



Spotlight on Services

Warren County Community Services, Inc.

"A nonprofit organization strengthening the fabric of our community"

Larry Sargeant, Executive Director

www.wccsi.org

September-October 2005



RSVP Volunteers Swing at the USO



Ruth Spradlin with her quilt.

The Annual Retired & Senior Volunteer Program (RSVP) Recognition Luncheon was held at the Lebanon Junior High School on June 15, 2005. Over 180 volunteers, volunteer supervisors and community leaders attended the event.

The luncheon's theme was "RSVP Volunteers Swing at the USO," celebrating the 60 years since the end of WWII. Many of those attending dressed in WWII era clothing or styles.

Guests received a dog tag, with a USA flag on it, as they arrived. The highlight of the event was the entertainment. The Vintage Voices from The Deardoff Senior Center performed a USO Radio Show complete with old fashioned microphones and call signs to tell the audience when to laugh. Many volunteers said this was the most fun they've had at one of RSVP's recognitions.

The winner of the annual quilt drawing was Ruth Spradlin. Ruth is a 741 Center clogger and has been a RSVP volunteer since 1998.

Warren County Community Services, Inc. is honored to celebrate the achievements of its RSVP volunteers.



L to R: Tressler Hardin, Don Rapp, Eleanor Jones, Kathy Michelich, Chester Dunn, Jean Reynolds, Al Sherer, Nancy Toepfer, Ozzie Toepfer, and Dodie Bastin

WCCS Hires Development Director

Judith Richards joined Warren County Community Services, Inc. on July 12, 2005 as its new Development Director. Ms. Richards is responsible for the creation of a plan identifying and maintaining long-term funding for WCCS's current and future program needs.

Larry Sargeant, Executive Director, welcomes Judy to WCCS's professional staff. He looks forward to her leadership in the agency's effort to strengthen its local fundraising. "As our first Development Director, she will be able to utilize her more than thirty years of non-profit fundraising experience to shape a program appropriate for WCCS," stated Mr. Sargeant. "Our entire staff looks

forward to working with her to make this effort a success."

Most recently Ms. Richards served as the Development/Marketing Director of Holy Trinity School, a Pre-K through Grade 8 school serving the Northern Kentucky communities of Newport, Bellevue and Dayton. Previously, she held various United Way positions in Iowa, Michigan, New York, and Ohio where she experienced double digit increases in campaign revenues and served on various local and statewide committees addressing children, families, transportation, and economic development issues.

Ms. Richards states that she looks forward to meeting with

individuals living and working in Warren County to share WCCS's mission and vision on addressing the needs of our children, families and elderly, and share how they can help ensure that these services continue in the future.



Judy Richards, WCCS Development Director

741 Center Ambassadors

The 741 Senior Center is recruiting adults to become 741 Senior Center Ambassadors. Ambassadors will represent the center in the community and with persons who may want to experience the friendly atmosphere here at the 741 Center but may not feel comfortable coming alone or may not know much about us.

There will be brief training for Ambassadors and some special fun along the way. Please consider helping us with spreading the word about how great we are! You can spend as much or as little time as you choose on this project. Call Kathy for details at 513-695-2239.



Head Start

A Child's Garden

Zeirra is carefully watering the herbs in the new "Sensory Garden" in back of the Lebanon Head Start center. Josh gleefully chases a grasshopper with his butterfly net. Mya smells the mint and announces, "Peppermint!" Logan playfully splashes the water in the birdbath with his plastic shovel. Charlie shows his teacher how the bumblebee is getting nectar from a flower. Alexis pulls weeds and examines the roots with her teacher. Paul is trying to catch a worm that is wiggling in the mulch.

These children are exploring and discovering the natural world with all their senses. They are observing the growth of plants and the behavior of insects. They are experiencing the evaporation of water, the smells and textures of

different herbs, and the coolness of the wet earth on a hot summer day. They are learning to care for living things, and using new vocabulary words. The children don't realize they are learning science and language skills that are part of their preschool curriculum.

Through a special grant from the Greater Cincinnati



Foundation, the Head Start teachers have planted a Sensory Garden filled with flowers and herbs, ornamental grasses, and flowering shrubs. There is a path made of pavers, two small benches, and a birdbath in the center of the garden. They will soon be adding bird feeders and wind chimes to the garden as well.

The teachers have been surprised at how much the children enjoy spending time in the garden, smelling the herbs and watering the flowers. They especially enjoy catching and examining insects that are attracted to the flowers. The garden provides a quiet place where children can explore and enjoy the natural beauty around them.

