

CENTERBURG SENIOR SERVICES

182 W HOUCK ST, CENTERBURG PHONE 740-625-5056 OPEN 9AM-3PM M-F

JULY NEWSLETTER

Summer Olympics

XXXIII

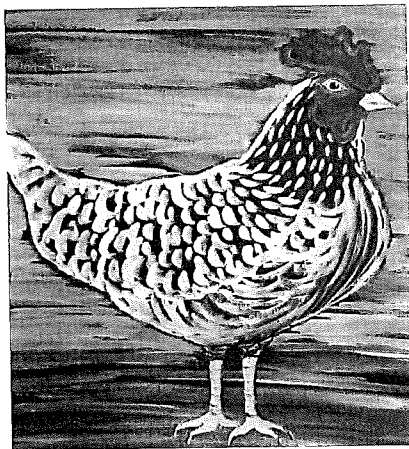
2024 in Paris France

July 26 – Aug 11

19 days of competition

329 events

We will have TV on at
the center throughout
the day for you to
watch



Painting class July 1st
at 1pm. Open to
adults 60 and over.
Cost is \$10.00



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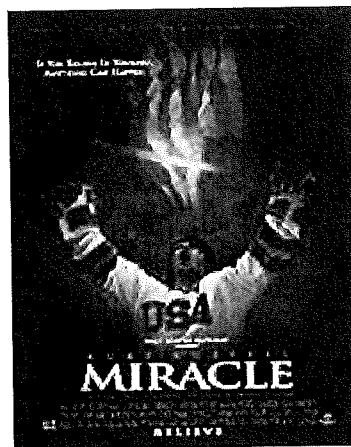
In honor of Independence Day the center will be
closed Thursday July 4th and Friday July 5th



Ohio SNAP-ED

Tanner will have two classes in July. Mark your
calendar for July 2nd and July 16th from 11am-12pm.
Come join us as Tanner does FREE healthy cooking
demos and then we get to sample them!

MOVIE Monday JULY 8th at 1pm – “Miracle”



The true story of Herb Brooks, the player-turned-coach who led the 1980
U.S. Olympic hockey team to victory over the seemingly invincible Soviet
squad.

Movie Monday July 29th at 1pm – “Cool Runnings”



When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team.

Both movies served with a light lunch. Please call to sign up!

CSS serves adults 60 and over living in Knox County. Meals on Wheels are available with a recommended \$3.00 donation. Call us for more information.

SPEAKER – July 9th at 11am. “Creating a lifebook: My life wishes” Hospice of Knox County will be here. Having a lifebook is a way to reduce stress on our loved ones at the event of our death. Help your family out and have something prepared for them! Please RSVP by July 8th

Wellness program update

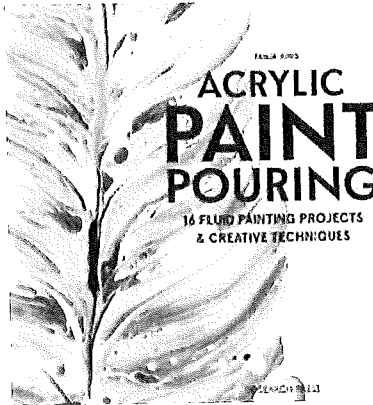
As many of you know, Missy had to make a hard decision and leave CSS. We have enjoyed many years with her, and we wish her well. She has been working at Home Health and had an opportunity to increase her hours there. We do have some new instructors lined up. Please be patient with us as we go through this transition. There may be some down time, classes on different days, but we are doing the best we can to fill the openings and get some classes back up and going!

NEW..... Meet us at the center at 8:15am if you would like to join us for a 30 min walk on the bike path. Approx 1.4 miles. We walk Monday – Thursday pending weather!

Color Street Nails July 19th

Please stop in or call to sign up for an appointment, it's FREE!! Jessie Whitely brings multiple samples for you to choose from and puts them on for you. Please make sure you come in with no polish on your nails.

