



Senior Citizens Friendship Center

CARROLL COUNTY OHIO

JANUARY 2025

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



CLOSED 01/01/2025 FOR NEW YEARS DAY



CLOSED FOR JANUARY 20th, 2025
MARTIN LUTHER KING JR DAY

MEALS WILL BE PROVIDED FOR ABOVE
CLOSURES



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
Macy Willis, Kitchen
Tiffany Parker, HDM Manager
Jordan Pittman, Utility Worker
James Wood, Utility Worker
Patty Babe, HDM Driver #1
Freda Luyster, HDM Driver #2
Brittany Loveless, HDM #3
Cassie Cogan, HDM Driver #4
Kasey Tolley, Utility Sub
Carl Leonard, HDM Driver #5
Bob Holla, HDM Driver #6
Tom Barnett, HDM Sub Driver
Mike McCartney, HDM Sub Driver
Sue Miller, HDM Sub Driver
Joe Stitt, Sub Driver
Sue Mozzochi-Goodwill Worker

VOLUNTEERS

Jo Albright	Sandy Jones-Babe
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

GET YOUR APPT NOW!

Funds are provided to pay up to \$250 per household 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
TIME SUBJECT TO CHANGE DUE TO ROUTE CHANGES

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.



COULD YOU USE OUR NUTRITIONAL AND AFFORDABLE MEALS FOR BETTER HEALTH?!? BUT YOU HAVE A LOT OF APPOINTMENTS AND/OR WORK SO THE DELIVERY OPTION IS HARD FOR YOU???
PLEASE CALL 330-627-7017 FOR CURBSIDE PICK UP INFORMATION IN YOUR AREA

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

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

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.

Order Monday and Wednesday Shopping is Tuesday and Thursday



AULTMAN

Come Visit RN CATHY on 01/14/25 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

**GLUCOSE \$33 BOOST PLUS \$27
 REGULAR \$25 ENSURE \$27**

Exercise Classes

GERI-FIT

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

**Tuesday & Thursday
 EARLY BIRDS: 8:30 AM-VIRTUAL
 LATE FLIERS: 9:30AM**

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

NEW!!! Wednesday 9:00-9:30am

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.



NOW TAKING SIGN UPS FOR SPRING

EXERCISE ROOM IS OPEN ANY TIME DURING BUSINESS HOURS IF YOU OR A SMALL GROUP WANT TO DO A TV WORKOUT VIDEO...JUST ASK!



SORRY!!! OUR CAFE WILL CLOSE IN 2025!!

SENIORS WILL HAVE A GRILLED CHEESE OPTION FOR LUNCH DAILY

Watch for our Meals on Wheels "Drive Thru" Fundraisers Quarterly in 2025!!!

ACTIVITIES



\$\$MONEY-MONEY-



MONEY\$\$



**INCREASE FOR THE FIRST TIME IN 8 YEARS
SUGGESTED MEAL DONATION = \$2.00/MEAL**

CLOSURES LISTED ON WKYC-3 OR WTOV9

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 **JANUARY 14TH, 2024 AT 11:30AM BEFORE LUNCH CHAT: FREE CLEVELAND CLINIC PT/OT/ST SCREENINGS. AFTER LUNCH PRESENTATION.**

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. **JANUARY 8TH @ 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.****

SUSPENDED IN ! WILL RESTART IN MARCH 2025

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 IS BACK IN JANUARY!**

Wii BOWLING OPEN Wii ANYTIME- TENNIS, BOWLING, JUST DANCE, FAMILY FUED *****Get a group together on Monday's at 10am*****

COME IN AND JOIN ON QUILTING GROUP ON THE SECOND TUESDAY AT 9AM



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 **JANUARY 2, 2025**. 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



SUPPER CLUB
WILL BE ON YOUR OWN FOR THE WINTER MONTHS!!!
MAKE PLANS WITH YOUR FC FRIENDS !!!

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 FOR NON-MEDICAID CLIENTS



Carroll County Transit provides transportation in the village of Carrollton and outside of Carroll County.

