

# The Senior Connection



October

### Showcase Your Talent in a Local Art Contest!

Columbia Gas of Ohio invites local artists to celebrate Coshocton and surrounding areas through photography, painting/drawing, or digital art. Winning pieces will be featured in Columbia's new facility, bringing community pride to life in hallways and meeting spaces.

#### What to Know:

- **Art Types:** Photography, free-hand, digital
- **Judging:** Creativity, relevance, artistic appeal
- **Deadline:** End of November; open house in early 2026
- **Theme:** Natural gas benefits or local landmarks/community spirit

Winners will be honored with a facility tour alongside senior center participants and local media.

**Join us for lunch on October 9** to learn more! Ethan Wagner, Public Affairs Specialist, will be here at 11:30 to answer questions. Contact: [EthanWagner@Nisource.com](mailto:EthanWagner@Nisource.com) | 614-419-7406

## Nutrition Education: Stronger than Sarcopenia

As we age, maintaining muscle mass becomes more than a fitness goal—it's a necessity. Sarcopenia, the age-related loss of muscle strength and function, affects up to 50% of adults over 80. But here's the good news: with smart nutrition and consistent movement, you can fight back.

### Join Us October 8th at 11:45

Learn how to protect your muscles as you age. This session will cover:

- What sarcopenia is and why it matters
- How much protein your body needs
- Why protein supports muscle function and tissue repair
- Simple steps to prevent muscle loss through diet and lifestyle



**IMPORTANT REMINDER:** Home Delivered Meals can NOT be left at the home if the client is not at home to receive it in person. If you know you are not going to be home or you wish to cancel for that day, please call the Senior Center. Your courtesy call and respectful efforts help us to eliminate and reduce unnecessary food preparation and packaging cost as well as lower fuel usage and other delivery related expenses. This helps us as a non-profit to curtail expenses so we can continue to serve as many seniors as possible while also reducing waste. **WHEN CANCELLING CALL (740) 622-4852, PRESS 1 AND LEAVE A MESSAGE!**



# Beads & Yarn Crafting Workshop

Join Jessie for a Yarn and Bead Crafting Workshop and discover the joy of creating beautiful, one-of-a-kind pieces! Sign up Required starting October 1st.



Free  
Entry!



October 22, 2025  
 1:00PM  
 201 Browns Lane  
Coshocton, OH 43812

Sign Up Required

Coshocton Public Health District Presents:

# Coffee With A Doc

Dr. John Smilo is a podiatric surgeon at Coshocton Regional Medical Center, where he provides advanced foot and ankle care.

With expertise in procedures such as tendon repair, fracture care, and diabetic food management, he helps patients stay active and healthy.

Dr. Smilo is passionate about improving mobility and quality of life for individuals of all ages.



Step Into Better Health:  
Foot and Ankle Care



FREE COFFEE & TREATS!

Wednesday,

October 22nd @ 11AM

Coshocton Senior Center  
(201 Browns Lane)

Coshocton Regional Medical Center

January 2026 Event: Stephanie Kelly, PT at CRMC



Join us October 23rd at 11:15 AM for Music by Sarah with Traditions Health Care Let the rhythm lift your spirits and the melodies warm your heart!

**23**  
OCT

11:15 AM

**SENIOR CENTER**  
201 BROWN LANE  
COSHOCOTON, OH 43812



You're invited to a  
Life Line Screening  
event!

Coshocton Senior Center  
201 Browns Lane  
Coshocton, OH 43812

Wednesday, October 1, 2025



Life Line Screening is the nation's leader in Stroke and Cardiovascular Disease Risk Screenings.

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Who should attend: Anyone age of 40+

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- Peripheral Artery Disease Screening
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These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.



## Discover the Joy of Crochet with Barbara Everhart

Looking to pick up a relaxing and creative new hobby? Join us on **Thursday, October 2, 2025 at 2:00 PM** for a hands-on crochet workshop led by the talented **Barbara Everhart**.

Whether you're a total beginner or just need a refresher, Barbara will guide you through the basics of this timeless craft. She'll provide the crochet hook—you just need to bring your favorite yarn and a willingness to learn.

