



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



Volume 53 Issue 12 Guernsey County Senior Citizens Center, Inc. December 2025

Special Events:

Castle Noel Trip
Tuesday,
December 2nd

**Gingerbread
House Class**
Tuesday,
December 9th

**Ohio Health Free
Skin Checks**
Thursday,
December 11th

**Christmas
Jeopardy**
Wednesday, Dec. 17th

**Cookie
Decorating Class**
Tuesday,
December 23rd

Breakfast with Santa
Tuesday, Dec. 23rd


Merry Christmas
Thursday, Dec. 25th

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

A Christmas Message from the Executive Director

Dearest Seniors,

Merry Christmas! I hope this month's newsletter finds each of you well and enjoying this most joyous & festive holiday season.

Christmas, as I've often shared with you many times over the years, truly is my most favorite time of the year. In what can sometimes be a very hectic, busy, and chaotic world it seems to me that people are a little nicer, a little more considerate, and are more friendly, especially during the Christmas season. Some how all of our aches and pains; troubles; worries; and stressors can seem a little less significant when we pause to think about the magnitude and importance of the Christmas Story and exactly why so many people choose to celebrate this very special holiday. For as long as I can remember Christmastime has always meant a lot to me and my family, much like many of you and your families.

In preparing this month's newsletter I went back and began read-



You're Cordially Invited to attend the

**Holiday Christmas
Dinner with
Cambridge Singers**

Thursday, December 11, 2025

Dinner, Entertainment & Door Prizes

**Advance Tickets &
Reservations Are Required**

*Please call (740) 439-6681
to get your tickets today!*

-ing some of my past Christmas editorials I had written from over the past 24 plus years I've served as Executive Director. As I looked for something inspirational, I dis-

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.

-covered an editorial I wrote back in December 2001. It was my very first editorial of the Christmas edition of our monthly *Senior Times Newsletter*. What I discovered as I re-read it was just how fitting and appropriate it was pertaining to thoughts and ideals and how I truly feel about Christmas. It was so nostalgic and fitting in fact I thought it was worth repeating....so here I go!

The joy and spirit of the holiday season is among us. Christmas carols and holiday music abound. The fragrant smell of balsam trees, candles softly flickering in the night and branches glittering with light seem to heighten our senses of Christmas' past. Stockings hanging on the mantel; loved ones meeting together around the Christmas tree, which is abundant with gifted treasures and light; with joyous memories my heart reveres. Especially at Christmas time, what I wouldn't give to hear my father's cherished voice in song or prayer, or to eat my grandmother's homemade dinner rolls and hand-rolled homemade noodle soup once more. To hear Aunt Tillie read to me "T'was the Night Before Christmas" on just one more Christmas Eve night...To see Aunt Eloise seated at her organ at church or grandpa Gress smoking his favorite pipe...To eat granny's homemade old-time hard-tack candy and creamy chocolate fudge. To see how long Pap's beard had grown... or to continue a tradition of helping my beloved mother make her famous thumbprint baked cookies and homemade nut-rolls....but most importantly, for all of us to be gathered around the dining room table for Christmas once more. To have an "old-fashioned Christmas" filled with the dearest things that I know in all the earth: home, family, and loved ones, friendship, song, and mirth.

I always try to enjoy "today" and living in the moment, but sometimes, especially during the holidays, my heart and head are pulled back to a time when, for me, it seemed like everyone was a little happier; appeared less nervous and stressed; and life was a lot less complicated and simpler.

I've obviously shared this story before, but

I'm going to share it again for a couple of reasons...one—to share a little bit about myself with you... and two—to offer you something to think about and consider, especially if the holidays are an emotionally difficult time for you or perhaps you too are looking for something motivating and inspiring to help you "cope and get through the holidays".

It was Christmas 1988. I was working for a company based out of London, England and I was working in the hotel industry as a Regional Sales Development Manager. I was sharing my time living in both Columbus and Beechwood, Ohio at the time and I decided to take some much deserved vacation time during the Christmas holiday and return home to visit my family, who lived in New Concord at the time. My grandmother, Lois Gress, whom I was very close and absolutely adored, had suffered a serious stroke and was a resident of a local nursing home. Looking back I remember I worried about her spending time alone in the nursing home during the Christmas holiday. Our entire family (grandparents, parents, siblings, aunts, uncles, cousins...the whole lot of us) had always been together at Christmas. No matter how far we strayed or lived away... each of us knew where we were expected and would be on Christmas Eve!



Anytime I travelled through the area or came home on the weekend I always spent most of my time visiting with my grandparents. I always enjoyed our time together. We'd talk about life; family memories; and share stories both new and old. Who would have guessed that even back then I had an adoration and strong affection for older adults? My Great-grandmother Rose Gress

always said to me as a child “you’re going to grow up and work with older people”...She lived well into her late 90’s and I now realize just how truly wise and intuitive she actually was.



