist can also help detect and treat foot problems early,** leading to better foot health and overall well-being.

Understanding the value of healthy feet is essential. It's **important to check them regularly for abnormalities such as sores, cuts, or infections.** This April, pledge to keep your feet happy and healthy as part of your daily routine. After inspection, it is

recommended that you wash your feet with warm water. At the end of a long day, it is a good idea to wash your legs and apply fast-absorbing lotion on the top and undersides of your feet before you climb into bed. Other advice includes regular nail trimming, wearing socks with shoes, and avoid wearing high heels for longer than four hours at a stretch.

If you are interested in participating in one of our many Health & Wellness programs or classes that are designed specifically for senior citizens, please reach out to us for additional information. We even invite you to visit one of our regularly scheduled classes to “observe” before you decide which class or classes to enroll. From the top of your head to the tips of your toes—your health matters. My staff and I look forward to serving you and we hope you’ll embrace and enjoy all that the Guernsey County Senior Citizens Center provides and has to offer. The month of May is just around the corner and we’ve planned lots of Older Americans Month special activities and events just for you!

I hope you have a very Happy Easter! God bless and best wishes always!

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC
Executive Director/CEO
Certified Senior Center Administrator of Aging Services



HOW TO OBSERVE NATIONAL FOOT HEALTH AWARENESS MONTH

Examine your feet

Unfortunately, many glaring issues go unnoticed because our feet aren’t exactly scrutinized at all hours of the day. Before a molehill turns into a mountain, give your feet a proper inspection every once in a while. A pro tip: minor cuts or wounds on your feet can be cleaned with rubbing alcohol or astringent.

Go shoe shopping

Mark National Foot Health Awareness Month by treating yourself to a brand new pair of shoes that fit well and feel comfortable. Remember, you are usually either in your bed or in your shoes — it pays to invest in both.

Establish a healthy routine

Getting your daily steps or scheduling regular workouts are some of the best ways to keep the blood circulating all the way to your feet. With the modern-day, car-desk-couch culture, it is essential to let the southern parts of your anatomy feel noticed and cherished with fresh pumping blood every day.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, APRIL 1, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:
Cathy Goss



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





Ensure Price Increase Effective April 1st

Due to our supplier raising our cost of Ensure, we will be increasing our prices effective April 1st. New prices will be:

\$25 for Ensure Regular cartons

\$28 for Ensure Plus cartons

\$38 for Glucerna

If cartons are unavailable and have to be substituted with bottles their prices will be: \$27 for Ensure regular and \$30 for Ensure Plus. If other specialty items are needed please check with us for availability and pricing.



TAI CHI

This Class will be 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.

Please call (740) 439-6681 to sign up!



Sponsored Bingo Day by

Dolbow Senior Solutions—Tues., April 1st

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Tuesday, April 1st at 10:00AM. She will be providing prizes as well as calling bingo on this day. We hope that many of you can join us!

Meals in a Mug Classes Continues on Tuesdays

Shelli from the Guernsey County OSU Extension office will be here Tuesday, April 1st and Tuesday, April 8th at 12:00PM. She will be showing you how to make a variety of meals using a coffee mug and microwave, perfect for cooking for one! This class is free of charge but we ask that you please call to make a reservation at (740) 439-6681.

Chair Yoga on Tuesdays & Thursdays

We are excited to partner with Hope Mercer, a local certified yoga instructor, to offer chair yoga. She will be here on Tuesdays at 11:00AM and Thursdays at 1:00PM, for one hour. The cost is \$5 per class. Hope's classes offer supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment.

Cardio Drumming Class on Tuesdays

Come try out cardio drumming at the Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM, instructed by Sharon Bachna. It is recommended to wear comfortable clothes and shoes for the class. All equipment needed will be provided. To sign up for this class please call (740) 439-6681.



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. There's no dancing or floor work and both men and women can enroll.

This Class will be Offered:

Wednesday's at 9:00 AM &

Friday's at 1:00PM

In the first half of the dining room at the Senior Center.



