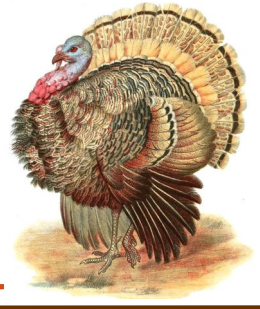


"Celebrating 53 Years of Serving Guernsey County"
Senior Times Newsletter



Volume 53 Issue 11

Guernsey County Senior Citizens Center, Inc. November 2025

Special Events:

**VOTE
ELECTION DAY
Tue., November 4th**

**Caregiver
Appreciation
Luncheon
Thursday,
Nov. 6th**

**Veteran's Day
BREAKFAST
Tuesday,
Nov. 11th
8:30-9:30 am**

**Tanger Outlet
Shopping
Trip
Tuesday, Nov. 18th**

**TRADITIONAL
THANKSGIVING
LUNCHEON
Wed., Nov. 26th
Advance tickets
are required**

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

A Holiday Message from the Executive Director

Dear Seniors,

Here we are eleven months into the year and the holidays will soon be upon us. It's hard to believe in just a couple of months we will be welcoming another new year.

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care. Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care. That's an economic value totaling more than \$470 billion annually. That's why every November we celebrate National Family Caregivers Month. While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers



You're Cordially Invited to attend the
**Annual Community
Appreciation Dinner**
Thursday, November 20, 2025

*Dinner, Entertainment by
John Glenn String Sounds,
& Door Prizes*

5:00 PM-7:00 PM

**Advance Reservations
Required**

*Please call (740) 439-6681
today!*

nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers. National Caregivers

*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.*

Month is observed every November to honor and support the vital contributions of family caregivers across the United States. National Family Caregivers Month is a month-long observance dedicated to recognizing the selfless individuals who provide essential care and support to their loved ones who are ill, disabled, or elderly. This observance will take place from November 1st to November 30th. The month aims to raise awareness about the challenges faced by family caregivers, celebrate their dedication, and provide resources and support to help them in their caregiving roles.

In the United States, over 53 million family caregivers provide unpaid care, which is valued at more than \$470 billion annually. These caregivers often juggle multiple responsibilities, including administering medication, managing finances, and providing emotional support, all while balancing their own personal and professional lives. For Caregivers who require additional help and assistance or for individuals without Caregiver Support and/or little to no support system at all, Guernsey County Senior Citizens Center is here to help. Essential local community based services, which help to promote independence and in-home care include, but are not limited to, homemaking, home delivered meals, transportation to and/from medical appointments; grocery store, pharmacy, telephone reassurance, and so much more.

There are several ways to show support for family caregivers during this month:

Express Gratitude: Thank caregivers you know for their dedication and selflessness.

Offer Assistance: Help with tasks such as grocery shopping, cooking, or providing respite care (some caregivers just need a break).

Join Support Groups: Connect with local or online caregiver support groups to share experiences and gain insights.

Advocate for Caregiver Rights: Support policies that benefit family caregivers, such as paid family leave and caregiver tax credits.

Donate to Caregiver Organizations: Consider making a donation to organizations that provide resources and support to family caregivers.

National Family Caregivers Month was established to recognize the significant contributions of family caregivers and to raise awareness about the challenges they face. It was officially proclaimed in 1997 by President Bill Clinton as a time to honor and support caregivers across the country. Since then, National Family Caregivers Month has grown into a nationwide initiative that promotes caregiver well-being, offers valuable resources, and advocates for caregiver-friendly policies.



How can you show appreciation to a family caregiver?

To observe National Family Caregivers Month 2025, here are five things you can do to encourage and support a family caregiver in your life. However you choose to show appreciation to a family caregiver during family caregiver awareness month, make a special effort to make life a bit easier for the family caregivers you know.

Provide respite care.

If it's once a week or just once — period — caregivers can benefit greatly from a break from their work. Spend a morning with their loved one while they run errands or take some time for themselves. The gift of your time is priceless.

Check in regularly.

Let them talk about their experiences without offering advice or casting an opinion. Let them know that you see the work they are doing and the value it brings to the family and community. Remember, you don't have to fix their problems. Just being able to talk openly and without judgment is often the support they need.

Be specific with your offers.

