

CENTERBURG SENIOR SERVICES

March 2025 Newsletter 182 W. Houck St, Centerburg Hours 9am- 3:30pm M-F 740-625-5056

COJFD FREE SPAGHETTI DINNER

Thursday 13th,
5:30pm – 7:00pm

Celebrate 25 years of service. Serving Hilliar Township, Milford Township and the village of Centerburg.

COJFD

5138 Columbus Rd
Centerburg

**SPRING IS HERE! CHANGE THOSE CLOCKS MARCH 9TH
AND SRPING FORWARD AN HOUR!**



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****Color Street Nails – Jessie Whitley****

Friday March 14th @ 11AM-2PM

Jessie will be here Friday March 14th to do free nails!
Please call or stop in to sign up for your appointment.

St Patrick's Day Party March 17th @ 12pm

Come join us for our first ever St Patrick's Day Party, Monday March 17th from 12pm – 2pm. Cabbage and corn beef made by Centerburg Pointe, TRIVIA and PRIZES from Capital City Hospice. Wear your GREEN!!

Please call 740-625-5056 and get signed up!

March 7th is International Women's History Day.

Come join us from 11:15am – 12:15pm as we discuss some ladies that made a big difference in the educational world. Thank you, Beverly Downs, for preparing this presentation and lining up lunch. LUNCH IS SPONSORED BY Market District Super-Market.



SNAP-ED IS BACK in March!

Tanner has moved onto another position; Michelle Duffy will be taking over!! Come join us for a 3-week series of **“MEALS IN A MUG”**

Wednesday: March 5th, March 12th, March 19th all classes will be 11am-12pm.

Come have some fun with COJFD

Marti Gras “Fat Tuesday” March 4th. Come play cards at 1pm and enjoy some donuts sponsored by COJFD. Look for them to stay and play us! (As long as there are no emergencies of course!)

Angie’s craft class March 3rd at 1pm



We will not be having a “painting class” this month – instead Angie is doing a \$10.00 Spring craft! This flower is on a piece of wood. Call to sign up! Painting will be back in April!

MARCH MOVIE LINE UP!

In honor of March madness – **Monday March 10th “White men can’t jump” 1pm**

Fun Friday movie – **March 21st “Mr. Poppers Penguins” 11am**

In honor of baseball starting – **Monday March 31st – “Major League” 1pm**

Lunches provided by **BROOKDALE** in Mt Vernon

Doughnuts for Fun Friday movie sponsored by **Hometown Market**

THANK YOU!

MARCH SPEAKER - "Healthy Habits for your Brain and Body"

Monday March 24th from 11am-12pm

Jennifer Mill from Alzheimers & Associates Northwest Ohio Chapter will be here to discuss healthy habits for your brain and the body. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging!

PLEASE CALL TO SIGN UP FOR THIS EVENT!

First day of Spring March 20th



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Places to help with extra food if in need: -

Center of Hope Bladensburg 740-200-0689 (they also have a market there)

Jaque's Food Pantry 419-560-5991

Centerburg Interchurch 740-625-5940

Our staff;

