

The Senior Connection



JULY

Senior Farmers Market Nutrition Program

Fresh fruit, vegetables, herbs & honey all grown locally.

Funded by the USDA and Ohio Department of Aging.

This institution is an equal opportunity provider.



June-November

Eligible applicants
receive \$50 in benefits.

Apply online at aging.ohio.gov/SFMNP or scan the QR code.

Senior Center staff will be available on **Tuesday, July 23rd from 10am-2pm** to help those who need assistance with the online application process.

If you do not have an email address or smart phone, or if you are requesting an Authorized Shopper, you **must** request a physical benefit card when applying.

Use your benefits using the Homegrown Benefits app (or physical card) to show the farmer your QR code.



Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care education program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving and enhance self-care and empowerment.



This program consists of six classes that are held at the Coshocton Senior Center. These classes will provide you with tools and strategies to better handle the caregiver challenges you face.

Registration is required - for more information call the Center at **740-622-4852.**



**\$1.00 Ice cream
Sundaes and
Rootbeer Floats**

**Friday, July 26th
10am-1pm— waffle
cones available for
\$1.50.**



Movie Matinee for July is *Dawn of the Planet of the Apes*.

Please join us on **Wednesday, July 10th at 1pm!** Light refreshments will be provided.



Do you like to play BINGO?? Join us for Penny Bingo on Mondays at 11:00 or Open House Bingo the last Wednesday of each month at 1:00!

We also have Bingocize on Monday and Thursday afternoons at 12:45, where we play bingo, do gentle exercises and incorporate falls prevention and nutrition education.

Tuesday, July 2nd, join us for a special bingo, sponsored by Lafayette Pointe at 1:00.



Patriotic craft will be on Wednesday, July 24th at 1pm. Sign-up is required for this event, as supplies are limited.



Self Defense Class with Jon McFarland is **July 9th at 10:45**. Sign-up is required. Please stop by the front desk or call us at (740) 622-4852.

**Commodity Supplemental Food
Program 2024 Pick-Up Dates:**



- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

**Next date: July 9th
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.**



THANK YOU

Thank you so much to all who helped make Senior Day and Elder Abuse Awareness Day successful!

Shrivers Hospice, Wilson Carpet & Furniture, Allen Construction and Coshocton Village Inn & Suites all donated door prizes for Senior Day – thank you so much to all!

Many thanks to Anne Randles with Adult Protective Services for helping plan and attend Elder Abuse Awareness Day, Jon McFarland for doing a self defense presentation to honor the day, and Shrivers Hospice for door prizes and helping us serve lunch! We truly couldn't make everything happen without your help and support! **THANK YOU!**

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!

Tuesday, July 2nd- Bingo sponsored by Lafayette Pointe

Wednesday, July 3rd- Book Club

Thursday, July 4th- We will be **CLOSED** and no meals will be delivered.