Avoid saying "let me know if you need anything." Instead, make a specific offer of help. When caregivers are overwhelmed, it can be difficult to ask for help, so the more specific you can be, the better.

Help with chores.

Bring a meal, clean the house, help with laundry, do yard work, or tackle any other life tasks that are hard for caregivers to get to. This helps ease their burden and makes them feel supported.

Keep inviting them.

Even if you know they can't attend an outing or gathering, continued invitations will make a caregiver feel less isolated and let them know that you are thinking of them and value their

presence. And you never know when they might be able to make it happen!

Offer encouragement.

A thoughtful card or text message, or even a small gift, can show that you recognize the gift of their service. Be positive about how you appreciate their efforts and see what a great job they're doing.

This month serves as a reminder of the significant contributions of family caregivers and the importance of providing them with the support they need to continue their vital work. Family caregivers provide an enormous value to society. Their services often make it possible for their loved ones to remain at home. It usually fills a gap that would be astronomically expensive otherwise. Caregiving can be tedious, repetitive, physically challenging and emotionally straining. For many caregivers, they sacrifice their own well-being to take care of their loved one. As we enter the holidays many people will be visiting their relatives, family, and friends and they might notice a change in their loved one or their circumstances since their last visit, or some senior citizens might be struggling to determine if they are at a juncture in their life that they need a little help and assistance. We encourage seniors to be self-aware of their own situation and **DO NOT BE AFRAID TO ASK FOR HELP.** Acknowledge the important role that caregivers serve in each of our lives and by working together with Guernsey County Senior Citizens Center, our services and programs can enhance both the caregiver and care recipient's healthy-care experience.

I hope you or a caregiver you know will join us in celebrating Family Caregiver Awareness Month by attending our Annual Caregiver Luncheon on Thursday, November 6th.

Best wishes for abundant good health & happiness. Have a Happy Thanksgiving & God Bless!

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC
Executive Director/CEO





Sunday, November 2nd

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



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.

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.



OSHIIP Appointments Tuesday, November 4th

The Ohio Senior Health Insurance Information Program will have counselors here at Guernsey County Senior Center on Tuesday, November 4th from 9:00AM to 3:00PM. If you have questions about Medicare open enrollment, plans that would best suit you, or what options are available the OSHIIP counselors will help assist you. If you would like to schedule an appointment please call (740) 439-6681.

IMPORTANT REMINDER

Due to the Guernsey County Senior Citizens Center being a voting precinct, there will be NO regular activities held on Election Day, Tuesday, November 4th. If you have any questions or concerns, please contact the Senior Center at (740) 439-6681.

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.



Sponsored Bingo Day by Beckett House Wednesday, November 5th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, November 5th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



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

Caregiver Appreciation Luncheon

**Thursday, November 6, 2025
11:00AM-1:00PM**

Unpaid family caregivers residing in Guernsey County are invited to join us for a complimentary luncheon in recognition of the dedication and hard work necessary to be a caregiver. Caregiving may not be a job related or volunteer position. Local organizations & facilities will also be set up during this event for a vendor fair, along with door prizes!



Menu:

Smothered Pork Chop w/Apples & Gravy
Baked Potato w/ Butter & Sour Cream
Maple Glazed Carrots
Tossed Salad
Grape Salad
Dinner Roll w/Butter
Dutch Apple Pie

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

ADVANCED RESERVATIONS ARE REQUIRED

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



Geri-Fit Exercise Classes

Geri Fit is an ongoing strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their fitness level, can participate.

These classes are offered:

Wednesday's at 9:00 AM

Friday's at 9:00AM & 1:00PM

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

Dining with Diabetes During the Holidays Wednesday, November 5th

Caitlin from OSU Extension will be here with us on Wednesday, November 5th 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.

Program Change: Thursday, November 6th

There will be no regular activities, including bingo and dine in lunch, on Thursday, November 6th here at the Guernsey County Senior Center due to the Caregiver Luncheon event. There will be Grab & Go lunches available here at the Senior Center from 11:30AM-1:00PM. Dine in and Grab & Go meals will also be available at our Byesville and Pleasant City Satellite Sites. If you would like to make a reservation to join us at either of these locations on this day please call (740) 439-6681.



Pumpkin Craft Class Thursday, November 6th

We will have Denise from Traditions Health here with us on Thursday, November 6th. She will be sponsoring a sock pumpkin 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.

