

Good Friday April 15th

There will be no meals on Friday April 15th so our staff can enjoy extra family time.

Transportation Change

If you are over the age of 60 and live in Knox County, you are eligible for free rides to your doctor appointments and grocery shopping. We reached out to Station Break in Mt Vernon after we found out we do not have enough funds to support this service any longer. Station Break operates on multiple grants and can cover the county. They use well marked mini vans as their vehicles. To schedule a ride call them at 740-397-2417. This is a free service, but they gladly accept donations.

Centerburg Senior Services

182 W Houck Street Centerburg
PHONE 740-625-5056 HRS 9am-3pm M-F

April 2022



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We would like to wish everyone a Happy Easter!!

ONLY EXERCISE CLASSES April 11th -14th (waiting on lights in large room)

Tues April 12th 10am – exercise class
Wed April 13th 11am - cardio drumming
Thurs April 14th 10am - Gentle Yoga

FULL ACTIVITIES for the week of April 18th-22nd

Monday - open
Tues April 19th 10am exercise class, 1pm cards
Wed April 20th Cardio drumming 11am
Thurs April 21st 10am Yoga, 1pm Bingo
Fri April 22nd 1pm Euchre

Activities for the week of April 25th -29th

Painting class Monday April 25th 1pm cost \$10.00



April 26th 10am Exercise class, 1pm cards

April 27th open

April 28th 10am Yoga, 1pm Bingo

April 29th 1pm Euchre

Bingo is back starting

THANK YOU BINGO MEAL SPONSORS FOR APRIL:

April 21st

The Laurels of Mt Vernon

April 28th

Eggmans Eatery

THANK YOU

JUNE KUNTZ for weeding all the flower beds around our building. We appreciate it so much!!

THANK YOU KNOX COUNTY FOUNDATION GRANT OF \$42,000



KNOX COUNTY FOUNDATION

With this money we have done the follow things:

Put a new drainage system in our basement to eliminate all moisture in the block walls. Sump pumps were installed along with a dehumidifier.

Willow Exteriors have resided our building with vinyl siding. New gutters and soffits included.

Dan Dandrea waiting for weather to improve and then will put in 3 or 4 handicap parking places along with a walkway to the ramp entrance.

THANK YOU UNITED WAY OF KNOX COUNTY GRANT OF \$5,000



This money is used for all our wellness classes that take place every week. Tuesday 10am Exercise class Wednesday 11am Cardio Drumming Thursday 10am Gentle Yoga

Meals on Wheels program change ahead



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Effective May 1, 2022 we will be asking our Meals on Wheels clients for a recommended \$3.00 donation per meal. We did not receive enough funds from the Knox County Senior Levy this year to allow our MOW program to remain at zero cost to our clients. After much research, all surrounding counties have donations in place or require financial information for sliding scales. CSS currently pays KCH \$5.54 per meal and the cost to deliver is roughly \$2.00 per meal. The free meal was being paid by CSS all this time, we are just asking for a little help now. We are trying to save costs on all programs.

Unfortunately, with the renewal of the Senior Levy it did not increase the amount but left it the same as 2021. There are multiple senior centers in Knox County that get a cut of this levy. CSS had asked for \$351,000 and received \$223,000 so we need to get creative to help with cost. Just to give you an idea, the bill to KCH along with the cost of meal delivery for 2021 was \$154,407.86. There will be more changes that continue throughout the months to come as our needs continue to change.

HOW THE RECOMMEND DONATION WILL WORK:

We have sent a letter out to our clients stating every Friday we ask them to seal a donation in an envelope and send it in with our drivers.

Easter Word Search

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



BASKET
 BUNNY
 CARROT
 CELEBRATION
 CHICK
 CHOCOLATE
 DECORATED

DUCKLINGS
 EASTER
 EGGS
 FLOWERS
 GRASS
 HOP
 HUNT

JELLYBEANS
 PARADE
 RABBIT
 SPRING
 SUNDAY
 TULIP

