

The Senior Connection



May

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To honor Older Americans Month, we celebrate Senior Day each year in May. This year's Senior Day celebration will take place on Tuesday, May 21st beginning at 11 am and will include entertainment by crowd favorite Walhonding Rube Band. There will be door prizes and a good time to be had! Join us in celebrating the connections that we all have and make at the Senior Center on a daily basis— we truly are **POWERED BY CONNECTION**, this year's theme for Older Americans Month!

Please note that Line Dancing is cancelled on that day.

Join us Wednesday, May 8th at 11:00 for music by request! You will be able to request songs for us to play during the hour before lunch, and we will do our best to honor those requests!

Then at 1:00 we will host a special Prize Bingo! This will be an extra day of bingo for the month, and is in addition to our monthly Open House Bingo. Prize bingo will last for about an hour.



*Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.*



POWERED BY CONNECTION: MAY 2024



We are pleased to welcome Krysten Smalley, who will be at the Senior Center on the third Friday of each month from 10 am until 2 pm doing chair massages. Cost to you would be \$10 for a ten minute massage. Please stop by the front desk or call (740) 622-4852 to sign up for an appointment time.

In honor of Mother's Day, we will have brunch available on **Friday, May 10th** at 10:00. Please join us for an assortment of fresh fruit, pastries and beverages!

Happy Mother's Day to all of the mothers out there! We hope that you enjoy your special day on Sunday, May 12th!



Understanding Alzheimer’s & Dementia
May 31st @ 11:15
 Please join us for this presentation with Laura Cosentino with the Alzheimer’s Association. It will provide you with basic information everyone needs to know about memory loss issues and what they mean for all of us.



Please join us for our monthly Movie Matinee on Wednesday, May 22nd at 1:00 pm. May’s movie will be *The Peanut Butter Falcon*, a movie about a man with down syndrome who runs away from a residential nursing home to pursue his dream of becoming a wrestler. He later meets an outlaw who becomes his friend and coach. This movie is rated PG-13 with moderate profanity.

Light refreshments will be provided!



Please join us for nutrition education on **Thursday, May 2nd at 11:45!** The topic for this presentation will be “High Blood Pressure: The Facts”.



In addition to being Older Americans Month, May is ALSO National Mental Health Awareness Month, and National Stroke Awareness Month!

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions.

And strokes can happen to anyone at any time. Learn the F.A.S.T. warning signs of stroke and know your risk factors. Together, we can be a bold advocate for ourselves and others.



By popular demand, Ham & Bean soup will be available EVERY month beginning in May! This will be in addition to the soup of the month. Soups and salads are available from 11 to 1 each day, and the cost is \$3.



Commodity Supplemental Food

Program 2024 Pick-Up Dates:

May 14

June 11

July 9

August 13

September 10

October 8

November 12

December 10



**Next date: May
14th**

11:30 am– 4 pm
We thank you
for picking up
ON THE DATE
LISTED when we
schedule help to
load your box
into your car.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults.

This program is designed to benefit older adults who: are concerned about falls; have sustained falls in the past; restrict activities because of concerns about falling; are interested in improving flexibility, balance and strength; are age 60 or older, community-dwelling and able to problem solve.

In this class, you will gain confidence by learning to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risk at home; and exercise to increase strength and balance.

If you are interested in attending a series of 8 two-hour classes, please call April at **(740) 622-4852** to sign up for a future session.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Dates to Remember

Check our monthly calendar for a complete listing of events and times!

May 1st– Book Club– *The Library Book*

May 2nd– Nutrition Education – High Blood Pressure: The Facts

May 8th– Music by request

May 8th– Prize Bingo

May 10th– Mother’s Day Brunch

May 14th– Commodity Supplemental Food Program Box Pick-up

May 15th– Birthday Party

May 17th– Chair Massage– by appointment only

May 21st– SENIOR DAY– Walhonding Rube Band

May 22nd– Movie Matinee– *The Peanut Butter Falcon*

May 24th– Mike Hoskins– piano

May 27th– CLOSED for Memorial Day

May 29th– Open House Bingo

May 31st– Understanding Alzheimer’s & Dementia

For more information on any of our services, please call us at **(740) 622-4852**.

