

June 2024 Newsletter

** BUS TRIP **

We are taking a trip to
see a Clippers game!

**Columbus Clippers vs
Iowa Cubs**

When: JUNE 12th

(Center will be closed that day)

Where: load bus at
9:45am at the Centerburg
Church of Christ, leave
10am – use far side of
parking lot, closest to
school.

Cost: \$20.00 for Knox
seniors – Cost for out of
county seniors \$35.00

The cost includes your
bus ticket, game ticket
and a boxed lunch
(choose from hot dog,
turkey dog or PB & jelly).

You are welcome to
purchase additional food
if you would like.

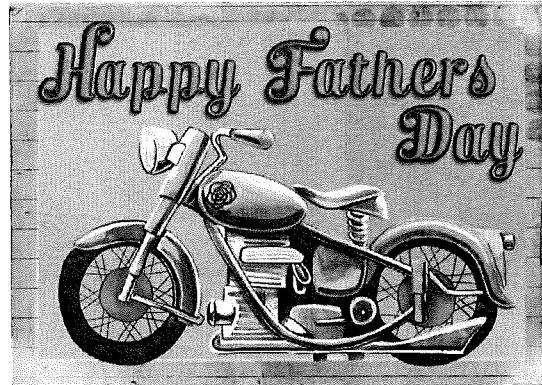
CALL NOW to be added!

740-625-5056

Money due at time of sign
up, no refunds.

Centerburg Senior Services

182 W. Houck St, Centerburg OH 43011
Ph.740-625-5056 Monday-Friday 9am-3pm



Father's Day Event – Monday June 10th from 5pm-6:30pm.
Come join us as we serve up a homemade supper for all the
men. Come on your own or feel free to bring one guest of your
choice.

Trivia questions throughout the evening with small prizes.

Menu – Homemade Beef & Noodles over mashed potatoes, a
side of coleslaw, a roll and dessert. Coffee & water will be
provided.

Lisa Wilson making the beef & noodles
Patty McDowell making the mashed potatoes
Lisa Keen making the coleslaw
Amy Klugh baking the rolls
Dessert provided by The Laurels of Mt Vernon
Decorations, favors, trivia by Nesa Adams

Cost – FREE to Knox Senior Residents

RSVP by calling 740-625-5056 for this event by June 5th please.

SNAP – Ed Is coming back!

Tanner from OSU will be doing Healthy Cooking Demos, free tastings, giveaways. Come join us!

Tuesday

June 18th 11am-12pm

Mark your calendar for:

July 2nd 11am-12pm

July 16th 11am-12pm

Jessie – COLOR STREET
NAILS

June 14th

Call to be added

Katie – MASSAGE DAY

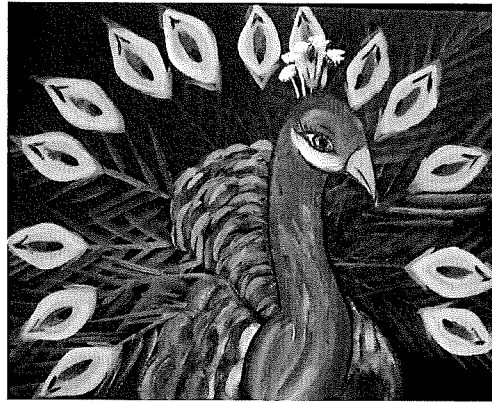
June 17th

Call to be added

Community Yard Sale – Saturday June 8th 8am-3pm

We have been collecting items to have at our yard sale. We will be open to the public Saturday June 8th 8am-3pm

Painting Class
Monday June 3rd
1pm cost is \$10.00



Center is closed on:

June 12th for the bus trip – meals will be delivered. Amy doesn't like baseball.... hahaha

June 19th – “Juneteenth” – NO meals being delivered.



CENTERBURG FARMERS MARKET

Starts Thursday June 6th 4:30-7pm

Runs every Thursday at Bell Park
(corner of Clayton St & Main St, diagonal from Library)

Senior Tokens are available to the first 20 seniors (60 or over living in Knox County) starting at 4:30 until gone. Driver's license (or valid identification) will be required to get your tokens! The tokens are used for PRODUCE ONLY and must be used on the same day. It is early in the season so there will only be a couple vendors selling produce at this time. The

Senior Farmers Market Nutrition Program (SFMNP) has moved to a e-solution (electronic process) this year.

The application is not yet live (pending ODA to make it live), you can visit OAAOA website to see where to click to apply and find all relevant information. Visit :

Senior Farmers Market »
Ohio Area Agency on Aging
(aaa5ohio.org)
Call Ohio Area Agency on Aging if you have questions.
419-524-4144

Fresh Produce Market



What can you purchase?

