

The Senior Connection

JUNE



©LPI

DAY AT THE RACES



The thrill of the track awaits you! Experience the adrenaline and the fun at the Senior Center.

**THURSDAY JUNE 4TH @ 11
201 BROWNS LANE**

June 15th- we wear PURPLE!



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Join us at 11:00 for a performance by crowd favorite The Walhonding Rube Band, and stay for lunch- we are having taco salad! Reservations are respectfully requested.



KNOW ABUSE REPORT ABUSE
ELDER AND DEPENDENT ADULT ABUSE AWARENESS

DON'T MISS THE SIGNS



NEGLECT / SELF-NEGLECT

- Lack of adequate food and water
- Dirty clothing and changes in personal hygiene
- Unusually messy home
- Lack of medical aids or medication



FINANCIAL ABUSE

- Basic needs not being met
- Bills not paid
- New credit cards and increased cash withdrawals
- Unusual purchases by caregiver



PHYSICAL ABUSE

- Bruises, black eyes, welts
- Broken bones, cuts, sprains
- Sudden change in behavior
- Caregiver refusal to leave elder or dependent adult alone



MENTAL ABUSE

- Threatening significant physical harm
- Derogatory or inappropriate names, insults, profanity, or ridicule
- Harassment, coercion, intimidation, humiliation



SEXUAL ABUSE

- Unusual bruising on thighs and chest
- Unexplained sexually transmitted diseases
- Unusual stains on clothing or sheets
- Withdrawn from social interactions / panic attacks

HAPPY FATHER'S DAY!

Come have some Coffee and Donuts with us on June 22nd to honor all you amazing dads!!



A S P E C I A L

THANK YOU

To all the local businesses here in Coshocton that made our Senior Day possible. Hathaway's, McDonald's, Wilson Furniture, Bradford Financial, Buehler's, Prince's Wrecker Services, Frontier Power, Home Loan Savings Bank, Marilyn's Natural Foods, Coshocton Elks, Coshocton Moose Lodge, Lity's Scrap Yard, Coshocton Supply Company, Shrivvers Hospice, Walmart, Lafayette Pointe, and Kehl's Body Shop for your generous contributions and support. Days like this would not be possible without you. We are truly grateful for you!

Summer Sunshine Safety Tips:

Wear sunscreen. Even if you are only going to be outside for a short period.



Wear protective clothing and eyewear. UV-protected sunglasses are best.



Reapply sunscreen if you are outside for longer periods of time.

Drink more water!
Plan to need more than usual.



©LPI

CRAFT
Workshop



Time
1:00PM

Date
Wednesday
June 10th

201 Brown Lane
Coshocton, Ohio
43812

SIGN UPS AVAILABLE

740.622.4852

Join us for a Movie

My Girl



MACAULAY CULKIN ANNA CHLUMSKY JAMIE LEE CURTIS

WEDNESDAY JUNE 3RD AT 1:00PM

Seniors Make A Difference!

For More Info Call
(330) 987 - 7232



Helping Seniors Stay In Homes
Become a Senior Companion today and receive a

- Tax free stipend
- Flexible schedule
- Some benefits while volunteering
- Mileage reimbursement

