

**CENTERBURG SENIOR SERVICES**  
182 W. HOUCK ST, CENTERBURG  
740-625-5056 M-F 9AM-3PM

**VALENTINES  
DAYS BRUNCH  
WITH US AND  
COJFD**

**Wednesday 14th @  
10:30am to 11:30am**

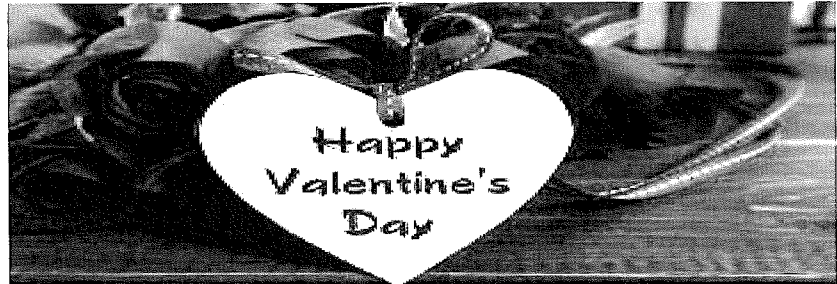
**At the Firehouse**

5138 Columbus Rd,  
Centerburg, Ohio  
43011

Pancakes, Bacon, with  
Coffee or water.

Marry Miller for your  
entertainment.

No cost to you, gladly  
accepting donations.



February Newsletter 2024

Thursday Feb 1<sup>st</sup> 12pm to 1 pm.

The COJFD will be doing mini health checks. These can be any of the following, EKG, sugar or blood pressure. This is prior to bingo, however you do not have to stay for bingo though you are welcome too!

Thank You to our February bingo sponsors,  
REMAX Reality, Country View of Sunbury, The Laurels  
of Mt Vernon and Centerburg Pointe.

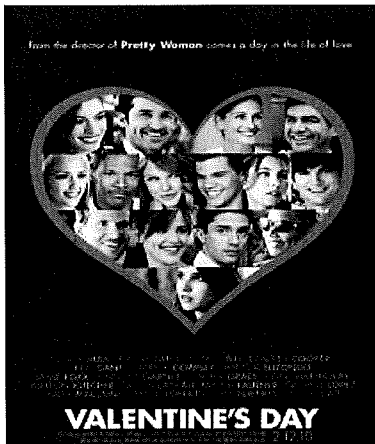
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*Closed on Monday February 19th to  
observe Presidents Day.*

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Paint Class – Monday Feb 12<sup>th</sup> @ 1pm

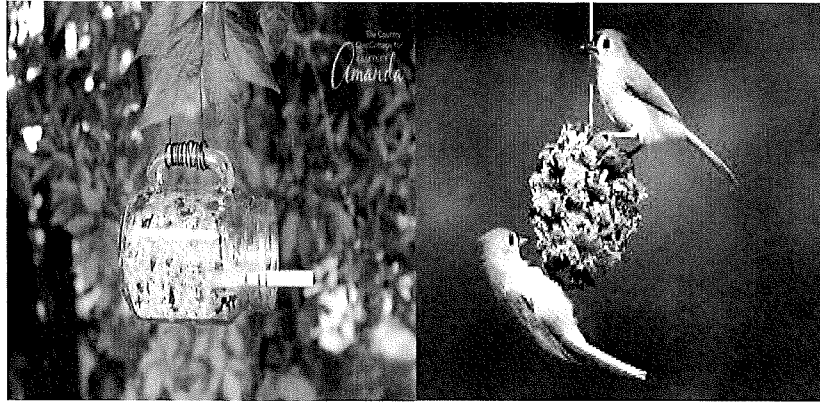
With Angie cost is \$10.00



**Valentine Day Movie**  
Monday 26<sup>th</sup> @ 1pm



Open to 60 and over! Call to sign up 740-625-5056!



**Critter Feeder Craft with Patty** – Tuesday February 20<sup>th</sup> @ 11am. No cost to seniors 60 and up in Knox County. \$5 dollars, for out of county participants! Materials will be provided. Stop in or call to sign up!

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*Massage Day Monday with Katie Thomas*

*Feb 26<sup>th</sup> 11am -1:30 – 15 mins for \$10.00 by appointment*

*Stop in to sign up!*

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**Color Street Nails with Jessie**

Ladies, sign up and get your nails pampered and pretty for the holidays!

FREE – Friday Feb 9th, starts at 11am by appointment. Call to sign up.

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***February holiday schedule for the center***

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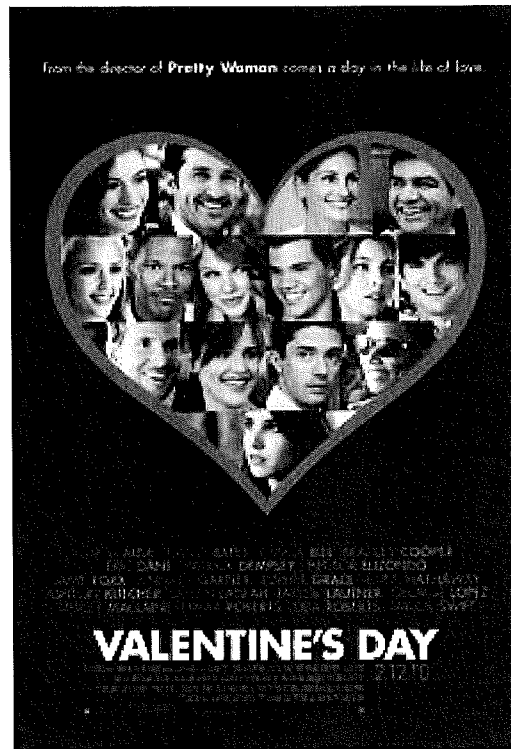
We will be closing February 19<sup>th</sup> for Presidents Day.