CRAFT DAY – Monday July 15th at 1pm FREE CLASS for Knox residents. For out of county residents' cost is \$5.00



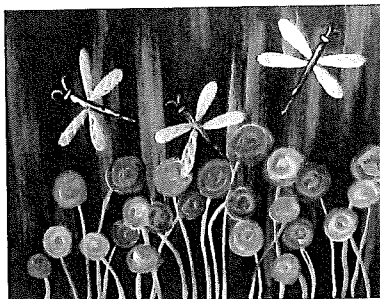
A type of art where diluted acrylic paints are usually poured onto a canvas and altered. We are using a 10x10 canvas. Please call or stop in to sign up for the class!

Knox County Fair week of July 21st

Task Force for Older Adults offers a Bingo activity at the Knox County Fair. Same time as our Bingo Thursday July 25th starting at 10:30am. Tent will be down by the grandstand. Meal & prizes. No cost. We will still be having Bingo at CSS at normal time. Feel free to attend either!

Hartford Fair week of August 4th

***** PREVIEW*** AUGUST 5th painting –1pm, cost \$10.00**



Farmers Market in Centerburg @ Bell Park

As the summer continues the produce at the market grows! If you are the age 60 or over, you are eligible to receive \$6.00 worth of FREE PRODUCE. All you need to do is find us at the table marked Knox County Task Force!

This has nothing to do with income level, it's a program funded through the Knox County Senior Levy!!

You can receive the tokens twice a month.

The only thing you need to show is your driver's license.

The first 20 seniors that come up to the table get the tokens, once tokens have been dispersed the table is packed up and we are gone!

Market runs every Thursday (except July 4) from now till Oct 3 from 4:30pm-7pm

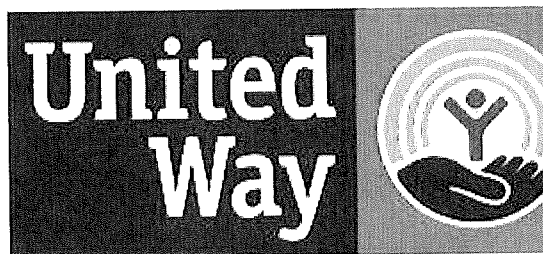
Please come early to get the tokens before they are gone!!

Centerburg Senior Services funding

We are funded through the Knox County Senior Levy grant. This grant allows us to have staff members, deliver meals on wheels and have daily activities at the center.

Grants are extremely important to senior centers.

Our 2024 wellness program is funded by United Way of Knox County



Thank you!

CSS Events

Jul 2024 (Eastern Time - New York)

Mon	Tue	Wed	Thu	Fri
<p>8:15am - Walk on bikepath 10:15am - Pound 1pm - Painting Class</p>	<p>8:15am - Walk on bike path 9am - Mahjongg 11am - Snap Ed 1pm - Cards</p>	<p>8:15am - Walk on bike path 10:15am - Chair Exercise 1pm - Canasta</p>	<p>Closed for Independence Day</p>	<p>Closed</p>
<p>8:15am - Walk on bikepath 10:15am - Pound 1pm - Movie Day</p>	<p>8:15am - Walk on bike path 9am - Mahjongg 11am - Snap Ed 1pm - Cards</p>	<p>8:15am - Walk on bike path 10:15am - Chair Exercise 1pm - Canasta</p>	<p>8:15am - Walk on bike path 10am - Gentle Yoga 1pm - Bingo 4:30pm - Farmers Market</p>	<p>11:30am - Cribbage 1pm - Euchre</p>
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Olympics

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

ACHIEVE
ARCHERY
BASKETBALL
BRONZE
COUNTRY
CYCLING
DIVING

EQUESTRIAN
GOLD
HIGHJUMP
HOCKEY
HURDLES
MEDAL
OLYMPIC

PARALLELBARS
RELAY
RIBBON
ROWING
RUNNING
SILVER
SOCCER

SPORT
SPORTSMANSHIP
SWIMMING
TABLETENNIS
TEAM
TENNIS
WEIGHTLIFTING