

**Mother's Day
event
May 10th 12pm**

RSVP by May 8th

This event is for our service area (Liberty, Milford & Hilliar Twp). Please call 740-625-5056 to RSVP.

Plan on food made by Nesa Adams, small craft project & a Mother's Day movie.

Preset weekly activities:

Monday – 10am Pound

**Tuesday – 10am Chair
strength exercise, 1pm
Cards**

**Wednesday – 10am
Cardio Drumming, and we
will have 1pm Canasta
card game (NEW) a
couple times this month
to see if it's a hit or not.**

**Thursday – 10am Yoga,
1pm Bingo**

**Friday- 10am Cardio
Drumming, 1pm Euchre**

Centerburg Senior Services
182 W. Houck St, Centerburg
Monday-Friday 9am-3pm
740-625-5056

Derby Cookout Friday May 5th 12pm-1pm
**Prize for best dressed man and
best Derby hat on a lady!**



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Potluck cookout starting at 12pm sharp, please bring a side dish or a dessert. Non-alcoholic Mint Julips will be available, it is a Derby party so we must have them! Hot dogs, hamburgers, buns and condiments will be provided. Chef Doug will man the grill for us and have everything ready by 12pm.

Dress up or just wear a derby hat. **Two prizes will be handed out.** One for best dressed man and one for best hat on a woman. Come join us as we gather for laughter and good company and some wonderful food! The event will be for an hour so we will still have Euchre set up and starting by 1:30.

**We will be closed on May 29th to observe Memorial Day. No
meal delivery, no activities.**



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Energy tips from Missy:

- *Drink more water
- *Move more
- *Get enough sleep
- *Meditate

May Speaker:

Coffee with a cop:

Friday May 12th

10am

Coffee & donuts will be provided by CSS.

Come and enjoy an open discussion with local law enforcement and first responders about driving and road safety.

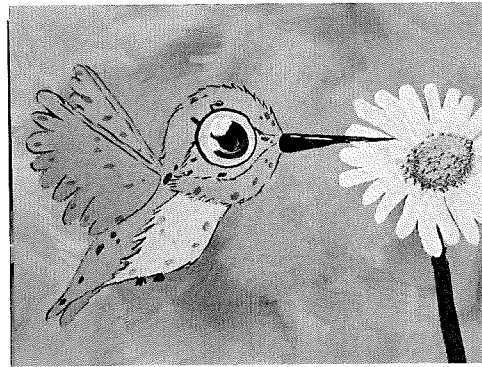
Any questions contact:

Amy Seward @
740-392-2200

Exercise class theme:

This month is all about ENERGY!! If you have been feeling sluggish and in need of a boost, you are in for a treat! We focus on increasing energy in different ways through breath, meditation, and movement so you feel rejuvenated and recharged. Utilize your breath, body, and mind to improve your energy level.

May's painting:



Painting class Monday May 8th at 1pm
The cost is \$10.00 per painter.

Join us while Angie gives step-by-step instructions. Whether you are a painter or have never used a brush, you CAN do this class! Please call or stop in to sign up for the class.

2nd Movie Day - May 24th 1pm showing:
"80 FOR BRADY"

Tail gate food will be served – pigs in a blanket, baked beans & potato chips.

The film follows four lifelong friends (Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field) who travel to watch Brady and his New England Patriots play in Super Bowl LI in 2017

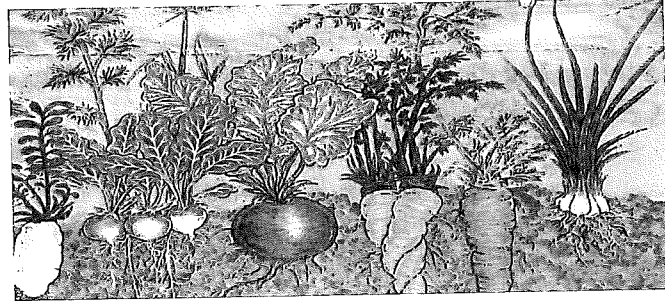
We are working with Centerburg High School on possibly having a "TECH DAY" in May.

