

The Senior Connection

April



©LPI



\$50 worth of
credits to use at
participating
locations!

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program has been postponed and we do NOT have a start date or a website for applications at this time. We will post on our Facebook page as soon as we receive word that the program is up and running for the year!



AREA AGENCY
on AGING
Region 9

The... receive a
free insulated...

This institution is an equal opportunity provider.



Monthly Movie Matinee will be on Wednesday, April 23rd at 1:00pm, featuring 2005's *Fever Pitch*, starring Drew Barrymore and Jimmy

Fallon. Finding romance for Red Sox super-fan Ben (Fallon) is about as unlikely as his beloved team winning it all. When he finds a beautiful new girlfriend, anything is possible until baseball season begins, and she finds herself competing with an entire baseball team for his heart and soul.

Light refreshments will be served— join us!

Springtime JINGO!

We will be playing Springtime JINGO on **Wednesday, April 2nd at 1:00pm.**

JINGO is played just like bingo, but pictures replace the numbers on the player's card! For example: The clue card "This is the traditional Easter flower." If you have a lily on your card, you mark it!



This will last for about one hour, and prizes will be given for those who manage to cover a traditional bingo pattern on their card.



Spring Craft Class will be held on **Wednesday, April 16th at 1:00pm.** This will be taught and sponsored by Vicki Young.

Advance sign-up is required, as space and supplies are limited.

Coshocton Public Health District Presents:

Coffee With A Doc



Join us for a group discussion on "All Things Brain" with Dr. Jess Bahan.

Dr. Bahan is originally from Columbus and just recently moved to Coshocton. She spent the last 3 & 1/2 years completing chiropractic school and an internship in Atlanta & Texas. Before finishing chiropractic school, she completed her masters degree in clinical nutrition. She especially has a strong passion for women's health and children.

Tuesday, April 15th @ 11AM
Coshocton Senior Center
(201 Browns Lane)



FIVE POINT CHIROPRACTIC

"All Things Brain" Sleep, Eye & Memory Health

May Event: Sheila Mayse, MSW Solutions LLC - Mental Health

Join us for Easter Luncheon on **Thursday, April 17th!** Mike Hoskins will tickle the ivories at 11:15, followed by a lunch of Ham Slice, Scalloped Potatoes, Green Beans, Angel Food Cake with Strawberries, Bread and Milk.

Please make reservations in advance by stopping at the front desk or by calling **(740) 622-4852.**



**Commodity Supplemental Food
Program 2024-25 Pick-Up Dates:**

April 8–
Re-certification
May 13
June 10

Next date: April 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.**

Please remember that failure to pick
up your box two times in a row will
result in the forfeiture to participate
in this program.

We ask that you please call
(740) 622-4852 if you will not be able to
pick up your box on the distribution
day.

*****REMINDER** that your application
must be up-to-date and needs to be
re-certified yearly. Please be patient as
we work to complete this process with
you on April 8th! Please bring proof of
age and residency, and know your
monthly income amount.***



Join COAD's RSVP for Spring Trivia and learn more about COAD's Retired Senior Volunteer Program on **Thursday, April 10th at 11:15.** We hope to see you there!



Volunteers 55 and older?
Use your skills and talents learned over a lifetime to serve your community in a variety of areas!

RSVP
Lead With Experience

COAD 
AmeriCorps Seniors

Please reach out to Laura Leprotti at 740-856-1321



Our newsletters for each of the past 12 months are available at <https://mycommunityonline.com/organization/coshocton-senior-center>. If you click the button to receive publication via Email, you will be among the first to view the newsletter each month!

GROCERY SHOPPING & DELIVERY PROGRAM

FOR COSHOCTON COUNTY SENIORS 60+



Can't get out for groceries? The Coshocton Senior Center has a grocery shopping and delivery program. If you give us your list, we will shop it and bring your groceries to your home! Please call the Center for more information at **740-622-4852.**

