

CLOSED

Monday April 8th

for the Eclipse.

ECLIPSE

Agency on Area of Aging has requested ALL senior centers to close for the Eclipse. No activities and no meal delivery on the 8th. Please plan on getting your prescriptions and groceries the week prior so you do not have to venture out. They are expecting large amounts of traffic.

SPECIAL MOVIE

Friday April 5th
11am- 12pm

“Totality: The American Eclipse”

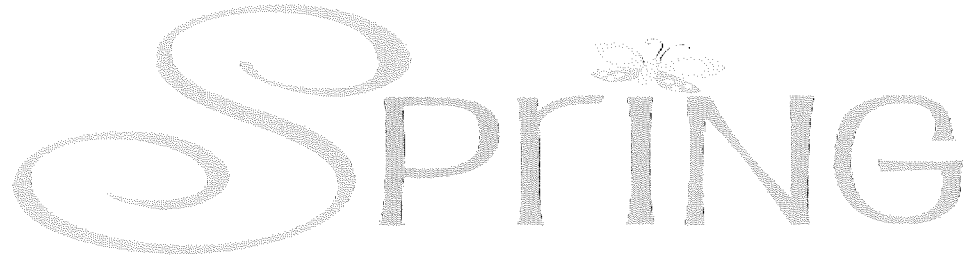
Please call or stop in to sign up. We need to know how much food to have.

This is an hour-long informational movie about the Eclipse!

Centerburg Senior Services

182 W. Houck St, Centerburg
Phone 740-625-5056 Mon-Fri 9am-3pm

April 2024



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Centerburg Senior Services is open to anyone in KNOX County age 60 and over. We are funded through the KNOX COUNTY SENIOR LEVY grant. The Knox County Commissioners divided the levy funds up between multiple facilities. We asked for \$258,443.00 and being awarded \$202,500.00 disheartened us. However, we are grateful and with our carryover from 2023 we can make this amount work. If you would like additional information please feel free to call us.

Thank you AmVet Post 59 for you generous donation in 2023 of \$6,113.00 to the center!

COMMUNITY DONATIONS are always a blessing to us! Anyone that wishes to donate to our center is welcome to. Money STAYS in our center and goes towards special activities, cookouts, events etc. Donations can be mailed directly to the center!



THANK YOU United Way for funding \$6000.00 to our 2024 Wellness Program! This money is used to pay our certified instructor, all items used for the classes, healthy snacks and water. Thank you for believing in our program! If you would like to thank them, please join our Cardio Drumming class on Friday April 19th. Some of the United Way staff will come in and drum with us and then do a small presentation about United Way funds.

Craft Day with Patty

April 22nd @ 1PM
Painted glass
suncatchers.

This is a free craft,
please stop in or call
to sign up!

Massage Day April 29th

Appointments start
at 11am
15 mins massage for
only \$10.00

Katie will be leaving
us soon as she
welcomes the birth
of their first child!
Congratulations!

Color Street Nails with Jessie

Free!

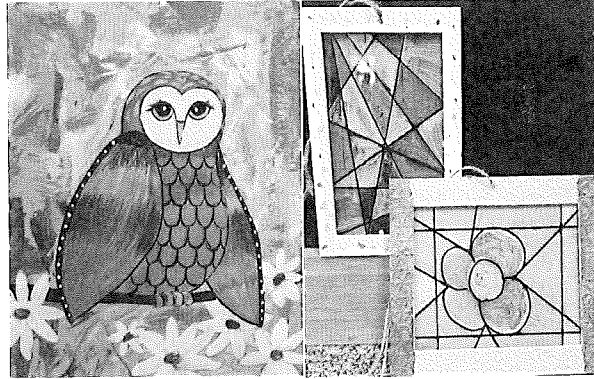
Friday April 19th

By appointment

Please call or stop in
to sign up!