Put on Your Walkin' Shoes!

WCCS Alzheimer's Memory Walk Team is recruiting walkers! Saturday, September 10, 2005 is the date for the Butler-Warren Alzheimer's Memory Walk/Run.

The 3-mile walk/run will be held at Wetherington development in West Chester, just off I-75 at Tylersville Road. (You can make the walk shorter if you prefer.) Registration starts at 9:00 AM with the walk starting at 10:00 AM. We always have a great time and all ages and pets are welcome. Breakfast and lunch are provided!

This effort is the Association's major fundraiser and over 90% of each dollar raised directly funds the local Butler-Warren county office in Middletown and national research efforts.

We all know someone who has been touched by this disease and many families and groups walk in honor of an individual. Currently, there are an estimated 40,000

people in the tri-state area with Alzheimer's Disease, and these numbers are predicted to grow dramatically in the next 25 years. If you cannot walk with us please consider donating, as each dollar we raise can make a difference!

If you are interested in more information please contact Karen Hill at 513-695-2288 or karenh@wccsinc.org. You can register on the website at www.alz.org/grtrcinc. Click on Memory Walk on the left side of the page and then "Sign Me Up" and then the Butler Warren County Memory Walk.

We would love to have you join our WCCS TEAM!



RASKALS Returns to Lebanon

Mark your calendar for Saturday November 5th for the fall RASKALS clean up day. RASKALS (Random Acts of Simple Kindness Affecting Local Seniors) held their first Lebanon clean-up day and had many positive comments from volunteers and the Lebanon residents aged 60 + they assisted. Volunteers helped seniors with outdoor tasks including; raking leaves, clearing gutters, cleaning windows, cleaning and putting away outdoor furniture, pulling weeds and clearing yard debris.

All volunteers who register by October 3, 2005 will receive a RASKALS T-Shirt. This is a great family volunteer opportunity as youth 12 and over can volunteer.

Betty Bright, who received RASKALS help in May, commented, "I can't say enough about the volunteer team who worked here. Everything looks so



nice and I can't thank this program enough."

If interested in volunteering or receiving RASKALS services, please call 695-2237.

Create A Legacy by Leaving a bequest to Warren County Community Services, Inc.

For information contact the Warren County Foundation (513) 934-1001.



Step Back in Time at Harding Museum with RSVp

Does local history intrigue you? Do you like Antiques? Then the Franklin Historical Society's Harding Museum is for you!

The Franklin Historical Society's Harding Museum opened to the public April 30, 1972. The museum, located at 302 Park Avenue was donated to the Franklin Historical Society by Major General Edwin Forrest Harding upon his death in 1970.



Franklin's Harding Museum

The home in which the Harding Museum is located was built in 1901, and when you are standing in the beautiful entrance, your senses tease you into believing you are in the early 1900's!

Each room downstairs is made of a different wood; the look is striking. There are many exhibits throughout the museum. The library is filled with books on local history; there are many Oriental artifacts, a military library, military memorabilia and weaponry, and much more.

The Harding Museum is part of Warren County's Heritage Triangle, which includes Franklin, Springboro, Waynesville, and Lebanon. These communities played an integral role in the westward development of our

country, being a true gateway to new freedoms. Hours for the museum are Sundays 2-5 p.m. (April – December) and other days by appointment.

Volunteers are needed as tour guides when the museum is open, data entry of logged items, planning and setting up the exhibits, labeling items, sewing tags on clothing, planting flower gardens, and general cleaning. Hours of volunteering are based on availability of the Historical Society organization.



L to R: Liz Buchanan and Harriet Foley, Historical Society volunteers, stand in front of the fireplace at Harding Museum.

If you are interested in enjoying a piece of Franklin's history and volunteering with the Franklin Historical Society or the Warren County Historical Society, call RSVp at: 513-695-2252.

Wayne Schools Inducts Tressler Hardin into Hall of Fame

Tressler Hardin was inducted into Wayne Local School District's first Hall of Fame induction at the annual alumni banquet on May 28. Honorees were nominated by the community for either academic leadership or success/citizenship.

A 1939 graduate of Waynesville High School, Tress served in the U.S. Army Air Corps from 1942-1945. In 1982, Hardin retired from DP&L as an accountant. He was a charter member of Waynesville American Legion Post 615 in 1946 and a charter member of the Waynesville Lions Club in 1958 he served as treasurer and chaplain.