Bingocize Classes

Mondays & Thursdays at 11:00AM

A mix of light exercise, health information and Bingo! Join us for just one hour. We will play bingo, **Win Prizes** and perform some exercises to increase strength, flexibility and reduce the risk of falls. Every exercise can be modified to accommodate seated motion or limited physical ranges so absolutely anyone can participate! An extremely popular program in other centers, Bingocize is designed for healthy fun for anyone.



Dining With Diabetes

LOCATION:

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

DATES & TIMES:

Wednesdays, Apr. 2, 9, 16 & 23
11:00 am – 1:00 pm

COST:

All four classes for \$20 per person,
\$30/participant & caregiver

WHAT IS DINING WITH DIABETES (DWD)?

DWD is a cooking school and nutrition education program. During the four-class series, learn about healthy cooking techniques, sample delicious foods, and gain skills to better manage diabetes.

WHO SHOULD ATTEND?

Anyone interested in better controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

Submit Registration to OSU Extension Guernsey County

Pre-registration is required to have materials prepared. You can register by completing the form below and submitting to OSU Extension Guernsey County. The last day to register is **Friday, March 28**, cash or check due with registration.

Caitlin Mathews-Smith

Extension Educator, Family and Consumer Sciences, CFAES mathews-smith.1@osu.edu 740-489-5300

REGISTRATION FORM for DINING WITH DIABETES

Name(s): _____

Email: _____ Phone: _____

Make check payable to **OSU Extension, 335B Old National Rd., Old Washington, OH 43768**



THE OHIO STATE UNIVERSITY
EXTENSION

Guernsey

guernsey.osu.edu

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Spring Craft Class Thursday, April 3rd

We will have Denise from Traditions Health here with us on Thursday, April 3rd. She will be sponsoring a free spring craft class at 2:00PM. If you're feeling crafty and would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.



Free Hearing Screenings Friday, April 4th

Hearing Life will be here at Guernsey County Senior Center on Friday, April 4th from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.

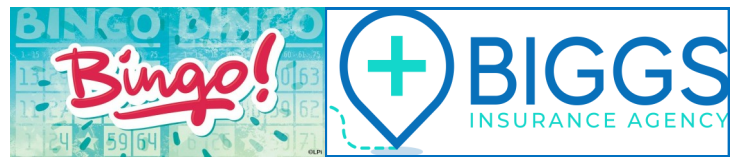


Breakfast Buffet—Friday, April 4th

Come in out of the cold and warm up at our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, April 4th. The breakfast menu will include: scrambled eggs, sausage link, hashbrown, sausage gravy & biscuit, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.

Library Pop Up —Friday, April 4th

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, April 4th from 9:15AM-12:00PM. They can also sign you up for a library card and have notary services available free of charge. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



Sponsored Bingo Day on Fridays by Biggs Insurance Agency

We will have Philip, from Biggs Insurance Agency joining us to sponsor Fun Bingo on Fridays throughout the month of April, at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!

Line Dancing!



Line Dancing Class on Mondays

Come enjoy yourself and the company of others as you learn to line dance on Mondays. This class will take place in the first half of the dining room at 1:00PM. Instruction will be provided by Sharon Bachna. If you are interested in signing up and plan to join us for this fun class please call (740) 439-6681.

Alzheimer's Support Group Meeting

Alzheimer's Support Group- Tues., April 8th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, April 8th** here at the Senior Center.

Mahjong on Wednesdays

Come check out this new fun game coming to the Senior Center on Wednesdays from 12:00PM to 3:00PM. Mahjong is a Chinese tile game and can be played with two to sixteen people. Anyone is welcome to join us for this fun game. We will have a friendly instructor to teach you how to play if you are a beginner to Mahjong. If you are interested in joining us please call (740) 439-6681 to sign up!



Guernsey County Senior Citizens Center, Inc.

Dinner with Desserts Bake Off

TUESDAY, APRIL 8TH, 2025

Schedule of Events:

5:00PM- Introductions & Social
1/2 hour for Tastings

5:30PM-6:30PM- Dinner Buffet

6:00PM- Voting Ends

6:30PM- Bake Off Awards &
Acknowledgements

Menu:

Italian Marinated
Chicken Breast
Loaded Mashed Potatoes
Green Beans
Grape Salad
Dinner Roll/Marg.
Ice Tea, Water, & Coffee

Advanced Tickets are Required for this Event!

