



Senior Citizens Friendship Center

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

CENTER INFORMATION

HOURS: MONDAY-FRIDAY
8:00 AM TO 3:30 PM

ADDRESS: PO BOX 14
100 KENSINGTON RD NE
CARROLLTON, OH 44615

CONTACT INFO
330-627-7017
FAX: 330476-6401
EMAIL:

friendshipcenter@carrollcountyohio.us

**PHONES WILL NOT BE
ANSWERED FROM
11:30-12:30 DAILY DURING
LUNCH TIME**

MARCH 6TH EMPLOYEE APPRECIATION DAY



MARCH 17TH ST. PATRICKS DAY



MARCH 2026



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
Jack Lucas-Ornowski-Dishwasher
James Wood, Utility Worker
Patty Babe, HDM Driver #1
Freda Luyster, HDM Driver #2
Phillip Spears, HDM #3
Jordan Pittman Route #4
Carl Leonard, HDM Driver #5
Bob Holla, HDM Driver #6
Joe Stitt, HDM #7
Kearsten Ball-Youth Worker
Sub Workers:
Cassie Cogan, Mike McCartney,
Sue Miller, Cindy Johnson, Jaden Cook,
Sue Craft-Savage

VOLUNTEERS

Jo Albright	MarettaBabe
Cathy Carlton	Marty Colaprete
Barb Cronin Amy	Kris DeWitt
Vicki Griffith	Greg Harkless
Amy Harkless	Chuck Lutton
Theresa Kerstetter	Robin McKenzie
Denny Roudebush	Jo Rinkes
Annette Welch	Jeanne Strawder
Donna Wey	Emalee Wilder
Cindy Wood	Vi Williamson

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 AT 10:30AM
IN HOUSE DINING: DAILY AT 11:30AM
PLEASE CALL BY 8:30 AM TO RSVP.

SITE PICK UPS AT 10:30AM AT CENTER
DRIVE THRU AND AT MALVERN..
MALVERN IS SUBJECT TO CHANGE
DUE TO ROUTE CHANGES
MALVERN: 10:30 AM AT 121 W. WOOD
STREET

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.

NATIONAL NUTRITION MONTH

March is
**NATIONAL
NUTRITION
MONTH**



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 funtime!

SENIOR DRUMMING

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

MONDAY 12:15-12:45

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.



CALL NOW FOR NEXT SPRING CLASS WAIT LIST!!

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

PRO SENIORS



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 pickups at Discount Drug Mart. **Order Monday and Wednesday Shopping is Tuesday and Thursday**



Here is the QR code for virtual for exercise

PLEASE CALL 330-627-7017 TO SCHEDULE EXERCISE TIME/YOU TUBE EXERCISE IN THE EXERCISE ROOM. STAFF MONITORED MON WED-FRI FROM 3-4PM

ORGOTOZOOM.COM AND TYPE IN THE INFORMATION BELOW:
MeetingID:89641279131 Passcode:686466

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 \$34 BOOST PLUS \$27
REGULAR \$26 ENSURE \$27

ASK ABOUT OUR CRAFT CORNER FOR WINTER MONTHS...JUST A LITTLE SOMETHING TO DO!!!



LOOKING FOR SOMETHING TO DO!!!

!!!!UPDATE!!!!

HOME DELIVERED MEALS

PREPARED, PRE-PORTIONED MEALS FOR YOUR CONVENIENCE DELIVERED TO YOUR DOOR WITH A SMILE AND DAILY HELLO CHECK. THIS IS AN ONGOING RSVP UNLESS YOU HAVE A DR APPT, HOSPITAL STAY OR VACATION. ***NO CANCELLATIONS DUE TO DAILY MENU

GRAB N GO MEALS

PREPARED, PRE-PORTIONED MEALS FOR YOUR CONVENIENCE PICKED UP AT OUR MAIN LOCATION OR A LOCAL TOWN NEAR YOU IN OUR COUNTY. RSVP FRIDAY BEFORE THE FOLLOWING WEEK OR DAILY BY 8:30 AM

CONGREGATE DINING

A HOT NUTRITIOUS MEAL AND SOCIAL INTERACTION AT OUR SENIOR CENTER. RSVP DAILY BY 9AM

PLEASE CALL IF YOU

ADDITIONAL INFORMATION!!!