Hardin, a volunteer for the Wayne Twp. Life squad for 31 years, was named Waynesville citizen of the year in 1981 and was inducted into the Waynesville Athletic Hall of Fame in 2004.

He has served as finance chairman of the Waynesville United Methodist Church and he continues to serve as treasurer of the Wayne Twp. Friends of the Park. Tress also serves on the Warren County Community Services, Inc. Board of Trustees and is volunteer for the Retired & Senior Volunteer Program, as well as, serving on their Advisory Council.

Active for Life®

Hurry, you must sign up by September 1, 2005 to be included in the 741 Active for Life Program!

The Surgeon General recommends accumulating 30 minutes of moderate intensity activity (such as brisk walking or gardening) on most days of the week. More than 60% of adults in the United States do not engage in this recommended amount of activity and many cite lack of time or motivation as the reason.

Active for Life is not an exercise class. It is a program that teaches people how to incorporate physical activity into their daily lives and we all help each other to find the

motivation to keep it there! Physical activity does not need to be time consuming or strenuous to achieve health benefits. Active for Life helps adults age 50+ develop the skills they need to lead physically active lifestyles.

The 741 Senior Center class begins Tuesday, September 13, 2005 at 1:00 PM. Classes meet one hour per week for 20 weeks. The \$15.00 fee helps cover the cost of the book, T-Shirt, water bottle, step counter and more goodies that you will receive as a member of the class. Remember, registration is required by September 1, 2005 and class size is limited so call today to reserve your spot in this life-changing program!



The Western Roundup
Dinner Dance
Friday, September 16, 2005
5:00 to 9:00 P.M.

featuring
The Chubby and Tony Howard Band
Dinner: BBQ ribs or Chicken
Tickets: \$10 per person



To register call: 513-946-7813 or 888-223-3674 or call the 741 Center at 513-695-2239 for more information.

Active for Life is made possible by Council on Aging of Southwest Ohio, Hamilton County General Health District and the Health Alliance through a grant from TheRobert Wood Johnson Foundation.

Berry Woods Senior Apartments Opening Fall 2005

WCCS is offering 48 one bedroom apartments for Senior Citizens at 3394 Townsley Avenue, Deerfield Township, Ohio. The apartments will be rent subsidized. Seniors pay 30% of their monthly income for rent and utilities are included.

Applicants must be 62 years of age or older. Berry Wood is a

“Housing only setting” with no licensed services. To be eligible, annual income must be below \$22,550 for one person and \$25,800 for two persons.

Berry Woods will have a common area for social, recreation and crafts. It will have an outdoor porch and laundry facility. Each unit

will have an emergency medical pull cord, refrigerator, range, carpet, air conditioning and mini blinds. We are accepting applications at 5629 Deerfield Circle, Mason, Ohio 45040 (Deerfield Commons Retirement Community). To receive an application please call 513-398-4028.

Seniors Love the 741 Center

Data taken from a recent Performance Outcome Measures Project (POMP) compared SW Ohio senior centers with a Northern Ohio area. 44 seniors from the 741 Center took the survey and because of their participation in the 741 Center Senior Programs said they:

| | |
|--|-----|
| Learn new things | 59% |
| Do more volunteer work | 50% |
| Have learned about services & benefits | 61% |
| See friends more often | 79% |
| Take better care of my health | 68% |
| Have more energy | 44% |
| Feel happier | 85% |
| Are more physically active | 62% |
| Have something to look forward to each day | 74% |
| Feel more able to stay independent | 79% |
| Know where to ask if I need a service | 64% |
| Feel that the senior center has a positive effect on my life | 67% |
| Would recommend 741 Center to a friend | 97% |

Come
Join
the
Fun!

Be Sure You Are informed!

Medicare is offering prescription drug coverage starting in January, 2006.

Seniors will start to hear more specifics about this coverage in October and November. In October, the drug companies will be announcing the types of prescription coverage they will provide and November 15, 2005 is the beginning of the sign up period for this benefit.

We want you to be informed so that you can make good choices about these prescription plans. Warren County Community Services, Inc. will be hosting informational events to prepare for the new coverage!

Please mark the following dates on your calendar!

✓ **Tuesday, October 18, 2005 12:30-3:00** - Information Fair with representatives from the participating drug companies at the 741 Senior Center to answer questions and provide information on the new plans.