Ticket Prices:

Age 60 & Over- \$12.00

Under Age 60- \$16.00

This event is open to the public!

Tickets are on sale now!

Please call (740) 439-6681 with any questions!



**AVOID
SCAMS**

**Ohio Fraud & Scam Awareness Program
Presented by the FBI
Thursday, April 10th**

If you would like to learn more about scams, how to report the scams, and what not to do to prevent getting scammed this is a great informational session to attend. We will have a couple of members from the FBI here with us to discuss the various scams that effect seniors. This session will take place on Thursday, April 10th at 1:00PM here at Guernsey County Senior Citizens Center. If you plan to attend this program we ask that you please make a reservation by calling (740) 439-6681.



**Belmont Victorian Mansion Trip
Friday, April 11th**

We would love to have you join us on Friday, April 11th as we travel to Belmont County. We will start off the day with a guided tour of the Belmont Victorian Mansion in Barnesville. This museum consists of 26 rooms that are skillfully restored and furnished with Victorian-era pieces. After the tour, we will have lunch at Mehlman's Cafeteria, which will be on your own. Following lunch, we will stop at the Ohio Valley Mall for some shopping before heading home. This trip will have a decent amount of walking and there are steps at the museum. This trip will depart at 8:45AM and return around 4:00PM. The cost of this trip is \$25.00 for members and \$40.00 for non-members. To reserve your seat please call (740) 439-6681.

Hospice of Guernsey
Serving Belmont, Guernsey and Noble Co.
**Advance Directives
Workshop**

Advanced Directives allow you to express your values and desires related to end-of-life care. They provide peace of mind for you and loved ones.

Hospice of Guernsey, Inc. Social Workers will be visiting the Guernsey County Senior Citizens Center on

**Tuesday, April 15th
11:00AM-12:30PM**

to answer questions and assist you in preparing one or all of the following:

- **Do Not Resuscitate (DNR)**
- **Health Care Power of Attorney**
- **Living Will**

1/2 hour appointments are limited!

**Call 740-439-6681
to reserve your
space today!**



**OSU VIP Stadium Tour Trip
Wednesday, April 16th**

If you are a Ohio State Buckeyes football fan then this is the perfect trip for you! Join us on Wednesday, April 16th as we travel to "The Shoe" for a VIP tour of the stadium and a behind the scenes look inside the band center, locker room, field, and more! After the stadium tour we will have lunch at the Varsity Club, which will be on your own. We will depart for OSU at 8:15 AM and return around 4:00PM. The cost of trip will be \$60.00 for members and \$75.00 for non-members. This trip will have a good bit of walking, so please be sure to wear comfortable walking shoes. Payment for this trip will be due by Tuesday, March 25th. Due to prepayment needing made to OSU in the event of a cancellation, no credit will be given. To make a reservation please call (740) 439-6681.



Easter Party & Luncheon Thursday, April 17th

Hop on into the Senior Center on Thursday, April 17th at 11:00AM as we have an easter egg hunt. After these festivities lunch will begin being served at 11:30AM. If you would like to join us for this fun event please call (740) 439-6681.



Easter Cookie Decorating Class Thursday, April 17th

We are happy to have Karen Googins, from Grammy's Oven, join us on Thursday, April 17th at 2:00PM to offer a Spring Cookie Decorating Class. You will have the choice of purchasing either one or two dozen cookies to decorate. The cost per dozen is \$5 and this includes all supplies needed for decorating the cookies. If you would like to be a part of this delicious class please call (740) 439-6681.

CLOSED *for*
Good Friday

**Guernsey County Senior Citizens Center
will be Closed on Friday, April 18th in
observance of the Good Friday holiday.
There will also be no lunches or activities
at any of the satellite sites. If you have
any questions or concerns, please call
(740) 439-6681.**

Nutrition Label Reading Class Tuesday, April 22nd

Shelli, from OSU Extension, will be here on Tuesday, April 22nd and April 29th at 12:00PM discussing and teaching the important things to look at when reading a nutrition label. To register for this class please call (740) 439-6681.



