

Senior Citizens Friendship Center

CARROLL COUNTY OHIO

DECEMBER 2023

PHONES WILL NOT BE ANSWERED FROM 11:30-12:30 DAILY DURING LUNCH TIME

P.O. BOX 14 100 KENSINGTON ROAD NE CARROLLTON, OH 44615

CENTER INFORMATION

HOURS

Monday-Friday 8:00 am-4:00 pm Contact

Phone: 330-627-7017 Fax: 330-476-6402 Email: Friendshipcenter@carrollcountyohio.us

MONTHLY HIGHLIGHTS

DECEMBER 21ST, 2023



DECEMBER 25TH AND 26TH-CLOSED FOR HOLIDAY



JANUARY 1ST, 2024-NEW YEARS DAY

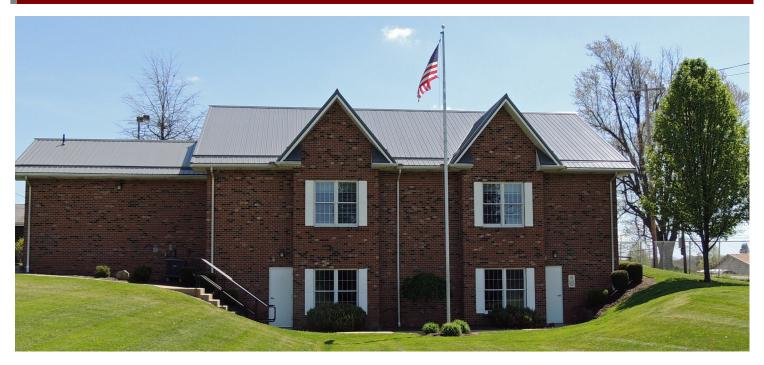






INSIDE OUR CENTER

CCCOA Information & Contact



CENTER INFORMATION

STAFF

Tonya Myers, Director Jenna Aukerman, Asst. Director Darcy Plunket-Office Administrator Aneissa Randal, Activities Instructor Heather Smalley, Wellness Worker Janice Nape, Head Cook Tiffany Myers, Asst. Cook Deb Toussant, Kitchen Annette Welch, Kitchen Anitra Meek, Kitchen Rosemarie O'Donnell, Kitchen Lisa Jones, Kitchen Sam Magallanez-Kitchen Kasey Tolley-Kitchen Tiffany Parker-HDM Manager Freda Luyster, HDM Driver Patty Babe, HDM Driver Robin Haun, HDM Driver Carl Leonard, HDM Driver Mike McCartney-HDM Driver Cassie Cogan, HDM Driver Bob Holla, HDM Driver James Wood, Utility Worker Tom Barnett, Sub Cindy Grindstaff, Sub Sue Miller, Sub

VOLUNTEERS

Cathy Carlton Marty Colaprete
Barb Cronin Kris DeWitt
Theresa Furbee Amy & Greg Harkless
Chuck Lutton Jo Rinkes
Denny Roudebush Jeanne Strawder
Donna Wey Vi Williamson
Cindy Wood Jo Albright

HOME-DELIVERED MEALS

The same meal served at the Center is also available for individuals or couples through our home-delivered meals program. Individuals must be 60 years of age or older, homebound, and a Carroll County resident. Frozen meals are also available for the weekend for those who want them. Regulations forbid leaving meals in a cooler, but they may be left in a refrigerator. Please communicate with your driver about the

issue. Suggested donation is \$2.00 Payable to "Carroll County Council on Aging". Post-dated checks will not be



accepted. This is also a great opportunity for a daily wellness check for a loved one!

LEGAL ASSISTANCE

Funds are provided to pay up to \$250 per person per year for a wide variety of legal services from participating Carroll County attorneys. There is an hourly fee cap for these services. This program is a first come first served basis until funds are exhausted. Please call the Friendship Center for information.