Tuesday, July 9th- Self Defense Class – sign-up required

Tuesday, July 9th- Commodity Box Pick-up

Wednesday, July 10th- Movie Matinee– *Dawn of the Planet of the Apes*

Friday, July 12th- Mike Hoskins– piano

Tuesday, July 16th- Alzheimer’s Association Presentation

Tuesday, July 16th- Understanding and Responding to Dementia Related Behaviors

Wednesday, July 17th- Birthday Party

Friday, July 19th- Chair massage– by appointment

Tuesday, July 23rd- SFMNP Application Assistance

Wednesday, July 24th- Patriotic Craft– sign-up required

Friday, July 26th- Scoops Ice Cream

Wednesday, July 31st- Open House Bingo sponsored by Danbury Senior Living

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>1 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 & Salsa) 100% Fruit Juice Sidekick Doritos Whole Grain Cookies & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 BINGO sponsored by Lafayette Pointe 1:00 Hausey Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Baked Beans Breaded Cauliflower Loaded Potato Salad Milk</p>	<p>3 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club Chicken Patty w/ Bun Tater Tots Peas & Carrots Mandarin Oranges Milk</p>	<p>4  4 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize Turkey Bacon Ranch Wrap w/ Lettuce Potato Soup Fresh Plum Apple Slices Milk</p>	<p>5 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Pizza Casserole Roasted Sweet Potatoes California Blend Vegetables Spinach Salad w/ Tomato Breadstick & Milk</p>
<p>8 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Vegetable Lasagna Broccoli & Cauliflower Cuts Spiced Peaches Cottage Cheese Bread & Milk</p>	<p>9 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 10:45 Self Defense Class—sign-up required 1:00 Hausey 11:30-4 Commodity Box Pick-up Cheese Omelet Hash Brown Warm Applesauce Yogurt 100% Orange Juice Bagel w/ Cream Cheese & Milk</p>	<p>10 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee—<i>Dawn of the Planet of the Apes</i> Coney Dog w/ Bun Cheesy Hash Brown Casserole Carrot Coins Orange Pineapple Fluff Milk</p>	<p>11 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize Turkey Bacon Ranch Wrap w/ Lettuce Potato Soup Fresh Plum Apple Slices Milk</p>	<p>12 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins—piano 1:00 Euchre</p> <p>Shredded Chicken w/ Bun Sweet Potato Tots Lima Beans Pea Salad Pudding Milk</p>
<p>15 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Grilled Chicken Salad (Chicken Strips, Lettuce, Tomato, Onion, Cucumber, Cheese) Orange Pineapple Juice Rice Krispy Treat Crackers & Milk</p>	<p>16 9:15 Line Dancing 10:00 Meditation 11:15 Alzheimer's Association—Understanding and Responding to Dementia Related Behaviors 1:00 Hausey "Plow Boy" Potato BBQ Pork Broccoli & Cheese Cucumbers w/ Ranch Dinner Roll & Milk</p>	<p>17 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party—sponsored by Altercare Cod Nuggets Mac-n-Cheese Roasted Red Skin Potatoes Coleslaw Apricots Bread & Milk</p>	<p>18 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Bacon Cheeseburger Soup Broccoli Salad Banana Fruit Muffin Crackers & Milk</p>	<p>19 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 Sweet & Sour Chicken over Brown Rice Oriental Blend Vegetables Mandarin Oranges Vegetable Egg Roll Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Salisbury Steak w/ Mush-rooms & Onions Cheddar Mashed Potatoes Green Beans Tropical Fruit Dinner Roll & Milk	23 9:15 Line Dancing 10:00 Meditation 10-2 SFMNP Application Assistance 1:00 Hausey Bratwurst w/ Bun Baby Bakers Peas Pineapple Whole Grain Cookie & Milk	24 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Patriotic Craft-sign-up required Swedish Meatballs Alfredo Noodles Italian Blend Vegetables Fresh Cut Fruit 100% Grape Juice Garlic Cheddar Biscuit & Milk	25 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Egg Salad Croissant Potato Salad Cutie Orange Strawberry Fluff String Cheese & Milk	26 10-1 Scoops Ice Cream 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Spaghetti w/ Meat Sauce Brussels Sprouts Baked Cinnamon Apples Tossed Salad w/ Dressing Breadstick & Milk
29 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize BBQ Rib Sandwich on Bun Tater Tots Creamed Corn Cantaloupe Chunks Milk	30 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Beef & Noodles Mashed Potatoes Capri Blend Vegetables Ambrosia Salad Bread & Milk	31 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo-Sponsored by Danbury Senior Living Italian Sub on Bun Stuffed Pepper Soup 3 Bean Medley Carrots w/ Ranch Milk		



Soups of the Month:

Chicken Noodle

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.

Fourth of July

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





WORD LIST

FLAG	STRIPES	WHITE
FREEDOM	INDEPENDENCE	BLUE
LIBERTY	DECLARATION	HEROES
FIREWORKS	PARADE	
AMERICA	FAMILY	
UNCLE SAM	FRIENDS	
STARS	RED	

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

“ One flag,
one land,
one heart,
one hand,
one nation
evermore! ”

- Oliver Wendell Holmes



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