

The Senior Connection



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. Open your camera, scan and click on the website when it pops up.

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.

Those who need assistance with this process can stop by the Senior Center M-F from 8:00 AM until 4:30 PM.





Modern Hearing Solutions Lunch & Learn September 26th @ 11:30am

Join us for an insightful Lunch & Learn hosted by Modern Hearing Solutions, where we will explore the latest advancements in hearing loss and tinnitus treatment, as well as their impact on cognitive health. Discover how innovative treatment options are revolutionizing the management of tinnitus and enhancing brain function, including working memory, attention, and processing speed. Following the presentation, take advantage of complimentary hearing and cognitive screenings to assess your own health. Don't miss this opportunity to learn and engage with experts in the field while enjoying lunch!

OSHIIP and Coshocton Senior Center Hosting Medicare Checkup Event on Tuesday, September 24th @ 11:30am

Medicare's annual open enrollment period to select coverage for 2025 is Oct. 15 to Dec. 7

The Ohio Senior Health Insurance Information Program (OSHIIP), the state's official Medicare education, plan comparison, and enrollment assistance program, is holding free and unbiased virtual and statewide in-person Medicare Check-up events around the Medicare annual open enrollment period, which runs Oct. 15 to Dec. 7.

OSHIIP, funded in part by Medicare, is a longtime unbiased resource that helps Ohioans navigate Medicare. Each year, OSHIIP assists thousands of Ohioans save money through such means as careful coverage evaluation and financial assistance identification.

During the event, participants will learn Medicare fundamentals and can make an appointment to meet with an OSHIIP counselor for help with plan comparison and enrollment (after October 15).



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

Tuesday, September 3
10am-1pm—
waffle cones
available for \$1.50.

Please join us for an end of summer bash on **Tuesday, September 3rd!** The Walhonding Rube Band will be here for your entertainment pleasure, beginning at 11:00, Scoops Ice Cream Shoppe will be in the building, and we will serve center favorite TACO SALAD at noon! Please make reservations in advance by stopping at the

front desk or calling
(740) 622-4852.

Please note that there will be **NO LINE DANCING** that day.



September craft will be a birdhouse sponsored by



Traditions Health and will be on Wednesday, September 18th at 1:00. Sign-up is required, as space is limited. No sign-ups will be taken before September 3rd.

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

→ September 10
October 8
November 12
December 10

**Next date: September 10th
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. Please note that there is NO EARLY PICK-UP.**

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

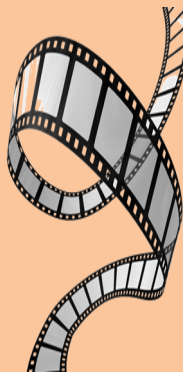
Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care education program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for 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.**

Join us for our monthly movie matinee on Wednesday, September 11th at 1:00pm. We will be showing *Wild Hogs* from 2007 with Tim Allen, John Travolta, Martin Lawrence and William H. Macy. Four friends and suburban biker wannabes hit the road for a cross-country adventure that takes a turn when they encounter a dangerous New Mexico gang. Light refreshments will be provided.