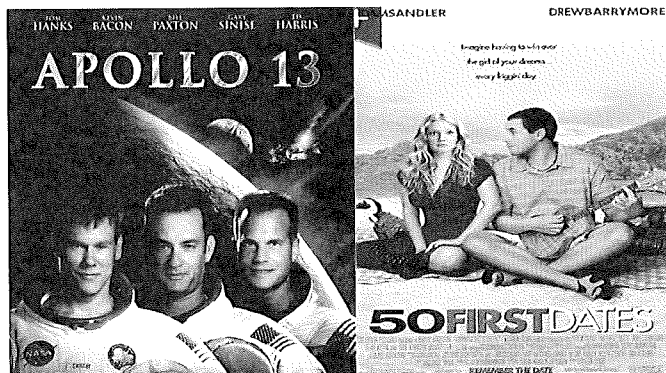
Centerburg Livestock 4H Club will come Sunday April 7th and put our mulch in the flower beds as a community project. Thank you!!

April Painting & Suncatcher Craft



Painting Class Monday April 1st. The cost of the class is \$10.00. Angie McCutcheon will give you step by step instructions on painting this beautiful owl. Call to sign up! Open to anyone age 60 or up. If you are out of county and would like to attend, please drop a donation in our donation jar.

Two True Stories - Monday Movies



Monday April 15th at 1pm – Featuring “Apollo 13”

A Hollywood movie based on the true story of the **Apollo 13** astronauts who faced a life-threatening crisis in space.

Monday April 29th at 1pm – featuring the comedy “Fifty First Dates.”

“Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry thinks he’s finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day.”

April Bingo Sponsors

Week 1 – ReMax

Week 2 – Countryview of
Sunbury

Week 3 – The Laurels of
Mt Vernon

Week 4 – Centerburg
Pointe

Week 5 (when we have
one) – Country Club
Nursing Home Mt Vernon

THANK YOU for your
support!!

2024 Board of Trustees

Terry Bumpus
Jeff Perry
Skip McWilliams
Sarah Johnson
Fred Altizer
Todd Sands

Mahjongg

We have started a NEW game at the center – Mahjongg!
If you wish to play – OR – learn to play, stop in Tuesdays from 9-12pm
If that day doesn't work for you, call us and we can play one on one a
different day!

Mark May 29th on your calendar – we are having an Open House!

CSS Staff and Volunteers

Lisa Wilson- Executive Director

Lisa Keen- Business Manager

Patty McDowell- MOW Manger/Room Assistant

Amy Klugh- Meals on Wheels driver/Room Assistant

Nesa Adams – room decorator and helper

Doug Flinn – our very own fix it man!

Stephanie Binns – office help

We are blessed to have many seniors that are always jumping in to help us out. Our numbers inside the center are GROWING by LEAPS AND BOUNDS, literally! We are open to the county now, but 99% of our clients joining are from our old service areas. Apparently, the word has got out, that we are "the place" to come hang out!!! We are loving it!!!

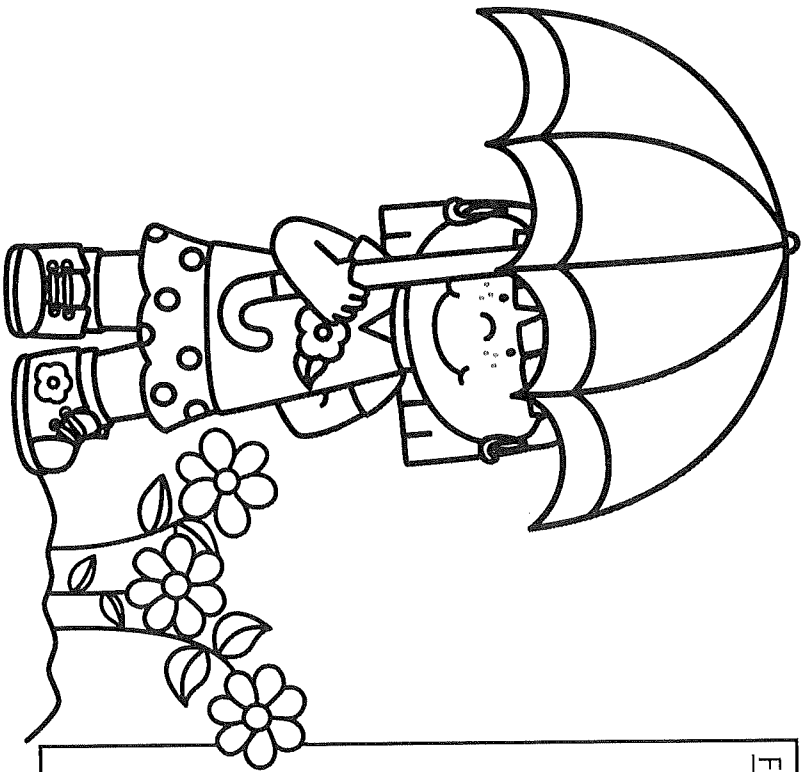
All our extra volunteer help is truly amazing!

