

Spotlight

Discovery Kitchen Workshops 2025

The community partnership collaboration of Community Food Initiatives (CFI) and OhioHealth were awarded a grant from the Athens County Foundation to continue to host five Discovery Kitchen Workshops in 2025. With the first program in May, there is so much to look forward to this year!

This program gives participants the opportunity to learn fresh, simple, and nutritious meal planning and preparation. It teaches a hands-on approach to prepare meals for a family of one or two. AND it provides fresh produce and a Discovery Kitchen cookbook to take home and try recipes on your own!

Previous participants' comments, "enjoyed being up close to watch the meal prep and liked all the recipes for tasty and easy preparation", "this was a great program, it gave me courage to experiment – much as Julia Child did in the 1960's."

Discovery Kitchen is always a highlight for UpBEAT, and we hope to see you at one of our five (May, Aug., Sept., Oct. and Nov.) upcoming programs!

Rhonda is enjoying all the recipes in the cookbook provided at the workshops.



Listening to Cooking Instructor Peg for advice on fresh and seasonal produce.



Enjoying time together.

Food for Thought

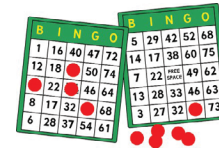
FRAUD Bingo

**THURSDAY,
JUNE 19, 1 PM,
O'BLENESS
HOSPITAL, LOWER LEVEL
CONFERENCE ROOM**

Join Jodi Roberts with Pro-Seniors and learn how Medicare fraud can happen to anyone, impacting both their finances and health. The Ohio Senior Medicare Patrol will lead a brief presentation on how to fight fraud, followed by a few fun rounds of **FRAUD Bingo**.

Learn how to:

- + Identify and avoid common types of Medicare scams.
- + Detect fraud and improper claims under your account.
- + Report Medicare fraud and secure a new number if your account has been compromised.
- + Sharpen YOUR fraud fighting skills.



A Message from Mary Jane

- + Look inside this Spring issue, it's chockful of wonderful activities for May and June.

- + **TIME CHANGE UPDATE:** Beginning this month, chair volleyball is moving to 10 AM on Thursdays. See the calendar for dates. We hope to see you there!



UpBEAT members join Mary Jane and Megan to welcome OU dietetic intern, Lexi.

- + Join us Wednesday, May 7 for Walk & Wieners, see inside for details.
- + Great news! The Discovery Kitchen Workshops are funded for 2025, see the Spotlight article from Megan.
- + Back by popular request, join us for the hike at Sue Ellen Miller's on June 11, see details on page 2.
- + The Birthday Party has been rescheduled to June 17th – **Please join us!** See information inside the newsletter. All are welcome!
- + Calling all bakers (again)! We need 12 cakes for the birthday party. Please contact Mary Jane or Megan to sign-up.



History Group *Tour and explore the new City of Athens Fire Station*

THURSDAY, MAY 22, 1-2 PM; ATHENS FIREHOUSE, 120 E STIMSON AVE, ATHENS, OH 45701

Join the fire lieutenant and UpBEAT members as we tour the new fire station with up-to-date amenities needed for the firefighters. The Athens Fire Department has the primary responsibility of protecting life and property from fire and other emergencies within the confines of the municipality limits. The fire department also interacts with various city departments and other civic partners.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ambassador Members Rick Bongiorno, JoEllen Bongiorno, Steve Chikosky, Rhonda Koch, Larry Mages, Drew McDaniel, Chalisa McDaniel, Sue Ellen Miller, Marcia Ruhling, Fran Snyder and Roberta Watkins		For questions, please contact Mary Jane Timmons at (740) 566-4680. We use Microsoft Teams for connecting virtually for those programs as listed.		1	2	3
4	5	6 10 AM Exercise Class*	7 Noon WEDNESDAY WALK & WIENERS*	8 NEW TIME 10 AM Chair Volleyball* 11:30 AM Tai Chi*	9	10
11	12	13 10 AM Exercise Class*	14 2-4 PM DISCOVERY KITCHEN* <i>Registration required, call Mary Jane</i>	15 9 AM SENIOR RESOURCE DAY* <i>at the Athens Community Center</i> 11:30 AM Tai Chi*	16	17
18	19	20 10 AM Exercise Class*	21	22 NEW TIME 10 AM Chair Volleyball* 11:30 AM Tai Chi* 1 PM HISTORY GROUP* <i>Tour the new City of Athens Firehouse</i>	23	24
25	26 <i>Memorial Day</i>	27 10 AM Exercise Class*	28	29 11:30 AM Tai Chi*	30	31

* = In-person only
* **Exercise:** at United Seniors of Athens County, 701 E State St, Athens
* **Tai Chi:** at the Athens Community Center, Exercise Studio, 701 E State St, Athens
* **Chair volleyball:** at the Market on State St, 1002 E State Street, Athens, contact Megan.Handle@OhioHealth.com

Programs could be held both in-person and virtual, unless otherwise noted. Programs are subject to change.

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1	2	3 10 AM Exercise Class*	4	5 NEW TIME 10 AM Chair Volleyball* 11:30 AM Tai Chi*	6	7
8	9	10 10 AM Exercise Class*	11 11 AM Guided Hike with Sue Ellen*	12 11:30 AM Tai Chi*	13 11 AM Rain Date for Guided Hike if needed* 3-6 PM Men's Health Fair at O'Bleness Hospital*	14
15	16	17 10 AM Exercise Class* 1-3 PM UpBEAT Birthday Party* 	18	19 11:30 AM Tai Chi* 1 PM FOOD FOR THOUGHT* <i>Fraud Bingo</i>	20	21
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