THANK YOU TO OUR PARTICIPATING ATTORNEYS:

Kelly Broadwater Kathy Stoneman Maureen Stoneman Jennifer Thomas

SORRY! PROGRAM FUNDS EXHAUSTED FOR 2023 YEAR

CONGREGATE MEALS

CURBSIDE PICK-UP: DAILY 10:30AM
IN-HOUSE DINING: DAILY 11:30 AM
MALVERN: DAILY 10:15 AM
121 W. WOOD ST MALVERN
SHERRODSVILLE: DAILY 10:15 AM
802 HILL DR SHERRODSVILLE
CALL TO MAKE YOUR RESERVATION THE
DAY BEFORE OR BY 8:15 AM DAY OF
SERVICE.

INFORMATION & REFERRAL

This service provides specific information as to the particular agency to call regarding certain needs you may have. The Center will assist in making appointments and will follow up to ensure your needs have been met. 330-627-7017

SOCIAL ACTIVITIES

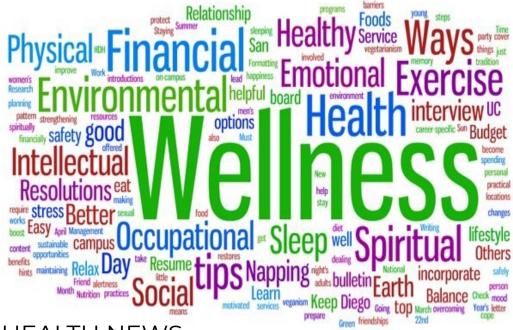
Our Centers are designed to promote socialization and stimulate mental, physical, and emotional health. With a wide array of options, every Senior should be able to find an activity to join in with! Call with any questions and we will introduce you to the activity to get you started.

WELCOME AND WELLNESS

We offer a supportive social structure with wellness employee, Heather Smalley. We are available through the week to provide positive interactions with seniors in Carroll County. Through on-going assessments and recurring home and telephone visitations, the program identifies client's unmet needs and offers ongoing assistance in securing access to appropriate health and social resources. Call in for more information at (330)627-7017.

HEALTH & WELLNESS

Exercise Classes & Health News



HEALTH NEWS

ALZHEIMERS SUPPORT GROUP OL

A group meeting will be held at the Friendship Center basement meeting room.

lpm on 12/12/23
2ND TUESDAY of the month
Call 330-627-7017 for more details.

CAREGIVERS GROUP

A virtual meeting will be held on every 3rd Monday of the month. Call to register today! Register at: 1(800)945-4250 Option 8





SOUPS ON...CAFE IS BACK OPEN!! HOT FOODS FROM 11:30-12:30 ONLY.

To pre-order please call before 11:00 am daily.

Meals on Wheels

Fundraiser \$\$\$\$\$\$

GROCERY ORDERING

If going to the store is becoming a challenge, let us help! Call the center and give us your grocery list with either Sanders or Discount Drug Mart. Prescription pick-ups at either Discount Drug Mart or Rite Aid Pharmacy.





Come Visit RN Connie on 12/12/23 starting at 10:30

for Health education and blood pressure screening.

BOOST NEW PRICE ALERT

We have Boost available to fill any nutritional gaps you may experience! Boost comes in cases of 24 pouches in each. Call for available flavors. Regular: \$24.00/case

Plus: \$26.00/case Glucose \$32/case Diabetic: \$30.00 per case



BEACHBALL V-BALL

Join us for some fitness & fun! Every other Wednesday @ 12:30!

BINGOCIZE

Bingocize fuses exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get seniors moving and socializing. Classes start Nov 3rd at 9:30am

GERI-FIT

Come join licensed instructor Aneissa for weekly exercise that provides multiple health and emotional benefits! Tuesday & Thursday 9:30-10:00!

LINE DANCING

Line dancing classes are held each Wednesday at the Carrollton Friendship Center. Beginners to advanced are welcome! Come join Sue Frase and the dancers for a fun time!

Wednesday 8:30-10:30

MATTER OF BALANCE

MOB is specifically designed to reduce the fear of falling and improve activity levels. The program includes eight two —hour classes. Participants learn the importance of exercise in preventing falls.

learn the importance of exercise in preventing falls and practices to improve strength, coordination, and balance. CALL FOR MORE INFORMATION AND TO SIGN UP!!!

