



Senior Citizens Friendship Center

C A R R O L L C O U N T Y O H I O

APRIL 2024

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

APRIL FOOLS DAY-04.01.24



ECLIPSE DAY-04.08.24



EARTH DAY 04.22.24



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
Kasey Tolley, Kitchen
Tiffany Parker, HDM Manager
Freda Luyster, HDM Driver
Patty Babe, HDM Driver
Robin Haun, HDM Driver
Bob Holla, HDM Driver
Carl Leonard, HDM Driver
Mike McCartney, HDM Driver
Cassie Cogan, HDM Driver
James Wood, Utility Worker
Tom Barnett, Sub
Cindy Grindstaff, Sub
Sue Miller, Sub
Sue Mozzochi-Goodwill Worker

VOLUNTEERS

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

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

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 10:30 AM
802 HILL DR SHERRODSVILLE
CALL TO MAKE YOUR RESERVATION
THE DAY BEFORE OR BY 8:15 AM DAY
OF SERVICE.

INFORMATION & REFERRAL

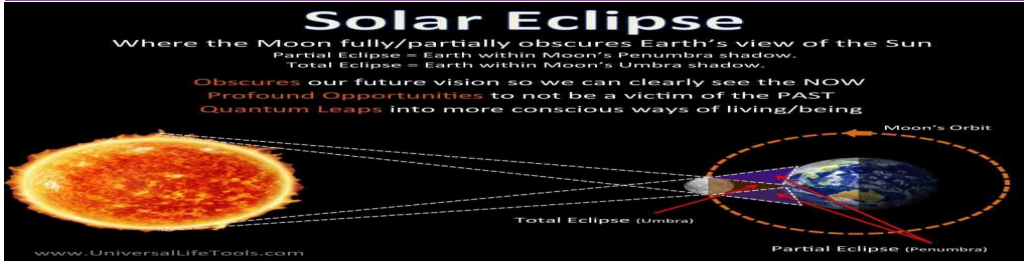
This service provides specific information as to the particular agency to call regarding certain needs you may have. The Center will assist in making appointments and will follow up to ensure your needs have been met. 330-627-7017

SOCIAL ACTIVITIES

Our Center is 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.



THE TOTAL SOLAR ECLIPSE-APRIL 8TH, 2024

There will be a total solar eclipse in the afternoon of 04.08.2024. The moon will pass in front of the sun blocking all sunlight for about a half hour. Animals may act different and you may hear night insects in the middle of the day. The projected time is between 1:30PM AND 4:30PM. The path of the eclipse is over Ohio. Our area is on the NE quadrant of the secondary path. Most schools; including Carrollton are closed for the day due to conflicts with busing schedules and the darkness. It is recommended that you stay home unless it necessitates you leave as traffic all over the state will be increased, as folks from other states will come to Ohio to view this. It is VERY important you do not look at the sun during the eclipse without special glasses. Drug Mart in Carrollton is selling eclipse glasses. Be safe that day with proper glasses. This is not something to be afraid of. It is a natural event but has rarely been seen in Ohio. -Written by Sue Miller (FC Staff)

HEALTH NEWS

PRO SENIORS



LEGAL HELPLINE

1-800-488-6070

CALL FOR ANY LEGAL SERVICE NEEDS OR QUESTIONS

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



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 pickups at either Discount Drug Mart or Rite Aid Pharmacy.

Order Monday and Wednesday
Shopping is Tuesday and Thursday



AULTMAN

Come Visit RN Connie on
04/09/2024 starting at 10:30
for Health education and blood pressure screening.

BOOST/ENSURE

DUE TO SUPPLY CHAIN ISSUES PLEASE CALL FOR INVENTORY AND PRICING. WE WILL CONTINUE TO PURCHASE EITHER AT THE BEST RATE POSSIBLE AND OFFER YOU THE BEST DEALS DAILY!
330.627.7017



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

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

Exercise Classes

BEACHBALL V-BALL

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

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 and practices to improve strength, coordination, and balance.



SIGN UP NOW FOR MAY CLASSES!!! 330-627-7017

SENIOR DRUMMING

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

Monday 12:30-1:00

ACTIVITIES



THE CHOSEN SERIES

**SEASON 1 - 8 EPISODES
AND DISCUSSION
WITH CINDY AND ANEISSA
STARTING 04.05.24
EVERY FRIDAY AT 9:30 AM**



ON THE MOVE

**ON MONDAYS
Classes start at 9:30am
TAI CHI FOR THE RAINY
DAYS!!
WALK TO IMPROVE
YOUR MOBILITY!!!**

CRAFT UPDATE!!!