On this particular return visit home it was Christmas Eve. My brother and his wife had travelled from where they lived in Georgia and arranged to be home in Ohio for the Christmas holidays too. I remember I had lots of errands to do and I had to also pick up a few last-minute Christmas gifts before I had to head home that evening for our family Christmas dinner and celebration. My father had a wonderful Christmas Eve dinner planned for all of us that evening and he was afraid I wouldn’t get back in time, but I promised him I would. So, off to Cambridge I flew. I remember stopping at a few shops and stores as I picked up this and that. At one store I saw a beautiful flower that I knew my grandmother Lois had always adorned her home with during the holidays and it made me think of her. Although buying flowers wasn’t in my holiday budget or plans, I bought the flowers and decided to go make a non-scheduled visit with my grandmother at the nursing home. Of course grandmother was always happy to see me, but this time in particular she seemed overly emotional. We hugged and kissed and she wrapped her arms around me and gave me a great big hug. She loved the flowers, but seemed a little sad she wasn’t going to be able to be dismissed until Christmas Day. As I looked into her eyes I saw a sadness I had never seen before.

We sat awhile. We talked and visited. Soon it was time for her to eat dinner. Knowing she had some difficulties feeding herself as a result

of her stroke, I stayed and helped her eat. I remember how I got her to laugh when I made silly noises when I feed her just like she used to do for me when I was a child. It was nice to see “that sparkle” she had always had in her eyes once more. Astonishingly I totally lost all track of time. Before I knew it I was already 20 minutes late for Christmas dinner at my dad’s and it would take a good 15 more minutes to get from Cambridge to where we lived in New Concord. Remember...we didn’t have cell phones back then. So, I called home from the nursing home and told my brother to please share the news that I was on my way. I remember him saying “Dad’s not real pleased...just hurry and get here, but be safe”. I assured him that I would. So I drove as fast as I could. Unfortunately, I got behind a little traffic jam on the Interstate-70 and regretted I hadn’t taken Route 40 West toward New Concord.

I remember when I arrived home and walked through the door I was shocked to see that the dinning room table had been cleared except for one place setting. My step-mother explained that they couldn’t wait any longer and that my father was terribly upset. They had gone ahead and eaten without me. I remember I felt awful and I tried to explain why I was late, but my excuses seemed to somehow fall short. I rarely disappointed my father, but on this occasion I felt absolutely wrought with guilt. I explained that I felt bad for grandmother who was all alone, but also realized the unfortunate thing I had done. Not to ruin our Christmas more than I already had we all moved to the Family Room to open and share our gifts. We had a wonderful evening and my father seemed to warm to the idea of why I was so late. He later told me he didn’t like what happened, but understood what I’d done and why I chose to do it. He knew coming from me; who I was; that this behavior was “totally like me”—to care more about others than what recourse my actions might have upon me. At least I hoped he understood. He did make me feel a little better, but it was a lesson I never will forget. Later the next day

on Christmas Day we picked grandmother up from the nursing home; carefully transported her to the family homestead; where we all enjoyed our annual traditional Gress family Christmas dinner with the entire Gress family. Those are cherished memories I will never ever forget.

Christmas 1988 will always be symbolic and very memorable for me...and, not necessarily for the happiest of reasons. You see, little did I know then that that particular Christmas would be my last Christmas I would ever spend with my father. Sadly, he died of an aortic aneurysm just five months later, at the young age of 46 in May 1989. We never got to spend another Christmas together. I was still a young man at the time and remember thinking I'd never have the opportunity to "make up" for that last Christmas. My dad would never live to see Christmas 1989. It's been 37 years and many Christmas' have come and gone since then. There were those difficult "first holidays" we've all experienced and have to get through. Christmas' changed for me back then, but I've never lost hope of what Christmas "truly is" and "means to me". It's a time for family; spending quality time with loved ones; but more importantly a very special birthday celebration of our Lord and Savior Jesus Christ. My father would have turned 83 years old this coming December 31st. He was a "New Year's Eve Baby" born in 1942. Even though I've spent more years without him than I did with him I still miss him terribly. I will always love & remember him fondly as I begin each "New Year". The reason I share this story—as I mentioned earlier was for two very distinct reasons. The first, as I shared, was to share a little something about me personally. The second, as I also shared, was to give you something to consider and to think about, especially during the holiday season. What I'd like for you to consider and give some thought to is... **We never know when our last Christmas with those we love might be**. So, I encourage you to "make the time"! Extend an olive branch! Make peace in your family, and spend this holiday with

family or dear friends that you love & cherish most. Reclaim your joy!

I consider myself to be very blessed in my life to have a loving family and close knit-circle of dear friends to spend time with during the holidays. Not everyone does, which is why we encourage seniors to also befriend and support one another, especially during the holidays. I am especially grateful for my own family and friends, most especially my mother. I am also very grateful for our many friends, supporters, and community partners, employees, and volunteers who are all so extremely kind, dedicated, and generous. I'd like to take this opportunity to thank everyone in advance for your generosity, kindness, and support of the mission of both the Guernsey County Senior Citizens Center and Meals on Wheels Guernsey County. Each of you are very important to us and we sincerely care about each and every one of you. No matter if you randomly "stop by and visit us" at the Guernsey County Senior Citizens Center or stay for awhile and enjoy fun-bingo, lunch, an afternoon activity, or simply enjoy a cup of hot cocoa or tea among friends, **we hope that you take part in the many activities and events we've planned throughout the holiday season that you have a very blessed and joyous Christmas**. There is no need to be alone or feel lonely this holiday season. Make the most of today! Find joy in the smallest and simplest of things. We cordially invite you to sit back, relax, unwind, and enjoy a lovely holiday season with all of us here at the Senior Center. Together, my staff and I send you our sincerest, warmest, and most heartfelt holiday wishes for a Blessed Christmas and a Healthy & Happy New Year! May you and yours have a very blessed & Merry Christmas!