- ALL MEDICAID Clients PLEASE CALL 330-627-2571 to schedule a ride.
- Seniors who reside within the Village of Carrollton, and over 60, please call Transit at 330-627-1900 to schedule village to village transportation for medical and/or errands.
- For seniors traveling outside of the Village of Carrollton and over 60, please call Senior Friendship Center at 330-627-7017 to schedule a ride.
- 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.

TRANSIT SCHEDULING TIPS

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 IS A REQUIREMENT BY TRANSIT.**

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.

- IF YOU HAVE AN APPOINTMENT OUT OF TOWN TRY SCHEDULING IT BETWEEN THE HOURS OF **9:30 AM-2:30 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.

Changes may be coming in 2025 due to **INCREASED COSTS**, PLEASE plan trips accordingly. **ALWAYS** have a back-up plan!!! Please ask **FAMILY** to help when possible.

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!

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**

January ACTIVI-

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
<input type="checkbox"/> CARDS WITH THE COOK <input type="checkbox"/> CRAFT <input type="checkbox"/> EXERCISE <input type="checkbox"/> OUTSIDE ACTIVITIES	<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	CLOSED FOR NEW YEARS DAY	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:30 BOARD MTG 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 12:30 MOVIE-THE FAMILY STONE 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 11:30 LUNCH 12:30 TV CLUB-VIRGIN RIVER IS BACK!
-6-	-7-	-8-	-9-	-10-
10:00 WII GAMES 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 12:00 CARDS WITH THE COOK	8:30-10:30 LINE DANCING 9:00-9:30 SENIOR DRUMMING WITH NESS 10:00- CRAFT 10:45-11:15 BOOKMOBILE 11:30 LUNCH	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 12:00 TRADITIONS HOSPICE-THIRSTY THURS 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 11:30 LUNCH 12:30 TV CLUB-VIRGIN RIVER
-13-	-14-	-15-	-16-	-17-
10:00 WII GAMES 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:00 QUILTERS 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 	8:30-10:30 LINE DANCING 9:00-9:30- SENIOR DRUMMING WITH NESS 10:45-11:15 BOOKMOBILE 11:30 LUNCH	8:30 EARLY BIRD GERIFIT 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 12:00 ADVANTAGE GAMES 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 11:30 LUNCH 12:30 TV CLUB-VIRGIN RIVER
-20-	-21-	-22-	-23-	-24-
10:00 WII GAMES 11:30 LUNCH 12:00 SENIOR SUITES BINGO 12:30-1:00 SENIOR DRUMMING WITH NESS CLOSED	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:30 LATE FLIERS 11:30 LUNCH 12:00 SENIOR SUITES BINGO 1PM- VIRTUAL EXERCISE	8:30-10:30 LINE DANCING 9:00-9:30- SENIOR DRUMMING WITH NESS 10:45-11:15 BOOKMOBILE 11:30 LUNCH 12:00 WILD WEDNESDAYS	8:30 EARLY BIRD GERIFIT 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 1:00-3:00 EUCHRE/ BRIDGE	8-9:00 BREAKFAST 11:30 LUNCH 12:30 TV CLUB-VIRGIN RIVER
-27-	-28-	-29-	-30-	-31-
10:00 WII GAMES 11:30 LUNCH 12:30-1:00 SENIOR DRUMMING WITH NESS	8:30 EARLY BIRD GERIFIT-VIRTUAL 9:30 LATE FLIERS 11:30 LUNCH 12:30 ARBORS ACTIVITY 1PM- VIRTUAL EXERCISE	8:30-10:30 LINE DANCING 9:00-9:30- SENIOR DRUMMING WITH NESS 10:45-11:15 BOOKMOBILE 11:30 LUNCH	8:30 EARLY BIRD GERIFIT 9:30 LATE FLIERS GERI-FIT 11:30 LUNCH 1:00-3:00 EUCHRE/ BRIDGE 12:00 CROSSROADS BINGO	8-9:00 BREAKFAST 11:30 LUNCH 12:30 TV CLUB-VIRGIN RIVER