Library Pop Up —Friday, November 7th

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, November 7th from 9:00AM -10:00AM. They can sign you up for a library card during this time and help you install apps giving you free access a wide variety of library services.



Belmont Victorian Mansion Christmas Tour Trip Friday, November 7th

We would love to have you join us on Friday, November 7th as we travel to Belmont County. We will start off the day with a guided tour of the Belmont Victorian Mansion in Barnesville which will be decorated for Christmas. This museum consists of 26 rooms that will be beautifully decorated for the Christmas holiday. 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. Payment for this trip is due by Wednesday, November 5th. To reserve your seat please call (740) 439-6681.



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

Guernsey County Senior Citizens Center will be honoring our Veterans with a special breakfast buffet from 8:30AM-9:30AM on Tuesday, November 11th. The breakfast menu will include: breakfast casserole, hashbrown, sausage gravy & biscuits, assorted Danish, fresh fruit, juice, water & coffee. To make your reservation please call (740) 439-6681.

Alzheimer's Support Group **Tuesday, November 11th**

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, November 11th** here at the Senior Center.



BIGGS | HEALTH & LIFE

Medicare Open Enrollment Appointments **Friday, November 14th**

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Friday, November 14th 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 to you now and in the future, he is only paid by the insurance carrier when you choose a provider. If you would like to schedule an appointment please call (740) 439-6681. Please bring your medication list including dosage and a list of your doctors to the appointment.

Lunch Bunch Group **Monday, November 17th**

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 meets once a month to eat out at a local restaurant. In November we will be meeting at Francis Family Restaurant, located at 1038 E Wheeling Ave. in Cambridge on Monday, November 17th at 11:30AM. If you plan on attending, please call (740) 439-6681 to make your reservation. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



Painting Class **Monday, November 17th**

We are excited to have Three Sister's Studio here with us on Monday, November 17th at 2:00PM to host a painting class. You will be painting a paint and plaster pumpkin. 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, November 18th**

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, November 18th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Tanger Outlet Shopping Trip **Tuesday, November 18th**

If you'd like to get a jump start on your holiday shopping, we'd love to have you join us as we travel to the Tanger Outlets in Sunbury, OH on Tuesday, November 18th. Tanger Outlets has a wide variety of stores such as : Skechers, Clarks, Bath & Body Works, The Buckeye Corner, Yankee Candle, and more . Lunch on this day will be on your own at one of the various restaurants available at their food court. This trip will depart at 8:15AM and return at 4:00PM. The cost of this trip will be \$25.00 for members and \$40.00 for non-members. Payment for this trip is due by Thursday, November 13th. To reserve your seat we ask that you please call (740) 439-6681.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, NOVEMBER 18, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

John & Debi Levier



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





2025
Community Appreciation Dinner
THURSDAY, NOVEMBER 20, 2025
BEGINNING AT 5:00PM

Menu:

**Special
Entertainment by:**
John Glenn
String Sounds

Beef Tenderloin
Loaded Mashed Potatoes
Broccoli Cheese Casserole
Waldorf Salad
Pumpkin Cheesecake
Iced Tea, Water, & Coffee

Advanced Reservations are Required

There will be no Grab & Go meals available on this day
If you would like to attend this event or have
additional questions, please call (740) 439-6681



Free Shoulder Massages Wednesday, November 19th

Southeastern Home Care will be here at Guernsey County Senior Center on Wednesday, November 19th from 11:00AM until 1:00PM offering free shoulder massages. If you would like to make an appointment please call (740) 439-6681.



Commodity Pick-Up Friday, November 21st

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, November 21st** from 10:00AM-3:00PM.



Greeting Card Class Friday, November 21st

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Friday, November 21st 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!



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



November Birthday Celebration Tuesday, November 25th

Please plan to join us on Tuesday, November 25th at 11:30AM as we celebrate November 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.



Danishes & Coffee Wednesday, November 26th

We invite you to join us for Danishes and coffee on Wednesday, November 26th at 9:30AM. There will be no bingo on this day due to the dining room being set up for our Thanksgiving Luncheon. If you would like to join us for a light breakfast and socialize with friends please call (740) 439-6681 to sign up.



Guernsey County Senior Citizens Center will be **CLOSED** on Thursday, November 27th and Friday, November 28th in Observance of the Thanksgiving holiday. Frozen meals are available upon request. If you have questions or concerns about services you may receive, or would like to request frozen meals, please contact the Senior Center at (740) 439-6681.

