



# Senior Citizens Friendship Center

CARROLL COUNTY OHIO

MAY ~~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

CINCO DE MAYO -MAY 5TH

MOTHERS DAY -MAY 12TH

MEMORIAL DAY-27TH-CLOSED

SENIOR DAY BBQ-MAY 30TH



# 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 10:30 AM**  
**121 W. WOOD ST MALVERN**  
**SHERRODSVILLE: DAILY 10:30 AM**  
**80 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.

# Coming Soon!

## HEALTHY AGING GRANT OPPORTUNITIES!!!

HYBRID-VIRTUAL AND IN PERSON GYM AREA OPENING!!!  
OPEN HOUSE 5/30/24!!!

## COMPUTER CLASSES WITH ED JONES

FOCUSED ON ANDROID TABLETS  
WILL TOUCH ON OTHERS VERSIONS AS NEEDED  
MAY 7TH AND 8TH (2PM) TABLETS 101  
MAY 14TH AND 15TH (2PM) SOCIAL MEDIA/COMMUNICATION  
MAY 21ST AND 22ND (2PM) DID I GET HACKED!?!  
\*\*\* BRING YOUR DEVICE WITH YOU \*\*\*

CALL TO SIGN UP FOR VIRTUAL OPTION—330-627-7017

## 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



Option 8  
Caregivers  
Support Group



CAFE IS 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.

Order Monday and Wednesday  
Shopping is Tuesday and Thursday



AULTMAN

Come Visit RN Connie on  
05/14/2024 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 AT THE BEST  
RATE POSSIBLE AND OFFER YOU  
THE BEST DEALS DAILY!  
330.627.7017

## Exercise Classes

### BEACHBALL V-BALL

Outside on Wednesdays @  
12:30! WEATHER  
PERMITTING!

### GERI-FIT

Come join licensed instructor  
Aneissa for weekly exercise  
that provides multiple health  
and emotional benefits!

Tuesday & Thursday  
9:30-10:00!

CALL FOR VIRTUAL INFO

### LINE DANCING

Line dancing classes are held  
each Wednesday at the  
Carrollton Friendship Center.  
Beginners to advanced are  
welcome! Come join Sue  
Fraser 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. VIRTUAL  
OPTION. CLASSES  
BEGIN 05/13/24!!! CALL  
330-627-7017 ASAP TO  
SIGN UP!



### SENIOR DRUMMING

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

# EVENTS



**TAI CHI WITH  
CORINNA FROM OHIO  
STATE EXT.  
TUES AND THURS  
10:30 TO 11:15AM**



**VIRTUAL OPTION  
HALLMARK MOVIE "THE BLESSINGS  
BRACELET" ON MONDAY  
MAY 6TH AT 1PM.  
FOLLOWED LATER IN THE WEEK WITH  
MAKING A BLESSINGS BRACELET WITH  
JANET SMITH ON THURSDAY  
MAY 9TH AT 1PM -PLEASE RSVP**



**CRAFT UPDATE!!!  
DUE TO THE BUS TRIP...CRAFT  
WILL BE ON WEDNESDAY  
MAY 15TH, 2024**



**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**

## 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 **May 14th, 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, Centerville, 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 NOTE CHANGE DUE TO BUS TRIP THIS MONTH ONLY!!!\*\*  
PLEASE RSVP BY 5/10/24 FOR 5/15/24 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 MAY 8th and 22nd**

#### **SEWING QUILTERS GUILD**

Meets 2nd Tuesday of Month. **MAY 14th, 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 MONDAYS AT 10:00 AM. WE HAVE FOUR TEAMS. OPEN BOWLING, ANY OTHER TIME.**

## OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Every year, ACL leads the nation's observance of Older Americans Month (OAM) in May. The theme for 2024 is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues. **PLEASE COME AND CELEBRATE WITH US ON 05/30/24!!!**



### BUS TRIPS ARE BACK!!! APRIL THRU SEPTEMBER

**MAY 8TH, 2024 WE ARE HEADED TO THE AAA9 SENIOR DAY IN CAMBRIDGE, OH. THERE WILL BE FOOD TRUCKS FOR YOUR CONVENIENCE. WE WILL FIND SOME ICE CREAM TOO!**