Merry Christmas & Happy New Year!

Sincerely,

Shon E. Gress

Shon E. Gress

Executive Director & CEO



Kenneth Arker
 Sharon Kim
 Linda Bill
 Jessica H...
 Oliver Bruns
 Jennifer Sales
 Carlo Bass
 Gloria O'Connor
 James Lee
 Jean Sidwell
 Mary Wagner
 Mark...
 John Brummin
 Robyn Hines
 George Rogers
 Michelle Mies
 Joe Miller
 Sean
 Kish Jones
 Nancy G...
 W. David Peter
 Shari Frame
 On...



The Administration & Staff of Guernsey County Senior Citizens Center, Inc.
 & Meals on Wheels Guernsey County

Jim Bates
 Ken Carpenter
 Rhonda Foraker
 Kylee Quinn
 Donna...
 Julie Brownfield
 Bob Riardon
 Brenda Umstott
 GARY
 Jannie Bates
 Fred Orkin
 Amy M...
 Valerie Wray
 Bob Mackley
 Carl Adams
 Dan Moore
 Andy YANDORA
 Mary Mathews
 Mary Adams
 Rick Clay
 Valerie Frasher
 Corrie...
 Sherry...
 Deb Warner
 Morgan Wata
 Ted...
 Donna...

Traditional Thanksgiving Luncheon Nov. 26th

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

Wednesday, November 26, 2025
12:00 Noon



Luncheon Menu

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



Advanced Tickets Required:

Seniors -Age 60+

"Recommended Donation" \$10.00

Anyone Under Age 60

\$15.00

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

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

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



Tickets Available Starting Wednesday, October 1st



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



BE A SANTA TO A SENIOR

Are you or your business, club, team, class, group of friends, or family looking for a way to "Share the Love" this holiday season? We encourage you to become a "Santa to a Senior" and brighten the life of a needy senior citizen who might not otherwise receive a Christmas gift this holiday season.

- This Christmas we are please asking for monetary donations, which will go directly toward the purchase of a gift card (from a local business) of the senior's choice.
- All monetary donations are tax exempt. Please mail or drop off your donation to the Senior Center by no later than Friday, December 5th at 1:00PM.

If you have any questions or concerns, please call the
Guernsey County Senior Citizens Center, Inc. at (740) 439-6681.

**Please join us in providing a little Christmas joy to our local
senior citizens during this special time of year.**



SUBARU **share the love**® EVENT

**I/We would like to contribute to Guernsey County Senior Citizens Center, Inc.
"Share the Love" Be A Santa To A Senior Campaign**

Name: _____

In-Honor/Memory of, Family/Business Name: _____

Address: _____

Donation Amount: _____

Please complete and mail your 2025 tax-deductible donation to:

Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue
Cambridge, Ohio 43725



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, DECEMBER 2, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Pure Heart



Pure  Heart

SPONSORED BY:
HELEN PURCELL
SENIOR LIVING

&
BUCKEYE TIRE & SERVICE

Hosted by: Dick Pryor





TAI CHI EXERCISES

This Class is Offered:

Standing Tai Chi—

Monday's at 9:00AM

Seated Tai Chi—

Tuesday's at 9:00AM

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

Chair Yoga on Mondays & Thursdays

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

Line Dancing Class on Mondays

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



BIGGS | HEALTH & LIFE

Medicare Open Enrollment Appointments Tuesday, December 2nd

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Tuesday, December 2nd from 9:00AM-3:00PM. He will be holding individual appointments for Medicare open enrollment. Philip works with Aetna, Anthem, UnitedHealthcare, MediGold, The Health Plan, Devoted, WellCare, Humana, CareSource, Molina, and Medical Mutual companies. His service is completely free, he is only paid by the insurance carrier when you choose a provider. 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.



Castle Noel Trip

Tuesday, December 2nd

Get into the Christmas spirit and travel with the Senior Center as we visit America's largest indoor year round Christmas entertainment attraction on Tuesday, December 2nd. We will have a tour guide that will share the history and information about the holiday exhibits. We will visit the gift shop at the end of the tour. After the tour we will have lunch, which will be on your own at Lager Heads Smokehouse BBQ. The cost of the trip for members is \$50 and for non-members \$65. The trip will depart the senior center at 8:00AM and return at 4:00PM. To make your reservations please call 740-439-6681. There is a good bit of walking and some steps for this tour, as well as, limited lighting in some areas of the tour.

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. All equipment needed will be provided.



beckett house
healthcare & rehabilitation

Sponsored Bingo Day by Beckett House Wednesday, December 3rd

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, December 3rd at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Dining with Diabetes During the Holidays Wednesday, December 3rd

Caitlin from OSU Extension will be here with us on Wednesday, December 3rd at 1:30PM. If you have diabetes or have a family member who does this is a great informative session to attend. She will be discussing healthy options to be mindful of for anyone dining with diabetes this holiday season. If you would like to attend this class please call (740) 439-6681.

Satellite Site


Guernsey County Senior Citizens Center, Inc.