SENIOR COMPANIONS
Make Independence a Reality

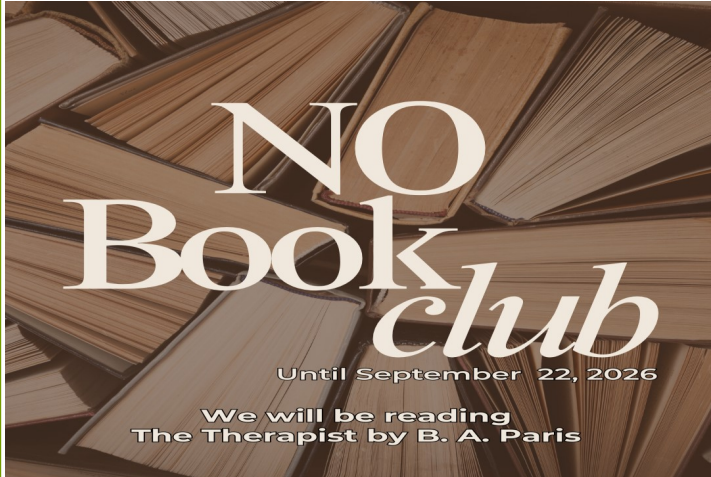
COAD

AmeriCorps Seniors

NO Book club

Until September 22, 2026

We will be reading
The Therapist by B. A. Paris



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! Please do so as soon as you can, but **NO LATER THAN 9AM** the day you are cancelling for. Please understand that it is sometimes difficult to get in contact with our drivers after that time. If you call after 9:00, we MAY not be able to contact the driver before they go out for delivery. Please do not be rude to the driver if you cancelled late and we were unable to relay that message before they get to your home.

WORD TWIST

Answers	Seed	Spade	Watering	Tulip	Lawn
	Bloom	Glove	Soil	Weeder	Rose

Commodity Supplemental

Food Program 2026

Pick-Up Dates:



June 9th

Next date: June 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. **ALWAYS BRING IDENTIFICATION.** 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. You will need to bring valid identification to satisfy age and residency requirements.*****

For more information on any of our services, please call us at (740) 622-4852.

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										
<p>1 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Cavatappi Roasted Sweet Potatoes Capri Blend Vegetables Pineapple Tidbits Garlic Toast & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Bread & Milk</p>	<p>3 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Movie Matinee- <i>My Girl</i></p> <p>Plow Boy Baked Potato BBQ Chicken Broccoli & Cheese Fruit Cocktail Cornbread & Milk</p>	<p>4 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:00 Day at the Races 12:45 Bingocize</p> <p>Egg Salad Croissant Spinach Salad w/ Tomato Ambrosia Salad Carrots w/ Ranch Milk</p>	<p>5 9:30 Geri-Fit 10:30 Senior Exercise 11:15 Mike Hoskins—piano 1:00 Euchre</p> <p>Tater Tot Casserole Mixed Veggies Spiced Peaches Raisins Garlic Cheddar Biscuit & Milk</p>	<p>8 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Johnny Marzetti Broccoli Apple Crisp Cucumber Salad Italian Bread & Milk</p>	<p>9 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> "Chicken Fajita"</p> <p>Grilled Chicken Strips w/ Peppers & Onions (Lettuce, Tomato, Onion, Cheese & Sour Cream) Mexican Rice Fiesta Corn Apricots Tortilla & Milk</p>	<p>10 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Craft Class— sign-up is required as space and supplies are limited.</p> <p>Potato Soup Italian Sub Celery Sticks w/ Ranch Cottage Cheese 100% Fruit Juice Sidekick Crackers & Milk</p>	<p>11 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef & Noodles Mashed Potatoes Peas & Carrots Pineapple Tidbits Bread & Milk</p>	<p>12 9:30 Geri-Fit 10-2 Chair Massage w/ Krysten Smalley— by appt. 10:30 Senior Exercise 1:00 Euchre</p> <p>Bratwurst w/ Bun Baked Beans Onion Rings Tropical Fruit Milk</p>	<p>15 <i>World Elder Abuse Awareness Day— wear purple!!</i> 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 11:00 Walhonding Rube Band Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) Tortilla Chips Fresh Orange 100% Fruit Punch Rice Krispy Treat & Milk</p>	<p>16 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 1:00 Bingo w/ Roscoe Gardens Turkey Burger w/ Cheese on Bun (Lettuce, Tomato, Onion) Ranch Potato Bake Broccoli & Cauliflower Cuts Strawberry Applesauce Milk</p>	<p>17 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party— sponsored by Altercare BBQ Chicken Breast Roasted Red Skin Potatoes Italian Blend Vegetables Grapes Dinner Roll & Milk</p>	<p>18 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</p> <p>French Toast & Sausage Links Country Apples Banana V-8 Juice Milk</p>	<p>19 CLOSED FOR</p> 
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22 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize Shredded Chicken w/ Bun Sweet Potato Tots Green Beans Diced Pears Milk	23 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Swedish Meatballs Alfredo Noodles Asparagus Cantaloupe Chunks Tossed Salad w/ Dressing Breadstick & Milk	24 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Open House Bingo— sponsored by Shrivvers Hospice Turkey Pot Pie Brussels Sprouts Cinnamon Applesauce Cucumbers, Onions & Ranch Cookie & Milk	25 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Ham & Cheese Wrap Broccoli Cheese Soup Orange Pineapple Fluff 100% Fruit Juice Milk	26 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Country Fried Steak w/ Pepper Gravy Tater Kegs Succotash Diced Peaches Bread & Milk
29 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize Grilled Chicken Salad (Lettuce, Tomato, Onion, Cheese, Cucumber, Egg) Dragon Punch Apple Slices Fruit Muffin Crackers & Milk	30 8:00 Yoga 9:15 Line Dancing 10-12 Beltone Hearing 10:00 Meditation 1:00 Hausey Sloppy Joe w/ Bun Potato Wedges Normandy Blend Vegeta- bles Mandarin Oranges Milk			