Monthly Senior Dinner Thursday, April 24th

We cordially invite you to join us Thursday, April 24th, for the April monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: ham steak, scalloped potatoes, mixed zucchini squash, fruit cocktail, dinner roll & butter and pineapple upside down cake for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced 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 for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.

Greeting Card Making Class-Fri. April 25th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Friday, April 25th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!

Painting Class—Monday, April 28th

We are excited to have Three Sister's Studio here with us on Monday, April 28th at 2:00PM to host a painting class. You will be painting a bunny. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up due to supplies needing bought in advance, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.

Commodity Pick-Up *Tuesday, April 29th*

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Tuesday, April 29th** from 10:00AM-3:00PM.

April Birthday Celebration Tuesday, April 29th

Please plan to join us on Tuesday, April 29th at 11:30AM as we celebrate April 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.



Byesville Dinner—Tuesday, April 29th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, April 29th. The menu will include: chicken alfredo, French style green beans, tossed salad with choice of dressing, peaches, breadstick and coconut cream pie for dessert. Please call (740) 439-6681 to make your reservations.

Coffee with Cardinal Place Wednesday, April 30th

Cardinal Place will be joining us in the living room at 11:00AM on Wednesday, April 30th. They will be bringing coffee and chatting about their facility and the things they offer. If you'd like to join them please make a reservation by calling (740) 439-6681.



Lunch Bunch Group at Shogun Wednesday, April 30th

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! This group will be meeting once a month to eat out at a local restaurant. In April we will be meeting at Shogun, located at 61600 Southgate Rd. in Cambridge, on Wednesday, April 30th at 12:00PM. If you plan on attending, please call (740) 439-6681 to make your reservation by Monday, April 28th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your Lunch Bunch reservation.



Satellite Site Activities

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

Cumberland:

Tuesday, April 1st at 12:00PM

Pleasant City:

Monday, April 7th at 12:00PM

Old Washington:

Wednesday, April 9th at 12:00PM

Londonderry:

Monday, April 14th at 12:00PM

Byesville:

Tuesday, April 29th at 12:00PM



Sleeping Beauty Ballet Trip Friday, May 2nd

Enter the enchanting world of Sleeping Beauty with us as we travel to the Ohio Theatre in Columbus on Friday, May 2nd, to watch the senior dress rehearsal of the Sleeping Beauty Ballet. This captivating ballet tells the tale of Princess Aurora's century-long slumber, awaiting the kiss of a prince. We will be departing from the Senior Center at 8:15AM to head for Columbus. The ballet starts at 11:00AM and will last approximately 2 hours. After the ballet we will have a late lunch at O'Charley's Restaurant, which will be on your own. This trip will return around 4:30PM. The cost of this trip will be \$50.00 for members and \$65.00 for non-members. Payment for this trip is due by Wednesday, April 9th. Due to prepayment need-ing made for this trip, there will be no credit given in the event of a cancellation. To make a reservation please call (740) 439-6681.



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!

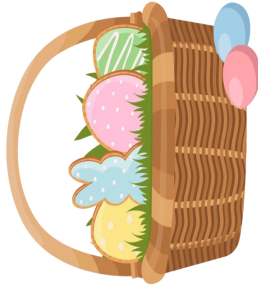
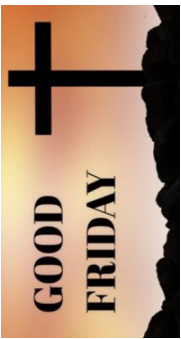
- **Londonderry Site** will be open on Monday, Tuesday, and Thursday (11:30AM-1:00PM). Located at: 22577 Cadiz Rd, Freeport, OH 43973. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will 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

