

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

AUGUST 2022 NEWSLETTER

NEW SCHEDULE

Monday – 10am Pound Class

Tuesday- 10am Chair strength
exercise class

Tuesday- 1pm cards

Wednesday -10am Cardio
drumming,

Wednesday -3pm Cardio
Drumming

Thursday- 10am Yoga

Thursday- 1pm Bingo

Friday- 10am Barre Fusion

Friday- 1pm Euchre

**United
Way**



CUBA GOODING JR.
GIFTED HANDS
THE BEN CARSON STORY



His mother gave him the courage, his faith helped him believe,
his brilliance gave him the power to change lives. **DVD**

Thank you everyone that attended our open house, we had a great turn out! Thank you for all the support from local businesses.

Eggmann's Eatery, Kolacheeze Coffee Bar, Bouncin' Bean Café,
CenterBean Coffee House, Build A Brew BBQ, Animal Station, and
Tina Marie Hiebert with Hospice

Exercise classes are funded by United Way of Knox
County. Thank you for your support!

Bingo Meal Sponsors for August:

Aug 4th Emily with Hair of the Dog

Aug 11th Katherine with Country View of Sunbury

Aug 18th The Laurels of Mt Vernon

Aug 25th Kaitlyn Arter- Outrage Design/Vintage Vibe

New Bingo Sponsors in July were Pizza Burg, Brody &
Tyler Griffith from ReMax PEAK and Milford Church of
Christ, Hair of the Dog – THANK YOU ALL!!

Movie Monday August 22nd 1pm

“Gifted Hands” The Ben Carson Story

Lunch Sponsor: Country View Sunbury

*****NEW SPONSOR*****

**PAINTING CLASS \$10.00 – MONDAY AUGUST
15TH @ 1PM**



Join us as Angie paints a picture of stacked rocks that she will have you put a saying of your choice on to personalize it. Class is \$10.00 and money goes to Angie.

**CSS is funded by the Knox County Senior Levy
but we do rely on donations as well.**

If you or a loved one would like to make a donation we do gladly accept them. We are asked weekly what type of donations we take so here you go.

We accept the following:

Cash or check of course is always good

Packs of bottled water 16 oz

We have a PayPal account on our website

www.centerburgseniorservices.com



Snap-Ed "Eating Right When Money is Tight" final class is Friday Aug 4th from 11am-12pm with Tanner. Hopefully we can get him back this fall for another series! Come join us!



Anyone 60 years of age or over living in Liberty, Hilliar or Milford Twp. Meals are delivered Monday-Friday to your door. Recommended \$3.00 donation per meal is asked. Money can be handed to our driver in an envelope weekly, or mailed in monthly. If this puts you in a financial bind, please contact us and we will work it out with you!

7,710 meals have been delivered from January 1 – June 30

If you are interested in receiving a meal, please call the center.



Hartford Fair August 7- August 13



"Senior Day" is Monday Aug 8th 7am-4pm \$3.00 at the gate

Massages are August 22nd

Katie Thomas will be back for massages in August. Start signing up now to reserve your spot. Cost is \$10.00 for 15 mins

11am - 1:30pm

Change in weekly schedule – ALL morning exercises classes will now be at 10am M-F. We changed both cardio drumming classes to Wednesday one at 10am and one at 3pm.

CSS board & staff

2022 Board Members

Terry Bumpus – Chair

Jeff Perry – Vice Chair

Skip McWilliams

Fred Altizer

Todd Sands

Sarah Johnson

Janet Rogers

2022 Staff

Lisa Wilson – Executive Director

Lisa Keen – Business Manager

Bonnie Rutherford – Room Helper

Anna Smith – Room helper/ Meals on Wheels Manager

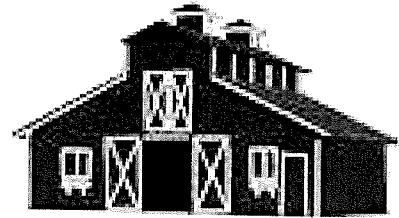
Amy Kulgh – Meals on Wheels driver Monday - Thursday

Emma Winings – Meals on Wheels Driver on Friday

Knox County Foundation awarded us a large grant in 2022, we are so thankful for that! We will try to get another large grant in 2023 to pave our parking lot. Please bare with us until then!

Farm Life

Word Search Puzzle



H T R A C T O R J X H A R V E S T
 Q O Z N M W E B N P A S T U R E F
 R Z C N L H L I V E S T O C K F R
 S C A R E C R O W P B S M N Q A E
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| ALFALFA | FARMHOUSE | PIGLETS |
| BARN CAT | FRESH EGGS | ROOSTER |
| CATTLE | GOATS | SADDLE |
| CHICKENS | HARVEST | SCARECROW |
| CHORES | HAYLOFT | SHEEP |
| CORN FIELDS | HORSE BARN | TRACTOR |
| COUNTRY | LIVESTOCK | TROUGH |
| CROPS | PASTURE | WHEAT |

Mon	Tue	Wed	Thu	Fri
1 10am - "Pound" Exercise	2 10am - Chair Strength Exercise 1pm - Cards	3 10am - Cardio Drumming 3pm - Cardio Drumming	4 10am - Gentle Yoga 1pm - Bingo	5 10am - Barre Fusion 11am - Snap Ed 1pm - Euchre
8 10am - "Pound" Exercise	9 10am - Chair Strength Exercise 1pm - Cards	10 10am - Cardio Drumming 3pm - Cardio Drumming	11 10am - Gentle Yoga 1pm - Bingo	12 10am - Barre Fusion 1pm - Euchre
15 10am - "Pound" Exercise 1pm - Painting Class	16 10am - Chair Strength Exercise 1pm - Cards	17 10am - Cardio Drumming 3pm - Cardio Drumming	18 10am - Gentle Yoga 1pm - Bingo	19 10am - Barre Fusion 1pm - Euchre
22 10am - "Pound" Exercise 11am - Massages 1pm - Movie Day	23 10am - Chair Strength Exercise 1pm - Cards	24 10am - Cardio Drumming 3pm - Cardio Drumming	25 10am - Gentle Yoga 1pm - Bingo	26 10am - Barre Fusion 1pm - Euchre
29 10am - "Pound" Exercise	30 10am - Chair Strength Exercise 1pm - Cards	31 10am - Cardio Drumming 3pm - Cardio Drumming	1 10am - Gentle Yoga 1pm - Bingo	2 10am - Barre Fusion 1pm - Euchre