

CENTERBURG SENIOR SERVICES JULY 2022

182 W Houck St, Centerburg Open M-F 9am-3pm 740-625-5056

Automatic weekly schedule:

Monday: 9am "Pound" this is a new exercise class!

Tuesday: 10am Chair exercise & 1pm Cards & 3pm Cardio Drumming

Wednesday: 11am Cardio Drumming

Thursday: 10am Gentle Yoga & 1pm Bingo (meal included)

Friday: 12pm Barr Fusion & 1pm Euchre

COME JOIN US!

HAPPY INDEPENDENCE DAY!

New and added exercise classes!

Starting July 11 and every Monday following join us for "Pound". This will be Yoga and drumming all in one.

Starting every Tuesday in July at 3pm we will add another Cardio Drumming to our weekly schedule.

Massages were a HUGE hit, so they are back for July 18th from 10:30am-12:30pm!

Katie Thomas is offering a 15-minute massage for only \$10.00.

You must sign up for an assigned time and then mark your calendar, so you don't miss it. Feel free to call us to set up your appointment!

Movie day Monday July 11th @ 1pm. We will be showing "Our Souls at Night" Lunch will be sponsored by "Build a Brew"! Thank you so much!!



PAINTING CLASS will be TUESDAY JULY 5th at 1pm. Cost is \$10.00. Angie will be here to do step by step instructions as we paint a beautiful jar of hydrangeas. Please call or stop in to sign up!

Picture we will be painting



Please remember, if you sign up, show up 😊

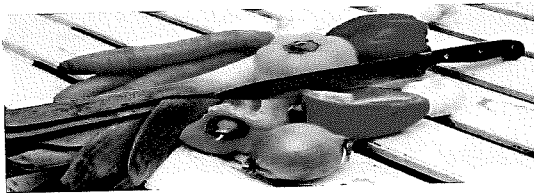
BINGO MEAL SPONSORS FOR JULY – THANK YOU FOR YOUR SUPPORT!!

July 7th Farming Festival – Anna Smith

July 14th Centerburg Pointe - Courtney

July 21st Laurel's of Mt Vernon – Susie Simpson Mobility Management

July 28th TBD



SNAP ED with Tanner

“Eating Right When Money Is Tight”

Starting Friday July 15th 11am come join Tanner from OSU Extension / Snap Ed as he teaches us to cook healthy while money is tight. As we all find pricing rising at the grocery stores (and everywhere else) this class is coming at a perfect time. Come join us, we will get to eat what he has made & then if you are up for it there is an exercise class that follows at 12pm if you wish! This is a 4 week series, July 15th, July 22nd, July 29th & Aug 5th.

Funding for our center comes from the Knox County Senior levy and community donations. United Way funds our wellness program and the Knox County Foundation grant covered our interior and exterior building repairs.

Centerburg Senior Services Staff

Executive Director: Lisa Wilson

Business Manager: Lisa Keen

Room Helper: Bonnie Rutherford

Meals on Wheels Manager/Room Helper: Anna Smith

Meals on Wheels Drivers: Amy Klugh & Emma Winings

Handyman: Doug Flinn

Special Helpers: Sandy & Kevin Bell

It takes a team to provide a fun & safe place for our seniors to
be active and to socialize!

Board Members:

