

The Senior Connection

October



©LPI

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. Online application page will close on October 31st.

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.



Medicare's annual open enrollment period to select coverage is October 15– December 7. We will have counselors from Ohio Senior Health Insurance Information program (OSHIIP) for help with plan comparison and enrollment for the upcoming year. Appointments will be available on **October 15, November 13 & December 2**. Please call the Senior Center at **(740) 622-4852** to set up an appointment.



Our monthly movie matinee for October will be *Ghostbusters: Frozen Empire*! When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age. **Wednesday, October 9th @ 1:00pm.**



Check out our musical offerings this month! Mike Hoskins will tickle the ivories on Friday, October 11th at 11:00. We will also welcome back Sarah from Traditions Hospice, who will sing for us once again on Tuesday, October 15th at 11:00, and we will have music by request on Wednesday, October 23rd at 11:00. Bring us your requests and we will do our best to honor them!



JOIN US FOR OUR ANNUAL HALLOWEEN CELEBRATION ON THURSDAY, OCTOBER 31ST AT 11AM. WE WILL HAVE PRIZES FOR THE BEST COSTUME, A PUMPKIN WALK, AND VARIOUS DOOR PRIZES. DRESS UP OR COME AS YOU ARE- THERE IS FUN TO BE HAD BY ALL!

October craft is a lighted pumpkin decoration. This will be on Wednesday, October 23rd at 1:00 pm. Please sign up at the front desk or give us a call at (740) 622-4852 beginning on October 1st. Sign-up is required as space and supplies are limited.



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



October 8
November 12
December 10

Next date: October 8th
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.**



The Coshocton County fair will run from September 27 – October 3 this year. You can find our booth in the commercial building, down from Smokey the Bear! This is a great time to catch up with friends and enjoy some FOOD!

There will be no yoga on these dates:

- October 1
- October 3
- October 10
- October 15

Also, there will be no instructor for meditation or chair yoga the week of October 14th. We will play a video for those who come that week.



Dates to Remember

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

October 2nd– Book Club

October 8th– Commodity Box Pick-up

October 9th– Movie Matinee– *Ghostbusters: Frozen Empire*

October 11th– Mike Hoskins– piano

October 15th– Through the Years of Music w/ Sarah

October 16th– Birthday Party

October 18th– Chair Massage

October 23rd– Music by Request

October 23rd– Halloween craft

October 25th– Medicare Counseling with OSHIIP by appointment only

October 30th– Open House Bingo

October 31st– Halloween Party

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 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Potato Soup Chicken Salad Croissant Fresh Orange Pickled Beets Milk</p>	<p>2 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Swiss Steak w/ Onion & Tomato Cheddar Mashed Potatoes Carrot Coins Tropical Fruit Dinner Roll & Milk</p>	<p>3 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Plow Boy Baked Potato BBQ Pork Broccoli w/ Cheese Ambrosia Salad Cornbread & Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Fajita (Grilled Chicken Strips, Peppers & Onions, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) Chicken Fried Rice Pineapple & Milk</p>	<p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Pork Patty w/ Bun Sweet Potato Tots Peas w/ Pearl Onions Pear Halves Milk</p>	<p>8 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u></p> <p>Scrambled Eggs Turkey Sausage Hash Brown Banana V8 Juice Bread & Milk</p>	<p>9 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Ghostbusters: Frozen Empire</i></p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) 100% Fruit Juice Sidekick Doritos Rice Krispy Treat & Milk</p>	<p>10 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize</p> <p>Vegetable Soup Carrot Raisin Salad Cottage Cheese 100% Orange Tangerine Juice Fruit Muffin & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins- piano 1:00 Euchre</p> <p>Shredded Chicken w/ Bun Scalloped Potatoes Asparagus Sugar-Free Jell-O w/ Fruit Milk</p>	<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>All Beef Hot Dog w/ Bun Cream Corn Peach Crisp Loaded Potato Salad Milk</p>	<p>16 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>Baked Ziti w/ Marinara & Cheese Cauliflower Cherry Crisp Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>17 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef Stew Baked Cinnamon Apples Warm Biscuit w/ Honey Pea Salad 100% Fruit Punch Milk</p>	<p>18 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>Pizza Burger w/ Bun Tater Tots Yellow Squash Fruit Cocktail Milk</p>	<p>18 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>Pizza Burger w/ Bun Tater Tots Yellow Squash Fruit Cocktail Milk</p>	<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>All Beef Hot Dog w/ Bun Cream Corn Peach Crisp Loaded Potato Salad Milk</p>
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<p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Swedish Meatballs over Alfredo Noodles Lima Beans Warm Chunky Applesauce Spinach Salad w/ Tomato Breadstick & Milk</p>	<p>29 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Grilled Chicken w/ Swiss, Mushrooms & Onions Au Gratin Potatoes Brussels Sprouts Mandarin Oranges Dinner Roll & Milk</p>	<p>30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Sugar-Free Pudding Raisins Dinner Roll & Milk</p>	<p>31 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef & Noodles Mashed Potatoes Green Beans Dirt Pudding Cantaloupe & Honeydew Chunks Dinner Roll & Milk</p>	



Soups of the Month:

Cream of Potato
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.



Halloween

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

WORD LIST

GHOST WITCHES BATS
 GOBLINS EYEBALLS PUMPKIN
 SPIDERS DECORATIONS FALL
 TREATS CHILDREN BROOM
 TRICKS SCARY HAPPY
 COSTUMES FUNNY
 CANDY CORN BOO

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:



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

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