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**

Satellite Site Activities

We will be visiting all of our Satellite Sites throughout the month of November doing a fun activity. We will be at your site:

Pleasant City:

Monday, Nov. 3rd at 12:00PM

Cumberland:

Tuesday, Nov. 4th at 12:00PM

Old Washington:

Wed., November 5th at 12:00PM

Byesville:

Tuesday, Nov. 25th at 12:00PM

Londonderry:

Temporarily Closed



A Christmas Carol Musical Trip Friday, December 12th

Travel with us to the Ohio Star Theater in Sugarcreek to watch A Christmas Carol musical. This brand new musical retelling of Charles Dickens's holiday classic follows the miserly Ebenezer Scrooge as he is visited by the three spirits on Christmas Eve. On this day we will start by making a few stops at some favorite Amish Country stores before having a lunch buffet, which is included in the cost of the trip, at Dutch Valley Restaurant. After lunch we will go over to the Ohio Star Theater to enjoy the musical. This trip will depart at 8:15AM and return at 4:00PM. The cost of this trip will be \$80.00 for members and \$95.00 for non-members. Payment for this trip is due by Friday, November 14th. Due to prepayment for the tickets being required, there will be no credit given in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.



"Wellness is a regular practice of activities, choices and lifestyles that lead someone to a state of complete wellbeing"

That definition sounds so clinical and like an overwhelming change or full-time effort. It can be very intimidating and often leads to the question, "How do I even start?" Your first thought may be, "I don't have time for that." or "I can't afford that stuff."

HAVE NO FEAR

CHARGE AHEAD

Wellness doesn't have to be an overhaul of your current life.

Simple Actions & Small Choices

Can Make a **BIG** Difference

**WE ARE HERE TO HELP
YOU GET STARTED**

Let us show you how simple activities like our exercise and wellness classes can really impact your overall health.

Feel Better. Look Better. Do Better

IT REALLY IS THAT EASY

Cost for these classes is "By Donation"

All Equipment is Provided

No Commitments. No Pressure.

Why Not Try A Class Today?

Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725 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** TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Located at: 400 Main St. Pleasant City, OH 43772. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Located at: 118 Old National Rd. Old Washington, OH 43768. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Located at: 60330 Southgate Rd. Byesville, OH 43723. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

If you are unable to attend a site or drive to pick up a Grab & Go meal, please call us before 9:30AM and we will place you on a Home Delivered Meal route for the days that you request. If you have any questions or concerns, please call 740-439-5717.



1022 Carlisle Avenue, Cambridge, Ohio 43725 • Tel: (740) 439-6681 • Fax: (740) 439-7478 • Toll-Free 1-866-534-2349
www.GuernseySenior.org

November 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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 12:00PM Pleasant City Site Activity 1:00PM Line Dancing Class	9:00AM-3:00PM OSHIP Counseling Appointments 9:00AM Quilters 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Cumberland Site Activity Election Day *No Bingo, Seated Tai Chi, Bingocize or Cardio Drumming on this day	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM Old Washington Site Activity 12:00PM- Mahjong 1:30PM Dining with Diabetes During the Holidays	Caregiver Appreciation Luncheon 11:00AM-1:00PM There will be no regular activities on this day, Grab & Go Lunches will be available from 11:30AM-1:00PM 2:00PM Craft Class	8:45AM Belmont Mansion Christmas Tour Trip 9:00AM Geri Fit Exercise 9:00AM Library Pop-Up 10:00AM Bingo 11:30AM Lunch 12:30PM Euchre 1:00PM Geri-Fit Exercise
10	11	12	13	14
8:30 AM- Crafting Group 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM- Lunch 1:00PM Line Dancing Class	8:30AM Veterans Day Breakfast Buffet 9:00AM Quilters 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00AM Bingocize 11:30AM Lunch 1:00 Cardio Drumming Class 1:30PM Alzheimer's Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	9:00AM-3:00PM- Counseling Appointments with Biggs Ins. 9:00AM Geri Fit Exercise 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
17	18	19	20	21
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 11:30AM Lunch Bunch Group at Francis Family Restaurant 1:00PM Line Dancing Class 2:00PM Painting Class	8:15AM Tanger Outlet Trip 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 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM-1:00PM- Shoulder Massage 11:30AM Lunch 12:00PM- Mahjong	10:00AM Bingo 11:30AM Lunch 5:00PM Community Appreciation Dinner	9:00AM Geri Fit Exercise 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:30PM Greeting Card Making Class
24	25	26	27	28
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	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Birthday Luncheon 12:00PM Byesville Site Activity 1:00 Cardio Drumming Class	9:30AM- Danishes & Coffee <u>*No Bingo on this Day*</u> 12:00 Noon- Traditional Thanksgiving Luncheon- Dine In Only		

