

CENTERBURG SENIOR SERVICES
182 W. HOUCK ST, CENTERBURG
MONDAY - FRIDAY 9AM-3PM
MAY NEWSLETTER 2024 PHONE 740-625-5056



**** OPEN HOUSE ****

Wednesday May 29th

4-6pm

Open event to everyone in Knox County! Come see our center and meet the staff. Know what we have to offer you, a loved one or you in the future! We will have informational tables set up, snacks and punch will be available. Missy will be in our exercise room with music playing and can show you what all the exercise classes have to offer.

Mother's Day event "Showers of Blessings"
Wednesday May 8th 1-3pm. Must RSVP

Mother's Day event information:

Ladies, come join us for great food, fun and fellowship on May 8th as we celebrate all women. The event is open to all the ladies in our service area. Please RSVP by May 3rd. Nesa Adams has been planning a fun filled afternoon for the ladies! Event open to Knox County residents.

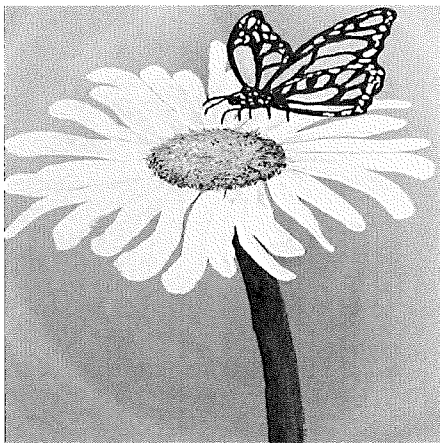
Painting Class Monday May 6th at 1pm

Come join Angie May 6th as she teaches you step by step painting on a beautiful daisy with a monarch butterfly attached. Must be age 60 or over, open to all counties. The cost is \$10.00 per painter and all materials are provided for you.

Hospice of North Central Ohio speaker

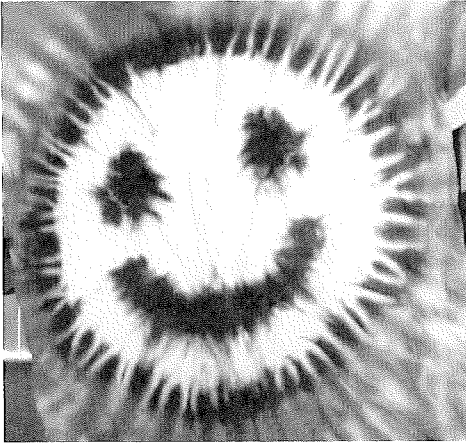
May 13th 11am-12pm

Hospice Speaker - Come learn the facts about what all Hospice offers! There are so many many services that Hospice provides. Join us for a presentation, trivia and prizes. Please call to rsvp by May 10th so they know how many prizes to bring!



May 6th painting class

Closed Monday May 27th - Memorial Day



Tye dye smiley t-shirt craft

CRAFT DAY WITH PATTY – Monday May 20th 1pm Cost \$5.00

Tye dye smiley t-shirt! Please sign up in advance so we can order the correct shirt size.

This will be an outdoor craft, if weather does not permit, we will need to reschedule. No rain date is set up yet.

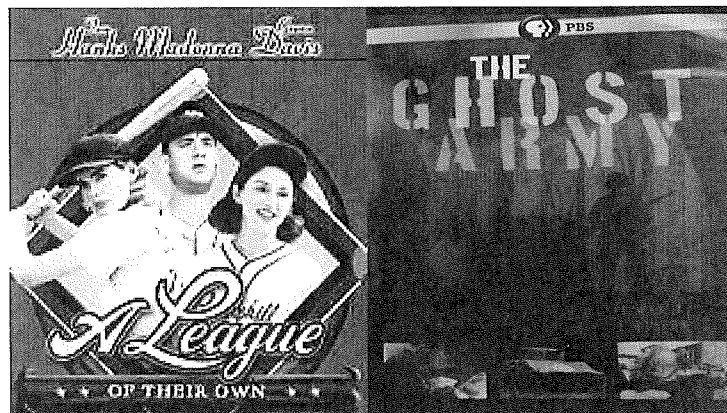
MASSAGE DAY WITH KATIE – MONDAY MAY 20TH

Katie will be going on maternity leave soon, so don't miss out! She offers a 15 min per relaxation massage for only \$10.00. Please sign up and mark your calendar so you don't miss out! Appointments start at 11am.

Memorial Day May 27th

Center will be closed and no meals will be delivered. We would like to take this time honoring and mourning military personnel who died while serving in the United States armed forces.

Two Movies in May ~ light lunch provided



Monday May 13th at 1pm– **A League of Their Own.** “There’s no crying in baseball” says Tom Hanks!