✓ **Friday, November 18, 2005 12:30-3:00** - Enrollment Fair-Representatives from the Ohio Department of Insurance will be at the 741 Senior Center to help you make decisions on enrollment.

We will also be providing additional opportunities and counseling on this subject throughout the end of the year.

Any questions or concerns, please call Tammy Adams, Supportive Services, 695-2210.

WARREN COUNTY COMMUNITY SERVICES, INC.
570 North State Route 741, Lebanon, OH 45036

Offering support and services to Warren County seniors for over 30 years.



Lebanon Area
513-695-2231
Cincinnati Area
513-925-2231

- Services Offered**
Home Delivered Meals
Homemaking
Independent Living Assistance
Medical Transportation
Non-Medical Transportation
Personal Care
Respite Care
Senior Lunch Programs
Supportive Services
741 Senior Center

Thank you Rick Goodyke!

The 741 Senior Center, thanks to Rick, now has 2 Cincinnati Corn Hole sets. If you'd like to come in and practice, they'll be set outside, weather permitting. Tournaments will be arranged at a later date. Rules and scoring will be posted for those of you who have never played.

RSVP Welcomes New Volunteers

The following members have enrolled with RSVP.

- Janet DeHart**
Mary Powell
Theodora Wells

741 SENIOR CENTER TRIPS**Grand Victoria Casino
September 19, 2005**

Come along on a great trip to Grand Victoria Casino. We depart the 741 Center at 10:00 A.M. and the Mason Methodist Church at 10:30 A.M. Upon arrival in Rising Sun, Indiana we have a delicious buffet luncheon (included) at Grand Victoria. After lunch you have time in the casino riverboat to play your favorite slots or table games. We arrive home around 5:00 p.m. Tour Includes: round trip transportation via deluxe motorcoach, lunch, all taxes and gratuities on included features and services of AAA Tour Director. Tour Cost: \$35 per person.

**Fall Foliage in Central Ohio
September 21, 2005**

We have a comfortable ride north to Mansfield, OH where we visit Malabar Farm. Once the estate of Pulitzer Prize winning author Luis Bromfield, Malabar Farm was at one time a retreat for the rich and famous. We tour the estate and hear stories about Mr. Bromfield and his friends. In the afternoon we visit the Bible Walk Museum where you'll see an inspirational presentation of the Life of Christ. Tour Includes: round trip transportation via deluxe motorcoach, lunch, all sight seeing and admissions as mentioned, all taxes and gratuities on included features. Tour Cost: \$64 per person.

**Autumn in Branson, Mo.
October 4-8, 2005**

We depart the 741 Center at 7:30 A.M. and the Mason Methodist Church at 7:45 A.M. to visit the beautiful Ozark Mountains and see their dazzling fall colors. Branson is the Live Entertainment capital of the country. We'll see 4 of Branson's best shows that includes a luncheon cruise on the Showboat Branson Belle, one of the grandest showboats afloat. You'll visit the St. Louis Gateway Arch and learn about our American Pioneer history. We'll see the Professional entertainers on the Branson Belle, The Jim Stafford Show, The Yakov Smirnoff Show and The Shoji Tabuchi Show. On our way home we have a short drive to Springfield, Mo., where we will visit the Bass Pro Shop. Tour Includes: round trip transportation via deluxe motorcoach, four nights lodging, six meals, Showboat Branson Belle luncheon cruise, all shows, sightseeing and admissions as mentioned, all taxes and gratuities, baggage handling and travel protection. Tour Cost per person: \$579 Twin, \$679 Single and \$539 Triple/Quad.

Autumn in Branson, Mo. Presentation at the 741 Center
Thursday, September 1, 2005 at 1:30 P.M.

**Renfro Valley, Kentucky Featuring
The Loretta Lynn Show
November 11-12, 2005**

Come along on a short one-night trip to the Blue Grass State. We'll see beautiful horses, enjoy a terrific show featuring the famous singer Loretta Lynn, and visit a historic town. Tour includes: round trip transportation via deluxe motorcoach, one night lodging, three meals, all sightseeing and admissions as mentioned, all taxes and gratuities on included features, baggage handling, services of an AAA tour Director and Travel Protection. Tour Cost: \$225 per person twin; \$255 per person single; \$215 per person triple/quad.