Our business hours are Monday-Friday 8AM-4:30PM.

CONGREGATE MEALS: Served to seniors 60 & over at 12:00PM. Voluntary contribution of \$2.00 is suggested.

HOME DELIVERED MEALS: Delivery of hot, well-balanced nutritious meals, a friendly visit and a safety check to qualifying seniors.

NUTRITION EDUCATION: Scheduled to present nutrition information specifically for seniors.

AAA 9 PASSPORT SERVICES: Ohio Medicaid waiver program helping individuals who qualify to receive care and support services. We make referrals.

SOUPS/SALADS: Available Monday thru Friday between 11:00 am and 1:00 pm - \$3 for a 16 oz. cup of soup or a salad.


GROCERY ORDERING & DELIVERY: Call us with your order, we will shop for and deliver your groceries.


EXERCISE CLASSES: There are a variety of classes available; please see activity calendar to learn more or stop in for brochures.

GOLDEN BUCKEYE CARD: If you are 60+, or if you are 18–59 and can show proof of being permanently disabled, we can assist you with getting a Golden Buckeye Card.

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP): Monthly food program for those age 60+ who live in Coshocton County and meet income guidelines.

INFORMATION & REFERRAL: Assistance with senior services in our community. Information and referrals available.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | | | | | | | |
|---|--|---|--|---|---|---|---|--|---|---|---|---|--|---|
| <p>6 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Breaded Broccoli & Cheddar Chicken Pocket Scalloped Potatoes California Blend Vegetables Apricots Bread & Milk</p> |  <p>7 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Mac-n-Cheese Stewed Tomatoes Peas Chunky Applesauce Oatmeal Crème Pie Milk</p> | <p>1 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Shredded Chicken on Bun Sweet Potato Tots Peas Diced Peas Milk</p> | <p>2 9:15 Cardio Drumming 10:30 Chair Yoga 11:45 Nutrition Education – High Blood Pressure 12:45 Bingocize</p> <p>Ham Salad Croissant Loaded Potato Salad Fresh Cut Fruit Carrots w/ Ranch Milk</p> | <p>3 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Soft Taco (Lettuce, Tomato, Cheese, Tortilla, Taco Sauce & Sour Cream) Mexican Rice Baked Cinnamon Apples Pico De Gallo Cookie & Milk</p> | <p>6 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Breaded Broccoli & Cheddar Chicken Pocket Scalloped Potatoes California Blend Vegetables Apricots Bread & Milk</p> | <p>7 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Mac-n-Cheese Stewed Tomatoes Peas Chunky Applesauce Oatmeal Crème Pie Milk</p> | <p>8 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Music by request 1:00 Prize Bingo</p> <p>Sloppy Charlie w/ Bun Tater Tots Corn Orange Pineapple Fluff Milk</p> | <p>9 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize</p> <p>Cream of Potato Soup Italian Sub Celery Sticks w/ WOW Butter 100% Fruit Juice Milk</p> | <p>10 10:00 Mother's Day Brunch 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Grilled Chicken Breast w/ Mushrooms & Onions Mashed Potatoes Maple Glazed Carrots Angel Food Cake w/ Strawberries Dinner Roll & Milk</p> | <p>13 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Doritos 100% Fruit Juice Sidekick Cookie & Milk</p> | <p>14 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u></p> <p>Cod Nuggets Roasted Red Skin Potatoes w/ Vegetables Harvard Beets Coleslaw Bread & Milk</p> | <p>15 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party – sponsored by Altercare</p> <p>Chicken Patty w/ Bun Harvest Blend Vegetables Au Gratin Potatoes Diced Peaches Milk</p> | <p>16 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Jell-O w/ Fruit Dinner Roll & Milk</p> | <p>17 10-2 Chair Massage w/ Krysten Smalley – by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Pepperoni Pizza Green Beans Apple Crisp Ranch Seashell Pasta Salad Cucumbers w/ Ranch Milk</p> |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 20 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize Philly Cheesesteak w/ Bun Battered Potato Bites Peas & Carrots Apple Slices Milk | 21 8:00 Yoga 10:00 Meditation 10:00 Foster Grandparents 11:00 Walhonding Rube 1:00 Hausey Senior Day Spaghetti w/ Meat Sauce Asparagus Cherry Crisp Tossed Salad w/ Dressing Italian Bread & Milk | 22 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee-- <i>The Peanut Butter Falcon</i> French Toast Sausage Links Country Apples Banana V8 Juice Milk | 23 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Ham & Bean Soup Carrot Raisin Salad Cottage Cheese Apricots Cornbread & Milk | 24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins--piano 1:00 Euchre Hamburger w/ Bun (Lettuce, Tomato, Onion, Pickle) Baked Beans Potato Wedges Grapes Milk |
| 27  Closed For MEMORIAL DAY | 28 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Italian Sausage w/ Peppers & Onions on Bun Sweet Potato Tots Corn Cantaloupe Chunks Milk | 29 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo-- Sponsored by Signature Chef Salad (Lettuce, Tomato, Cucumber, Turkey, Ham, Egg, Cheese) Carrots w/ Ranch 100% Fruit Juice Sidekick Cookie & Milk | 30 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Plow Boy Baked Potato Pulled Pork Broccoli & Cheese Coleslaw Cornbread & Milk | 31 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Understanding Alzheimer's & Dementia 1:00 Euchre Country Fried Steak w/ Country Gravy Mashed Potatoes Lima Beans Pineapple Bread & Milk |