Soups of the Month:

Chili

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.



Summer Fun

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

Word List:

BARBECUE	BASEBALL	BEACH	BIKING
BOATING	CAMPING	COOKOUTS	DANDELIONS
FARMERS MARKET	FESTIVALS	FIREFLIES	FISHING
FLIPPLOPS	FLOWERS	GARDENING	GOLF
GRILLING	HEAT	HOT DOGS	ICE CREAM
ICED TEA	JUNE	LEMONADE	MOSQUITOS
PICNIC	POOL	ROSES	SANDALS
SAND CASTLE	SPRINKLER	STRAWBERRIES	SUMMER
SUNBLOCK	SUNBURN	SUNGLASSES	SUNSHINE
THUNDERSTORMS	TRAVELING	VACATION	WATERMELON

S Word Twist

In the Garden

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

esro _____ terwgain _____
 wnal _____ evlog _____
 eedrew _____ edaps _____
 ilutp _____ lombo _____
 ilso _____ edse _____

For Cancellations and Center Announcements

Tune In To:



Follow Us On:



Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

- April George.....Director
- Jessica Jones.....Office Aide
- Renee Raber.....Office Technician
- 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
- John Burt.....HDM Driver
- Rick Phelps.....HDM Driver
- Amber Sells.....HDM Driver
- Wesley Morris.....HDM Driver
- Tammie Waite.....HDM Driver

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**



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!



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Michelle Dougherty

Referral Advocate

phone 740.487.1241 | cell 740.221.8675 | fax 740.487.1253
email mdougherty@shrivershospice.com



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HOSPICE

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in Coshocton County



Genesis Coshocton Medical Center

GENESIS HEALTHCARE SYSTEM

48439 Genesis Drive, Coshocton
740-722-9560

genesishcs.org

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wouldn't be the
same **without you!**

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COSHOCTON



Coshocton Regional
Medical Center



- Fare Free within Coshocton County
- Low Out-of-County Fare Rates
- Mobility Device Accessible Vehicles
- Online Scheduling available! #CPTforAll

Coshocton Public Transit
Shuttles Operate Monday - Friday 6:00 am - 6:00 pm



740.622.7139 | 401 Main Street | Coshocton, OH
coshoctoncounty.net/transportation
Your Journey. Our Mission.

- Open to anyone
- Any trip purpose
- 48 business hour notice appreciated
- Donations always appreciated!



to collaborate regionally

FREE AD DESIGN WITH PURCHASE OF THIS SPACE

Call 800.950.9952



FREE support for unpaid individuals that provide care to a loved one, family member, friend, or neighbor.



Caregiver Support Program

SUPPORT INCLUDES:

- Respite Services
- Information & Assistance
- 1:1 Consultations and Routine Check In's
- Caregiver Cafe
- Multi-Media Lending Library
- Evidence Based Programming
- Access to Trualta's Online Education Platform
- Direct Mailing of Printed Caregiver Materials
- Outreach Programs & Referrals
- Workshops & Speaking Engagements
- Linkage to Kinship Support

📞 1-800-945-4250
🌐 www.aaa9.org
✉ caregiver@aaa9.org

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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

JUNE

IS THE PEARL OF SUMMER,
SHINING WITH
WARMTH & JOY

*Coshocton
Senior Center*

Caring People. Caring for You

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

L.M. MONTGOMERY

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