**STARTING IN APRIL CRAFT IS FREE
DUE TO A GRANT WE RECEIVED.
WE WILL CHARGE \$5.00 A MONTH
FOR YOUR RSVP AND YOU WILL
FORFEIT THAT AMOUNT IF YOU ARE
A NO SHOW/NO CALL. THANK YOU
FOR UNDERSTANDING!**

**COMMITTEE OPPORTUNITY!!!
IF YOU HAVE INTEREST OR AN
OPINION ABOUT OUR MEALS OR
ACTIVITIES PLEASE
FEEL FREE TO ATTEND OUR
COMMITTEE MEETINGS FOR
SUGGESTIONS. THE LAST MON-
DAY OF EACH MONTH AT 9:30**

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 April 9th, 2024 AT 11:30AM

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 04/05/24 FOR 04/10/24 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 TIME-AT YOUR REQUEST (Mon-Thurs)

RAINY DAY AND YOU NEED SOMETHING TO DO?!?! Come in and ask us to set up the tv for a NEW or OLD Movies played at your request or we can find you one!

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.****

MUSIC FOR APRIL-10th and 24th

SEWING QUILTERS GUILD

Meets 2nd Tuesday of Month. **April 9th, 2024**

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 **BOWLING LEAGUE BEGINS ON THE 4TH AT 10:00 AM. WE HAVE FOUR TEAMS. OPEN BOWLING, ANY OTHER TIME.



We will be holding a VOLUNTEER DRIVE on Monday - April 1st, 2024 at 10am. Stay at Home Mom * Newly Retired * Caring Heart

Come in and join us for a cup of coffee and fresh baked cookies for an open discussion about how important our volunteers are to us. Find out what tasks our volunteers help with. Ask questions and get to know more about what we offer here at The Friendship Center



**BUS TRIPS ARE BACK!!!
APRIL THRU SEPTEMBER
APRIL 17, 2024 WE ARE HEADED TO
CRACKER BARREL, FANNY MAY CHOCOLATES AND WACO MARKET FOR ICE CREAM**

THESE SENIOR SERVICES ARE PROVIDED IN PART BY THE OHIO DEPARTMENT ON AGING THROUGH AREA AGENCY ON AGING REGION 9 AND CARROLL COUNTY LEVY FUNDS



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 IT 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

Meeting is the first Thursday of the month.

The Carroll County Council on Aging Board meets the 1st Thursday of each month at 10:00 AM at the Friendship Center. The next meeting will be held **April 4th, 2024.** 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

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 appropriate. 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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
9:30 ON THE MOVE 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 12:15 VOLLEYBALL	9:30 GERI-FIT 11:30 LUNCH 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (1) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB-Que Pasa
-8-	-9-	-10-	-11-	-12-
9:30 ON THE MOVE 10-11:00 Wii BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 9-12 QUILTERS GUILD 10:30 CONNIE WITH AULTMAN WOW! 11:30 LUNCH 12:00 ENTERTAINMENT 	8:30-10:30 LINE DANCING 10:00 FC CRAFT 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:15 VOLLEYBALL	9:30 GERI-FIT 11:30 LUNCH 12:00 TRADITIONS HOSPICE TRIVIA 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (1) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB-APPLEBEES-New Phila
-15-	-16-	-17-	-18-	-19-
9:30 ON THE MOVE 10-11:00 Wii BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH	8:30-10:30 LINE DANCING 9:30 BUS TRIP 11:30 LUNCH 10:45-11:15 BOOKMOBILE 12:15 VOLLEYBALL 	9:30 GERI-FIT 11:30 LUNCH 12:00 FRIENDSHIP CENTER BINGO 12:30 1-3:00 EUCHRE/BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (1) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB-THE NEST
-22-	-23-	-24-	-25-	-26-
9:30 ON THE MOVE 10-11:00 Wii BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH	8:30-10:30 LINE DANCING 11:30 LUNCH 10:45-11:15 BOOKMOBILE 12:00 WILD WEDNESDAY-GWEN 12:15 VOLLEYBALL	9:30 GERI-FIT 11:30 LUNCH 12:00 CROSSROADS BINGO 1-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (1) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:00 SUPPER CLUB-OH GRILLE
-29-	-30-	--	--	--
9:30 ON THE MOVE 10-11:00 Wii BOWLING 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH	 ON THE MOVE-NEW WALKING GROUP		<input type="checkbox"/> OTHER ACTIVITIES <input type="checkbox"/> BOOKMOBILE <input type="checkbox"/> BINGO/SPONSORS <input type="checkbox"/> TV CLUB/MOVIE <input type="checkbox"/> QUILTERS GUILD <input type="checkbox"/> LUNCH <input type="checkbox"/> CARDS WITH THE COOK <input type="checkbox"/> CRAFT <input type="checkbox"/> EXERCISE <input type="checkbox"/> OUTSIDE ACTIVITIES