If this happens, a few students will come to the center and sit with you one on one to help you understand the features on your cell phones, tablets, laptops, or whatever device you are struggling with. This is still a work in progress. If this is of interest to you, call us at 740-625-5056 and put your name on the list along with what device(s) you are requesting help with. Once we know the date, we will contact you back with a time to come in!

These students are part of the OSA (Ohio Scholar's Association) and due community hours for credit.

YES – we will try CANASTA!!

NEW Card game on Wednesday May 17th and May 31st @ 1PM. We have been asked to start playing Canasta at the center. We would like to work this in our schedule a couple times in May to see how many people are interested. Come join us and learn!



Our gardens are being planted! So far, we have planted:

- Spinach
- Carrots
- Radish
- Swiss Chard
- Turnip
- Beets
- Onions
- Lettuce
- Peas

A lot more will be put in as the weather allows. I'd like to thank Hazel Bias for donating all the seeds and Marie Vance. These ladies are the reason we have gardens!

A quick story..... When I (Lisa W.) worked at a recycling company on Bennington Chapel Rd I would pass Hazel Bias's house. I didn't know her, but for 15 years I drove past it and watched. I'd see this little lady out in her garden every day during the summer months and I always wanted to stop and say hi and see what it was she was growing because I LOVE gardens and I could just tell she did as well! Unfortunately, I never stopped. When I took the job of Director in 2018, Hazel Bias was one of the first people that I met in the center. Little did I know she was my "little garden lady" that I had watched for 15 years!! When I realized it, I told her my story and of course her response was "you should have stopped!" It warmed my heart as seeds were being put in our garden that Hazel gave us. I know she couldn't come to help us, by in my heart I was finally gardening with her! Instead, I stood by Marie (Hazel's sister) planting them. Sandy Thompson donated time and between the 3 of us we had a garden planted in no time! I love all of you ladies!

A special thank you to
the Centerburg FFA
class of 2023.

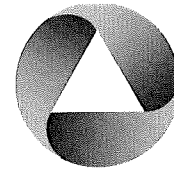
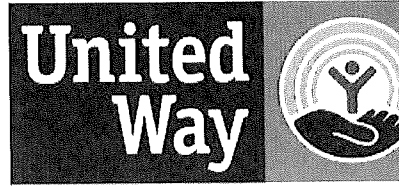
Mel McLaughlin
Ava Keaton
Ashton Brum
Riley Turner

These four students
have been coming into
the center every Friday
at 10am and cleaning
for us. GREAT group
of young adults.

We wish them the
very best in the future!

Congratulations!

Massage Day with
Katie Thomas
Monday May 22nd
11am-1:30pm
By appointment.
Cost is \$10.00 for
15 mins massage.
Call or stop in
to sign up!



**KNOX COUNTY
FOUNDATION**

Thank you to both organizations for funding us in 2023!

FFA plant sale



FFA Mother's Day plant sale

May 13th 10:30am-4pm

May 14th 11am-2pm

At the Centerburg High School FFA greenhouse.
Open to the public. Please support the FFA as they
have supported us!

Centerburg Garden Club plant swap

May 6th 10am-12pm at the Gazebo

Knox County Senior Levy awarded us \$223,000
for our 2023 year! These funds will run our
center for the year. Thank you for your
continued support!

Our staff:

Lisa Wilson
 Lisa Keen
 Patty McDowell
 Amy Klugh

Board members

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

Open daily Monday
 thru Friday
 9am-3pm

Times when no
 activity are
 scheduled, feel free
 just to come in and
 visit us! We love just
 to chat!!

Serve The Burg Saturday June 3rd

If you need some flower beds weeded, mulched,
 windows washed, gutters cleaned etc. Call
 740-759-1898 and leave your name, number and what
 you need done and they will put you on a list!