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 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Grilled Chicken w/ Peppers, Onions & Mozzarella Cheese Sweet Potato Tots Lima Beans Macaroni Salad Milk</p>	<p>2 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Spring JINGO Pork Patty w/ Bun Potato Wedges Brussels Sprouts Peaches Milk</p>	<p>3 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Broccoli & Cheese Soup Egg Salad Croissant Cucumbers, Onions & Ranch Apricots Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Baked Fish Au Gratin Potatoes Mixed Veggies Coleslaw Milk</p>
<p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study Chicken Cordon Bleu Parslied Redskin Potatoes Asparagus Cuts Mandarin Oranges Bread & Milk</p>	<p>8 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey 11:30-4 Commodity Box Recert. & Pick-up Beef & Noodles Mashed Potatoes Corn Tropical Fruit Dinner Roll & Milk</p>	<p>9 10:00 Senior Exercise 10:00 Foster Grandparents 10:30 Geri-Fit Grilled Chicken Salad (Lettuce, Tomato, Cucum- ber, Onion, Egg & Cheese) Fresh Plum 100% Fruit Juice Crackers & Milk</p>	<p>10 8:00 Yoga 10:30 Chair Yoga 11:15 COAD RSVP Presentation w/ Trivia 12:45 Bingocize Mushroom & Swiss Burger Baked Potato w/ Butter & Sour Cream California Blend Vegetables Sugar-Free Jell-O w/ Mixed Fruit Sugar-Free Cookie & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Creamy Potato Soup Tuna Salad w/ Bun Spinach Salad w/ Tomato Carrots w/ Ranch Milk</p>
<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study Philly Cheesesteak w/ Bun Battered Cauliflower Roasted Sweet Potato Diced Pineapple & Mango Milk</p>	<p>15 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey Chicken Strips Mac-n-Cheese Carrot Coins Grapes Apple Slices 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 1:00 Spring Craft Class Stuffed Green Pepper Soup Pickled Beets Cottage Cheese Dragon Punch Breadstick & Milk</p>	<p>17 8:00 Yoga 10:30 Chair Yoga 11:15 Mike Hoskins— piano 12:45 Bingocize <i>Easter Luncheon</i> Ham Slice Scalloped Potatoes Green Beans Angel Food Cake w/ Straw- berries Bread & 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/ Roscoe Gardens 1:00 Euchre Cheese Omelet Hash Brown Baked Cinnamon Apples Banana Blueberry Muffin & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Children's Services Levy 12:45 Bingocize 2:00 Cold Case Christianity Book Study</p> <p>Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Fresh Orange Rice Krispy Treat & Milk</p>	<p>22 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Shredded Chicken w/ Bun Tater Tots Creamed Corn Apricots Milk</p>	<p>23 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee-- <i>Fever Pitch</i></p> <p>Meatball Sub Cheesy Hash Brown Casserole Italian Blend Vegetables Pea Salad Milk</p>	<p>24 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Chili Baby Bakers Broccoli & Cheese Fresh Cut Fruit Cornbread & Milk</p>	<p>25 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Turkey Tetrazzini Capri Blend Vegetables Warm Cinnamon Applesauce Tomato & Cucumber Salad Bread & Milk</p>
<p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study</p> <p>Beef Stew Cherry Crisp Tossed Salad w/ Dressing Warm Biscuit w/ Honey Milk</p>	<p>29 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Roasted Pork w/ Gravy Cheddar Mashed Potatoes Baked Beans Cantaloupe Chunks Bread & Milk</p>	<p>30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions</p> <p>Chicken & Wild Rice Soup 3-Bean Medley Spinach Salad w/ Tomato Strawberry Cottage Cheese Fluff Milk</p>		

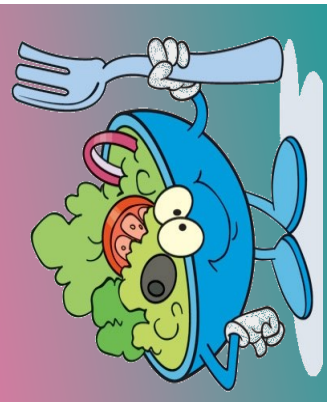


Soups of the Month:

- 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.

Springtime!

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

WORD LIST

TULIPS	THUNDERSTORM	KITE
PASTORAL	RAINBOW	BLOSSOMING
FLOWERS	SUNLIT	SPRINGTIME
GARDENING	BLOOM	CHICK
BASEBALL	BAREFOOT	SPROUT
LADYBUGS	BUNNY	ROBIN
TADPOLE	UMBRELLA	

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

April George.....	Director
Chris Emmert.....	Office Technician
Jessica Jones.....	Office Aide
Bud Moore.....	Dietary Manager
Michelle Bassett.....	Head Cook
Beth Vojacek.....	Kitchen Assistant
Jennifer Kempf.....	Kitchen Aide
Stacey Reiman.....	Kitchen Aide
Jessica Phillips.....	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
Rick Phelps.....	HDM Driver
Amber Sells.....	HDM Driver
Wesley Morris.....	HDM Driver
Tammie Waite.....	HDM Driver

For Cancellations and Center Announcements



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 2025 MEMBER**

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!

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.





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
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PERMIT NO. 120
COSHOCOTON, OHIO

Return Service Requested



HAPPY EASTER!

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