Currently we have 40 clients on our meals program. Amy leaves our parking lot no later than 9:30am every morning and finishes up around 2pm. We are not funded to have more than one driver, so she needs to move quickly at each stop.

We do ask for a recommended \$3.00 donation per meal and Amy can pick up an envelope weekly/monthly from you (sealed with your name on front) or you are welcome to mail it in to us. This money goes towards the meals along with grant money.

All meals are made by KCH in Mt Vernon. They are low in sodium. They have been having issues getting 2% milk, we apologize for any inconvenience. They are doing the best they can to provide you with calcium.

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10am - "Pound" Exercise 1pm - Painting Class</p>	<p>2</p> <p>9am - Mahjong 10am - Chair Strength 1pm - Cards</p>	<p>3</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>4</p> <p>10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo</p>	<p>5</p> <p>10am - Cardio Drumming 11am - Eclipse Movie & lunch 12:15pm - Cribbage 1pm - Euchre</p>
<p>8</p> <p>Closed for Eclipse</p>	<p>9</p> <p>9am - Mahjong 10am - Chair Strength 1pm - Cards</p>	<p>10</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>11</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>12</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>
<p>15</p> <p>Tax Deadline 10am - "Pound" Exercise 1pm - Movie Appolo 13</p>	<p>16</p> <p>9am - Mahjong 10am - Chair Strength 1pm - Cards</p>	<p>17</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>18</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>19</p> <p>10am - Cardio Drumming 11am - Color Street Nails 11:30am - Cribbage 1pm - Euchre</p>
<p>22</p> <p>Earth Day 10am - "Pound" Exercise 11am - Massage Day 1pm - Craft Day with Patty</p>	<p>23</p> <p>9am - Mahjong 10am - Chair Strength 1pm - Cards</p>	<p>24</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>25</p> <p>10am - Gentle Yoga 1pm - Bingo</p>	<p>26</p> <p>Arbor Day 10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>
<p>29</p> <p>10am - "Pound" Exercise 1pm - Movie 50 First Dates</p>	<p>30</p> <p>9am - Mahjong 10am - Chair Strength 1pm - Cards</p>	<p>1</p> <p>10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta</p>	<p>2</p> <p>10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo</p>	<p>3</p> <p>10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre</p>

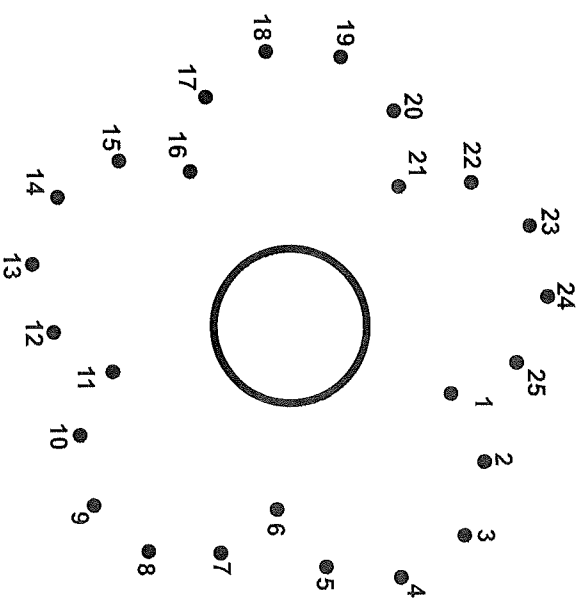


Find all ten words:

- Spring
- Flowers
- Bloom
- Rain
- Umbrella
- Windy
- Seeds
- Sprout
- Birds
- Butterfly

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

How many words can you make from the word **SPRING**?



Name: _____

Date: _____

Solar Eclipse

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

path of totality
seventy miles
orbit
safety
penumbram
umbra
glasses

south carolina
total
eclipse
eyes
moon
solar
corona

oregon
shadow
diamond ring effect
sun
earth
partial