Christmas Party



Schedule



Old Washington Christmas Luncheon

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

Wednesday, Dec. 3rd at 11:30 am

Baked Chicken, Mashed Potatoes & Gravy, Extra Wide Noodles, Buttered Corn, Grape Salad, Dinner Roll & Butter, Assorted Pies, Punch, Water & Coffee

Byesville/Golden 60's Christmas Breakfast

Located at: 60330 Southgate Rd. Byesville, OH 43723

Thursday, December 4th 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 8th at 11:30 am

Baked Ham, Scalloped Potatoes, Green Beans, Baked Pineapple Casserole, Dinner Roll & Butter, Assorted Pies, Punch, Water & Coffee

Cumberland Christmas Luncheon

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

Tuesday, December 9th at 11:30 am

Baked Steak, Mashed Potatoes & Gravy, Kluski Noodles, Lima Beans, Waldorf Salad, Dinner Roll & Butter, Assorted Pies, Punch, Water & Coffee

Advanced Reservations Required. Please Call 740-439-6681



SUBARU **share the love**® EVENT



**Lunch Bunch Group—"Dinner Edition"
Wednesday, December 3rd**

In December, we are changing things up and having dinner at Theo's Restaurant, located at 632 Wheeling Ave. in Cambridge on Wednesday, December 3rd at 4:00PM. During dinner, if you would like to participate, we will be doing a fun white elephant gift exchange. We ask that the price of this gift not exceed \$10. Following Theo's we would love if everyone would join us for the Courthouse Christmas Lightshow. For those attending the lightshow we ask that you meet at the Senior Center at 3:45PM to ride the van to make parking easier. If you would just like to attend dinner, you are welcome to drive yourself. If you plan on attending, please call (740) 439-6681 to make your reservation. Please let us know if you will be attending the lightshow and participating in the white elephant gift exchange when making your reservation for this evening.

**Bingocize Classes
Tuesdays & 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! Bingocize is designed for healthy fun for anyone.



**Craft Class
Thursday, December 4th**

We will have Denise from Traditions Health here with us on Thursday, December 4th. She will be sponsoring an Christmas ornament craft class at 2:00PM. If would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.



**Free Hearing Screenings
Friday, December 5th**

Hearing Life will be here at Guernsey County Senior Center on Friday, December 5th 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.



Guernsey County
District Public Library

**Library Pop Up
Friday, December 5th**

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, December 5th from 9:00AM-10:00AM. They can also sign you up for a library card during this time. 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!



Due to a private event, Guernsey County Senior Citizens Center will be CLOSING at 2:00 PM on Friday, December 5th



Holiday Gift Certificates Available

Are you looking for a great gift idea for that special someone this holiday? Stop by the senior center and purchase a gift certificate for a fun day trip.

YOU ARE CORDIALLY INVITED TO ATTEND OUR
"Share the Love"
**CHRISTMAS HOLIDAY DINNER
& CAMBRIDGE SINGERS
PERFORMANCE**
**THURSDAY, DECEMBER 11, 2025
5:00PM**

Tickets:

Guests 60 & Over
"By Donation"

Recommended Donation
\$10 Each

Guests Under 60
\$15 Each

Menu:

Cranberry Glazed Ham
Au Gratin Potatoes
Green Beans
Cranberry Walnut Salad
Dinner Roll & Butter
German Chocolate Cake

Advanced Tickets are Required for this event.

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

To purchase tickets, please visit Guernsey County
Senior Citizens Center
1022 Carlisle Ave., Cambridge, OH

Tickets go on sale October 1st!

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



Cardinal Place

ASSISTED LIVING

Sponsored Bingo Day by Cardinal Place Tuesday, December 9th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, December 9th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Gingerbread Houses Class Tuesday, December 9th

Karen Googins, of Grammy's Oven, will be joining us to host a gingerbread house making class on Tuesday, December 9th at 1:00PM. The cost of this class will be \$15 per person and will include all of the supplies needed for making and decorating the gingerbread house. We ask that you please make a reservation by calling (740) 439-6681. Payment for the gingerbread houses is due by Tuesday, December 2nd.

Alzheimer's Support Group Tuesday, December 9th

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, December 9th here at the Senior Center.



Free Skin Checks Thursday, December 11th

We are excited to partner with Ohio Health Physician Group to offer free skin checks to senior citizens on Thursday, December 11th. The skin checks will be performed by Dr. Wever and will take place at her office which is located at 1230 Clark St. Suite B in Cambridge. To make your appointment for a skin check please call us at (740) 439-6681. The deadline to make an appointment is Thursday, December 4th.



Painting Class Monday, December 15th

We are excited to have Three Sister's Studio here with us on Monday, December 15th at 2:00PM to host a painting class. You will be painting a paint a Christmas ornament painting. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up, 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.



Sponsored Bingo Day by Enclave Tuesday, December 16th

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, December 16th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Cambridge Primary Choir Wednesday, December 17th

We are excited to have special guest 2nd graders here at 11:00AM on Wednesday, December 17th to perform some Christmas songs for us! We are excited to have them join us again and hope that you are able to hear them!



December Birthday Celebration Wednesday, December 17th

Please plan to join us on Wednesday, December 17th at 11:30AM as we celebrate December 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.



Commodity Pick-Up Friday, December 19th

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 **Friday, December 19th** from 10:00AM-3:00PM.



Greeting Card Class Friday, December 19th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Friday, December 19th 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!



