



# Senior Citizens Friendship Center

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

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

CINCO de MAYO! 5/5/25



MOTHER'S DAY!! 5/11/25



MEMORIAL DAY! CLOSED 5/26/2025



MAY 2025



Carroll County Council on Aging Inc | Facebook



# 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  
Samantha Leddy, Sub  
Tiffany Parker, HDM Manager  
James Wood, Utility Worker  
Patty Babe, HDM Driver #1  
Freda Luyster, HDM Driver #2  
Brittany Loveless, HDM #3  
Cassie Cogan, HDM Driver #4 (M-Tu)  
Kasey Tolley, HDM Driver #4 (W-F)  
Carl Leonard, HDM Driver #5  
Bob Holla, HDM Driver #6,  
Joe Stitt, HDM #7  
Tom Barnett, HDM Sub Driver  
Mike McCartney, HDM Sub Driver  
Sue Miller, HDM Sub Driver  
Jordan Pittman, Sub

### VOLUNTEERS

Jo Albright	Maretta Babe
Cathy Carlton	Marty Colaprete
Barb Cronin	Kris DeWitt
Amy Harkless	Greg Harkless
Theresa Kerstetter	Chuck Lutton
Tina Rich	Jo Rinkes
Denny Roudebush	Jeanne Strawder
Annette Welch	Emalee Wilder
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 \$3.00 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. 2



## HEALTH & WELL-

### 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**

#### 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.

**NEW CLASS COMING ...SIGN UP NOW!!!**



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

## MOTHERS DAY EXCURSION ON 5/9/25

**RSVP WITH ANEISSA FOR LUNCH BY 5/5/25**

AND SHOPPING AT THE DUTCH VALLEY

RESTAURANT, BAKERY, DELI AND SHOP

**PAY FOR YOUR OWN MEAL AND SHOPPING!!!**

**20 LUCKY RSVPS WILL GET A FREE PARTY BUS RIDE**

**DOWN AND BACK!!! DRAWN ON 5/6/25**

**MOTHERS DAY TREATS AND FAVOR PROVIDED BY FC**

## 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 pick-ups at either Discount Drug Mart.

**Order Monday and Wednesday  
Shopping is Tuesday and Thursday**

**SENIORS  
GRILLED  
FOR**



**WILL HAVE A  
CHEESE OPTION  
LUNCH DAILY**



THANKS to everyone that participated in our COOKIES, PIES AND GIFT CARD

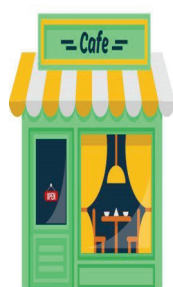
M.O.W. FUNDRAISER



### 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**



**CAFE WILL HAVE ONE  
HOT SOUP ON  
FRIDAY!!  
11AM-1PM**

Watch for our Meals on  
Wheels Fundraisers  
Quarterly in 2025!!!



# MAY EVENTS!

## ACTIVITIES

### **\$\$\$MONEY-MONEY-MONEY\$\$\$**



**IF YOU ARE A HOME DELIVERED CLIENT  
AND STRUGGLING TO DONATE PLEASE ASK  
US ABOUT PASSPORT**

### **FRIENDSHIP CENTER DINING ROOM 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**

**Have an opinion?!? This is  
the time to SHARE!!!**

### **MUSIC FOR MEALS**

**RETURNS THE 2ND AND 4TH  
WEDNESDAYS OF THE MONTH  
AT 6PM-MAY 14TH AND 28TH**



**WE HAVE A NEW ACTIVITY  
ON MONDAYS FROM 1:00-3:00PM  
THE KNOTTY KNITTERS WILL BE  
MEETING IN THE TV CORNER  
OUR VETERAN KNITTERS WILL GET**



**YOU STARTED ON A PROJECT, THEY  
CAN EVEN HELP WITH NEEDLES  
AND SOME YARN TO SEE IF YOUR-  
LIKE IT BEFORE  
INVESTING TOO MUCH**

### *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 13th, 2025 AT 11:30AM  
CUPCAKE WARS AND SENIOR DAY EVENT WITH SPEAKER ON AGEISM  
AND BINGO!!!**

### **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 : Advantage Home Health, Traditions Hospice, 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, Friendship Center hosts a build your own craft. The craft is made for everyone, whether you are "crafty" or not.

**\$5.00 LARGE TIN/RED, WHITE AND BLUE WINDSOCK RSVP BY MAY 9TH**

### **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.\*\***

**MAY 2025 (14TH AND 28TH)**

### **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! **SWEET MAGNOLIAS IS BACK!!**

### **VOLLEYBALL IS BACK (beach ball style)**

Join us on Wednesdays at 12:30 pm

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

### Here is the QR code for virtual for exercise



OR TYPE IN THE DIRECT LINK BELOW IN YOUR  
BROWSER:

[https://us05web.zoom.us/j/89641279131?  
pwd=qMWYPdgllyopdGZNRb3JW62feKy3eq.1](https://us05web.zoom.us/j/89641279131?pwd=qMWYPdgllyopdGZNRb3JW62feKy3eq.1)

OR GO TO ZOOM.COM AND TYPE IN THE  
INFORMATION BELOW:

Meeting ID: 89641279131 Passcode: 686466



### SUPPER CLUB

CHECK OUT NEWSLETTER FOR  
UPDATES & LOCATIONS THIS SPRING

In an effort to save on **TRANSPORTATION** costs...we would like to run a **PILOT PROGRAM** and do some tracking from April thru June 2025. If you live outside of the city limits and still **DRIVE**; we would ask you to use The Senior Center as a "PICK UP" spot (or a central location in your area) for your out of town medical appt. Our staff will ask if you are comfortable driving to the site and schedule accordingly if you are willing. We would like to make our transportation dollars last through the entire year if possible and this may help!!! **THANKS FOR PARTICIPATION!!!**



**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**

### 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 **MAY 1ST, 2025**. These are open to the public and we encourage your participation. : President-Bob Heron, Vice President-Elaine Myers, 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!