SENIOR DRUMMING

New exercise class for all skill levels using music, memory, and motion creating a fun social atmosphere.

Monday 12:30-1:00



Check WTOV9 and WKYC3 for closings. If Carrollton Schools are CLOSED, we are closed as well!!!



KEEP AN EYE ON OUR CALENDAR FOR CHRISTMAS FUN!!!

HOLIDAY SPIRIT WEEK DECEMBER 18TH-22ND

MONDAY: CHRISTMAS HATS AND SCARVES

TUESDAY: CHRISTMAS TIES
AND SOCKS

WEDNESDAY: SANTA'S HELPERS/ELF/REINDEER/

SNOWMAN THURSDAY: GRINCH DAY FRIDAY: ULGY SWEATER DAY



NOON YEARS EVE WITH GWEN 12/29/2023 TAILGATE AND COUNTDOWN



CHECK OUR FACEBOOK PAGE FOR UPDATES, EVENTS, AND MENU.

CALL IF YOU NEED HELP OR MORE INFORMATION.

ACTIVITIES

Birthday Celebration

Every **2nd Tuesday** of the month come join us for our Birthday Celebration! We will celebrate ALL birthdays for the month. Our oldest birthday attendee will receive a flower. Suggested donation for the Birthday dinner is \$3.00. **This month's birthday lunch will be DECEMBER 12TH, 2023**

FREE COFFEE TIME

We offer free coffee every morning from 8:00-9:00 AM. Fridays will include a light breakfast in the large dining room! Please stop by for a bite to eat, some conversation, and a look at the morning paper.

BINGO & ACTIVITIES WITH PRIZES

Come join in for an after lunch BINGO game! We appreciate our generous sponsors for providing the time and prizes: Crossroads Hospice, Traditions Hospice, Minerva Healthcare, Senior Suites at Century Farms, Centreville, United Healthcare, and the Friendship Center. Thank you to our sponsors!!

BRIDGE / EUCHRE/ GAMES DAILY 1-3 PM

Come in and socialize around a card table! We provide the table & treats.

Start coming for game day to socialize around the table and have a few laughs!

Featured game is Very Sorry, but other suggestions are welcome! Bring a game & your friends. Bridge on Thursday.

CARDS WITH THE COOK

Come play "Show me the Friend" after lunch with our head cook! This month it will be the 1st Tuesday of the month! It's like bingo, but with cards! Prizes will be given.

CRAFT

On the 2nd Wednesday of each month, 4th Street Art hosts a build your own craft.

The craft is made for everyone, whether you are "crafty" or not.

PLEASE RSVP BY DECEMBER 6TH FOR DECEMBER 13TH CRAFT!

LENDING LIBRARY & BOOKMOBILE

Keep your mind sharp and sit down with a good book! We always provide a rotating Lending library stocked with multiple genres. Come in and borrow a book and return when you're finished! No rush or deadlines. Can't find something? No problem, the BOOKMOBILE visits from the Carroll County District Library at Carrollton and Malvern with fun reads. Carrollton: Wednesdays 10:50-11:15AM, Sherrodsville: Wednesdays 11:00-11:45AM, Malvern: Thursdays 11:45-12:30PM

MOVIE DAY

NEW or OLD Movies played for the season, or by request! **Thursdays at 12:30PM "By Request"**

SENIOR MUSIC NIGHT "MUSIC FOR MEALS"

Every 2nd and 4th Wednesday evening of the month from 6PM-9PM musicians come together for open Mic night and dancing. You can sign up to sing or come in to simply enjoy the entertainment. Coffee and punch will be provided. There will be a 50/50 raffle with all donations going to home-delivered meals for seniors in need!

Social room open for cards and games 6-8 PM. DECEMBER 13TH ONLY!

NO MUSIC JAN AND FEBRUARY...SEE YOU IN MARCH!