Breakfast with Santa Tuesday, December 23rd

Santa Claus is taking time out of his busy schedule and coming to the Senior Center on Tuesday, December 23rd at 9:00AM. The menu this day will include: scrambled eggs, bacon, hashbrown, sausage gravy & biscuit, and fresh fruit. If you would like to join us and tell Santa any last minute additions to your Christmas wish list, please call (740) 439-6681.



Cookie Decorating Class Tuesday, December 23rd

We will be hosting a Cookie Decorating Class on Tuesday, December 23rd at 1:00PM. The cookies will be cut-out sugar cookies with a limit of two dozen per person. The cost will be \$5.00 per dozen and include all supplies needed for decorating. Please call (740) 439-6681 to make a reservation by Thursday, December 18th at noon and let us know how many dozen you would like.



Guernsey County Senior Citizens Center will be CLOSED on Wednesday, December 24th and Thursday, December 25th in observance of the Christmas holiday. There will also be no lunch or activities at any of our satellite site locations. Frozen meals are available upon request. If you have any questions or would like to inquire about receiving a frozen meal, please call the Senior Center at (740) 439-6681. We wish you a blessed & very Merry Christmas!

December 2025 Activities

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM- Lunch 1:00PM Line Dancing Class	8:00 AM Castle Noel Trip 9:00AM Quilters 9:00 AM Seated Tai Chi 9:00-3:00 Medicare Open Enrollment with Philip Biggs 11:00AM Blood Pressure Checks 11:00 Bingocize 11:30AM Lunch 1:00 PM Cardio Drumming Class 4:00 PM Lunch Bunch Group 6:00 PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Sponsored Bingo 11:30 AM Old Washington Christmas Luncheon 12:00PM- Mahjong 1:30 PM Dining with Diabetes during the Holidays	10:00 AM Bingo 10:00 AM Bysville/Golden 60's Christmas Breakfast 11:00 AM Bingocize 11:30 Lunch 12:30 Open Cards 1:00 PM Chair Yoga 2:00 PM Craft Class	8:00-10:00 AM Hearing Life Screenings 9:00AM Library Pop-Up 9:00AM Geri Fit Exercise 10:00AM Bingo 11:30AM Lunch 12:30PM Euchre 1:00PM Geri-Fit Exercise 2:00 CENTER CLOSED DUE TO PRIVATE EVENT
8 8:30 AM- Crafting Group 9:00 Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM Pleasant City Christmas Luncheon 11:30AM- Lunch 1:00PM Line Dancing Class	9 9:00AM Quilters 9:00 Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Blood Pressure Checks 11:00AM Bingocize 11:30AM Lunch 11:30 AM Cumberland Christmas Luncheon 1:00 PM Gingerbread House Class 1:30PM Alzheimer's Support Group	10 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	11 10:00AM Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 5:00 Christmas Holiday Dinner & Cambridge Singers Performance	12 99:00AM Geri Fit Exercise 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
15 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Line Dancing Class 2:00 Painting Class	16 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming Class	17 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Cambridge Primary Choir 11:30 AM December Birthday Celebration 12:00PM- Mahjong 1:00 PM Christmas Jeopardy	18 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards	19 9:00AM Geri Fit Exercise 10:00AM -Bingo 10:00 AM - 3:00PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:30 PM Greeting Card Class
22 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM- Lunch 1:00 Line Dancing Class	23 9:00AM Quilters 9:00AM Breakfast with Santa 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 1:00 Cardio Drumming Class 1:00 PM Cookie Decorating Class	24 CLOSED 	25 CLOSED 	26 99:00AM Geri Fit Exercise 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
29 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00 Bingo 11:00 Clothes closet 11:00 Chair Yoga 11:30 Lunch 1:00 Line Dancing Class	30 9:00 AM Quilters 9:00 AM Seated Tai Chi 10:00 AM Bingo 11:00 AM Bingocize 11:00 AM Blood Pressure Checks 1:00 PM Cardio Drumming	31 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 11:30 AM New Years Eve Luncheon 12:00PM- Mahjong		