Bingo

We would like to thank all our Bingo sponsors!

May 4th Tyler Griffith - ReMax

*COJFD - health checks 12pm-1pm

May 11th Katherine Davison - Country View
 Sunbury

May 18th Curtis Fraley - Laurels of Mt Vernon

May 25th Courtney - Centerburg Pointe

Park National Bank - Lisa Alexander sponsored a
 Bingo last month!

*** Bingo is every Thursday at 1pm***

Service areas include Hilliar, Milford, Liberty Twp along with the
 Centerburg Village. Events are open to ladies & Gentlemen over
 the age of 60. Most activities are just a show up and have fun,
 few are RSVP.

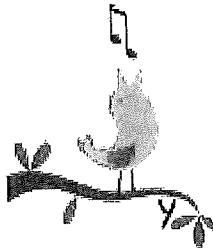


Take time to look through this newsletter
 once again, there are a lot of activities going on
 besides the regularly scheduled ones and don't want
 you to miss anything. Mark your calendars!

Mon	Tue	Wed	Thu	Fri
<div>1</div> <div>10am - "Pound" Exercise</div>	<div>2</div> <div>10am - Chair Strength 1pm - Cards</div>	<div>3</div> <div>10am - Cardio Drumming</div>	<div>4</div> <div>10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo</div>	<div>5</div> <div>10am - Cardio Drumming 12pm - Derby Cookout 1:45pm - Euchre</div>
<div>8</div> <div>10am - "Pound" Exercise 1pm - Painting</div>	<div>9</div> <div>10am - Chair Strength 1pm - Cards</div>	<div>10</div> <div>10am - Cardio Drumming 12pm - Mothers Day Event</div>	<div>11</div> <div>10am - Gentle Yoga 1pm - Bingo</div>	<div>12</div> <div>10am - Cardio Drumming 10am - Coffee with a Cop 1pm - Euchre</div>
<div>15</div> <div>10am - "Pound" Exercise</div>	<div>16</div> <div>10am - Chair Strength 1pm - Cards</div>	<div>17</div> <div>10am - Cardio Drumming 1pm - Canasta</div>	<div>18</div> <div>10am - Gentle Yoga 1pm - Bingo</div>	<div>19</div> <div>10am - Cardio Drumming 1pm - Euchre</div>
<div>22</div> <div>10am - "Pound" Exercise 11am - Massage Day with</div>	<div>23</div> <div>10am - Chair Strength 1pm - Cards</div>	<div>24</div> <div>10am - Cardio Drumming 1pm - Movie Day</div>	<div>25</div> <div>10am - Gentle Yoga 1pm - Bingo</div>	<div>26</div> <div>10am - Cardio Drumming 1pm - Euchre</div>
<div>29</div> <div>Memorial Day - Closed</div>	<div>30</div> <div>10am - Chair Strength 1pm - Cards</div>	<div>31</div> <div>10am - Cardio Drumming 1pm - Canasta</div>	<div>1</div> <div>10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo</div>	<div>2</div> <div>10am - Cardio Drumming 1pm - Euchre</div>

Name: _____

Date: _____



Spring Words

Word Search Puzzle



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

FIND THESE SPRING WORDS

daffodil

March

bulbs

rainy

garden

showers

buds

mud

blossom

flowers

ladybug

bugs

bees

growth

crocus

tulip

June

April

iris

picnic

robin

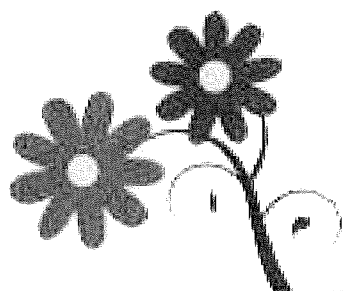
green

grass

May



The words may be hidden vertically, horizontally or diagonally.



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