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*Our staff would like to wish everyone a Happy Valentine's Day.*

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**MOVIE DAY- February 26<sup>th</sup> @ 1pm. A light lunch will be provided.**



### ***Recurring Daily Activities:***

#### ***Exercise with Missy our live instructor at 10am***

Monday - Pound Class - A total body cardio condition, core, and drumming all in one!

Tuesday - Chair Exercise - These help strengthen your arms, legs, hips and core. And all while seated in a chair!

Wednesday – Cardio Drumming – Come beat on yoga balls with drumsticks, laugh while you burn those calories!!!

Thursdays – Gentle Yoga – Easier stretches and maneuvers for our seniors!

Friday – Cardio Drumming – Back by Popular demand is round 2 of drumming fun!

### ***Cards and Games***

We have many games on our calendar. Is there 1 that you and your friends would like to play? Is there a time that you guys would like to come in, turn the TV on and watch a show together? Please stop in, give us a call. We'd love to be your hang out spot!

## ***Meals On Wheels Program!***

We offer a hot meal delivered to seniors in our area 60 and older. We ask for \$3.00 recommended donation to go towards each meal. We have them prepped at KCH and our driver, Amy, picks them up and delivers each meal at a cost to CSS of about \$7.50 a meal. The \$3 dollar donation really helps!

Amy's route is over 80 miles a day!

We know everyone loves our driver, Amy, as we do too! We ask that the hellos and how are you's be kept short as we need to keep her moving especially in the colder weather.

### ***Winter weather is approaching - cancellation/delays.***

When winter weather hits we DO follow Centerburg Local School as far as closings go. If Centerburg school closes due to weather, so do we. If school is delayed and remains open after the delay, we will be open. If school is delayed and then cancels, so do we!

The best way to know is to watch the local news and see if Centerburg Senior Services has closed, then you will know! Sometimes roads in town are cleared in the morning, but we service 3 townships outside of the village. Many of those roads are gravel, back country roads and have not been cleared in time. We value all of our clients safety along with our very own staff members, who most of them live out on those back roads!

### ***Blizzard bags***

Blizzard bags will go out when we have upcoming bad weather. These bags will have a couple meals worth of food in them. Please save them and use them on the days we cannot deliver due to weather conditions.

### ***Extra numbers to have on hand.***

Centerburg Interchurch – 740-625-5940

Jacque Cordle Food Pantry – 419-560-5991

Jim Waterman (Used medical equipment) 740-625-5094

Transportation to doctors – Station Break – 740-397-2417

MON TUE WED THU FRI  
 29 30 31 Feb 1 2

- 10am "Pound" Exercise
- 11am Massage Day
- 10am Chair Strength Exer
- 1pm Cards
- 10am Cardio Drumming
- 11:30am Sequence
- 1pm Canasta
- 10am Gentle Yoga
- 12pm COJFD health check
- 1pm Bingo
- 10am Cardio Drumming
- 11:30am Cribbage
- 1pm Euchre

5 6 7 8 9

- 10am "Pound" Exercise
- 10am Chair Strength Exer
- 1pm Cards
- 10am Cardio Drumming
- 11:30am Sequence
- 1pm Canasta
- 10am Gentle Yoga
- 1pm Bingo
- 10am Cardio Drumming
- 11am Color Street Nails
- 11:30am Cribbage
- 1pm Euchre

12 13 14 15 16

- 10am "Pound" Exercise
- 1pm Painting Class
- 10am Chair Strength Exer
- 1pm Cards
- 10am Cardio Drumming
- 10:30am Valentines Break
- 11:30am Sequence
- 1pm Canasta
- 10am Gentle Yoga
- 1pm Bingo
- 10am Cardio Drumming
- 11:30am Cribbage
- 1pm Euchre

19 20 21 22 23

- Closed for Presidents Day!*
- 10am Chair Strength Exer
  - 11am Crafts with Patty
  - 1pm Cards
  - 10am Cardio Drumming
  - 11:30am Sequence
  - 1pm Canasta
  - 10am Gentle Yoga
  - 1pm Bingo
  - 10am Cardio Drumming
  - 11:30am Cribbage
  - 1pm Euchre

26 27 28 29 Mar 1

- 10am "Pound" Exercise
- 11am Massage Day
- 1pm Movie Monday
- 10am Chair Strength Exer
- 1pm Cards
- 10am Cardio Drumming
- 11:30am Sequence
- 1pm Canasta
- 10am Gentle Yoga
- 1pm Bingo
- 10am Cardio Drumming
- 11:30am Cribbage
- 1pm Euchre

# Fun Leap Year Word Search

L B O 9 G J G E I W W T U N P C F  
U B 9 B A T 9 F Y S C W C U S A T  
2 A J U L I U S C A E S A R I N E  
R E D I W D L R O W U R T I Y O D  
U Y Y I L S S B A Y H H D 9 D I A  
D G L Y G E G R I 9 G 9 2 9 L T R  
E E T A G O A C A M U Y M M 9 C A  
G N N D D D R P 9 E R W H R C E P  
Y F M H G 9 P F Y A Y M D T I L S  
P F R T F E D W U E N R A A C E W  
T C L R G I E R M I A M U A T M E  
I B W I 9 E B L W G T R R O F R L  
A 9 2 B S E M C R T P A U F F E R  
N N D N F T C J C N L F J B L P H  
S W 2 W Y N E F G S H N Y E I A O  
2 U I G R I U B 9 9 I D H R N E A  
T O S C I P M Y L O 2 U D S W L A

Worldwide  
Leaper  
Olympics  
Leap Year

Four Years  
February 29  
Parade  
Egyptians

Birthday  
Election  
Frog  
Julius Caesar