November 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chinese Pepper Steak Over White Rice Asian Blend Vegetables Mini Egg Rolls w/ Sauce 100 % Grape Juice Choice of Milk	4 Hamburger Gravy over Mashed Potatoes Broccoli Florets Warm Apple Slices Biscuit/Margarine Choice of Milk	5 Lemon Butter Fish Roasted Red Potatoes Yellow Squash Peaches Choice of Bread/Margarine Choice of Milk	6 Marinated Italian Pork Chop Creamy Potatoes w/Chives Glazed Carrots Fresh Banana Dinner Roll/Margarine Choice of Milk	7 Philly Cheese Steak w/ Hoagie Bun Hashbrown Casserole Seasoned Green Beans Apricots Sugar Cookie Choice of Milk
10 Italian Sausage w/Peppers & Onions Tater Tots Baked Beans Fruit Cocktail Choice of Bread/Margarine Choice of Milk	11 Cabbage Roll Parsley Buttered potatoes Mixed Vegetables Fresh Orange Dinner Roll/Margarine Choice of Milk	12 Country Fried Steak w/Gravy Diced Seasoned Potatoes Brussel Sprouts 100% Apple Juice Choice of Bread/Margarine Choice of Milk	13 Crispy Baked Chicken Leg Scalloped Potatoes Buttered Corn Mixed Berries Dinner Roll/Margarine Choice of Milk	14 Chili Cornbread Casserole Winter Blend Vegetables Cherry Crisp 100% Fruit Juice Chocolate Brownie Choice of Milk
17 Salisbury Steak w/Gravy Baby Baker Potatoes French Style Green Beans Fresh Pear Choice of Bread/Margarine Choice of Milk	18 Baked Ham Mashed Potatoes w/Ham Gravy Candied Baby Carrots Pineapple Chunks Knot Roll/Margarine Choice of Milk	19 Vegetable Soup w/Beef & Crackers Pickled Beets Fresh Apple Peanut Butter Cookie Choice of Milk	20 Baked Rotini w/Meat Sauce Tossed Salad w/Dressing Cauliflower Mandarin Oranges Garlic Bread Choice of Milk	21 Baked Chicken Breast Cheddar Mashed Potatoes California Blend Vegetables Tropical Fruit Italian Bread/Margarine Banana Cupcake w/ Chocolate Icing Choice of Milk
24 Pork Roast w/Pork Gravy Sweet Potatoes Sliced Carrots Fresh Grapes Dinner Roll/Margarine Choice of Milk	25 Glazed Meatloaf Au Gratin Potatoes Buttered Peas Ambrosia Salad Choice of Bread/Margarine Choice of Milk	26 Roasted Turkey w/Dressing Mashed Potatoes w/Gravy Succotash Cranberry Jell-O Salad Dinner Roll/Margarine Pumpkin Pie w/Cool Whip Choice of Milk	27 Closed for the Thanksgiving Holiday Frozen Meals Available upon Request	28 Closed for the Thanksgiving Holiday Frozen Meals Available upon Request

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 Bylesville 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 . **Menu subject to change depending on item availability.*

This institution is an equal opportunity provider.