SEWING OUILTERS GUILD

Meets 2nd Tuesday of Month. DECEMBER 12, 2023

TV CLUB OR MOVIE OF THE WEEK

Join in a group setting to continuously watch a featured show together. Enjoy snacks and conversations! **VIRGIN RIVER-EVERY FRIDAY**

Wii BOWLING— OPEN WII ANYTIME—TENNIS, BOWLING, JUST DANCE, FAMILY FUED **OPEN BOWLING – MONDAYS @ 10 AM

DID YOU KNOW?



THESE SENIOR SERVICES ARE PROVIDED INPART BY THE OHIO DEPARTMENT ON AGING THROUGH AREA AGENCY ON AGING REGION 9 AND CARROLL COUNTY





Carroll County Transit provides transportation in and around Carrollton and outside Carroll County. Transportation to the Senior Friendship Center is available on a daily basis M-F. For medical transportation, seniors whose residence is within the Village of Carrollton, and over 60, please call Transit at 330-627-1900. For seniors with residences outside of the Village of Carrollton and over 60, please call Senior Friendship Center at 330-627-7017.

It is your responsibility to notify transit no later than (two) 2 hours prior to your scheduled pick-up time if you need to cancel your transportation. Voicemail messages may be left after hours for cancelations only. Hours of operation are 6:00 a.m. to 6:00 p. m. Monday through Friday.

TRANSIT SCHEDULING TIPS

BEFORE CALLING THE FRIENDSHIP CENTER TO SCHEDULE YOUR APPT YOU WILL NEED TO HAVE THE FOLLOWING INFORMATION: WHERE YOUR APPOINTMENT IS (INCLUDING FACILITY NAME AND DOCTORS NAME, ADDRESS, PHONE NUMBER,), APPOINTMENT DATE, TIME, AND ESTIMATED LENGTH OF APPOINTMENT.. ***IF YOU HAVE AN AIDE GOING YOU WILL ALSO NEED THEIR NAME, DATE OF BIRTH, PHONE NUMBER, AND ADDRESS.

- CALL AND SCHEDULE AS SOON AS YOU KNOW ABOUT AN UPCOMING APPOINTMENT—THE SOONER THE BETTER.
- IF YOU HAVE AN APPOINTMENT OUT OF TOWN TRY SCHEDULING BETWEEN THE HOURS OF 7:30 AM-3:00 PM MONDAY-FRIDAY.
- NEED ASSISTANCE TO AN APPOINTMENT OR THE STORE, BRING ALONG AN AIDE, FRIEND, OR FAMILY MEMBER TO HELP. THEY RIDE FREE OF CHARGE, JUST LET SCHEDULER KNOW SO WE CAN ENSURE THERE IS ROOM.

CARROLL CO COUNCIL ON AGING

The Carroll County Council on Aging Board meets the 1st Thursday of each month at 9:30 AM at the Friendship Center. The next meeting will be held DECEMBER 7TH, 2023. These are open to the public and we encourage your participation. Current officers are: President-Elaine Myers, Vice President-Bob Herron, Secretary-Rose Weiss, Treasurer-Amy Harkless, and 3 Trustees Doris Logan, Mark Spears, and Cindy Hervey

LEVY COMMITTEE
MEETING 2ND
THURSDAY OF MONTH
12/14/23 AT 10:00 AM

For your information

The Carroll County Council on Aging is a local, non-profit 501(C)(3), senior services provider serving Carroll County senior citizens aged sixty and older. Due to a growing need for senior based services and programs, the services provided include congregate meals, home delivered meals, transportation services, and more. Private, tax deductible contributions greatly assist us in providing reliable quality services to senior citizens living throughout Carroll County. We are asking for your help in continuing our services and programs by making a donation in support of our mission of serving seniors. Growing expenses require us to share this reminder about how crucial your donations are and how they go directly toward the mission of serving our senior citizens. Together we can better serve aging adults living here in our very own community, helping those who once operated our farms and factories, maintain an independent life in their own home as long as possible. Please remember the work of the Carroll County Council on Aging in all your giving, in the structure of your will, and when memorials are appropriated. Your gifts will aid and assist many and will be appreciated for years to come by a senior population in need of a helping hand to remain independent and in their own home as long as possible. Thank you!