April 2025 Activities

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingo 12:00PM Pleasant City Site Activity 1:30AM- Lunch 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo Day 11:00AM Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Cumberland Site Activity 12:00PM Meal in a Mug 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Dining with Diabetes 11:30AM- Lunch 12:00PM- Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 2:00PM Spring Craft Class	8:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 9:15 AM-12:00PM Library "Pop Up" 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Sponsored Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
7 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 12:00PM Pleasant City Site Activity 1:30AM- Lunch 1:00PM Line Dancing	8 9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming 1:00 Alzheimer's Support Group 5:00PM Dinner with Desserts Bake Off	9 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Dining with Diabetes 11:30AM Lunch 12:00PM Old Washington Site Activity 12:00PM- Mahjong	10 10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Ohio Fraud & Scam Awareness Program	11 8:45AM Belmont Victorian Mansion Trip 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Sponsored Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
14 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Londonderry Site Activity 1:00PM Line Dancing	15 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM- Guest Speaker 11:00AM Advance Directives 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming	16 8:15AM OSU Stadium Tour 9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:00AM Dining with Diabetes 11:30AM Lunch 12:00PM Mahjong	17 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	18 CLOSED 
21 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing	22 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming	23 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Dining with Diabetes 11:30AM Lunch 12:00PM Mahjong	24 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 4:00-5:00PM Grab -N- Go Dinner	25 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:30PM Greeting Card Making Class
28 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Guest Speaker 11:30AM- Lunch 1:00PM Line Dancing 2:00 Painting Class	29 9:00AM Quilters 9:00AM Seated Tai Chi 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Birthday Luncheon 12:00PM Bylesville Site Activity 1:00PM Cardio Drumming 4:00PM Bylesville Monthly Dinner	30 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Coffee with Cardinal Place 12:00PM Mahjong 12:00PM Lunch Bunch at Shogun		

April 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dine-In or Grab & Go Options Available If you have any questions about our nutrition services please call 740-439-5717. Ingredient content can be found on our website at www.GuernseySenior.org . <i>*Menu subject to change depending on item availability.</i>	1 Chicken & Dumplings Parsley Potatoes Buttered Zucchini Diced Pineapple Choice of Bread/Margarine Choice of Milk	2 Pork Roast Julienne Potatoes Glazed Baby Carrots Fresh Apple Choice of Bread/Margarine Chocolate Chip Cookie Choice of Milk	3 Stuffed Pepper Mashed Potatoes Buttered Corn Sliced Peaches Choice of Bread/Margarine Choice of Milk	4 Baked Cod Hashbrown Casserole Yellow Squash Lime-Pineapple Jell-o Salad Dinner Roll/Margarine Choice of Milk
7 BBQ Pork Riblet Potato Wedges Baked Beans Fresh Banana Peanut Butter Cookie Italian Bread/Margarine Choice of Milk	8 Cream of Broccoli Soup Ham Salad w/Bun Celery & Carrot Sticks w/Ranch Ambrosia Salad Vanilla Pudding Choice of Milk	9 Cubed Steak in Mushroom Gravy Dutch Potatoes Brussel Sprouts Diced Peas Knot Roll/Margarine Choice of Milk	10 Honey Glazed Grilled Chicken Rice Pilaf Spiced Peas Fresh Orange Cucumber & onion Salad Dinner Roll/Margarine	11 Cheese Tortellini w/ Marinara Sauce Tossed Salad w/Dressing French Style Green Beans 100% Fruit Juice Garlic Knot Choice of Milk
14 Cheeseburger W /Bun Waffle Fries California Blend Vegetables Apricots Choice of Milk	15 Herb Roasted Chicken Buttered Potatoes Creamed Peas Fresh Grapes Choice of Bread/Margarine Choice of Milk	16 Smothered Steak Mashed Potatoes Broccoli Florets Granny Smith Apple Dinner Roll/Margarine Choice of Milk	17 Ham Loaf Scalloped Potatoes Green Beans Mixed Fruit Choice of Bread/Margarine Iced Lemon Cake Choice of Milk	18 Closed due to The Good Friday Holiday <i>Frozen Meals Available upon Request</i>
21 Chipped Beef Buttered Red Potatoes Winter Blend Vegetables 100% Cranberry Juice Texas Toast Choice of Milk	22 Spaghetti & Meat Sauce Italian Green Beans Tossed Salad w/Dressing Blueberry Cobbler Breadstick/Margarine Choice of Milk	23 Crispy Chicken Leg Sweet Potato Casserole Wax Beans Mandarin Oranges Choice of Bread/Margarine Choice of Milk	24 Beef Pot Roast Buttered Whole Potatoes Capri Vegetables Applesauce Cornbread/Margarine Choice of Milk	25 Smoked Kielbasa Haluski Carrot Coins Tropical Fruit Mix Choice of Bread/Margarine Lorna Doone Cookie Choice of Milk
28 Salisbury Steak w/Gravy Au Gratin Potatoes Key Largo Vegetables 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	29 Roast Turkey Dressing Green Bean Casserole Cranberry Salad Choice of Bread/Margarine Choice of Milk	30 Meatloaf Cheesy Potatoes Spiced Peas Cucumbers & Tomato Salad Dinner Roll/Margarine 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 serves at 11:30 on Monday, Tuesday, and Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. <i>This institution is an equal opportunity provider</i>	