December 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Diced Potatoes Peas & Carrots Diced Peas Choice of Bread/Margarine Choice of Milk	2 Baked Lasagna Capri Blend Vegetables Spiced Peaches Tossed Salad w/Dressing Garlic Bread Choice of Milk	3 Baked Chicken Mashed Potatoes w/ Chicken Gravy Buttered Corn Grape Salad Dinner Roll/Margarine	4 Pork Fritter Golden Yellow Potatoes Roasted Root Vegetables Applesauce Choice of Bread/Margarine Choice of Milk	5 Lemon Pepper Fish Parsley Potatoes Winter Blend Vegetables 100% Fruit Juice Dinner Roll/Margarine Choice of Milk
8 Baked Ham Scalloped Potatoes Green Beans Pineapple Tidbits Dinner Roll/Margarine	9 Baked Steak Mashed Potatoes w/Beef Gravy Lima Beans 100 % Apple Juice	10 Ritz Chicken Noodle Casserole California Blend Vegetables Cherry Crisp Choice of Bread/Margarine	11 Sloppy Joe w/Bun Potato Wedges Brussel Sprouts Fresh Orange Vanilla Pudding	12 Baked Roast Beef Buttered White Potatoes Buttered Peas Apricots Choice of Bread/Margarine
15 Chili w/ Crackers Carrot Raisin Salad Clementine Cornbread Choice of Milk	16 Monterey Chicken Roasted Red Skin Potatoes Broccoli Florets 100% Fruit Juice Choice of Bread/Margarine	17 Baked Herbed Pork Chop Sweet Potatoes Creamed Peas Fresh Pear Choice of Bread/Margarine	18 Meatloaf Au Gratin Potatoes Capri Blend Vegetables Fresh Apple Knot Roll/Margarine	19 Baked Penne Pasta Broccoli Florets Spiced Applesauce Tossed Salad w/Dressing Breadstick/Margarine
22 Honey Mustard Chicken Rice Pilaf Italian Blend Vegetables Diced Peaches Blueberry Muffin Choice of Milk	23 Country Fried Steak w/ Gravy Loaded Mashed Potatoes French Style Green Beans 100% Cranberry Juice Dinner Roll/Margarine Apple Pie	24 Closed Frozen Meals Available upon Request	25 Closed Frozen Meals Available upon Request	26 Cabbage Roll Whole Potatoes Cauliflower w/Cheese Tropical Fruit Cup Biscuit/Margarine Choice of Milk
29 Cheeseburger w/Bun Tater Tots Broccoli Florets Mixed Fruit Brownie Choice of Milk	30 Chef Salad w/Ham, Turkey & Egg w/ Dressing Three Bean Salad Mandarin Oranges Lorna Doone Cookie Breadstick/Margarine Choice of Milk	31 Smoked Sausage w/ Sauerkraut Cheesy Hashbrown Casserole Mixed Vegetables Choice of Bread/ Margarine 100% Juice	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 Bysville 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 & Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org . <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.	

A Friendly Reminder



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



New Year's Eve Luncheon Wednesday, December 31st

Please plan to join us as we ring in the New Year on Wednesday, December 31st as we count down to noon! We will be serving lunch at 11:30AM. The menu will include: smoked sausage with sauerkraut, cheesy hashbrown casserole, mixed vegetables, choice of bread/margarine, 100% juice, and New Year's Cake for dessert. If you plan to join us we ask that you please make a reservation by calling (740) 439-6681.

Holiday Parade

Local Holiday Parade Schedule

Guernsey County Senior Citizens Center, Inc will be participating in the following parades and hope to see you there!

Saturday, November 29th-

Cambridge Christmas Parade on
Wheeling Ave. at 5:00PM

Monday, December 1st-

New Concord Christmas Parade at 6:30PM

Saturday, December 6th-

Byesville Christmas Parade at 5:00PM



The Holidays
can be filled with
many challenges.

For your wellbeing,
focus on what gives you peace,
brings joy and enriches your life.

It is equally important to take steps to
incorporate activities of self care
for your physical and emotional health.

Positively remember, continue
or create new holiday traditions.

EXPRESS YOURSELF

Feelings can intensify during the holiday.
Talk about your feelings. You are not alone.

STAY CONNECTED

Find activities you can participate in with
family, friends, church or our senior center.

EAT HEALTHY

Portion management and good food choices
help maintain your energy levels. It is ok to
eat what you love in moderation. Find balance.

REMAIN HYDRATED

Drinking enough water is essential for
alertness, balance, digestion and brain health.

KEEP MOVING

Structured exercise or simply walking; being
active strengthens bones and muscles,
increases balance and improves mental health.

BE SAFE

Wear proper footwear to avoid slips & falls.
Wash your hands. Stay home if you are sick.
Be mindful of medications. Get vaccinated.

Happy Holidays



“Share the Love” this Holiday Season

Dear Friends & Supporters,

Christmas is a time of joyful celebration, yet also a time for sharing and giving. As Christmas approaches it's time to reflect with gratitude on the blessings and bounty that you've received. While making your holiday plans and reflecting on all you have to be thankful for it's also a good time to think about area senior citizens who are less fortunate, and consider whether you can be of assistance to older adults who are in need.

When shopping for Christmas gifts this season please keep Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County in mind. We are committed to providing quality programs and services that benefit senior citizens-not just during the holiday but throughout the year. We have more people seeking assistance with Meals on Wheels, Congregate Meals, Homemaking, Transportation, and a variety of other senior based services and programs than ever before, but our resources are limited which is why we are kindly asking you to please “Share the Love” this holiday season.

To make a tax-deductible donation to support the mission of Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County as Christmas approaches simply complete and return the form below along with your donation. No donation is too small; any amount will be greatly appreciated. All funds received will go directly to support senior based services and programs provided to older adults living in Guernsey County.

Thank you for “Sharing the Love” this holiday season. Merry Christmas and best wishes to you and your loved ones at Christmastime and throughout the New Year.



Guernsey County Senior Citizens Center, Inc.

