

March 2020

March activities:

Movies

Step Into Fitness

Massages

Gentle Yoga

Cards / Euchre

Speakers

Snap-Ed

Nail trim

Haircuts

Bingo

Color Street Nails

Funding for Centerburg Senior Services comes from Knox County Senior Levy Grant, United Way of Knox County & from community donations!

**United
Way**



First day of Spring is
March 20th!

Centerburg Senior Services

119 S. Preston St. Room 112

740-625-5056 Open M-F 9am-3pm

Did you know March is National Nutrition Month?



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Smoothie Event - March 11th

Join us Wednesday March 11th from 10am-11:30am as Nancy Burke with United Health Care & Medicare Advantage comes in to speak. She will make smoothies while she educates us & have raffle prizes!

SNAP-ED Nutrition Education - March 17,24,31

Tanner with OSU Extension office will be here in March for a 3 series Nutrition Education for the month of March. Come and learn some healthy tips & recipes and get to sample what he makes! This activity is from 11am-12pm.

March 2nd Painting class – cost is \$10.00



Painting class is for seniors 60 years of age and up only. If you would like to attend, please call us to be added to the list or stop in and sign up! Angie McCutcheon comes in every month and teaches us step by step on how to paint. Rain boots & daisies looked like a good representation of March in Ohio!

Movie Monday

March 9th "Beautiful Day in the Neighborhood"

March 23rd

"First Man"

Both movies will have a light lunch provided, if you wish to contribute and bring something just let us know!

If there is a movie that you think would be great to show, let me know!

Fun Facts about us:

Lisa's first paying job was waitressing at Tiffany's Restaurant 1992 while still in High School.

Crystal's first paying job was Catering at Kenyon College in 1981.

Bonnie's first paying job was making popcorn balls in 1956.

Come join us for **Movie Monday's!**

March 9th movie is "Beautiful Day in the Neighborhood"

"Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod". This movie was just released in November 2019.

March 23rd movie is "First Man"

"Director Damien Chazelle reunites with his La La Land star Ryan Gosling to depict the journey of Neil Armstrong, the first man to walk on the moon. Armstrong, along with his fellow pilots, including Buzz Aldrin (Corey Stoll), must work his way through the rigorous space program of the 1960s, sacrificing his personal safety and time with his wife Janet (Claire Foy) and their children to defy death and push the boundaries of human exploration"

Movie was released in October 2018.

Don't forget! Sunday March 8th change your clocks



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Color Street Nails – March 18th @ 1PM

Teresa Way, Independent Color Street Nail Rep, donates her time and nail strips for a lucky group of 8. Sign up now to reserve your spot on the list!

Massages by Cathy Loomis – March 4th

Contact us to schedule a 15 min massage for only \$10.00!

Bingo Meal Sponsors

For March:

March 5th Centerburg
Pointe

March 12th Centerburg
Respiratory

March 19th Laurels of
Mt. Vernon

March 26th Serve The
Burg

**THANK YOU
SPONSORS!**

It's free to come play
Bingo with us every
Thursday at 1pm. We do
a 50/50 cash drawling,
have a nice meal, prizes
& socialization!

Monday March 30th

Brandy from Perfectly
Polished Nails will be
here to trim fingernails
& toenails. Cost is
\$10.00

Call us to be signed up.

Haircuts by Christina Wednesday 25th



This Photo by Unknown Author is licensed under [CC BY-ND](#)

Christina is a licensed beautician that comes in every month to offer seniors a haircut for a small recommended donation of \$5.00. Christina & I thought coming into our room would be great for our clients. Parking lot space, no steps, no wait time and coffee always on. We schedule appointments every 10 mins. She is normally here for almost 2 hours and then heads off to the salon in Johnstown. If you would like to try her out, call us or stop by to sign up!

Our Service Area

We service seniors 60 years of age and up living in the Centerburg village, Milford, Liberty & Hilliar Township. Our services include Meals on Wheels (a warm meal delivered M-F), rides to doctor appointments (we use Knox Area Transit) and light cleaning in your home. If you or a loved one is in need of any of our services, please give us a call!

2020 CSS Board Members

Chair: George Blocker, Vice Chair: Terry Bumpus, Sarah Johnson, Jeff Perry,
Skip McWilliams, Fred Altizer, Janet Rogers

CSS staff:

Director: Lisa Wilson

Asst Director: Bonnie Rutherford

Business Manager: Crystal McElhaney

Meals on Wheels drivers: Anna Smith, Emma Winings, Bonnie Rutherford

House cleaners: Angie Griffith & Anna Smith

St. Patrick's Day Word Search



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

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

thejennyevolution.com

March 2020

February '20							April '20						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	2	3	4	5	6	7	1	5	6	7	8	9	10
	8	9	10	11	12	13	11	12	13	14	15	16	17
	14	15	16	17	18	19	12	13	14	15	16	17	18
	16	17	18	19	20	21	19	20	21	22	23	24	25
	23	24	25	26	27	28	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Painting 1PM	Step Into Fitness at 10AM 1PM Cards	Massages with Cathy Loomis by appointment	Gentle Yoga 10AM Bingo 1PM Kindred BP checks	Euchre 1pm	
8	9	10	11	12	13	14
TIME CHANGE	Movie 12PM "Beautiful Day in the Neighborhood"	Step Into Fitness at 10AM 1PM Cards With Prize	Smoothie Event 10am-11:30am United Health Care Advantage speaker Nancy Burke	Gentle Yoga 10AM Bingo 1PM	Euchre 1pm	
15	16	17	18	19	20	21
		St. Patrick's Day Step Into Fitness 10AM SNAP-ED 11AM Cards 1PM	Color Street Nails 1PM	Gentle Yoga 10AM Bingo 1PM	Happy Spring!! Euchre 1pm	
22	23	24	25	26	27	28
	Movie 12PM "First Man"	Step Into Fitness 10AM SNAP-ED 11AM Cards 1PM	Haircuts 10AM	Gentle Yoga 10AM Bingo 1PM	Euchre 1pm	
29	30	31	1	2	3	4
	Nails by Brandy at 10AM	Step Into Fitness 10AM SNAP-ED 11AM Cards 1PM				
5	6	Notes				