

**CENTERBURG SENIOR SERVICES**  
**182 W. HOUCK ST, CENTERBURG**  
**MONDAY-FRIDAY 9AM-3PM, 740-625-5056**

**APRIL 2023**

Yoga class – offered every  
Thursday @ 10am

What to expect at Yoga:

Excellent way to reduce  
your risk of falling. It's  
slow, measured  
movements, strengthening  
poses. Focused breathing  
will help you improve your  
balance and flexibility,  
stability and strength as  
well as giving you a sense  
of well-being and enhanced  
quality of life.



**WEDNESDAY APRIL 26<sup>TH</sup> 1PM-2PM**  
**"HAPPY HOUR" ROOT BEER FLOATS**  
**WITH MARY MILLER**

**NEW EVENT THIS MONTH** – If you came to our Valentine  
Pancake Breakfast in February then you know who Mary is! If  
not, come on the 26<sup>th</sup> and meet her. She will be playing her  
guitar and singing some of our favorite songs. Thank you to  
Becky Payne & Nina Campbell for sponsoring this event for us!

We will have vanilla ice cream & root beer so come enjoy a float  
as we cheer Mary on or sing along with her!

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***Happy Easter! We will be closed Good  
Friday, April 7<sup>th</sup>, to observe the Easter  
season. No meals will be delivered that  
day.***

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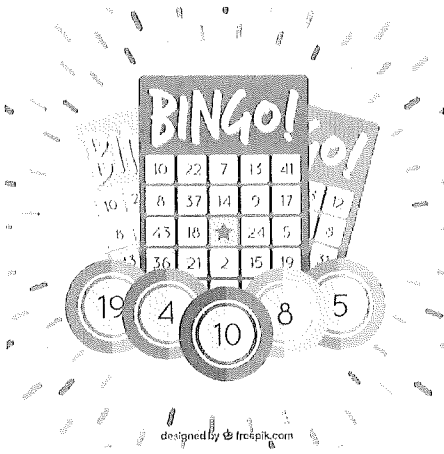


*Happy Easter – Sunday April 9<sup>th</sup>*



**Painting Class April 10<sup>th</sup> at 1pm cost is  
\$10.00 per painter.**

If you would like to attend, please call to sign up. If you sign up, please show up. Going forward, we  
need a 24 hr notice if you are signed up & cannot make it. Angie needs 10 clients to have a class.



## **BINGO every week!**

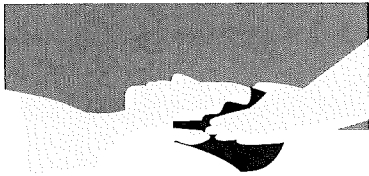
*We offer Bingo every Thursday to our clients. Lunch is provided. We would like to recongise our monthly sponsors:*

Tyler Griffith with **ReMax PEAK**

Katherine Davison with **Country View Sunbury**

Curtis Farley with **Laurels of Mt Vernon**

Courtney with **Centerburg Pointe**

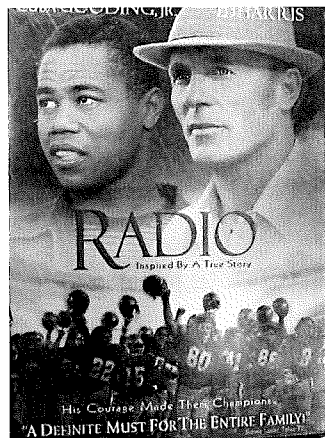


**Massage day with Katie Thomas** 15 mins for \$10.00

Monday April 17<sup>th</sup> 11am-1:30pm

Call 740-625-5056 or stop in to sign up. You sign up, please show up ☺

## **Mid Week movie day April 19<sup>th</sup>**



Movie starts at 1pm – light lunch served

***Come join us for the movie “Radio” – inspired by a true story***

Staring: Cuba Gooding Jr & Ed Harris



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## The way our MOW program works...

If you are 60 or over and live in Milford, Hilliar or Liberty Twp you are eligible. We do ask for a recommended \$3.00 per meal donation to help offset our cost. Money can be sent in with our driver or mailed to us. Meals are all prepared by KCH and we have one fabulous driver, Amy Klugh! We all love Amy, but remember it is just her out delivering and has 40 meals to disperse so she needs to keep moving so everyone receives their meal while it is warm!!