Chair: Terry Bumpus

Vice Chair: Jeff Perry

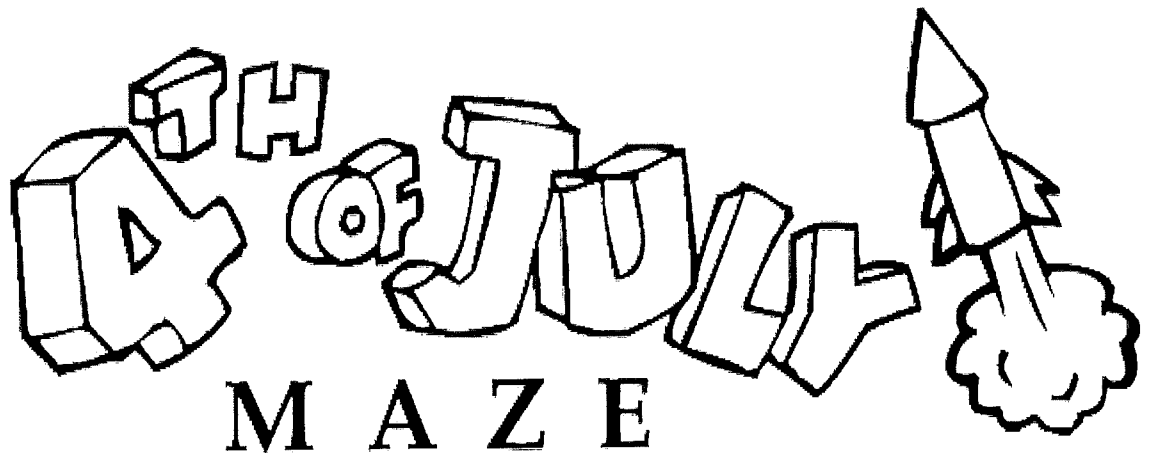
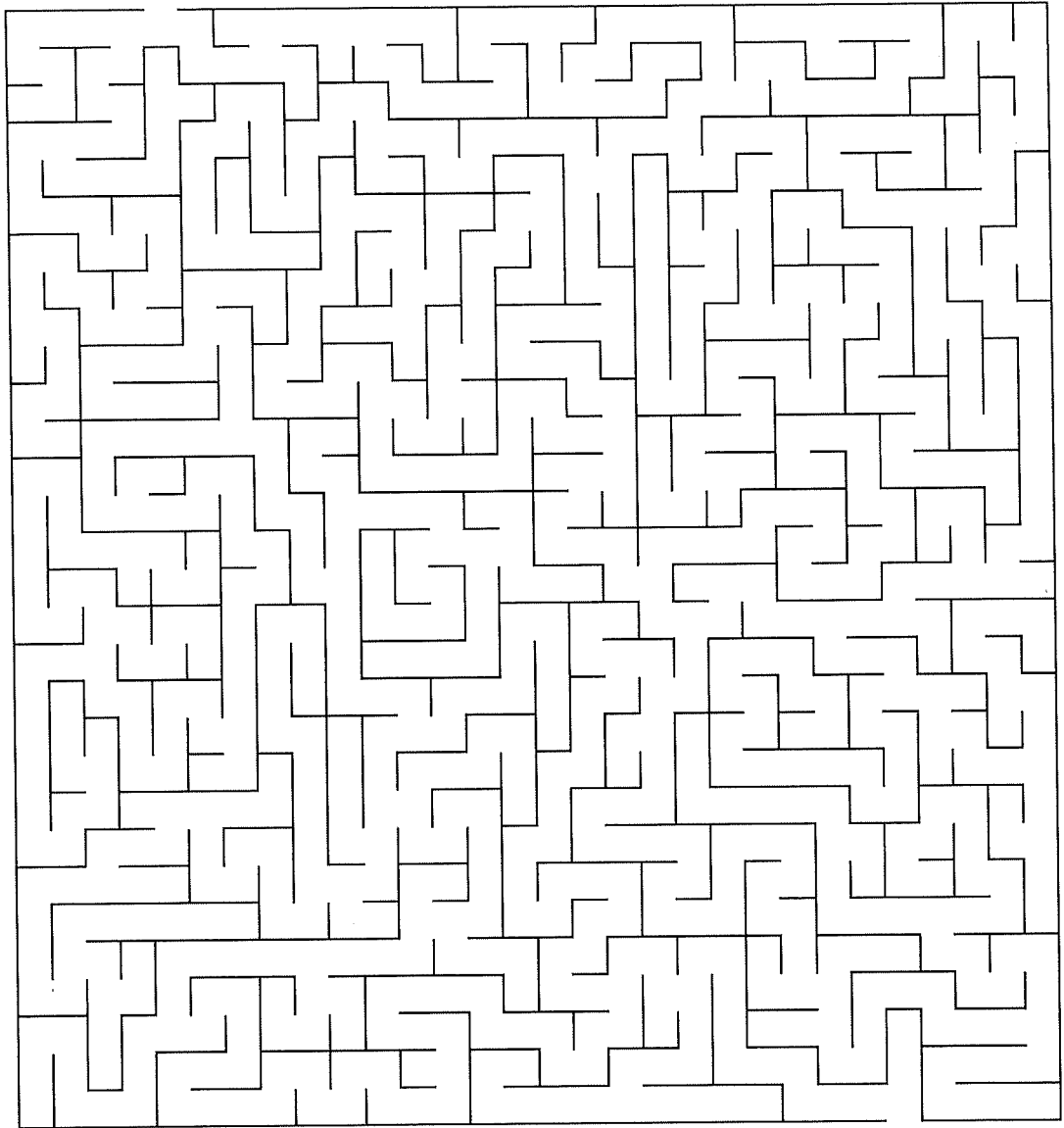
Fred Altizer

Todd Sands

Skip McWilliams

Sarah Johnson - senior member

Janet Rogers - senior member



Mon	Tue	Wed	Thu	Fri
27	28	29	30	1
Closed Independence Day	10am - Chair Strength Exercise 1pm - Cards 1pm - Paint class 3pm - Cardio Drumming	11am - Cardio Drumming	10am - Gentle Yoga 1pm - Bingo	12pm - Barre Fusion 1pm - Euchre
4	5	6	7	8
9am - "Pound" Exercise 1pm - Movie	10am - Chair Strength Exercise 1pm - Cards 3pm - Cardio Drumming	11am - Cardio Drumming	10am - Gentle Yoga 1pm - Bingo	11am - Snap Ed 12pm - Barre Fusion 1pm - Euchre
11	12	13	14	15
9am - "Pound" Exercise 10:30am - Massage with Katie	10am - Chair Strength Exercise 1pm - Cards 3pm - Cardio Drumming	11am - Cardio Drumming	10am - Gentle Yoga 1pm - Bingo	11am - Snap Ed 12pm - Barre Fusion 1pm - Euchre
18	19	20	21	22
9am - "Pound" Exercise	10am - Chair Strength Exercise	11am - Cardio Drumming	10am - Gentle Yoga	11am - Snap Ed
25	26	27	28	29
9am - "Pound" Exercise	10am - Chair Strength Exercise 1pm - Cards 3pm - Cardio Drumming	11am - Cardio Drumming	10am - Gentle Yoga 1pm - Bingo	11am - Snap Ed 12pm - Barre Fusion 1pm - Euchre

INDEPENDENCE DAY

WORD SEARCH PUZZLE



HAPPY 4th OF JULY!

The words appear UP,
DOWN, BACKWARDS, and
DIAGONALLY.
Find and circle each word.

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

AMERICA

ANTHEM

BARBECUE

BLUE

CAMPING

CELEBRATE

DEMOCRACY

FIREWORKS

FLAG

FREEDOM

GAMES

HOLIDAY

INDEPENDENCE

LIBERTY

MONUMENTS

NATION

PARADE

PARTY

PICNIC

RED

STARS

STATES

STRIPES

SUMMER

UNCLE SAM

UNITED

VACATION

WHITE