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Citizens Day Luncheon

Wednesday, May 14, 2025



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

Schedule of Events:

10:30AM- Balloon Launch

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:15PM- Guest Speaker

1:00PM- Door Prizes

Menu:

Beef Filet

Cheddar Mashed Potatoes

Steamed Broccoli Florets

Mixed Greens Salad w/Dressing

Mixed Berry Cup

Dinner Roll/Marg.

Lemon Raspberry Cheesecake

Iced Tea, Coffee, & Water



Guest Speaker:
Dave Dugan

Advanced Reservations are Required for this Event

For additional information, or to reserve & purchase tickets, please visit Guernsey County Senior Citizens Center or call (740) 439-6681.

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



Guernsey County Senior Citizens Center, Inc.

2025 Senior Citizens Picnic at the Park Wednesday, May 28th

11:00 AM-1:30 PM

Menu:

Chicken Leg
Smoked Sausage on Bun
Scalloped Potatoes
Vinaigrette Coleslaw
Buttered Corn
Watermelon Wedge
Assorted Pies
Lemonade, Coffee, & Water

Entertainment By:



John Voorhies

Limited Seating Available Advanced Tickets and Reservations are Required!

Tickets Cost is "By Donation"

For additional information, please call (740) 439-6681.



April Employee Birthdays

Gloria O'Connor	6th
Eddie Warden	7th
Tina Hinkley	10th
Darby Acton	12th
Kathy Smith	16th
Frank Johnson	26th
Tom Goduto	27th

Enjoy Being Social and Have Some Fun Playing Cards

Playing cards and card games have a number of features and physical/social benefits. 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 in the living room.

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 that joined in the month of February:**

Susie Williams	Betty Tyree
Robert Cole	Darrel Fawcett
William Hague	Tom Giesey
Mona Hague	Teres Keener
Kathy Jenkins	Mabel Leeper
Brenda Kirk	Barbara Jones-Styer
Mary Beth Emory	Joel Styer
Eddie Emory Jr	Robert Clagett
Fred Huff	Evelyn Hinds
Dixie Huff	Patricia Hayes
Vickie Hare	Jody Wilson



**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.

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, Shirley Kurtz & Rachel Milligan will assist you with finding clothing items you may need. Donations of freshly laundered, clean, slightly used, clothing items are appreciated. 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!

Blood Pressure & Wellness Checks On Tuesdays

Health checks are provided at the Senior Center by our registered nurse, Heather, every Tuesday from 11:00 AM -12:00 PM. She will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.



A Special "Thank You"

The Guernsey County Senior Citizens Center and the services we provide depend largely on the kindness and generosity of our supporters. We would like to take this opportunity to personally thank each and every special individual who made a generous gift, contribution, or special donation to the mission of the Senior Center during the month of February:

**Thomas & Yvonne Talbert
Amy Workman
Cambridge Family Dollar
Glen Perry
Anonymous
Tom & Rose Kopyar
Melinda Dolbow
Chordal Chorus**



Utility Assistance Available For Senior Citizens

Heating Assistance Available Application Deadline: May 31, 2025

The Ohio Department of Development 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 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).