This is a wonderful opportunity to unwind, meet fellow crafters, and create something beautiful with your own hands. No experience necessary—just come ready to stitch, laugh, and learn. Let's get hooked on Crochet together!



**Movie Premiere Alert!** Get ready to stir up some enchantment—*Practical Magic* premieres on October 8th at 1PM! This beloved classic follows two sisters with a magical secret, navigating love, loss, and a little bit of witchcraft. It's heartwarming, mysterious, and just the right amount of spooky. Don't miss it! Light refreshments will be provided.

*Navigating Medicare can be overwhelming—but you don't have to do it alone. On **Monday, October 20 2025 from 9am to 3pm**, we will have Medicare counseling available by appointment.*

*Whether you're new to Medicare or looking to better understand your current coverage, this session will provide valuable insights into the programs available, how to choose the right plan, and what common pitfalls to avoid.*

*This is a great chance to speak one-on-one with someone who can help clarify your options and guide you through the process with confidence. Call (740) 622-4852 to schedule your appointment. Please bring your insurance card and a list of your medications.*



**Commodity Supplemental  
Food Program 2024-25 Pick-**

**Up Dates:**



**October 14th**  
**November 11th**  
**December 9th**

**Next date: October 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. 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! If your application expires, you will need to re-apply and will be added to the bottom of the wait list.\*\*\***

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 \$5.00 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
		<b>1</b> 9:00 Life Line Screenings <u>BY APPOINTMENT-</u> <u>ALL ACTIVITIES</u> <b>CANCELLED</b>  BBQ Rib Sandwich Cheesy Hash Brown Casserole Maui Blend Vegetables Fruit Cocktail Milk	<b>2</b> 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize 2:00 Crochet Class  Chicken Strips Scalloped Potatoes Cauliflower w/ Cheese Apricots Macaroni Salad Milk	<b>3</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre  Egg Salad w/ Bun Stuffed Pepper Soup Celery & Carrot Sticks w/ Ranch Fresh Cut Fruit Milk
<b>6</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize  Grilled Chicken w/ Cheese & Bacon on Bun Cheddar Tots Nantucket Blend Vegetables Mandarin Oranges Milk	<b>7</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey  Cheese Pizza Asparagus Cherry Crisp Cantaloupe Milk	<b>8</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:45 Nutrition Education – Sarcopenia– What Older Adults Need to Know 1:00 Movie Matinee– <i>Practical Magic</i> Chef Salad (Ham & Turkey, Lettuce, Tomato, Onion, Cucumber, Egg & Cheese) 100% Fruit Punch Fruit Muffin Crackers & Milk	<b>9</b> 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:30 Columbia Gas Art Presentation 12:45 Bingocize Pizza Burger w/ Bun Ranch Potato Bake Capri Blend Vegetables Cucumbers, Onions & Ranch Milk	<b>10</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Euchre  Turkey & Noodles Mashed Potatoes Peas & Carrots Orange Pineapple Fluff Dinner Roll & Milk
<b>13</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize  Bacon Cheeseburger Casserole Normandy Blend Vegetables Spiced Peaches Apple Slices Bread & Milk	<b>14</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u> BBQ Chicken Baked Potato Broccoli & Cheese Grapes Blueberry Muffin & Milk	<b>15</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare  Chili w/ Beans Baby Bakers Green Beans Diced Mango Cornbread & Milk	<b>16</b> 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right 11:30 Blood Pressure Checks w/ Lafayette Pointe 12:45 Bingocize  Chicken Parmesan over Penne Pasta w/ Marinara Italian Blend Vegetables Blueberry Cobbler Milk	<b>17</b> 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 Tater Kegs Sausage Links Banana Bagel w/ Cream Cheese V-8 Juice & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> 9-3 Medicare Counseling by appointment only 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize  Salisbury Steak w/ Gravy Mashed Potatoes California Blend Vegetables Tropical Fruit Dinner Roll & Milk	<b>21</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Bingo w/ Roscoe Gardens 1:00 Hausey  Chicken Stew Asparagus Baked Apples 100% Fruit Juice Sidekick Garlic Cheddar Biscuit & Milk	<b>22</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Coffee with a Doc 1:00 Fall Craft Class—Sign-up is required as space and supplies are limited.  Mac-n-Cheese Stewed Tomatoes Mixed Veggies Sugar-Free Jell-O w/ Mandarin Oranges Milk	<b>23</b> 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Music by Sarah w/ Traditions Health 12:45 Bingocize  Bratwurst w/ Bun Brussels Sprouts Baked Beans Fruit Cocktail Milk	<b>24</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre  Cod Nuggets Roasted Redskin Potatoes Beets Pasta Salad Apricots Milk
<b>27</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize  Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Fresh Orange Tortilla Chips Rice Krispy Treat & Milk	<b>28</b> 8:00 Yoga 9:15 Line Dancing 10-12 Beltone Hearing 10:00 Meditation 1:00 Book Club 1:00 Hausey  Popcorn Chicken w/ Gravy Mashed Potatoes Corn Strawberry Fluff Bread & Milk	<b>29</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions  Tater Tot Casserole Lima Beans Apple Crisp Carrots w/ Ranch Vanilla Wafers & Milk	<b>30</b> 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize  Chicken & Wild Rice Soup Cottage Cheese Spinach Salad w/ Tomato Cucumber Marinade Pineapple Breadstick & Milk	<b>31</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Halloween Party 1:00 Euchre  Beef & Noodles Mashed Potatoes Maple Glazed Carrots Apple Slices Pumpkin Roll & Milk