**Civil War Adventure Aboard the Delta Queen
November 15-21, 2005**

Step back in time and experience the undisputed matriarch of the river, the legendary Delta Queen, for a thought-provoking journey back into one of the most tumultuous times in our country's history - the Civil War. Gain new insight into the "War Between the States" with the Civil War historians and authors that will be accompanying us on our steamboat adventure. Through optional tours available, you can explore the national battlefield in Vicksburg plus the beautiful antebellum homes and plantations in Natches and St. Francisville. Special discounted AAA price.

Civil War Adventure Presentation at the 741 Center
Thursday, September 8, 2005 at 1:30 P.M.

**Festival of Lights in East Peoria, Illinois
November 28-30, 2005**

The Festival of Lights in East Peoria has been making holiday cheer for over 20 years and is one of the top 100 special events in North America. Enjoy entertainment, a dinner cruise, and see the largest nighttime festival in the nation on this short easygoing trip. We drive through the Winter Wonderland and stop at the Enchanted Forest to see miles of fantastic holiday light displays, toy soldiers, trains, Christmas trees, and much more. Tour includes round trip transportation via deluxe motor coach, two nights lodging, four meals, all sightseeing and attractions, all taxes and gratuities, baggage handling, and travel protection. Tour Cost (Per Person): \$329 Twin Basis, \$409 Single Basis and \$309 Triple/Quad Basis. Please attend the travel presentation at the 741 Center Friday, October 7 at 1:30 P.M.

Festival of Lights Presentation at the 741 Center
Friday, October 7, 2005 at 1:30 P.M.

**Brilliance of the Seas
December 2-12, 2005**

10 Night Panama Canal Cruise aboard Royal Caribbean's Magnificent Brilliance of the Seas. Sail round trip from Miami, FL. and visit gorgeous ports of call in the Caribbean and Central America. You'll sail into the center of the Panama canal and see the greatest engineering marvel in the world. Miles and miles of lush tropical rain forest surround you. Cruise includes: Round-trip airport transfers, round-trip airfare from Cincinnati, transfers to/from ship, accommodations aboard ship, all meals and entertainment aboard ship, port taxes, baggage handling, and travel protection. Cost: Inside Stateroom, \$1,799 per person twin basis, Ocean view stateroom \$1,975 per person twin basis, Superior Ocean View Stateroom with balcony, \$2,219 per person twin basis.

**Phantom of the Opera At the Aronoff Center
Thursday, December 8, 2005**

We depart the 741 Center at 9:30 and the Mason Methodist Church at 9:45 A.M. Our first stop will be at the lovely New Port on the Levee complex where you'll have a delicious luncheon. Then we attend a wonderful matinee performance. Your reserved seats on the Main Floor bring you close to the action. Return home will be about 5:00 P.M. Tour Includes: round-trip transportation via deluxe motorcoach, lunch, show tickets, all taxes and gratuities on included features and services of an AAA Tour Director. Tour Cost: \$99 per person.

For reservation or information, call Joe Ramos, AAA Royal
Tours, 15 West Central Parkway, Cincinnati, OH. 45202
(513) 762-3497, 1-800-916-7223.

CALENDAR OF EVENTS 2005

Call the Welcome Center for lunch reservations at (513) 695-2256. Other Center reservations or information call (513) 695-2239.