HEAP benefits are applied to an individual's energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2025.

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

To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or 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 (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.

April 2025 Birthdays

04/01	Verla Carpenter		Jeff Jones	04/27	Anne Burns
	Jean Farrar	04/14	Marcia Beatty		Mary Owens
	Kim Alfman		Charlene Downing		Ellen Stottsberry
04/03	Anne Bell		Bev Snyder	04/28	Allison Bailey
	Pete Smith	04/15	Darla Craig		Eloise Gray
	Joetta Varanasi		Bobbie Kafury		Fawn Wayble
	Paula Larrick		Cindy Lyons	04/30	Ralph Campbell
04/04	Teresa Bistor	04/16	Kay Bennett		
	Carolyn Borntrager		Darlene Richards		
	Bob Perry		Kathleen Smith		
	Daniel Terrell		Betty Wright		
04/05	Monica Geiger	04/17	Cathy Luczak		
	Gary Kovalchik		Cynthia Oakley		
	Diana Wetzel		Teresa Cleek		
04/06	Gary Johnson	04/18	Michael Grove		
	Emily Paslay		Cindi Johnson		
	Mary Valentine		Maxine Shaw		
	Cheryl Douglas		Lori Marshall		
	Debbie Reisner	04/19	Myrle Carpenter		
04/07	Mary Ann Brown		Angela Cotton		
	Kennie Lewis		Jo E. Lucas		
	Marvin Martin		Russell Meighen		
	Charlie Weaver	04/21	Paula Craig		
04/08	Elsie Dodd		Joyce Frame		
	Celeste Jirles		Shirley I. Hanes		
	Mary Ann Murray		Eileen Sickles		
	Judy Ross		John Snelson		
	Suzanne Valentine		Jane Sulsberger		
	Robert Kennedy	04/22	Toni Kratochvil		
04/09	Judy Gant		Lois Martin		
	Cathy Lynn Pietranton	04/23	Linda Locher		
	David Wills		Martha Moore		
04/10	Eleanor Davis		David Wantz		
	Mary Lou Eagleson	04/24	Robert Garman		
	Thelma Roe	04/25	Jeanne Cantor		
	Tina Hinkley		Marydell Galloway		
04/11	Marlene Gombeda		Patricia Murray		
	Marilyn Krak	04/26	Lori Cass		
	Denise Phillips		Patricia Graven		
	Ron Scott		Linda Jennings		
	Paula Shockley		Robert Larrison		
04/12	Carolyn Allen		Candy Varajon		
	Dean Brooks		Ruth Wheeler		
	Athelinda Brown		Donna Sovka		
	Ray Maple				
	Robert Robinson				



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



Easter Word Search



- | | |
|-------------|------------|
| April | Ducks |
| Array | Dye |
| Ash | Easter |
| Awe | Eggs |
| Baking | Excitement |
| Baptism | Faith |
| Basket | Family |
| Beginning | Festive |
| Bible | Flowers |
| Blessings | Food |
| Bouquets | Friday |
| Brunch | Gospels |
| Bunny | Ham |
| Candles | Holiday |
| Candy | Holy |
| Carrot | Hop |
| Catholic | Hunt |
| Celebration | Joy |
| Chicks | Jubilant |
| Children | Lamb |
| Chocolate | Lent |
| Christian | Lilies |
| Church | Maundy |
| Coloring | Palm |
| Communion | Pastel |
| Cottontail | Peeps |
| Decorate | Risen |
| Devote | Sunday |
| Display | Tomb |



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

Serving Guernsey County Seniors



*Providing Quality Services &
Programs for over 53 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, 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. Cholesterol and blood sugar examinations, vision assessments, 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 Activities & Special Events- Social and recreational activities occur daily here at the senior center. Activities include; Quilting, Crafting, Exercise, Tai Chi, Line Dancing, Painting, Computer Classes, Euchre, Bridge, Monthly Theme Dinners, Square 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 (cheese every other month) to almost 360 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. Contact us today at (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!**