### 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](http://www.knohoco.org) or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.

## Halloween II

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





## WORD LIST

AFRAID	DRESS UP	WITCH
BLACK CAT	HALLOWEEN	WEREWOLF
AUTUMN	JACKOLANTERN	NIGHT
COSTUME	OCTOBER	MASK
GHOST	SCREAM	HOWL
FACE PAINTING	SKELETON	CANDY
EERIE	ZOMBIE	SPOOK



## Senior Center Hours

**Monday-Friday**

**8am-4:30pm**

**(740) 622-4852**

## Staff

April George.....	Director
Chris Emmert.....	Office Technician
Jessica Jones.....	Office Aide
Nicole Maynard.....	Office Assistant
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  
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 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.



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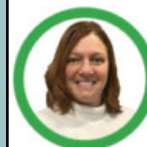


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Referral Advocate

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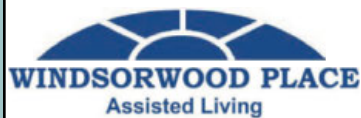
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#### COAD RSVP SENIOR PROGRAM

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CONTACT YOUR RSVP COORDINATOR

**Laura Leprotti**

[lleprotti@coadinc.org](mailto:lleprotti@coadinc.org)

**740-856-1321**



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[www.coshoctoncounty.net/mobility](http://www.coshoctoncounty.net/mobility)

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- Evidence Based Programming
- Access to Trualta's Online Education Platform
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- Outreach Programs & Referrals
- Workshops & Speaking Engagements
- Linkage to Kinship Support

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[www.aaa9.org](http://www.aaa9.org)

[caregiver@aaa9.org](mailto:caregiver@aaa9.org)

## Home Cooling Assistance



The Ohio Department of Development (ODD) and the Area Agency on Aging, Region 9 (AAA9) are once again offering assistance to help Ohio's families stay cool during the summer months. From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the ODD's HEAP Summer Crisis Program.

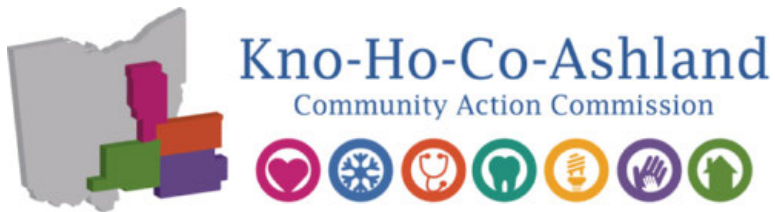
To apply for the program, clients are required to schedule an appointment with their local Energy Assistance Program by calling (740) 622-9801. Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health.

For more information about the Summer Crisis Program, and what is needed to apply, older Ohioans may contact AAA9 at 800-945-4250.

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## Coshocton Senior Center

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