Tuesday May 28th at *12pm*****– **The Ghost Army.** Doug Flinn has requested this movie. His father was in the Ghost Army in WWII. Doug just traveled to Washington DC in March this year to witness the acceptance the Congressional Gold Metal for his fathers unit. (Cards will be after movie)

Color Street nails with Jessie Whitley

Tentatively scheduled for Friday May 17th starting at 11am. Jessie has taken a new job, so her schedule is a little different now. Please sign up and if we need to change the date we will contact you!



Thank you United Way for supporting our 2024 Wellness Program.

Farmers Market in Centerburg!

The Centerburg Farmers Market will start June 6th and runs every Thursday till Oct 4th. Katie Hux has done a wonderful job getting vendors of all kinds. Markets will run 4:30 – 7pm in Bell Park (across from the Library).

TOKENS

Knox County Task Force for Older Adults will pass out tokens to the first 20 seniors that attend the market. First come, first serve. A Senior is defined as “someone living in KNOX County that is the age 60 or over”. The tokens total \$6.00 in value and can be used on FRESH PRODUCE ONLY. Seniors can come to the Task Force table (well marked) two times a month. Tokens need to be used same day of the market. We hope if the need is there, Task Force will be able to increase the amount of tokens we are passing out. Until then, 20 seniors will receive. We will have the table set up by 4:30 every Thursday. If you have questions contact Lisa Wilson 740-625-5056

Mt Vernon Farmers Market start in May, runs 9am-12pm every Saturday. KAT offers free rides to all markets! Market in Fredericktown runs every Thursday from 4-7pm. Senior tokens are available at both those markets as well. Tokens are different colored at each market and CANNOT be used at other markets.

COMING IN JUNE: Tanner with OSU is coming back in June to do SNAP -ED classes. Mark your calendars for Tuesday’s from 11-12pm on JUNE 18th, JULY 2nd and JULY 16th.

YOUR HOMETOWN HOSPICE



SENIOR TOPICS

MONDAY, MAY 13 | 11AM

CENTERBURG SENIOR SERVICES

182 W Houck St | Centerburg OH 43011

TOPIC: "ALL HOSPICES ARE NOT THE SAME"

HNCO/Hospice of Knox County has been your local, non-profit hospice for over 40 years. **Chris Murphy**, HNCO Clinical Educator, will present what you need to know about your choices when it comes to chronic and end of life care:

- What is hospice?
- What is palliative?
- The NON-PROFIT difference
- The importance of patient choice
- The benefits you are entitled to
- Resources available for families
- Details on billing
- How to contact us



Providing peace of mind and comfort through compassionate care, HNCO services include **Hospice Care, Palliative Care**, and *free* **Grief Support**.



Please call Lisa to RSVP, 740-625-5056 by May 9.

ALL HOSPICES ARE NOT THE SAME, ASK FOR US BY NAME!



www.myhnco.org | 800.952.2207 | 501 c3 non-profit

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|--|
| 29 | 30 | 1 | 2 | 3 |
| | | 10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta | 10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo | 10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre |
| 6 | 7 | 8 | 9 | 10 |
| 10am - "Pound" Exercise 1pm - Painting Class | 9am - Mahjongg 10am - Chair Strength 1pm - Cards | 10am - Cardio Drumming 1pm - Mother's Day Event | 10am - Gentle Yoga 1pm - Bingo | 10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre |
| 13 | 14 | 15 | 16 | 17 |
| 10am - "Pound" Exercise 11am - Speaker - Hospice 1pm - Movie Day | 9am - Mahjongg 10am - Chair Strength 1pm - Cards | 10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta | 10am - Gentle Yoga 1pm - Bingo | 10am - Cardio Drumming 11am - Nails with Jessie 11:30am - Cribbage 1pm - Euchre |
| 20 | 21 | 22 | 23 | 24 |
| 10am - "Pound" Exercise 11am - Massage Day with 1pm - Craft Day with Patty | 9am - Mahjongg 10am - Chair Strength 1pm - Cards | 10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta | 10am - Gentle Yoga 1pm - Bingo | 10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre |
| 27 | 28 | 29 | 30 | 31 |
| Memorial Day - Closed | 9am - Mahjongg 10am - Chair Strength 12pm - Movie Day 1:30pm - Cards | 10am - Cardio Drumming 11:30am - Sequence 1pm - Canasta 4pm - OPEN HOUSE | 10am - Gentle Yoga 1pm - Bingo | 10am - Cardio Drumming 11:30am - Cribbage 1pm - Euchre |



Mother's Day

WORD SEARCH

CAN YOU FIND ALL THE WORDS IN THE GRID?

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AMAZING

BEAUTIFUL

CHARMING

COMFORT

FAMILY

LAUGHTER

KISSES

MOTHER

PERFUME

TENDER

APPRECIATION

BRUNCH

CHILDREN

DEVOTED

FORGIVING

HUGS

LOVE

NURTURE

PROTECTIVE

WARM