Soups of the Month:

Chicken & Rice

Ham & Bean

Take-Out Salads:

Choice of toppings and dressings, includes crackers

*Served 11-1. Cost is \$3 each.

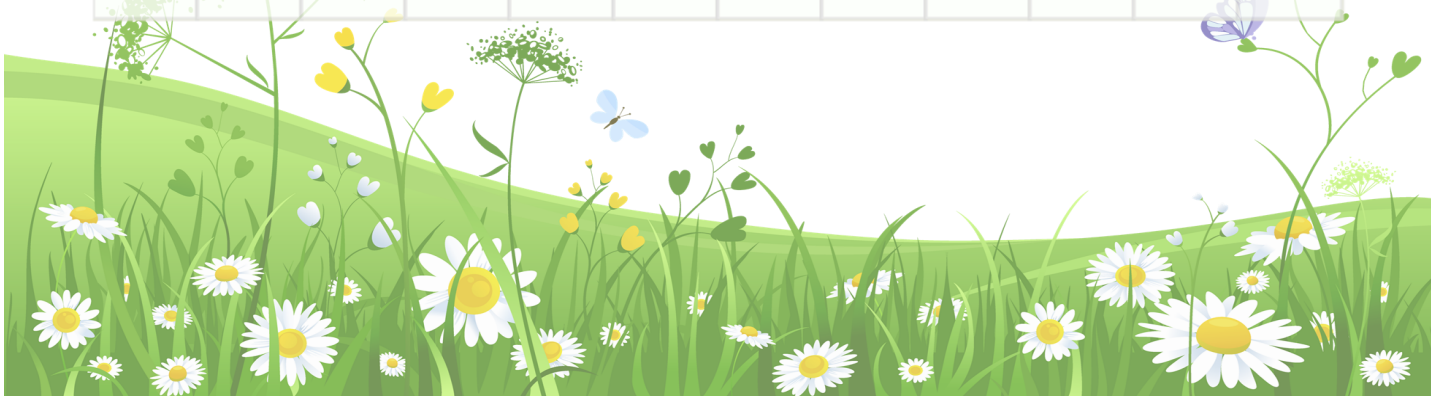


To access ingredient content, visit www.knohoco.org or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.