Vegetables

Asparagus	Celery	Lettuce	Radishes
Beans	Corn	Mushrooms	Rhubarb
Beets	Cucumbers	Okra	Rutabagas
Broccoli	Eggplant	Onions	Spinach
Brussel Sprouts	All Greens	Parsnip	Squash
Cabbage	Kale	Peas	Tomatoes
Carrots	Kohlrabi	Peppers	Turnips
Cauliflower	Leeks	Potatoes	Zucchini

Fruits

Apples	Grapes	Plums
Apricots	All Melons	Pumpkins: Non-
All Berries	Pears	Decorative
Cherries	Peaches	

Fresh, Cut Herbs

Basil	Garlic	Mint	Sage
Chives	Horseradish	Oregano	
Cilantro	Lovage	Parsley	
Dill	Marjoram	Rosemary	

token program is funded by Knox County Commissioners and runs through Knox County Task Force for Older Adults. You will see CSS staff passing tokens out at the Task Force Table. You are eligible for tokens TWICE A MONTH. We will be tracking. We understand there are more than 20 seniors that will attend, but for now, Task Force will only allow us to pass out to first 20 seniors. We will track how many people are turned away and hopefully if the need is there, we can get more tokens into rotation.

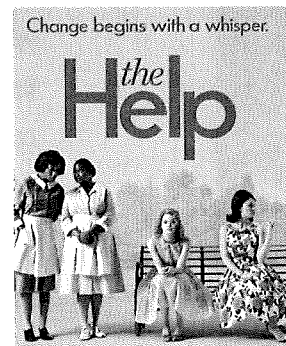
JUNE MOVIES

Monday June 10th
1pm ~ served with a light lunch
“Deepwater Horizon”



“Deepwater Horizon is a 2016 American biographical disaster film based on the Deepwater Horizon explosion and oil spill in the Gulf of Mexico”

Monday June 24th
1pm ~ served with a light lunch
“The Help”



“An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.”

SERVE THE BURGJune 15th

Call 740-759-1898 by June 7th
to be added if you need some
weeding, mulching, painting etc.
You supply the materials, they
do the work!

CSS Staff

Lisa Wilson

Lisa Keen

Patty McDowell

Amy Klugh

Doug – Volunteer Maintenance

Nesa – Volunteer center
decorator**Board of Trustee's**

Jeff Perry

Todd Sands

Terry Bumpus

Skip McWilliams

Fred Altizer

Sarah Johnson

**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.

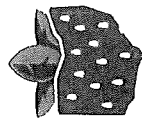
Find and circle each word.



Celebrate Your Plate & SNAP-Ed Cooking Class!

Looking for new healthy recipes? Come check out our SNAP-Ed cooking classes at the Centerburg Senior Center on Tuesdays from 11am-12pm on June 18th, July 2nd, and July 16th.

- *Healthy Cooking Demos!*
- *Free tastings!*
- *Giveaways!*
- *Tuesdays 11am-12pm*



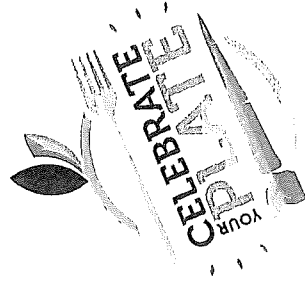
**OHIO
SNAP-ED**

Better food choices for healthier Buckeyes

Questions?

Email Tanner at cooper-risser.1@osu.edu or Lisa Wilson at lisa.wilson@centerburgseniorservices.com

This institution is an equal opportunity provider. <http://www.sectfrb508.gov/content/learn> This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



Mon	Tue	Wed	Thu	Fri
10am - "Pound" Exercise 1pm - Painting Class 3	9am - Mahjongg 10am - Chair Strength 1pm - Cards 4	10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta 5	10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo 4:30pm - Farmers Market 6	10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre 7
10am - "Pound" Exercise 1pm - Movie day 10	9am - Mahjongg 10am - Chair Strength 1pm - Cards 11	Bus Trip to Clippers game Center will be closed 12	10am - Gentle Yoga 1pm - Bingo 4:30pm - Farmers Market 13	10am - Cardio Drumming 11am - Color Street Nails 11:30am - Cribbage 1pm - Euchre 14
10am - "Pound" Exercise 11am - Massage Day 17	9am - Mahjongg 10am - Chair Strength 11am - Snap Ed - Tanner 1pm - Cards 18	Juneteenth holiday Closed 19	10am - Gentle Yoga 1pm - Bingo 4:30pm - Farmers Market 20	10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre 21
10am - "Pound" Exercise 1pm - Movie day 24	9am - Mahjongg 10am - Chair Strength 1pm - Cards 25	10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta 26	10am - Gentle Yoga 1pm - Bingo 4:30pm - Farmers Market 27	10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre 28