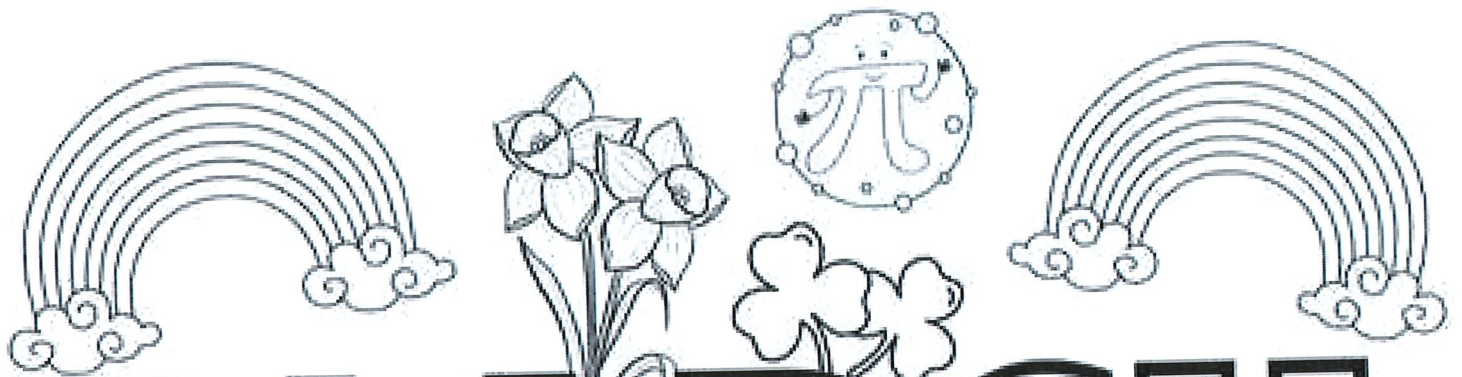
Lisa Wilson Executive Director

Stephanie Binns Business Manager

Patty McDowell Room helper/ Meals on Wheels Manager

Amy Klugh Meals on Wheels Driver

CSS is funded by the Knox County Senior Levy and by donations



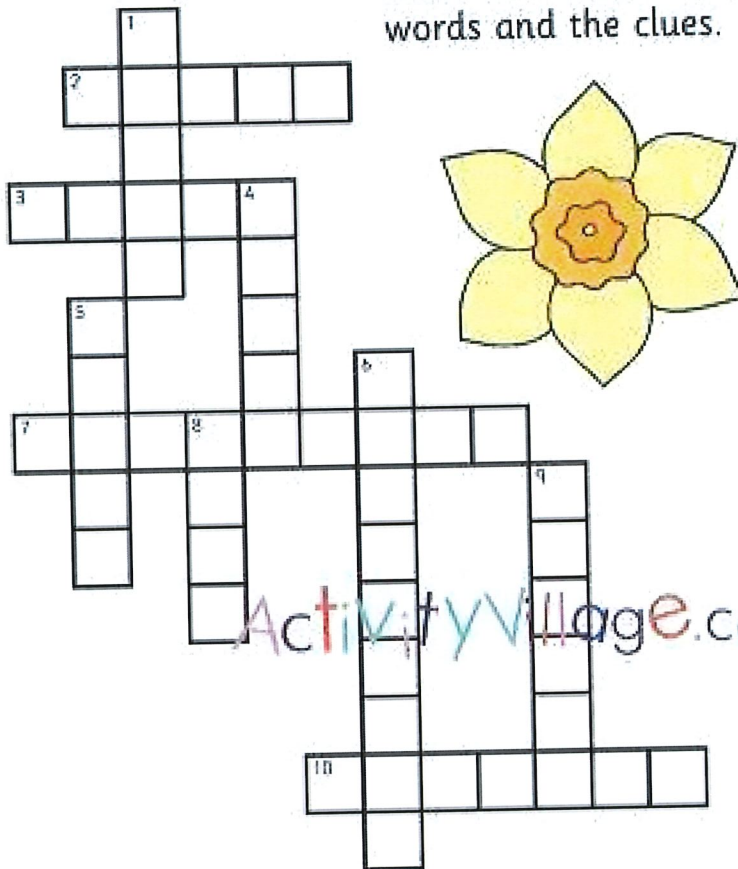
MARCH

WORD SEARCH

S	C	F	S	P	R	I	N	G	E	F	R	W	D	L	O	C	R	BIRDS
R	U	R	T	U	Y	M	I	P	A	A	B	K	X	T	N	A	A	CLOVER
L	P	B	P	F	L	S	A	R	G	I	D	R	A	M	S	Y	I	DAFFODIL
W	E	N	A	E	R	S	R	E	R	T	H	Y	W	R	T	K	N	DR SEUSS
S	D	P	T	B	R	C	E	D	E	R	V	X	A	L	A	M	B	FAT TUESDAY
H	G	L	R	R	E	S	S	I	E	A	F	D	F	E	W	M	O	FLOWER
A	W	W	I	E	T	P	B	D	N	R	E	H	F	K	F	L	W	GREEN
M	A	R	C	H	C	Y	W	E	N	E	S	E	L	I	H	C	S	LAMB
R	J	B	K	R	U	H	N	F	A	T	T	U	E	S	D	A	Y	LEPRECHAUN
O	H	R	S	Y	B	T	A	T	T	I	O	P	D	D	A	R	A	MARCH
C	E	E	D	L	I	L	N	U	E	T	C	Y	A	N	F	R	D	MARDI GRAS
K	E	P	A	N	R	R	O	L	N	I	L	J	Y	E	F	A	I	MARIO DAY
S	E	U	Y	D	S	Y	E	I	L	R	O	S	G	S	O	R	P	PI DAY
D	R	S	E	U	S	S	I	P	A	W	V	A	P	S	D	R	N	RAIN
W	F	M	A	R	I	O	D	A	Y	G	E	L	K	B	I	O	R	RAINBOWS
C	H	Y	A	D	J	O	H	D	N	D	R	E	W	O	L	F	R	SHAMROCK
																		SPRING
																		ST PATRICKS DAY
																		TULIP
																		WAFFLE DAY

Spring Crossword

Solve the crossword using the list of words and the clues.



blossom
chicks
daffodils
daisy
frogspawn
grow
lamb
March
nests
seeds

Across

2. Baby sheep born in spring.
3. Birds build these to lay eggs in.
7. You might see this in ponds in spring.
10. Pink and white flowers that grow on trees.

Down

1. Flower which you can make in to chains.