Springtime Word Search

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| O | B | B | D | A | F | F | O | D | I | L | R |
| L | O | U | A | G | A | R | D | E | N | R | E |
| O | Y | T | E | P | B | S | D | R | I | B | W |
| G | N | T | L | D | I | B | E | E | S | R | O |
| D | N | E | A | M | D | C | A | A | E | M | L |
| P | U | R | Z | A | O | Y | N | I | A | R | F |
| I | B | F | A | W | R | S | O | I | L | F | N |
| L | R | L | I | F | L | A | S | A | C | C | U |
| U | A | Y | C | E | L | A | I | O | P | R | S |
| T | Y | F | B | N | S | O | D | N | L | L | T |
| S | S | L | R | T | N | L | W | Y | B | B | E |
| Y | K | I | T | E | T | S | Y | E | B | O | O |
| A | L | C | W | O | L | L | I | W | R | U | W |
| A | L | L | E | R | B | M | U | S | R | S | G |



WORD LIST

| | | |
|---------|-----------|---------|
| FLOWERS | UMBRELLA | BLOSSOM |
| RAINY | SUNFLOWER | RAINBOW |
| WILLOW | DAFFODIL | KITE |
| LADYBUG | BUNNY | GARDEN |
| TULIP | BUTTERFLY | BIRDS |
| AZALEA | BEEES | PICNIC |

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

| | |
|------------------------|-------------------|
| April George..... | Co-Director |
| Jean Jacobs..... | Co-Director |
| Chris Emmert..... | Office Technician |
| Jessica Jones..... | Office Aide |
| Bud Moore..... | Dietary Manager |
| Michelle Bassett..... | Head Cook |
| Beth Vojacek..... | Kitchen Assistant |
| Austin Buckmaster..... | Kitchen Aide |
| Jennifer Kempf..... | Kitchen Aide |
| Stacey Reiman..... | Kitchen Aide |
| Kenny Zimmerman..... | Custodian |
| John Elson..... | HDM Driver |
| Vicky Piper..... | HDM Driver |
| Jessica Hebert..... | HDM Driver |
| Laurie Celeschi..... | HDM Driver |
| Tracie Shaw..... | HDM Driver |
| Kyle Kempf..... | HDM Driver |
| Mason Powell..... | HDM Driver |
| Renee Raber..... | HDM Driver |
| John Burt..... | HDM Driver |
| Karen Bevins..... | HDM Driver |
| Rick Phelps..... | HDM Driver |
| Amber Sells..... | HDM Driver |
| Wesley Morris..... | HDM Driver |
| Tammie Waite..... | HDM Driver |

**For Cancellations
and Center
Announcements**

Tune In To:



Follow Us On:



All of our senior programming is provided at no charge for seniors, and no senior will be denied services due to an inability or unwillingness to contribute toward the cost of any service. Voluntary contributions are encouraged and enable us to serve a larger number of seniors in Coshocton County. Coshocton Senior Center is an equal opportunity provider.

MEMBER OF:



**OHIO ASSOCIATION
OF SENIOR CENTERS**



**MEALS ON WHEELS
AMERICA 2024 MEMBER**

Scan the QR code below to be taken to our events page on the Coshocton Community Calendar, powered by Yodel. "Favorite" our calendar and add events to be notified of any changes.



THE COSHOCTON SENIOR CENTER IS A SERVICE OF KNO-HO-CO-ASHLAND COMMUNITY ACTION COMMISSION. SERVICES ARE FUNDED IN PART WITH THE OHIO DEPARTMENT OF AGING THROUGH THE AREA AGENCY ON AGING REGION 9, INC., PASSPORT, COSHOCTON DEPARTMENT OF JOB AND FAMILY SERVICES, MID-OHIO FOODBANK, PRIVATE CONTRIBUTIONS, AND THE COSHOCTON COUNTY SENIOR LEVY. THANK YOU TO ALL OF OUR SUPPORTERS!



Kno-Ho-Co-Ashland

Community Action Commission



Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

201 Browns Lane

Coshocton, Ohio 43812

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 120
COSHOCOTON, OHIO

Return Service Requested

CELEBRATE

Mother's Day

Coshocton Senior Center
Caring People. Caring for You.

*A Variety of Services
to Meet the Needs of Every Senior*



OLPI