Dates to Remember

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

Monday, September 2nd: CLOSED for Labor Day

Tuesday, September 3rd: Scoops Ice Cream

Tuesday, September 3rd: Walhonding Rube Band

Wednesday, September 4th: Book Club

Tuesday, September 10th: Commodity Box Pick-up

Wednesday, September 11th: Nutrition Education

Wednesday, September 11th: Movie Matinee– *Wild Hogs*

Friday, September 13th: Melody's

Music Box

Wednesday, September 18th: Birthday Party

Wednesday, September 18th: Craft w/ Traditions Health

Friday, September 20th: Chair Massage by appointment

Tuesday, September 24th: Medicare Checkup Presentation

Wednesday, September 25th: Mike Hoskins– piano

Wednesday, September 25th: Open House Bingo

Thursday, September 26th: Modern Hearing Solutions

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>2</p>  <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Cavatappi Italian Blend Vegetables Roasted Sweet Potatoes Cantaloupe Italian Bread & Milk</p>	<p>3 8:00 Yoga 10:00 Meditation 10-2 Scoops Ice Cream 11:00 Walkonding Rube Band 1:00 Hausey</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Taco Sauce & Sour Cream) Doritos Fresh Cut Fruit Brownie & Milk</p> <p>10 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 11:30-4 Commodity Box Pick-up</p> <p>Hamburger Gravy over Mashed Potatoes Green Beans Frosted Lime Salad Biscuit Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>BBQ Pork w/ Bun Potato Wedges Broccoli & Cheese Coleslaw Milk</p> <p>11 10:00 Senior Exercise 10:30 Geri-Fit 11:45 Nutrition Education- "Let's Talk About Malnutrition" 1:00 Movie Matinee-- <i>Wild Hogs</i></p> <p>Tuna Salad Croissant Carrots w/ Ranch Banana 100% Fruit Juice Sidekick Whole Grain Cookie Milk</p>	<p>5 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Cheddar Potato Soup Turkey Club Sub Celery & Carrot Sticks w/ WOW Butter Fresh Kiwi Milk</p> <p>12 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>Smoked Sausage w/ Bun Diced Potatoes w/ Cabbage Maui Blend Vegetables Grapes Milk</p>	<p>6 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Fish Filet w/ Bun Ranch Potatoes Diced Beets Apricots Milk</p> <p>13 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Melody's Music Box 1:00 Euchre</p> <p>Mushroom Swiss Burger w/ Bun Battered Cauliflower Baked Beans Sugar-Free Jell-O w/ Fruit Milk</p>
<p>16 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Penne Pasta Marinara w/ Mini Meatballs Broccoli & Cauliflower Cuts Warm Cinnamon Applesauce 3 Bean Medley Garlic Cheddar Biscuit & Milk</p>	<p>17 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Chicken Patty w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Sugar-Free Pudding Milk</p>	<p>18 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party- sponsored by Altercare 1:00 Craft w/ Traditions Health</p> <p>Cheese Omelet Hash Brown Sausage Patty 100% Tomato Juice Fresh Orange Bagel w/ Cream Cheese & Milk</p>	<p>19 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Country Fried Steak w/ Pepper Gravy Mashed Potatoes Lima Beans Pineapple Tidbits Dinner Roll & Milk</p>	<p>20 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>Sloppy Joe w/ Bun Cheesy Hash Brown Casserole Carrot Coins Pasta Salad Fruit Cocktail Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Grilled Chicken Salad (Lettuce, Tomato, Cucum- ber, Egg, Cheese) 100% Grape Juice Apple Slices Crackers & Croutons Granola Bar & Milk	24 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Medicare Checkup Presentation 1:00 Hausey Turkey & Noodles Mashed Potatoes California Blend Vegetables Mandarin Oranges Dinner Roll & Milk	25 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins— piano 1:00 Open House Bingo Lasagna w/ Meat Sauce Tossed Salad w/ Dressing Asparagus Fruit Crisp Breadstick & Milk	26 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Modern Hearing Solutions 12:45 Bingocize Chicken Strips Mac-n-Cheese Mixed Vegetables Fresh Cut Fruit Pea Salad Bread & Milk	27 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Chili Baby Bakers Corn Diced Pears Cornbread & Milk

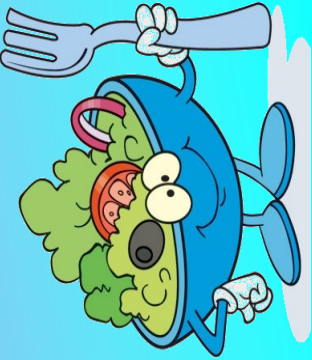
30
 10:00 Senior Exercise
 10:30 Geri-Fit
 11:00 Penny Bingo
 12:45 Bingocize

Pepperoni Pizza
 Peas
 Blueberry Cobbler
 Cottage Cheese
 Cucumbers w/ Ranch
 Milk

Soups of the Month:
 Beef Vegetable
 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.

On The Playground

Take a walk down memory lane with a fun, playground oriented word list!

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



WORD LIST

CHILDREN	CONCRETE	RUNNING
GAMES	GRASS	SKIPPING
ENTERTAINING	BALL COURT	JUMPING
BALLS	CHATTING	WALKING
HULA HOOP	NOISE	JOGGING
FUN	ARGUMENTS	
ROPE	SUPERVISOR	



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

*Coshocton
Senior Center*
Caring People. Caring for You

“ALL THE MONTHS ARE
CRUDE EXPERIMENTS
OUT OF WHICH THE
PERFECT SEPTEMBER
IS MADE.”

VIRGINIA WOOLF

A Variety of Services to Meet the Needs of Every Senior

SLPI