Warmest Holiday Thanks & Best Wishes

Shon E. Gress

Shon E. Gress, Executive Director



Meals on Wheels Guernsey County

I/We would like to contribute to Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County Holiday “Share the Love” Donation Campaign

Name: _____

In-Honor/Memory of, Family/Business Name: _____

Address: _____

Donation Amount: _____

Please complete and mail your 2025/2026 tax-deductible donation to:

Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue
Cambridge, Ohio 43725



December Employee Birthdays

Joe Fogle	4th
Carla Giesey	5th
Brenda Stitt	7th
Robyn Hines	9th
Lisa Luci	9th
Jennifer Bales	10th
Joe Miller	14th
Amy Mellott	15th
Janie Downerd	16th
Jodi Brownfield	23rd
Chaz Fields	24th
Garry Yerian	26th
Darla Galbreath	29th
Gabriela Montoya	31st



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 October:**

Tom Gottfried	Dawn Booe
Georgia Gottfried	Anita Rausch
Danielle Locker	Doris Grady
Patricia Bischard	Cheryl Onega
Shelia Ellenberger	Deborah Wyers
Dorothy Moore	Kathy Adams
April Carpenter	Jackie McVicker
Debra Biggs	Linda Davenport
Ed Hlad	Jack Ridgeway
Mary Ann Angler	Kristina Tipton
Theresa Noll	



**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.

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

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 October:

**Rick Degenhart
Richard & Ramona Springer
Dana & Rhonda Carley
Cal & Vi Cross**



Utility Assistance Available For Senior Citizens

Heating Assistance Available Application Deadline: May 31, 2026

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, 2026.

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.

Utility Assistance Available For Senior Citizens

Energy Assistance Available to Reconnect/ Avoid Disconnection of Utilities

Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 18th through April 15th to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

The order allows any electric or natural gas customer of an investor-owned utility to avoid disconnection or to reconnect their service for \$175, even if the customer owes more and cannot afford to pay the entire balance.

It is always recommended to speak with a representative of the utility company or your local community action agency before using the WRO.

Contact your local community action agency, located at 185 S 2nd St, Byesville, by calling (740) 685-2422 or (740) 685-2423 for additional information. If you would like someone to assist you in talking to your utility company, you can call the Public Utilities Commission (PUCO) by calling 1-800-686-7826.

Dollar Energy Fund & Neighbor To Neighbor Program Assistance

Dollar Energy Fund and AEP Ohio have teamed up to create a program that will assist low-income AEP Ohio customers who have difficulty paying their electric bill. The program will provide eligible customers with a utility assistance grant applied directly to the AEP Ohio bill. This grant will help low-income customers maintain or restore their basic electric service.

Eligible Households

1. Must be a customer of AEP
2. Be at or below 250% of the Poverty Income Guidelines (FPIGs), a family of four earning up to \$65,500 per year is eligible.
3. Have made a sincere effort of payment on their AEP bill. A sincere effort is a minimum of \$75 in the last 90 days. Exceptions for senior citizens will apply.
4. Have a minimum balance of \$100 on their AEP bill.

For a Neighbor-to-Neighbor Program referral, contact: Area Agency on Aging, Region 9 at (740) 439-2294 or 1-800-945-4250.



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

Healthy Meals & Nutrition

Guernsey County Meals on Wheels offers nutrition services to area seniors. We provide home delivered meals and on site lunches. If you are a senior age 60 or older, the suggested donation is \$5.00, for anyone under 60, the cost is \$7.50. For additional information, please contact (740) 439-5717.

Continental Breakfast Offered Every Morning

A continental breakfast of items such as cereal, toast etc., is offered each morning at Guernsey County Senior Citizens Center from 8:00 AM - 9:30 AM for senior citizens age 60 and older. The recommended breakfast donation is \$2.50. Reservations are not required. If you would like additional information about this or any of the Senior Center's nutrition programs, please call (740) 439-5717.

Home Delivered Meals Available throughout Guernsey County

Hot, home-style, nutritious, well-balanced home delivered meals are available to eligible individuals age 60 and older, living in Guernsey County, with nutritional need. Meals are delivered Monday - Friday and are provided by Meals on Wheels Guernsey County. Homemade, pre-prepared frozen meals are available for weekends and holidays upon request. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months. Special meals (diabetic, low-salt, puree, diverticulitis, liquid, etc...) are also available. If you are interested in receiving home delivered meals, please contact Meals on Wheels Guernsey County at (740) 439-5717.

Ensure® & Glucerna® Supplemental Beverages Available

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$25, Ensure plus is \$28, and Glucerna is \$38. To place an order, please stop and visit with Donna at the front desk, or please call (740) 439-6681.

Disabled Veterans of Any Age are Eligible to Receive Home Delivered Meals

Disabled veterans of any age are eligible to receive nutritious home delivered meals provided by the Guernsey County Meals on Wheels program. To receive this service, you must be a disabled veteran (no matter what age) living in Guernsey County. If you are interested in this service or have any additional questions, please contact (740) 439-5717. **Thank you to all of our veterans for your service.**

Friendly Reminder Regarding Assessments

A requirement of Ohio Department of Aging is for providers, such as Guernsey County Senior Citizens Center, to conduct routine assessments and updates on every senior citizen, age 60 years and older, whom we serve. We will conduct client/participant assessments at different times throughout the year. We kindly ask for your assistance and cooperation as we complete these assessments. If you have any questions regarding the assessment process, please contact or call any member of the Senior Center staff at (740) 439-6681.

Nutritious Home Delivered Meals available to help clients recover

Sustaining good nutrition and a healthy diet are beneficial to your recovery and wellbeing. The Meals as you Mend program is designed to provide recent patients of Southeastern Med who are residents of Guernsey County and at least 60 years of age with 30 nutritious, hot, home delivered meals at no cost once they are discharged and plan to return home. If you would like additional information on the Meals as you Mend program, please ask a nurse or social worker at Southeastern Med or please call Meals on Wheels Guernsey County at (740) 439-5717.

