



# Senior Citizens Friendship Center

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

OCTOBER 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:

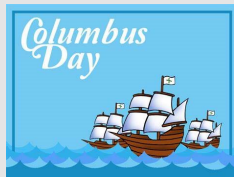
[friendshipcenter@carrollcountyohio.us](mailto:friendshipcenter@carrollcountyohio.us)

## MONTHLY HIGHLIGHTS

Columbus Day

October 14, 2024

**CENTER CLOSED**



Sweetest Day

October 19, 2024

HAPPY  
Sweetest  
Day

Open House

October 30, 2024

4-6 pm

OPEN  
HOUSE!

HELLO  
October



# 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  
Ma Custer-Kitchen  
Anitra Meek, Kitchen  
Rosemarie O'Donnell, Kitchen  
Samantha Leddy, Kitchen  
Macy Willis, Kitchen  
Kasey Tolley, Temp Office  
Tiffany Parker, HDM Manager  
Freda Luyster, HDM Driver #2  
Patty Babe, HDM Driver #1  
Robin Haun, HDM Driver #3  
Bob Holla, HDM Driver #6  
Carl Leonard, HDM Driver #5  
Diane Palm, HDM Driver #4  
Cassie Cogan, HDM Driver #4  
James Wood, Utility Worker  
Tom Barnett, HDM Sub Driver  
Mike McCartney, HDM Sub Driver  
Sue Miller, HDM Sub Driver  
Sue Mozzochi-Goodwill Worker

### VOLUNTEERS

Jo Albright	Cathy Carlton
Marty Colaprete	Barb Cronin
Kris DeWitt	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.



## Medicare Changes Coming in 2025!!! Learn more during OPEN ENROLLMENT!

Brenda Gregory with KAZ will be at The Friendship Center every Wednesday at 1pm by appointment ONLY. Please call 330-533-6903 to schedule!

## Exercise Classes

### SENIOR STROLLERS

Weather permitting, we will continue Wednesdays at 8:30.

### 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 Frase and the dancers for a fun time!

**Wednesday 8:30-10:30**

### SENIOR DRUMMING

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

**Monday 12:30-1:00**

### 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.



**Mondays 9/30-12/2 @ 10**

## Hey Snowbirds & homebound clients!

We have a virtual exercise option! If you would like the link emailed to you, give us a call! 330-627-7017



## PRO SENIORS



### LEGAL HELPLINE

1-800-488-6070

CALL FOR ANY LEGAL SERVICE NEEDS OR QUESTIONS

## 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 10/8/24 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

## 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 \$\$\$\$\$\$

# EVENTS

## Book Club with Tonya Every Wednesday @ NOON

A new book every 4-5 weeks.

We are currently reading

*The Five-Star Weekend*

by Elin Hilderbrand



## OPEN HOUSE!

Our annual open house is  
WEDNESDAY, OCTOBER 30

4-6 PM

Soup & Salad Bar

Dessert



## BUS TRIP WHITE HOUSE FRUIT FARM

WEDNESDAY, OCTOBER 16th

We will leave the Friendship  
Center at 9:30 am

Please call 330-627-7017 to RSVP



### 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 MONDAY OF EACH MONTH AT 9:30 AND 10:00AM

# 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 OCTOBER 8TH, 2024 AT 11:30AM  
AFTER LUNCH ENTERTAINMENT CHELSEA HOUSEHOLDER**

### 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: Arbors, Traditions Hospice, Summa, Crossroads, 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.

**OCTOBER 9 @ 10:00 AM**



### 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 OCTOBER 9TH and 23RD**

### SEWING QUILTERS GUILD

Meets 2nd Tuesday of Month.

### 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 ANY OTHER TIME.**

## Senior Farmers Market Nutrition Program

FRESH FRUIT, VEGETABLES, HERBS & HONEY ALL GROWN LOCALLY.



June-November

Apply online at [Senior Farmers Market Nutrition Program Application | Department of Aging \(ohio.gov\)](#)

Eligible applicants receive \$50 in benefits



Funded by the USDA and Ohio Department of Aging. This institution is an equal opportunity provider.

## 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 9:30 AM at the Friendship Center. The next meeting will be held **OCTOBER 3RD, 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!



## SUPPER CLUB IS BACK!!!

JOIN US FOR DINNER & SOCIALIZATION EVERY FRIDAY AT 4:30 PM. PLEASE RSVP BY CALLING 330-627-7017 OR SIGNING UP AT THE ACTIVITIES DESK.

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

PUBLIC TRANSPORTATION PUBLIC TRANSPORTATION PUBLIC TRANSPORTATION

330/627/1900



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, NO LATER THAN 3 BUSINESS DAYS PRIOR TO YOUR APPOINTMENT.
- 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.

### 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.



**Call for more info! 330-627-7017**

# October ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--	-1-	-2-	-3-	-4-
	9:30 GERI-FIT 11:30 LUNCH 12:00 CARDS WITH THE COOK 1PM-VIRTUAL EXERCISE	8:30 SENIOR STROLLERS 8:30-10:30 LINE DANCING 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 BOOK CLUB	9:30 GERI-FIT 9:30 BOARD MTG 11:30 LUNCH 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (3) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:30 SUPPER CLUB @ JOHNNY'S BAKERY
-7-	-8-	-9-	-10-	-11-
10-11:00 Wii BOWLING 10:00 MOB - FALL PREVENTION 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 1PM-VIRTUAL EXERCISE  	8:30 SENIOR STROLLERS 8:30-10:30 LINE DANCING 10:00 CRAFT 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 BOOK CLUB	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 (3) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:30 SUPPER CLUB @ MILLSTONE GRIND & CAFE
-14-	-15-	-16-	-17-	-18-
CENTER CLOSED COLUMBUS DAY  	9:30 GERI-FIT 11:30 LUNCH 12:00 ARBORS BINGO 1PM-VIRTUAL EXERCISE	8:30 SENIOR STROLLERS 8:30-10:30 LINE DANCING 9:30 BUS TRIP 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 GWEN - WILD WEDNESDAY 12:00 BOOK CLUB  	9:30 GERI-FIT 11:30 LUNCH 12:00 ARBOR'S BINGO 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (3) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:30 SUPPER CLUB @ GRINDERS
-21-	-22-	-23-	-24-	-25-
10-11:00 Wii BOWLING 10:00 MOB - FALL PREVENTION 1:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH 1PM-VIRTUAL EXERCISE	8:30 SENIOR STROLLERS 8:30-10:30 LINE DANCING 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 BOOK CLUB	9:30 GERI-FIT 11:30 LUNCH 12:00 FRIENDSHIP CENTER BINGO 1-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 9:30 THE CHOSEN (3) 11:30 LUNCH 12:30 TV CLUB: NEW SERIES-VIRGIN RIVER 1:00 BRIDGE BASICS 4:30 SUPPER CLUB @ OHIO GRILLE
-28-	-29-	- 30-	- 31-	--
10-11:00 Wii BOWLING 10:00 MOB - FALL PREVENTION 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	9:30 GERI-FIT 11:30 LUNCH 12:00 SUMMA BINGO 1PM-VIRTUAL EXERCISE	8:30 SENIOR STROLLERS 8:30-10:30 LINE DANCING 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 BOOK CLUB 4-6 PM OPEN HOUSE  	9:30 GERI-FIT 11:30 LUNCH 12:00 CROSSROADS BINGO 1-3:00 EUCHRE/ BRIDGE	<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