330-627-7017

COMMITTEE MEETING!!!

HAVE AN OPINION? THIS IS THE TIME TO SHARE YOUR OPINION ABOUT OUR MEALS OR ACTIVITIES PLEASE FEEL FREE TO ATTEND OUR COMMITTEE MEETINGS FOR ANY SUGGESTIONS. THE LAST MONDAY OF EACH MONTH AT 9:30 AND 10:00AM

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 YOU LIKE IT BEFORE THEY CAN TEACH YOU CROCHETING AS WELL!!! MONDAYS AT 1PM

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 \$4.00. Aultman WOW Blood Pressures/One of a Kind Creation's-Barb's Card Corner
This month's birthday lunch will be **MARCH 10th 2026**. Entertainment provided

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, Mercy Hospice, Crossroads Hospice, Louisville Gardens, Senior Suites, Ohio's Hospice, and The Friendship Center. Thank you to our sponsors!!

BRIDGE / EUCHRE/ GAMES DAILY 1-3 PM

We provide the table & treats. Start coming for game day to socialize around the table and have a few laughs! 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 CORNER

A CRAFT CUPBOARD for your boredom pleasure!!! Whether you are "crafty" or not?!? There will be supplies for easy crafts, senior coloring and MORE! ***Watch for SPONSOR craft days!!!

HAPPY CHAT

A circle of friends that meet on Wednesdays to discuss life and give each other brighter days!!!

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) DO 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.** **Starts back on**

Wednesday-MARCH 12th

SEWING QUILTERS GUILD

Meets 2nd Tuesday of Month.

TV CLUB OR MOVIE OF THE WEEK

Join in a group setting to watch a MOVIE every Friday at NOON!

Wii Bowling-Anytime!!!

DID YOU KNOW?



ST PATRICK'S DAY PAINT & SIP MARCH 17TH AT NOON SPONSORED BY HOME INSTEAD

COME AND PAINT WITH
RITA WOODRUFF &
HELEN

FIRST
20 TO SIGN UP
330-627-7017



CARROLL COUNTY 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 **MARCH 5TH, 2026**. These are open to the public and we encourage your participation. :
President- Bob Herron , Vice President-Elaine Myers, Secretary-Rose Weiss, Treasurer-Amy Harkless, and 3 Trustees Suzanne Bates, Mark Spears, and Cynthia Hervey
PLEASE NOTE CHANGE OF DATE DUE TO HOLIDAY!!!



SUPPER CLUB
CHECK OUT NEWSLETTER FOR
UPDATES & LOCATIONS THIS FALL

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 appropriated. 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!

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

NEW TRANSPORTATION PROGRAM!!! WE STILL PAY!!!



We currently pay for any trips in the village and medical only trips out of village/county up to \$200/month.

ALL MEDICAID Clients PLEASE CALL 3306272571 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. We still pay!
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. We still pay!!!
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.
We may be able to provide additional trips for catastrophic illnesses as NEEDED.

TRANSIT SCHEDULING TIPS

CALL AND SCHEDULE AS SOON AS YOU KNOW ABOUT AN UPCOMING APPOINTMENT— THE SOONER THE BETTER, IT WORKS BEST TO SCHEDULE THREE DAY PRIOR...THE MORE TIME THE BETTER; THEY SCHEDULE ON AN AS RECEIVED BASIS. ***WE WILL TAKE ANY APPT; BUT IT MAY BE DENIED BASED ON TRANSITS AVAILABILITY DUE TO VEHICLES AND STAFFING.

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.

SOCIAL SECURITY AND MEDICARE

The New Philadelphia Social Security Office is located at 1260 Monroe St., Suite1Cand can be reached at 1-866-731-4236.The Steubenville Office is located at 500Market 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.

VOLUNTEER



Call for more info! 330-627-7017