### Happening at the center:

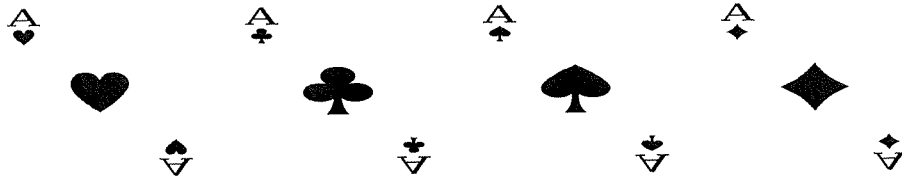
We have spoke to Small's Sand and Gravel and they will do our parking lot in 2023, but exact time is not known yet.

PJ Toblin will be redoing our entrance into the building sometime this Spring. We are putting an 8 ft overhang along the back of the building to protect the new wooden ramp once it is replaced. Drawings are being submitted for state approval and then we will begin.

When these projects start, there may be days we close or may be limited to activities as parking will be an issue. Be patient with us when those days do come!



**We offer Wellness classes for FREE,** Thanks to United Way of Knox County! Classes are Monday – Friday starting at 10am. Men & women are welcomed! Missy Lamp, certified in all the classes she teaches, is your instructor. Come in comfy clothes and be ready for a work out! You can always take a break, or go at a slower pace. Missy is great at teaching classes at different levels. Most important thing is to KEEP MOVING!



## **YES – WE PLAY CARDS HERE!!!!**

Tuesday 1pm – we play a game called 3-13

Friday 1pm – we play Euchre

Come join us! If you don't know how to play, we will help you!

### **Community information**

Food pantries in Centerburg:

Interchurch 740-625-5940

Jaque's Kids 419-560-5991 – by appointment only

In need of medical equipment, gently used:

Jim Waterman 740-625-5094

**Centerburg Senior Services is funded by the Knox County Senior Levy & community donations.**

**Board of Trustees:** Terry Bumpus, Jeff Perry, Skip McWilliams, Todd Sands, Fred Altizer, Sarah Johnson & Janet Rogers

**CSS Staff:** Lisa Wilson, Lisa Keen, Patty McDowell, Amy Klugh

| Mon  | Tue  | Wed  | Thu   | Fri  |
|--|--|--|---|--|
| <p>3</p> <p>10am - "Pound" Exercise</p>                                | <p>4</p> <p>10am - Chair Strength<br/>1pm - Cards</p>  | <p>5</p> <p>10am - Cardio Drumming</p>                                 | <p>6</p> <p>10am - Gentle Yoga<br/>12pm - COJFD health checks<br/>1pm - Bingo</p> | <p>7</p> <p>Closed for Good Friday</p>                   |
| <p>10</p> <p>10am - "Pound" Exercise<br/>1pm - Painting</p>            | <p>11</p> <p>10am - Chair Strength<br/>1pm - Cards</p> | <p>12</p> <p>10am - Cardio Drumming</p>                                | <p>13</p> <p>10am - Gentle Yoga<br/>1pm - Bingo</p>                               | <p>14</p> <p>10am - Cardio Drumming<br/>1pm - Euchre</p> |
| <p>17</p> <p>10am - "Pound" Exercise<br/>11am - Massage with Katie</p> | <p>18</p> <p>10am - Chair Strength<br/>1pm - Cards</p> | <p>19</p> <p>10am - Cardio Drumming<br/>1pm - Movie - "Radio"</p>      | <p>20</p> <p>10am - Gentle Yoga<br/>1pm - Bingo</p>                               | <p>21</p> <p>10am - Cardio Drumming<br/>1pm - Euchre</p> |
| <p>24</p> <p>10am - "Pound" Exercise</p>                               | <p>25</p> <p>10am - Chair Strength<br/>1pm - Cards</p> | <p>26</p> <p>10am - Cardio Drumming<br/>1pm - Happy Hour with Mary</p> | <p>27</p> <p>10am - Gentle Yoga<br/>1pm - Bingo</p>                               | <p>28</p> <p>10am - Cardio Drumming<br/>1pm - Euchre</p> |

# FREE PRINTABLE EASTER WORD SEARCH

## 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