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

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



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.**



November Employee Birthdays

Katera McConahay	3rd
Valerie Frasher	6th
Bryan McEndree	9th
Fred Ortiz	11th
Louella Nichols	18th
Bob Mackley	21st
Roger Davis	24th
Jessica Hodgkinson	25th
Sean Murphy	27th
Olivia Bates	30th

BECOME A MEMBER

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 September:**

Sandy Smith	Virginia Brown
Janet Wells	Janice Moore
Cindy Rankin	Kathi Dingus
Linda Sherby	Don Whitmore
Shirley Singleton	Grace Whitmore
Brenda Taylor	Velma Neuhart
Jeanette Cronin	Jo Kuckuck
Brenda Sink	Dee Blackwood
Bill Sink	Janet Roll
Charles Simpson	Theresa Terrell
Gerald Coganow	Betty Hinson
Joyce Harris	Stephen Hinson
Paul Peach	Jane Eckelberry
Nancy Peach	Bud Miller



**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 September:

Bill Roe

VanDyne Trio

Dana Lasko

Larry & Carla Taylor

***In Memory of Margery Gress**

***Bobby & Kristi Bickford**

***George & Alice Pavlick**

***Richard & Teresa Marmie**

***Joseph & Julia Matia**

***Gail Bell**

***Beverly Moore**

Joe & Sharon Miller

***Gerald & Mary Ellen Larrick**



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.

November 2025 Birthdays

11/01 Candace Freeman
Louis Miracle
Nancy Evans
John Lowe

11/02 Sharon Bachna
Victoria Overcash
Jody Payton
Chris Furry
Susan George
Paula Kafury
Donald Kahrig

11/03 Robert Jennings
Cheryl Golmitz

11/04 John Downer
Mary Ellen Pattison
Janice Ables
Melinda Dyer

11/05 Richard Brixner
Joseph Sikora

11/06 Dale Wilson
Richard Drozdowski

11/07 Judith Eubanks
Darlene Roberts
Carolyn Sayre

11/08 Gary Moore
Virgil Stillion
Susan Baker
Ann Collins

11/09 Larry Caldwell
Jacqueline Folkert
Marie Kubico
Richard Littleton
John McIntyre
Chris Perry
Velma Ridgeway

11/10 Donna Thompson
Darlene Moore
Donald Wilson

11/11 David Berg Sr.
Janet Hickman
Martin Nelson

11/12 Jack Westover
Dale Young
Jan Fassinger
Patricia Trusso

11/13 Martha Cherry
Peter Lerner

11/16 Nancy Buchanan
Debbie Leonard
Jane Douglas
Reba Farley

11/17 Edna Scanlon
Marcella Sisson
Carol Stottsberry
Becky Dudley

11/18 Louella Nichols
Vernon Salters

11/19 Ronald Veselenak

11/20 Becky Saft

11/21 Bob Mackley
Shirley Stutz
Kim Barker
Jimmie Knight

11/22 Jim Allen

11/23 Barbara Adams
Joseph Mosholder
Tim Smith
Laura Hough
MaryLou Laurent
Karen Smith

11/24 Loretta Lambert
Patricia Hayes

11/25 Cindy Hickman

11/26 John Carpenter
Betty JoAnn Davis
Kim McNeal
Karen Millward
Linda Todd

Mona Hague
Terry Phipps

11/27 David Crawford
Betty Gould
Shirley McCollum

11/28 Linda Maldonado
Rene Kelly

11/29 Tim Hubal
Jean Ann Rowe
Tom Tipton
Carol Touvell
RoseMary Wilson
Tom Christie

Charlotte Simpson

11/30 Bonnie Ferguson
Robert Wheeler
Jerry Hight
Dixie Knight
Diane LaRue
Mayur Vaishnav



Happy Birthday!

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



Thanksgiving Dinner Word Search



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

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Q	P	M	C	J	M	O	V	L	I	R	E	B	J	B	K	P	E	V	R	L	B	L	R	I

Serving Guernsey County Senior Citizens



*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 & Wellness Activities- Social and recreational activities occur daily here at the senior center. Activities include; Quilting, Crafting, Exercise, Tai Chi, Line Dancing, Painting, Computer Classes, Euchre, 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. Please contact us today by calling (740) 439-6681!



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

Some people think they will never be old enough to join the Senior Center...staying active and engaged in all aspects of community life is the key to improved health and longevity. So, why wait...become a social member today!

**Your membership card can be obtained by making a
\$10.00 annual donation**

Other benefits include, but are not limited to;

- *Receiving your own personal copy of the “Senior Times” monthly newsletter.*
- *Discounts on day trips & other activities.*
- *Birthday card greeting on your birthday.*
- *Advance notification about new activities, services, and programs.*
- *Your own personal copy of each month’s menu & menu items for both congregate & home delivered meals.*
- *And much, much more!*

**PLEASE CALL 740-439-6681 to learn more about becoming a
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