#### 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**

# May ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1-	-2-
<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		<b>8:30 EARLY BIRD GERIFIT-VIRTUAL</b> <b>9:30 BOARD MTC</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>1:00-3:00 EUCHRE/BRIDGE</b>	<b>8-9:00 BREAKFAST</b> <b>11:30 LUNCH</b> <b>12:30 TV CLUB- SWEET MAGNOLIAS</b> <b>4:30 SUPPER CLUB AIRPORT REST.</b>
-5-	-6-	-7-	-8-	-9-
<b>10:00 WII GAMES</b> <b>11:30 LUNCH</b> <b>12:30-1:00 SENIOR DRUMMING WITH NESS</b> <b>1-3 PM-KNOTTY KNITTERS</b>	<b>Closed in house for election... meals will be delivered!!!</b>	<b>8:30-10:30 LINE DANCING</b> <b>9:30 WALKING/ INDOOR OR OUT WITH NESS</b> <b>10:00-CRAFT</b> <b>10:45-11:15 BOOKMOBILE</b> <b>11:30 LUNCH</b> <b>12:30 VOLLEYBALL</b>	<b>8:30 EARLY BIRD GERIFIT-VIRTUAL</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>12:00 TRADITIONS HOSPICE-THIRSTY THURS</b> <b>1:00-3:00 EUCHRE/BRIDGE</b>	<b>8-9:00 BREAKFAST</b> <b>11:30 LUNCH</b> <b>12:30 TV CLUB-SWEET MAGNOLIAS</b> <b>4:30 SUPPER CLUB OHIO GRILLE</b>
-12-	-13-	-14-	-15-	-16-
<b>10:00 WII GAMES</b> <b>11:30 LUNCH</b> <b>12:30-1:00 SENIOR DRUMMING WITH NESS</b> <b>1-3 PM-KNOTTY KNITTERS</b>	<b>8:30 EARLY BIRD GERIFIT-VIRTUAL</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>10AM-1:00PM SENIOR DAY ACTIVITIES</b>	<b>8:30-10:30 LINE DANCING</b> <b>9:30 WALKING/ INDOOR OR OUT WITH NESS</b> <b>10:45-11:15 BOOKMOBILE</b> <b>11:30 LUNCH</b> <b>12:30 VOLLEYBALL</b>	<b>8:30 EARLY BIRD GERIFIT</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>12:00 ADVANTAGE GAMES</b> <b>1:00-3:00 EUCHRE/BRIDGE</b>	<b>8-9:00 BREAKFAST</b> <b>11:30 LUNCH</b> <b>12:30 TV CLUB-SWEET MAGNOLIAS</b> <b>4:30 SUPPER CLUB THE CHOP HOUSE</b>
-19-	-20-	-21-	-22-	-23-
<b>10:00 WII GAMES</b> <b>11:30 LUNCH</b> <b>12:30-1:00 SENIOR DRUMMING WITH NESS</b> <b>1-3 PM-KNOTTY KNITTERS</b>	<b>8:30 EARLY BIRD GERIFIT-VIRTUAL</b> <b>9:30 LATE FLIERS</b> <b>11:30 LUNCH</b> <b>12:00-FC BINGO</b> <b>1 PM-VIRTUAL EXERCISE</b>	<b>8:30-10:30 LINE DANCING</b> <b>9:30 WALKING/ INDOOR OR OUT WITH NESS</b> <b>10:45-11:15 BOOKMOBILE</b> <b>11:30 LUNCH</b> <b>12:30 VOLLEYBALL</b>	<b>8:30 EARLY BIRD GERIFIT</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>12:00-CROSSROADS BINGO</b> <b>1:00-3:00 EUCHRE/BRIDGE</b>	<b>8-9:00 BREAKFAST</b> <b>11:30 LUNCH</b> <b>12:30 TV CLUB-SWEET MAGNOLIAS</b> <b>4:30 SUPPER CLUB WHITE BEAR</b>
-26-	-27-	-28-	-29-	-30-
<b>CLOSED DUE TO MEMORIAL DAY</b>	<b>8:30 EARLY BIRD GERIFIT-VIRTUAL</b> <b>9:30 LATE FLIERS</b> <b>11:30 LUNCH</b> <b>1PM-VIRTUAL EXERCISE</b>	<b>8:30-10:30 LINE DANCING</b> <b>9:30 WALKING/ INDOOR OR OUT WITH NESS</b> <b>10:45-11:15 BOOKMOBILE</b> <b>11:30 LUNCH</b> <b>12:00 WILD WEDNESDAYS</b> <b>12:30 VOLLEYBALL</b>	<b>8:30 EARLY BIRD GERIFIT</b> <b>9:30 LATE FLIERS GERI-FIT</b> <b>11:30 LUNCH</b> <b>1:00-3:00 EUCHRE/BRIDGE</b>	<b>8-9:00 BREAKFAST</b> <b>11:30 LUNCH</b> <b>12:30 TV CLUB-SWEET MAGNOLIAS</b> <b>4:30 SUPPER CLUB GRINDERS</b>