

# CENTERBURG SENIOR SERVICES

182 W Houck St, Centerburg Phone 740-625-5056 Hours Monday-Friday 9am-3pm

## MARCH 2023 NEWSLETTER

### Monthly Bingo Sponsors

ReMax -Tyler Griffith

Country View Sunbury –  
Katherine Davis

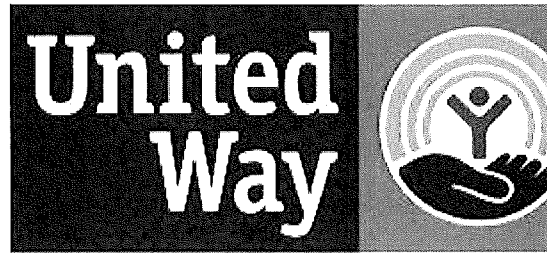
The Laurels of Mt Vernon

Centerburg Pointe

### THANK YOU

to these businesses for  
supporting our Bingo days!

## UNITED WAY OF KNOX COUNTY HAS FUNDED OUR WELLNESS PROGRAM FOR 2023!

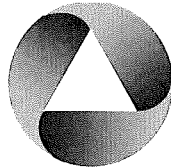


Our Wellness Program has been fully funded for the 2023 year. We applied for a grant to run our 5 day a week program and have received a letter stating we got it! Thank you, United Way, for your continued support in us & our program!

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*Spring has arrived, change those clocks March  
12th!*

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## KNOX COUNTY FOUNDATION

### WE RECEIVED A 2023 GRANT FROM KNOX COUNTY FOUNDATION!

We applied for a grant through Knox County Foundation to have our parking lot asphalted and the entrance on the back of the building to be redone so it is safer, and we are happy to say we got it!! We hope to have the entrance started soon; PJ Tobin Construction will be doing it. The asphalt will be put in this year by Smalls Sand and Gravel. We are so excited!! There may be a day here or there will need to close the center so projects can be completed. Please follow us on Facebook for changes in the schedule.

We submitted our *Knox County Senior Levy grant* on February 16<sup>th</sup>. This grant is the BIG one that runs our center. We will find out the early part of March if we were fully funded or not. We have an excellent team and are running the center extremely efficient. YAY TEAM!!

**How we operate the center:**

Our funding from Knox County Senior Levy allows us to service clients in **Knox County** that live in the following Townships: **Liberty, Milford, Hilliar.**

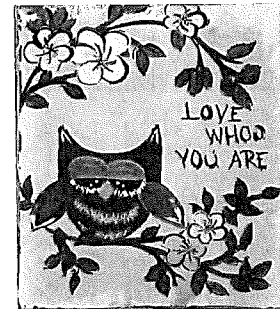
**Meals on Wheels Program**

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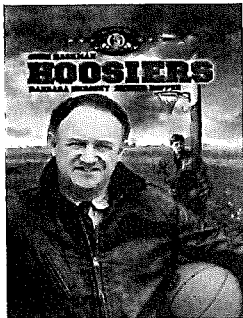
*Along with activities we also offer Meals on Wheels to our clients. You must live in Milford, Liberty or Hilliar Twp and be over the age of 60. Meals are made by KCH and we deliver them Monday-Friday to your door. Meals have a recommended donation of \$3.00 per meal and checks can be made to Centerburg Senior Services. Our driver can pick up cash or check, please have it sealed in an envelope and mark it "MOW" along with your name and Amy will bring it to us to save a stamp!*

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**This month's activities:**



**PAINTING CLASS MONDAY MARCH 6<sup>th</sup> @ 1pm. Cost is \$10.00**



**Movie Wednesday March 15<sup>th</sup> at 1pm. From 1951, showing "Hoosiers" as we get ready for March Madness!**



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*Massages with Katie Thomas – Monday March 20<sup>th</sup>. Cost is \$10.00 for  
15 min of relaxation!!*

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**Everyday scheduled activities**

**Monday – Exercise class 10am “Pound”**

**Tuesday- Exercise class 10am “Chair strength”**

**Tuesday – Card game 3-13 1pm**

**Wednesday – Exercise class 10am “Cardio Drumming”**

**Thursday – Exercise class 10am “Yoga”**

**Thursday – Bingo 1pm**

**Friday - Exercise class 10am “Cardio Drumming”**

**Friday – Euchre 1pm**

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

*Centerburg Senior Services Staff members:*

*Lisa Wilson*

*Lisa Keen*

*Patty McDowell*

*Amy Klugh*



# ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p  
j s w e u m a r c h t  
p f p a c e u h s d a r  
f a o i k a c p s r a  
a o t u y h e a h t i  
l e p r r e c h a u n  
u m a a i t r r m w b  
i e r r o c e s r x o  
r r a s d l k p o t w  
i a d g g o l d c h n  
s l e a r v l l k t d  
h d s c h e s a i n t  
k w e e r r e f r i e  
h c g o h o l n t f k

Irish  
Emerald  
Clover  
Lucky'  
Ireland

Parade  
Leprechaun  
Patrick  
Gold  
Rainbow

Pot  
Shamrock  
Green  
Saint  
March

Mon	Tue	Wed	Thu	Fri
27 10am - "Pound" Exercise 11am - Massage with Katie	28 10am - Chair Strength 1pm - Cards	1 10am - Cardio Drumming	2 10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo	3 10am - Cardio Drumming 1pm - Euchre
6 10am - "Pound" Exercise 1pm - Painting Class	7 10am - Chair Strength 1pm - Cards	8 10am - Cardio Drumming	9 10am - Gentle Yoga 1pm - Bingo	10 10am - Cardio Drumming 1pm - Euchre
13 10am - "Pound" Exercise	14 10am - Chair Strength 1pm - Cards	15 10am - Cardio Drumming 1pm - Movie - Hoosiers	16 10am - Gentle Yoga 1pm - Bingo	17 10am - Cardio Drumming 1pm - Euchre
20 10am - "Pound" Exercise 11am - Massages with Katie	21 10am - Chair Strength 1pm - Cards	22 10am - Cardio Drumming	23 10am - Gentle Yoga 1pm - Bingo	24 10am - Cardio Drumming 1pm - Euchre
27 10am - "Pound" Exercise	28 10am - Chair Strength 1pm - Cards	29 10am - Cardio Drumming	30 10am - Gentle Yoga 1pm - Bingo	31 10am - Cardio Drumming 1pm - Euchre