December 2025 Birthdays

12/01 Julie Boutwell	Linda Nicholson	Dale Marlatt
Richard Dawkins	Virginia Wentzel	12/28 Doris Fordyce
Tom Parnell	12/15 Nick Bozigar	Donald Kennedy
Paul Peach	Betty Cline	Edward Lyons
Craig Triplett	Rose Gibson	12/29 Debra Biggs
Janet Wells	Fred Stillions	Harold Dorland
12/02 Melba Long	12/16 Arlene Doherty	Larry Mika
12/03 Sandra Rohrbough	Janie Downerd	John Rush
12/04 Alberta Bates	Donald Johnson	Gary Weekley
Tamara Goodfield	Rickey King	Sharon Williams
12/05 Laura Bates	12/17 Sue Caldwell	12/30 Shirley Cunningham
James Hockenberry	Cheryl Miller	12/31 Pat Bennett
Sue Pavlik	Debbie Stillions	Ron Boutwell
12/06 Benita Brokaw	12/18 Vicki Chester	Dorothy Brown
Julie Mitchell	Larry Hughes	
Joyce Perry	Melanie Snapp	
12/07 Betty Hinson	12/19 Jenna Bozigar	
Robert Lee	Jean Henry	
12/08 Linda Bates	12/20 Karl Olnhausen	
William Hague	12/21 Mike Carpenter	
Garland Harper	Connie Coulter	
Carmel Shaw	Ursel Leep	
Mary Stillion	Nancy Tom	
Gladys Zimmerman	12/22 Larry West	
12/09 Tim Calvert	12/23 Judith Fahner	
12/10 Larry Buckey	Carolyn Fitzgerald	
Chawn Stiers	Stephen Hinson	
John Voorhies	Joan Lauttamus	
12/11 Dawn Canel	Deborah Leister	
Betty Duche'	David Moore	
Arlene Grimsley	David Pontius	
Sarah Kastelic	Susan Sleeper	
Tom Kopyar	12/24 Linda Carpenter	
Rick Lilienthal	Betty Cullison	
Martha Smith	Earlene Dennison	
12/12 Rich Bennett	Ruby Jackson	
Carolyn Haughn	Frank Krak	
Lola May	Holly Wells	
Rachel Milligan	Merle Wittmer	
Sherry VanDyne	12/25 Thomas Gray	
Cindy Voorhies	Debra Hamilton	
12/13 Deborah Arnold	Linda Marohnic	
Doris Hughes	12/26 Gary Edwards	
Charles Kafury	Martha Milich	
Jim Stillion	Ben Noble	
12/14 Barbara Haver	12/27 Donna Gaither	



Happy Birthday!

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



Christmas Word Search



ANGEL	LOVE
BELLS	MANGER
BIRTH	MERRY
CANDY	MISTLETOE
CARD	NATIVITY
CAROLS	NICE
CELEBRATE	NOEL
CHARITY	OCCASION
CHESTNUTS	ORNAMENTS
CHRISTMAS	PACKAGE
COAL	PARADE
COOKIE	POINSETTEA
DECORATE	PRESENTS
DISPLAY	SALES
EGGNOG	SANTA
ELF	SCARF
EVE	SCROOGE
FAMILY	SEASON
FEAST	SLEIGH
FESTIVAL	SNOW
FIREPLACE	SPIRIT
FRUITCAKE	STAR
GARLAND	SWEATER
GIFT	TIDINGS
HAPPY	TINSEL
HOLIDAY	TOY
HOLLY	TREE
HOPE	UNWRAP
HUG	WINTER
JOLLY	WISE
JOYFUL	WISH
KINGS	WONDER
LIGHTS	WRAP
LIST	WREATH

AXCEVCSHWSGYS PDXAGCURXJOEU
EUHEEKHOAOWRACDIQOQOMYFKOKL
TJR DVRHEWNTRLATGNUUEIKOOC AZ
TJIEEETGSSSTCPRNGDPGIFT OOFCD
EPSMCHARITYASF GOJREL FNICETO
SLTEBATWOENWIERCELA VITSEFIG
NGMEDI LRIFLUDERCPLJCLMVDSUG
IJAGRANPASVSTIVANOSAESFCGRN
ORSIBARNEKHNGSASCYLBVGRZSFF
PPPW MYHAHRIWTUF IHLISNOZVKRA
DSKEEXWK PWIORMHOTLHTOSKATVF
BHNEGAKCAPYFLUQNFOWGQLWUIWF
ATXYMZTFACUEIODECJELQOYZDOP
SNZCGZLEBZJWSVANTNQOPRLHINL
BEGHOUF CRURVTSKFRYYDNACFNDA
CQTEKINGS AQKT BOLFLRJTC SAGER
LMKALDTHPDLVREGNAMBIECSMSRG
HIRARKMQWLVNHLSTARNTLT YIRGT
OAGEPOHDOWISELEBL SAUNTPLEWB
LVPHEYCVKDHCJSOOERFEIADYHTV
IBLPTOEELYXPZBT LBYSVRNOOVDI
DOGVYSKBDTRAQCEE OEISAELHBBC
AUPANIIPHUSRPSLJRTZLZLUSDOY
YNNVPRCNVKKWEETPAZR IYMKEAQJ
QMFHTAERWKNNCMSNMAARPMVLNU I
GTIHNIPZSPSUJP I BGFGVFFDECGL
XICJWYOTDTEPBBMOMSALES LJKSB



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!**