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 **MAY 2ND, 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-
<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		8:30-10:30 <b>LINE DANCING</b> 10:45-11:15 <b>BOOKMOBILE</b> 11:30 LUNCH 12:15 <b>VOLLEYBALL</b> <small>WEATHER PERMITTING OUTSIDE</small>	9:30 <b>GERI-FIT</b> 11:30 LUNCH 1:00-3:00 <b>EUCHRE/BRIDGE</b>	8-9:00 <b>BREAKFAST</b> 9:30 <b>THE CHOSEN (1)</b> 11:30 LUNCH 12:30 <b>TV CLUB: NEW SERIES-VIRGIN RIVER</b> 1:00 <b>BRIDGE BASICS</b> 4:00 <b>SUPPER CLUB-VILLA</b>
-6-	-7-	-8-	-9-	-10-
9:30 <b>ON THE MOVE</b> 10-11:00 <b>Wii BOWLING</b> 11:30 LUNCH 12:30-1:00 <b>SENIOR DRUMMING WITH NESS</b>	9:30 <b>GERI-FIT</b> 9-12 <b>QUILTERS GUILD</b> 11:30 LUNCH 12:00 <b>CARDS WITH THE COOK</b>	8:30-10:30 <b>LINE DANCING</b> 9:30 <b>-BUS TRIP</b> 10:45-11:15 <b>BOOKMOBILE</b> 11:30 LUNCH 	9:30 <b>GERI-FIT</b> 11:30 LUNCH 12:00 <b>TRADITIONS HOSPICE TRIVIA</b> 1:00-3:00 <b>EUCHRE/BRIDGE</b>	8-9:00 <b>BREAKFAST</b> 9:30 <b>THE CHOSEN (1)</b> 11:30 LUNCH 12:30 <b>TV CLUB: NEW SERIES-VIRGIN RIVER</b> 1:00 <b>BRIDGE BASICS</b> 4:00 <b>SUPPER CLUB-MILLSTONE</b>
-13-	-14-	-15-	-16-	-17-
9:30 <b>ON THE MOVE</b> 10-11:00 <b>Wii BOWLING</b> 10-12:00 <b>MATTER OF BALANCE</b> 11:30 LUNCH 12:30-1:00 <b>SENIOR DRUMMING WITH NESS</b>	9:30 <b>GERI-FIT</b> 10:30 <b>CONNIE WITH AULTMAN WOW!</b> 11:30 LUNCH 	8:30-10:30 <b>LINE DANCING</b> 10:00 <b>CRAFT</b> 11:30 LUNCH 10:45-11:15 <b>BOOKMOBILE</b> 12:15 <b>VOLLEYBALL</b> <small>WEATHER PERMITTING OUTSIDE</small>	9:30 <b>GERI-FIT</b> 11:30 LUNCH 12:00 <b>FRIENDSHIP CENTER BINGO</b> 12:30 1-3:00 <b>EUCHRE/BRIDGE</b>	8-9:00 <b>BREAKFAST</b> 9:30 <b>THE CHOSEN (1)</b> 11:30 LUNCH 12:30 <b>TV CLUB: NEW SERIES-VIRGIN RIVER</b> 1:00 <b>BRIDGE BASICS</b> 4:00 <b>SUPPER CLUB-JOHNS BAKERY</b>
-20-	-21-	-22-	-23-	-24-
9:30 <b>ON THE MOVE</b> 10-11:00 <b>Wii BOWLING</b> 10- 12:00 <b>MATTER OF BALANCE</b> 11:30 LUNCH 12:30-1:00 <b>SENIOR DRUMMING WITH NESS</b>	9:30 <b>GERI-FIT</b> 10:30 <b>TAI CHI WITH OSU</b> 11:30 LUNCH	8:30-10:30 <b>LINE DANCING</b> 11:30 LUNCH 10:45-11:15 <b>BOOKMOBILE</b> 12:00 <b>WILD WEDNESDAY-GWEN</b> 12:15 <b>VOLLEYBALL</b> <small>WEATHER PERMITTING OUTSIDE</small>	9:30 <b>GERI-FIT</b> 10:30 <b>TAI CHI WITH OSU</b> 11:30 LUNCH 12:00 <b>CROSSROADS BINGO</b> 1-3:00 <b>EUCHRE/BRIDGE</b>	8-9:00 <b>BREAKFAST</b> 9:30 <b>THE CHOSEN (1)</b> 11:30 LUNCH 12:30 <b>TV CLUB: NEW SERIES-VIRGIN RIVER</b> 1:00 <b>BRIDGE BASICS</b> 4:00 <b>SUPPER CLUB-TX ROADHOUSE</b>  <b>COOKOUT!!!</b>
-27-	-28-	-29-	-30-	-31-
9:30 <b>ON THE MOVE</b> 10-11:00 <b>Wii BOWLING</b> 10-12:00 <b>MATTER OF BALANCE</b> 11:30 LUNCH 12:30-1:00 <b>SENIOR DRUMMING WITH NESS</b>  <b>CLOSED!!!</b>	9:30 <b>GERI-FIT</b> 10:30 <b>TAI CHI WITH OSU</b> 11:30 LUNCH	8:30-10:30 <b>LINE DANCING</b> 11:30 LUNCH 10:45-11:15 <b>BOOKMOBILE</b> 12:00 <b>WILD WEDNESDAY-GWEN</b> 12:15 <b>VOLLEYBALL</b> <small>WEATHER PERMITTING OUTSIDE</small>	9:30 <b>GERI-FIT</b> 10:30 <b>TAI CHI WITH OSU</b> 10:00-1:00 <b>SENIOR DAY PICNIC &amp; ACTIVITIES</b> 1-3:00 <b>EUCHRE/BRIDGE</b>  <b>SENIOR DAY!!!</b>	8-9:00 <b>BREAKFAST</b> 11:30 LUNCH 12:30 <b>TV CLUB: NEW SERIES-VIRGIN RIVER</b> 1:00 <b>BRIDGE BASICS</b> 4:00 <b>SUPPER CLUB-AIRPORT</b>