

**HAPPY NEW  
YEAR!!**

**We are closed  
January 1st**

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**Our services:**

CSS serves adults 60 and over living in Knox County. We are funded by Knox County Senior Levy. We also run off of community donations.

Meals on Wheels – Hot meal delivered M-F. We do ask for a recommended donation of \$3.00 per meal.

We pay KCH to make the meals daily and our driver to deliver the meals. This brings our meal cost to approx. \$7.50 per meal; your \$3 donation helps off set that cost.

**Activities:**

We offer a lot of free activities at the center. We share our newsletters online and social media. Hard copies we try to keep at the post office, and you can always stop by our center to grab one.

**We do allow out of county adults 60 and over for card playing, movies, and painting classes. We do have a donation jar when signing in. Donations are welcome!**

# Centerburg Senior Services

182 W Houck St, Centerburg  
740-625-5056 M-F 9am-3:30pm

## January 2025 Newsletter

Painting class Monday 6<sup>th</sup> at 1pm – class is open to any adult 60 years of age or over. The cost is \$10.00 per painter. Please call or stop in to sign up! Angie McCutcheon gives us step-by-step instructions.



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***Cardio Drumming is back ~ It starts Friday Jan 3<sup>rd</sup>!!!***

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I would like to introduce Claudia Rine as our new cardio drumming instructor! Claudia is married and has 3 children and 4 grandchildren. She is retired. She enjoys cardio drumming, making tumblers, reading and spending time with her grandkids. Cardio drumming class will be every Friday at 10am starting January 3<sup>rd</sup>! Please welcome her! This is great timing as Charlotte has left for Florida and we no longer have the Tuesday class.

### **Weekly exercise schedule:**

Monday Body Sculpting and strengthening with Jenn 10am  
Thursday gentle yoga with Mollie at 10am  
Friday cardio drumming with Claudia at 10am

**Important numbers to  
keep on hand:**

Food pantries:

Centerburg Interchurch  
740-625-5940

Jacque's Food pantry  
419-560-5991

Center of Hope Bladensburg  
740-200-0689

Tuesday 9-11am, 5-7pm  
Thursday 2-4pm

Transportation:

Knox Area Transit (KAT)  
740-392-7433

Mobility Management  
Joe Porter  
740-485-5002

Station Break  
740-397-2417

Used free medical equipment:  
Jim Waterman 740-625-5094

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***Martin Luther King Jr Day***

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The center will be closed, and no meals being delivered on Monday Jan 20<sup>th</sup>. We will observe Martin Luther King Jr Day. We will use this day to allow our pest control company to come in and do the quarterly spray.

**Bingo and movie sponsors**

**We cannot thank these sponsors enough for everything they do for us!**

Tyler Griffith ReMax PEAK  
Country Club Retirement Campus  
Laurels of Mt Vernon  
Centerburg Pointe  
Brookdale Senior Living  
Countryview of Sunbury  
Hometown Market

**Color Street Nails with Jessie**

Friday January 17<sup>th</sup>  
Sign up for your appointment!  
She starts at 11am

*Jessie volunteers her time and donates the sets of nails for you to choose from!*

**We will be showing 3 movies in January**

Monday January 13<sup>th</sup> – 1pm – showing: Robin Hood (2018)  
Friday January 17<sup>th</sup> - 9:30am Who Framed Roger Rabbit (1988)  
Monday January 27<sup>th</sup> – 1pm – showing: Groundhog Day (1993)

Brookdale Senior Living sponsors Monday movies, Hometown sponsors donuts for our Friday fun movie

| Mon   | Tue                       | Wed                                      | Thu  | Fri  |
|---|---------------------------|--|--|--|
| 10am - Sculpt & Strength<br>1pm - Movie<br>30         | 1pm - Closing early<br>31 | Happy New Year - Closed<br>1             | 10am - Gentle Yoga<br>12pm - COJFD health checks<br>1pm - Bingo<br>2 | 10am - Cardio Drumming<br>1pm - Euchre<br>3  |
| 10am - Sculpt & Strength<br>1pm - Painting Class<br>6 | 1pm - Cards<br>7          | 9am - Hand & Foot<br>1pm - Canasta<br>8  | 10am - Gentle Yoga<br>1pm - Bingo<br>9                               | 10am - Cardio Drumming<br>1pm - Euchre<br>10   |
| 10am - Sculpt & Strength<br>1pm - Movie Monday<br>13  | 1pm - Cards<br>14         | 9am - Hand & Foot<br>1pm - Canasta<br>15 | 10am - Gentle Yoga<br>1pm - Bingo<br>16                              | 9:30am - Fun Friday movie<br>10am - Cardio Drumming<br>11am - Nail with Jessie<br>1pm - Euchre<br>17 |
| Martin Luther King Jr Day<br>20                       | 1pm - Cards<br>21         | 9am - Hand & Foot<br>1pm - Canasta<br>22 | 10am - Gentle Yoga<br>1pm - Bingo<br>23                              | 10am - Cardio Drumming<br>1pm - Euchre<br>24   |
| 10am - Sculpt & Strength<br>1pm - Movie Monday<br>27  | 1pm - Cards<br>28         | 9am - Hand & Foot<br>1pm - Canasta<br>29 | 10am - Gentle Yoga<br>1pm - Bingo<br>30                              | 10am - Cardio Drumming<br>1pm - Euchre<br>31   |

# New Year's Word Search

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

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST

