

**June 2023  
Newsletter**

**Centerburg Senior Services**

182 W. Houck St, Centerburg 740-625-5056

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Monday - Friday hours 9am-3pm



**Father's Day sit down supper  
Wednesday June 14<sup>th</sup>.**

**5pm-6:30pm**

**RSVP by June 9<sup>th</sup>**

This event is for our gentlemen 60 and over living in the Centerburg Village, Liberty, Hilliar, Milford Twps. When RSVP'ing you may have a "PLUS ONE" and bring one person of your choice with you if you wish. You may arrive anytime between 5pm & 6:30pm for your meal.

*Meal will include:*

*Meatloaf, mashed potatoes, vegetable, and  
cobbler for dessert*

**WEEKLY ACTIVITIES**

**Monday:** Pound 10am

**Tuesday:** Chair Exercise  
10am

**Tuesday:** Cards 1pm

**Wednesday:** Cardio  
Drumming 10am

**(NEW) Wednesday:**  
Canasta 1pm

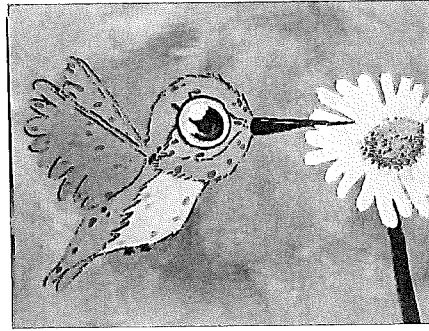
**Thursday:** Yoga 10am

**Thursday:** Bingo 1pm

**Friday:** Euchre 1pm

**Specials added in monthly:**

**Painting class, movies,  
massage day**



**Painting class NEW DAY & TIME- TUESDAY June 20<sup>th</sup> @ 11AM  
Cost \$10.00**

We will go back to Mondays in July, but for Angie's and the CSS schedule we needed Tuesday at 11am this month.

If you want to be added to the class, **PLEASE CALL TO SIGN UP or STOP IN.** Ten people are needed for the class.

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**BINGO every Thursday @ 1pm with lunch. A shout out to our great sponsors: REMAX PEAK, Country View Sunbury, Laurels of Mt Vernon and Centerburg Pointe.**

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WE ARE REMOVING ONE EXERCISE CLASS FROM OUR SUMMER LINE UP. WE WILL NOW OFFER CARDIO DRUMMING ON WEDNESDAY ONLY – NO FRIDAY CLASS DURING THE SUMMER.

Benefits from attending "Pound Exercise" class every Monday at 10am

Improves your rhythm  
Improves timing

Improves your speed  
Improves your coordination  
Improves Musicality

Improves your agility  
Improves Endurance

## Community yard sale June 10th

Last year we joined the community yard sale, and it was a success, so we are doing it again this year! If you would like to set up a table here, you are welcome to for a \$5.00 donation to the center. Whatever you bring in that doesn't sell, you take home. Items cannot go into our trash dumpster. If you would like a table to sell your items at, please let me know.

The center will have 3-4 tables of items that will not be priced but will be for donation only. All that money stays at the center. If you have some nice sale items and you wish not to have a table and want to donate them to the center, please let us know what you have, then you can bring the items in from 9am- 2pm on Friday June 9<sup>th</sup>.



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## Massage Day with Katie Thomas June 26<sup>th</sup> 11am-1:30pm

Treat yourself to 15 mins of relaxation for only \$10.00



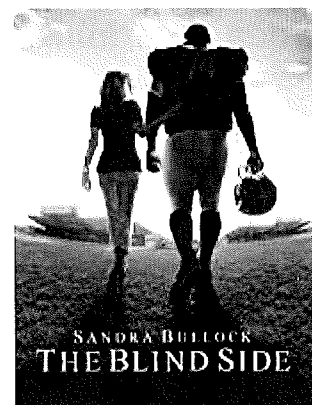
Katie is a licensed massage therapist that comes in monthly and offers a discount to seniors. 15 mins for only \$10.00. She fills up fast, so call us to get on her schedule!