4. We plant these to grow fruit and vegetables.
5. A spring month.
6. Yellow spring flowers.
8. Plants start to _____ in spring.
9. Baby birds are called _____.

	Mon	Tue	Wed	Thu	Fri
10am - Sculpt & Strength 1pm - Angie's Craft Class	3 10am - Sculpt & Strength 1pm - Angie's Craft Class	4 1pm - "Fat Tues" with COJFD 1pm - Cards 1pm - Marti Gras	5 9am - Hand & Foot 11am - Snap Ed 1pm - Canasta	6 10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo	7 10am - Cardio Drumming 11:15am - International 1pm - Euchre
10am - Sculpt & Strength 1pm - Movie	10 10am - Sculpt & Strength 1pm - Movie	11 1pm - Cards	12 9am - Hand & Foot 11am - Snap Ed 1pm - Canasta	13 10am - Gentle Yoga 1pm - Bingo 5:30pm - COJFD Spaghetti	14 10am - Cardio Drumming 11am - Color Street Nails with 1pm - Euchre
10am - Sculpt & Strength 12pm - St Patrick's Party	17 10am - Sculpt & Strength 12pm - St Patrick's Party	18 1pm - Cards	19 9am - Hand & Foot 11am - Snap Ed 1pm - Canasta	20 First day of Spring 10am - Gentle Yoga 1pm - Bingo	21 10am - Cardio Drumming 11am - Movie 1pm - Euchre
10am - Sculpt & Strength 11am - Alzheimer's Speaker	24 10am - Sculpt & Strength 11am - Alzheimer's Speaker	25 1pm - Cards	26 9am - Hand & Foot 1pm - Canasta	27 10am - Gentle Yoga 1pm - Bingo	28 10am - Cardio Drumming 1pm - Euchre
10am - Sculpt & Strength 1pm - Movie	31 10am - Sculpt & Strength 1pm - Movie	1 1pm - Cards	2 9am - Hand & Foot 1pm - Canasta	3 10am - Gentle Yoga 12pm - COJFD health checks 1pm - Bingo	4 10am - Cardio Drumming 1pm - Euchre