CALL FOR UPDATED HOME CARE, CAREGIVER, CLEANING LIST 330-627-7017

SOCIAL SECURITY AND MEDICARE

The New Philadelphia Social Security Office is located at 1260 Monroe St., Suite 1C and can be reached at 1-866-731-4236. The Steubenville Office is located at 500 Market St. on the 4th floor and the number is 1-866-253-6889. The Medicare number is 1-800-633-4227.

Golden Buckeye Cards

Applications are available at the Senior Center. You must present proof of identity and age (60 or older). Suitable forms of ID include a driver's license or birth certificate.

Society For Equal Access

A representative from SEA is here the 2nd Monday of the month. Please call 330-343-9292 if you have any questions or need an appointment.

DECEMBER

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				-1-
□OTHER ACTIVITIES □BOOKMOBILE □BINGO/SPONSORS □TV CLUB/MOVIE □QUILTERS GUILD □LUNCH □CARDS WITH THE COOK □CRAFT □EXERCISE □OUTSIDE ACTIVITIES	OPEN SPACE DAILY FOR GAME/CARD TABLES Get a group together or meet up with others to play cards, games, etc. at anytime while the center is open.			8-9:00 BREAKFAST 9:30am-BINGOCIZE 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB TX ROADHOUSE
-4-	-5-	-6-	-7-	-8-
10-11:00 WII BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH 12:00 CARDS WITH THE COOK	8:30-10:30 LINE DANCING 10:45-11:15 BOOKMOBILE 11:30 LUNCH	9:30 GERI-FIT 11:30 LUNCH 12:30 CHRISTMAS MOVIE 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30am-BINGOCIZE 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB & REINDEER GAMES @FC
-11-	-12-	-13-	-14-	-15-
10-11:00 Wii BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS 1:00 GINGERBREAD HOUSES	9-12 QUILTERS GUILD 9:30 GERI-FIT 10:30 CONNIE WITH WOW! 11:30 LUNCH 12:00 HOLIDAY ENTERTAINMENT BIRTHDAY DINNER	8:30-10:30 LINE DANCING 10:00 FC CRAFT 10:45-11:15 BOOKMOBILE 11:30 LUNCH 6-8:00 MUSIC FOR MEALS 12:00 BUILD A SNOWMAN	9:30 GERI-FIT 11:30 LUNCH 12:00 TRADITIONS HOSPICE TRIVIA 12:30 CHRISTMAS MOVIE 1-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30am-BINGOCIZE 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB DELLROY DRIVE-IN
-18-	-19-	-20-	-21-	-22-
10-11:00 Wii BOWLING 11:30 LUNCH 12:00 HOLIDAY BINGO 12:30-1:00 SENIOR DRUMMING WITH NESS CHRISTMAS HATS/ SCARVES	9:30 GERI-FIT 11:30 LUNCH CHRISTMAS TIES & SOCKS	8:30-10:30 LINE DANCING 11:30 LUNCH 10:45-11:15 BOOKMOBILE 6-8:00 MUSIC FOR MEALS SANTA'S HELPERS ELF/REINDEER ETC	9:30 GERI-FIT 11:30 LUNCH 12:00 CROSSROADS BINGO 12:30 CHRISTMAS MOVIE 1-3:00 EUCHRE/ BRIDGE GRINCH DAY/GET YOUR GREEN ON!!!	8-9:00 BREAKFAST 9:30am-BINGOCIZE 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB AIRPORT UGLY SWEATER DAY!
-25-	-26-	-27-	-28-	-29-
CLOSED MERRY CHRISTMAS	CLOSED HAPPY HOLIDAYS	8:30-10:30 LINE DANCING 11:30 LUNCH 10:45-11:15 BOOKMOBILE	9:30 GERI-FIT 11:30 LUNCH 12:00 CROSSROADS BINGO 12:30 MOVIE 1-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30am-BINGOCIZE 11:30 LUNCH 12:00: NOON YEARS EVE WITH GWEN 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB OHIO GRILLE