September

- September 1** **Oil Painting** - every Thursday morning at 9:00 A.M. in the Multi Purpose Room.
- September 1** **Blood Pressure Screening** - 11:00 A.M. to Noon. Diana Huff, RN. will monitoring blood pressures.
- September 1** **Glucose Screening** - 11:00 to Noon. Otterbein Lebanon Nursing Staff will checking blood sugars.
- September 1** **Birthday/Anniversary Celebration** - 11:00 A.M. Celebrate September birthdays and anniversaries.
- September 1** **Bingo** - 1:00 P.M. Every Thursday in the dining room.
- September 1** **Branson Trip Presentation** - 1:30 P.M. Joe Ramos from AAA Royal Tours will be at the Center today presenting the "Autumn in Branson, Mo." Trip departing October 4th to 8th, 2005
- September 2** **Contract Bridge** - 12:30 P.M. in multipurpose room
- September 5** **Agency Closed for Labor Day**
- September 8** **Grandparents Day Celebration** - 11:30 A.M. Join in the fun. Grandchildren are welcome!
- September 8** **Civil War Adventure Presentation** - 1:30 P.M. Attend this trip presentation today regarding the upcoming November 15th to 21st trip aboard the Delta Queen.
- September 9** **Patriots Day Remembrance** - 11:30 A.M.
- September 13** **"Active for Life"** - 1:00 to 2:00 P.M.
- September 13** **Beginning Square Dancing** - 10:00 to 11:30 A.M.
- September 13** **Cincinnati Association for the Blind and Visually Impaired** - Call 1-888-687-3935 for information.
- September 16** **The Western Roundup** - 5:00 P.M. to 9:00 P.M. featuring "The Chubby and Tony Howard Band". Tickets are on sale at all Nutrition Sites and the 741 Senior Center. Cost is \$10.00 per person. Menu for the evening consist of Barbecue ribs or chicken, green beans, tossed salad, pie, tropical fruit and again this year, we will have the Rootbeer bar.
- September 19** **Trip to the Grand Victoria** departs the 741 Senior Center at 10:00 A.M. & the Mason Methodist Church at 10:30 A.M. Returns home around 5:00 P.M.
- September 21** **"Grillin & Chillin"** - Some of the staff from The Council on Aging, will be entertaining, playing games and serving lunch to all of you.
- September 21** **Trip to Fall Foliage in Central Ohio** departs the 741 Center at 7:30 and the Mason Methodist Church at 8:00 A.M. Trip returns around 7:00 P.M.
- September 26** **Advisory Council Meeting** - 10:30 A.M.
- September 28** **Dubs, LLC** - 1:00 P.M. Dubs, LLC, is a stress management husband and wife team who will be coming to the 741 Center to demonstrate Chair Massage and Reflexology. Chair Massage is an un-intrusive massage given in a specially designed portable chair where you remain fully clothed while gentle touch techniques are applied to the head, neck, shoulders and back. Reflexology is an alternative therapy based on the principle that reflexes in the feet and hands correspond to every part of the body and by gently applying pressure to these reflex points induces relaxation and increase circulation. Done regularly these alternatives can reduce stress, muscle tension, relieve pain, and enhance immune function, thereby contributing to an overall feeling of wellness.

October

- October 6** **Blood Pressure Screening** - 11:00 to Noon.
- October 6** **Birthday/Anniversary Celebration** - 11:00 A.M.
- October 6** **Bingo**- Enjoy an afternoon of fun every Thursday.
- October 7** **"Festival of Lights in East Peoria, Ill" Travel Presentation** - 1:30 P.M. at the 741 Senior Center
- October 11** **Cincinnati Association for the Blind and Visually Impaired** - Call 1-888-687-3935 for more information.
- October 11** **Trip to Hocking Valley** departs the 741 Center at 8:30 and the Mason Methodist Church at 8:45 A.M. Trip returns home around 6:30 P.M.
- October 13** **Sweetest Day Party** - 11:30 A.M.
- October 17** **Advisory Council Meeting** - 10:30 A.M.
- October 19** **October, Breast Cancer Month - Kimberly Wheeler from the American Cancer Society** - 11:15 A.M.
- October 20** **Annual Fall Harvest at Camp Lebanon** - 11:00 A.M. to 4:00 P.M. at Camp Lebanon, 4464 Emmons Road, Oregonia, Ohio. Enjoy the surroundings of Camp Lebanon, a delicious meal, entertainment and Bingo. Tickets \$6.00/person available at all Nutrition sites.
- October 27** **Kim Wheeler, American Cancer Society** - 11:15 A.M.
- October 31** **Halloween Party** - 11:30 A.M. Prizes will be given for the funniest and scariest costume.

|  741 Center Activities  | | |
|--|---|---------------|
| Monday | Square Dancing | 10:30-11:30 |
| | Advisory Council (3 rd Mon.) | 11:00-12:00 |
| | Advanced Clogging | 12:30 - 2:30 |
| | Computer Class (by Appt.) | 1:00 - 3:00 |
| Tuesday | Independent Crafting | |
| | Cincinnati Assn of the Blind & Visually Impaired (2 nd Tuesday of the month) | |
| | Call 1-888-687-3935 for Appt. | |
| Wednesday | Beauty Shop | 8:00 - 4:30 |
| | Golf at Armco Park tee at 8:00 | |
| | Line Dancing | 10:30-11:45 |
| | Arthritis Exercise Class | 10:30-11:30 |
| | Cards | 12:45 - 4:00 |
| | Computer Class (by Appt.) | 1:00 - 3:00 |
| Thursday | Beauty Shop | 8:00 - 4:30 |
| | Oil Painting | 9:00-11:30 |
| | Blood Pressure Screening (1 st & 3 rd Thursday) | 11:00 - 12:00 |
| | Glucose Screening (1 st Thursday) | 11:00-12:00 |
| | Birthday/Anniversary (1 st Thursday) | 11:00-12:00 |
| | Bingo | 1:00 - 3:00 |
| Friday | Beauty Shop | 8:00 - 4:30 |
| | Open Computer Lab | 9:00-12:00 |
| | Arthritis Exercise Class | 10:30-11:30 |
| | Bridge | 1:00 - 4:00 |

September Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Home Delivered Meals 695-2231 | Please Call Your Nutrition Site for Meal Times | | 1) 4 oz. Chicken Breast 1/2 c Mashed Potatoes 1/2 c Green Beans/Roll B-day Cake, Angel Fd CK 1 c Milk, 1/2 c Apple Juice | 2) 3 oz Roast Beef Sandwich 1/2 c Potato Salad 1/2 c Cole Slaw, Bun 1/2 c Fruit Salad, 1 c Milk |
| 5) Closed Labor Day | 6) 4 oz Meat Loaf 1/2 c Mashed Potatoes 1/2 c Asparagus, Bread 1/2 c Pudding, 1/2 c SF Pdg 1 c Milk & 1/2 c Grape Jc | 7) 4 oz Salmon Patty 1/2 c Mac & Cheese 1/2 c Broccoli Cornbread 1/2 c Pineapple, 1 c Milk | 8) 3 oz Sliced Turkey 1/2 c Stuffing 1/2 c Green Beans Bread Banana, 1 c Milk | 9) 3 oz Pot Roast, 1/2 c Red Potatoes, 1/2 c Baby Carrots, Roll, Strawberry Shortcake, Strwbrs/Angel Ck, 1 c Milk, 1/2 c Juice |
| 12) 4 oz Cabbage Roll 1/2 c Mashed Potatoes 1/2 c Beets Bread Pear, 1 c Milk | 13) 4 oz Sausage 1/2 c Potato Cakes 1/2 c Applesauce Blueberry Muffin 1 c Milk & 1/2 c Orange Jc | 14) 4 oz Chicken Legs 1/2 c Baked Beans 1/2 c Mixed Vegetables Bread Stick 1/2 c Fruit Cocktail, 1 c Milk | 15) 3 oz Cheeseburger 1/2 c Tater Tots 1/2 c Peas & Carrots Bun, Cookie / SF Cookie 1 c Milk & 1/2 c Fruit Juice | 16) 6 oz Chicken Marsalis 1/2 c Egg Noodles 1/2 c Green Beans Roll Fresh Fruit, 1 c Milk |
| 19) 4 oz. Chicken Tenders 1/2 c Potato Puffs 1/2 c Brussel Sprouts Bread, 1/2 c Diced Peaches, 1 c Milk | 20) 3 oz Meatballs 1/2c Spaghetti 1/2 c Italian Blend Garlic Bread 1/2 c Pineapple, 1 c Milk | 21) 3 oz Chicken Salad 1/2 c Pasta Salad 1 c Tossed Salad Bun Apple, 1 c Milk | 22) 3 oz Open Face Pork Roast, 1/2 c Mshd Potatoe 1/2 c Spinach, Bread, 1/2 c Banana Pdg, SF Pdg 1 c Milk & 1/2 Fruit Juice | 23) 3 oz Salisbury Steak 1/2 c Rice Pilaf 1/2 c Carrot Coins 1/2 c Tropical Fruit Bread, 1 c Milk |
| 26) 3 oz Turkey Sandwich 1/2 c Cole Slaw 1/2 c 3 Bean Salad Bun Orange, 1 c Milk | 27) 4 oz Beef Stroganoff 1/2 c Noodles 1/2 c Broccoli Dinner Roll 1/2 c Fruit Jello, 1 c Milk | 28) 4 oz Breaded Fish 1/2 c Cheesy Potatoes 1/2 c Sugar Snap Peas Cornbread, Fig Newtons 1 c Milk 1/2 c Applesauce | 29) 4 oz Lasagna, 1/2 c Corn, 1/2 c Italian Blend Breadstick, Peach Pie 1/2 c Peaches/Shortcake 1 c Milk & 1/2 c Juice | 30) 6 oz Chicken & Noodles 1/2 c Lima Beans 1/2 c Beets, Bread 1/2 c Melon, 1 c Milk |

October Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 3) 4 oz Sirloin Patty 1/2 c Mashed Potatoes 1/2 c Broccoli Normandy Bread Banana, 1/2 c Milk | 4) 4 oz Crab Cake 1/2 c Mac & Cheese 1/2 c Peas Biscuit 1/2 c Pineapple, 1 c Milk | 5) 4 oz Meatloaf 1/2 c Scalloped Potatoes 1/2 c Succotash Bread 1/2 c Pear Halves, 1 c Milk | 6) 4 oz Chicken Breast 1/2 c Mashed Potatoes 1/2 c Green Beans/Roll B-day Cake, Angel Fd Ck, 1 c Milk & 1/2 c Apple Jc | 7) 4 oz Pizza Steak 1/2 c Onion Chips 1/2 c Italian Blend Bun, 1/2 c Applesauce 1 c Milk |
| 10) 4 oz Stuffed Green Pepper 1/2 c Mashed Potatoes 1/2 c Beets, Bread, Cookie, SF Cookie, 1 c Milk, 1/2 c Jc | 11) 4 oz Grilled Chicken Breast, 1/2 c Rice Pilaf 1/2 c Oriental Blend Breadstick, 1/2 c Mandarin Oranges, 1c Milk | 12) 4 oz Pork Chop 1/2 c Stuffing 1/2 c Turnip Greens, Bread 1/2 c Fruit Cocktail 1c Milk | 13) 3 oz Pot Roast 1/2 c Red Potatoes 1/2 c Baby Carrots Biscuit, Strawberry Cake 1/2 c Strawberries, 1 c Milk | 14) 3 oz Sloppy Joe 1/2 c Oven Fries 1/2 c Cole Slaw Bun Pear, 1 c Milk |
| 17) 4 oz Veal Parmesan 1/2 c Pasta 1/2 c Italian Blend, Roll, 1/2 c Vanilla Pudding SF Pdg, 1 c Milk & 1/2 c Jc | 18) 4 oz Tilapia Baked Potato, Cornbread, 1/2 c Brussels Sprouts 1/2 c Jello, 1/2 c SF Jello 1 c Milk & 1/2 c Grape Jc | 19) 3 oz Cubed Beef 1/2 c Egg Noodles 1/2 c Carrots Bread Fresh Fruit, 1 c Milk | 20) 4 oz Fried Chicken 1/2 c Cheesy Potatoes 1/2 c Green Beans, Roll, Fruit Pie, 1/2 c Fresh Fruit Salad, 1 c Milk & 1/2 c Jc | 21) 4 oz Cheeseburger 1/2 c Potato Puffs 1/2 c Julienne Vegetables Bun, Orange 1 c Milk |
| 24) Chicken & Noodles 1/2 c Lima Beans 1/2 c Beets, Bread, Apple Fruit Bar, SF Cookie 1/ c Milk & Orange Juice | 25) 4 oz Salisbury Steak 1/2 c Mashed Potatoes 1/2 c Broccoli Bread, 1/2 c Apricot Halves 1 c Milk | 26) 4 oz Salmon Patty 1/2 c Mac & Cheese 1/2 c Creamed Peas Cornbread 1/2 c Fruit Cup, 1 c Milk | 27) 6 oz Beef Stew 1/2 c Applesauce 1/2 c California Blend Biscuit Fresh Fruit, 1 c Milk | 28) 4 oz Chicken Patty 1/2 c Oven Fries 1/2 c Chuckwagon Blend Bun Grapes, 1 c Milk |
| 31) 4 oz "Boney" Chicken Fingers, 1/2 c Screaming Potatoes, 1/2 c "Gross" Green Beans, "Rancid" Roll "Petrified" Pumpkin Pie SF Pumpkin Pudding 1 c Milk & 1/2 c Apple Juice | | | Please Call Your Nutrition Site for Meal Times | Home Delivered Meals 695-2231 |

Warren County Community Services, Inc.

operates programs and services funded through grants received from the State of Ohio, Departments of Federal Government, Warren County Human Services, Warren County United Way, Warren County Commissioners, Council On Aging of Southwest Ohio, Elderly Services Program Tax Levy, foundations, and individual contributions.

We're on the Web at www.wccsi.org

Lebanon and Surrounding Area.....513-695-2100
Franklin and Surrounding Area.....513-261-2100
Dayton and Surrounding Area.....937-425-2100
Butler/Cincinnati/Maineville Exchange....513-925-2100

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**Warren County
Community Services, Inc.**
570 North State Route 741
Lebanon, Ohio 45036

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