## Movie Day with light lunch

Monday June 12<sup>th</sup>

at 1pm

"The Blind Side"

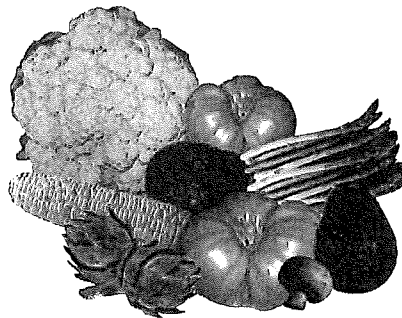


## **Update on parking lot & new entrance**

I spoke to Small's Sand and Gravel and it sounds like our parking lot may get asphalted sometime in July (possibly). We are adding a roof over the new entrance ramp on the back of the building. Since this would add weight on an existing wall, a state permit was needed. We are just waiting for approval. PJ Tobin Construction will be doing the ramp and overhang.

**\*\* Monday June 19th we will be closed to observe "Juneteenth" \*\***  
**NO Activities and NO meals will go out.**

*We are due for our quarterly maintenance spray from Pest Restoration Management and we are trying to have it done on the 19<sup>th</sup> so we don't have to close another day in June.*



## **OUR GARDENS**

The gardens are doing great, come take a look at them! Onions are ready and we have more to plant. Feel free to water, pull a weed and pick produce when it is ready. Please only take a serving at a time so everyone has the opportunity to get some. We will have plenty once it all comes on!

Mon	Tue	Wed	Thu	Fri
29 Memorial Day - Closed	30 10am - Chair Strength 1pm - Cards	31 10am - Cardio Drumming 1pm - Canasta	1 10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo	2 1pm - Euchre
5 10am - "Pound" Exercise	6 10am - Chair Strength 1pm - Cards	7 10am - Cardio Drumming 1pm - Canasta	8 10am - Gentle Yoga 1pm - Bingo	9 1pm - Euchre
12 10am - "Pound" Exercise 1pm - Movie	13 10am - Chair Strength 1pm - Cards	14 10am - Cardio Drumming 1pm - Canasta 5pm - Father's Day Supper	15 10am - Gentle Yoga 1pm - Bingo	16 1pm - Euchre
19 CLOSED - no meal deliveries.	20 10am - Chair Strength 11am - Painting 1pm - Cards	21 10am - Cardio Drumming 1pm - Canasta	22 10am - Gentle Yoga 1pm - Bingo	23 1pm - Euchre
26 10am - "Pound" Exercise 11am - Massage Day	27 10am - Chair Strength 1pm - Cards	28 10am - Cardio Drumming 1pm - Canasta	29 10am - Gentle Yoga 1pm - Bingo	30 1pm - Euchre



# FATHER'S DAY

## WORD SEARCH PUZZLE

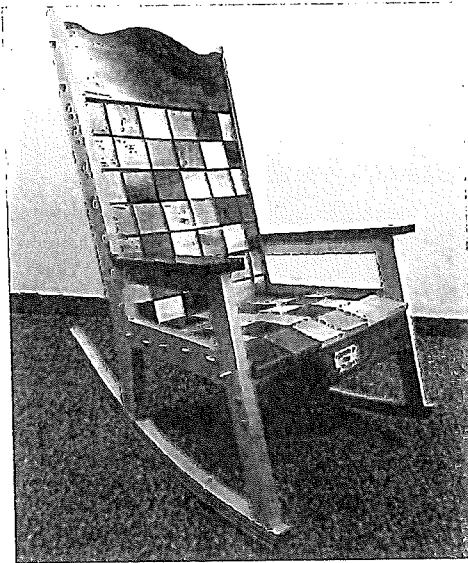
- BEST
- BRAVE
- BREAKFAST
- CARD
- CARING
- CELEBRATE
- CHILDREN
- DADDY
- FAMILY
- FATHER
- FRIEND
- FUN
- GIFT
- GRANDPA
- HAPPY
- HERO
- HOLIDAY
- HONOR
- JOKES
- LOVE
- NURTURE
- PAPA
- PARENT
- PRESENT
- PROUD
- RESPECT
- SPECIAL
- STRONG
- VALUES

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

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



2023 FUNDRAISER FOR  
CENTERBURG SENIOR SERVICES



**Rodger's Rope Rockers**

**Handcrafted by Russ Rodgers**

**\$5.00 per ticket or 5 tickets for \$20.00**

Drawing on June 8<sup>th</sup> – Winner will be announced live on Centerburg Senior Service's Facebook page at 1pm. Winner will be contacted by phone.

First prize – handcrafted Rope Rocker

Second prize – handcrafted Keepsake Box

Third prize – handcrafted Lazy Susan

Tickets are available for purchase from May 1st – June 2nd at:

**Centerburg Senior Services**

**Re/Max PEAK**

**Marci's Gifts**