

CENTERBURG SENIOR SERVICES

182 W Houck St, Centerburg Phone 740-625-5056 Hours Monday-Friday 9am-3pm

MARCH 2024 NEWSLETTER

Spring has arrived, change those clocks March 10th!



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**Painting with Angie
March 4th @ 1pm! Cost
is \$10. For 60 years of
age and up!**



Voting Day March 19th!

Closed Friday March 29th for Good Friday!

No Meals will be delivered this day!

Monthly Bingo Sponsors!

Remax – Tyler Griffith and Team Country View of Sunbury – Katherine Davis

The Laurels of Mt Vernon – Curtis Farlee Centerburg Pointe – Courtney Cole

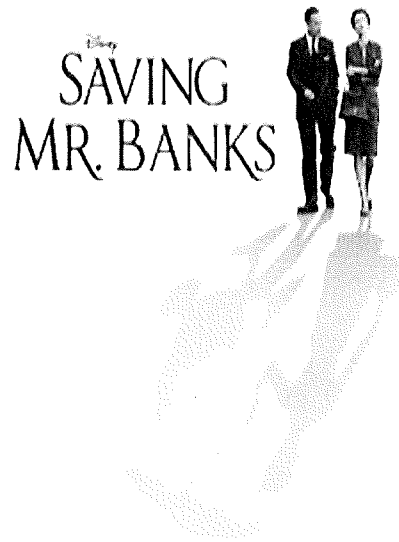
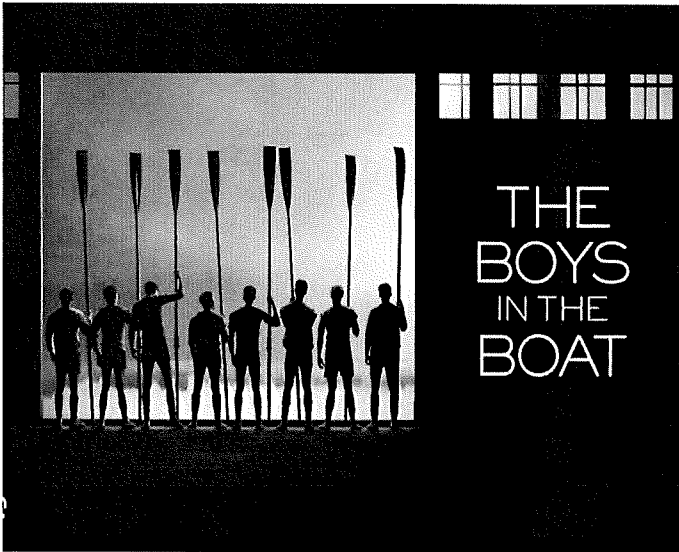
Thank you to these business for supporting our BINGO days!

Movie Monday served with a light lunch.

Monday March 11th at 1pm – “Boys in the Boat” newly released in 2024

Monday March 25th at 1pm – “Saving Mr. Banks” release in 2013

Wear your GREEN to bingo on March 14th!



Daily scheduled activities

Monday – Exercise class 10am “Pound”

Tuesday- Exercise class 10am “Strength exercise”

Tuesday – Card game 3-13 1pm

Wednesday – Exercise class 10am “Cardio Drumming”

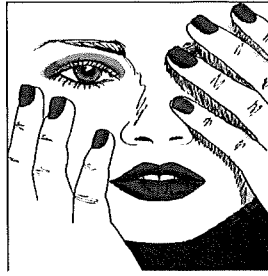
Wednesday - Sequence 11:30am & Canasta 1pm

Thursday – Exercise class 10am “Yoga”

Thursday – Bingo 1pm

Friday - Exercise class 10am “Cardio Drumming”

Friday – Cribbage 11:30pm & Euchre 1pm



Color Street Nails with Jessie

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

FREE – Friday March 15th, starts at 11am by appointment. Call to sign up.



*Massages with Katie Thomas – Monday March 25th Enjoy 15 mins of relaxation
for only \$10.00 - Stop in to sign up!*

\$5.00 Craft with Patty Monday March 18th @ 11:30am Bamboo windchime. Stop in to sign up!



There will be a charge of \$5 dollars for the craft due to cost of the bamboo.

Board of Trustee Members: Terry Bumpus, Jeff Perry, Fred Altizer, Skip McWilliams, Todd Sands, Sarah Johnson, Janet Rogers

Centerburg Senior Services Staff members:

Lisa Wilson

Lisa Keen

Patty McDowell

Amy Klugh

Doug Flinn – volunteer maintenance

Stephanie Binns – volunteer office

Nesa Adams – volunteer room decorator

Meals on Wheels Program:

If you are unable to leave your home much and need a hot meal, we can help! We pick up hot meals daily at KCH and deliver to your door for a recommended donation of \$3.00 per meal.

Our delivery area is Milford, Liberty and Hilliar Township.

Centerburg Senior Services is funded by the Knox County Senior Levy and from community donations. We are currently waiting to hear from the Knox County Senior Levy to see if we get fully funded for 2024. We will know late March or early April if our grant was approved.

We are also waiting to see if our grant to the United Way of Knox County was approved for the 2024 Wellness Program. We will know this any day!

If you need to have your taxes done – United Way will do seniors taxes for FREE,

call 740-397-5721 for an appointment.

In need of transportation to a doctor – call Station Break 740-397-2417 or

Knox Area Transit 740-392-7026 – give as much notice as possible.

If you are need of a smoke detector – call COJFD 740-625-5646

Mon	Tue	Wed	Thu	Fri
<p>26</p> <p>10am - "Pound" Exercise 11am - Massage Day 1pm - Movie Monday</p>	<p>27</p> <p>10am - Chair Strength 1pm - Cards</p>	<p>28</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>29</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>1</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>
<p>4</p> <p>10am - "Pound" Exercise 1pm - Painting Class</p>	<p>5</p> <p>10am - Chair Strength 1pm - Cards</p>	<p>6</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>7</p> <p>10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo</p>	<p>8</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>
<p>11</p> <p>10am - "Pound" Exercise 1pm - Movie Monday</p>	<p>12</p> <p>10am - Chair Strength 1pm - Cards</p>	<p>13</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>14</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>15</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre 11am Nails with Jessie</p>
<p>18</p> <p>10am - "Pound" Exercise 11:30am - Craft Day \$5.00</p>	<p>19</p> <p>10am - Chair Strength 1pm - Cards</p>	<p>20</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>21</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>22</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>
<p>25</p> <p>10am - "Pound" Exercise 11am - Massage 1pm - Movie Monday</p>	<p>26</p> <p>10am - Chair Strength 1pm - Cards</p>	<p>27</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>28</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>29</p> <p>Closed for Good Friday</p>



EASTER WORDSEARCH



H C S S P R I N G D W L I H M
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WORD LIST

APRIL
 BASKET
 BONNET
 BUNNY
 CANDY

CHICK
 EASTER
 EGGS
 FAMILY
 GAMES

HAPPY
 HOP
 HUNT
 LAMB
 PARADE

RABBIT
 SPRING
 SUNDAY
 TULIPS
 YELLOW