

SENIOR MOMENTS

Morrow County's Monthly Newsletter

MAY

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM

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From the of the Director...

Let me begin, as I always do in May, by saying HAPPY MOTHER'S DAY to all who have given so much to their children and their families. Being a mother is one of the greatest, and most difficult jobs imaginable. All ladies, and fellows, are invited to help us celebrate all the seniors of Morrow County by joining us for lunch on Senior Day. On May 17, 2024, we will come together at noon to eat lunch and celebrate our favorite friends and family. Just call the center at 419.946.4191 by May 8, 2024 at noon to reserve your place for lunch.

May 1, 2024 is National Loyalty Day. This made me begin to think about how loyalty, in our country, has deteriorated and is at an all time low. Company's lack of loyalty to employees, employee's lack of loyalty to their company, neighbor's lack of loyalty to neighbor, government's lack of loyalty to the people, the people's lack of loyalty to its government, and culture's lack of loyalty to other cultures has come to a tipping point.

So, what can we do?

We must start by improving our communication with one another. Differences used to be settled by sitting on the front porch and talking. Today, the winner seems to be the one who can yell the loudest. Unfortunately, the louder we yell the less we hear.

We must treat others as we would want to be treated. Remember the old saying of "don't judge someone until you have walked a mile in their shoes". We all have different lives and being compassionate to the struggles our neighbors have gone through is the only way we can have empathy for one another.

Show your appreciation for others. This country was grown by millions of "strangers" linking arms and fighting for a common good. To form the greatest place to raise a family and live a life. While we have had dark events in our country, and pieces that we have not been proud of, but let us look to the good, in and through, one another and strive to be better tomorrow than we are today.

So, plan on joining us for Senior Day on May 17th, as well as all of our events going on in May, to allow us to demonstrate our loyalty to all of our seniors in Morrow County.

Sincerely,

David Keefer

UPCOMING EVENTS!

SASSY SENIORS



“ I do five sit-ups every morning. It may not sound like much, but there’s only so many times you can hit the snooze button.”

If one of your New Year’s Resolutions is to exercise but you find yourself coming up with all kinds of reasons not to, here are ten good reasons to make that New Year’s Resolution easier to follow.

1. Exercise can make you feel happier. 2. Exercise can help with weight loss. 3. Exercise is good for your muscles and bones. 4. Exercise can increase your energy levels. 5. Exercise can reduce your risk of chronic disease. 6. Exercise can help skin health. 7. Exercise can help your brain health and memory. 8. Exercise can help with relaxation and sleep quality. 9. Exercise can reduce pain.

And Best of all 10. EXERCISE CAN BE FUN AND SOCIAL! Especially if you exercise with Sassy Seniors on Monday, Wednesday, and Friday from 8:30-9:30 at Seniors on Center. Come join the fun and reap the benefits.

BINGO



Cash Bingo will be on Tuesday, May 7th and 28th at 12:00PM. Cash Bingo cost to play is \$3.00. Join Karma from Kingston for bingo on May 14th from 12:00-1:30PM. Join Chris from Hospice for bingo on May 21st from 12:00-1:30PM. If you would like to join us for lunch before playing please call us the day before by 12:00PM.



BOOK CLUB

The book club will be held here at the Seniors on Center on Thursday, May 16th at 1:00PM. The book we are reading for May "Rebecca", by Daphne Du Maurier. We will have coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Maggie.

EUCHRE



Do you enjoy playing Euchre? We will be playing Euchre on Thursday, May, 2nd, 9th, 16th, 23rd, and 30th at Noon.



MUSIC

Monday, May 6th, join us for a meal at 5:00PM and music by Country Travelers at 6:00PM. Monday, May 13th join us for Karaoke at 5:00PM. Monday, May 20th music by Open Mic at 6:00PM. Donations for the band are still greatly appreciated. Donations for entry and snacks are greatly appreciated. We will also be having a 50/50 raffle!

SENIORS ON CENTER CHOIR



Do you enjoy singing? If so please come join us for choir practice in May. Date’s have yet to be determined. Please call the center and ask about choir practice date’s.

UPCOMING EVENTS!



BIBLE STUDY

Come to the center and join Linda Ruehrmund in a bible study group Friday, May 10th from 12:30-1:30PM. We would like RSVP but you are more than welcome to just come.

SENIOR DAY

Join us at the Seniors on Center for our annual Senior Day, Friday, May 17th from 11:00 AM-2:00 PM. Our theme this year is Historical Figures. Please come dressed as your favorite Historical Figure. We will be giving away prizes for the best dressed men and woman. Lunch for the day will be Roasted Pork Loin with Mushroom Gravy, Mashed Potatoes, Side Salad, Pear Crisp and drinks. The entertainment for the day will be The Country Travelers. If you would like to join us on this day please



RSVP by Wednesday May 8th. We have gotten permission to park at the school's administration building parking lot by the Mt. Gilead swimming pool. We will have drivers available to transport you over to the center and back again. If you want to utilize this service please let us know when you sign up for the event.

HEADWATERS OUTDOOR EDUCATION



Headwaters is located at 151 Home Road, Mt. Gilead, OH (Just north of the Morrow County Sherriff's Department) Activities held at Headwaters in the next couple of months are

Sunday, May 19-Invasive Species Control and ID-Speaker Katie Gerber 2:00PM

Sunday, June 23-Sandhill Cranes and other endangered species 2:00PM

Sunday, July 14- Paleontology and Dinosaurs-Paleontologist-Wayne Fowler 2:00PM

August- VISIT OUR BOOTH AT THE MORROW COUNTY FAIR

MORROW COUNTY AREA TRANSIT

4565 County Road 9, Cardington, Ohio 43315 Phone: 419-864-3500

Hours of operation Monday thru Friday 6am-6pm, Saturday 6am-12pm

Morrow County Area Transit is pleased to announce Morrow County residents 60 and older may ride the transit for free from March 11, 2024 through June 30, 2024. Ride requests need to be made 24 to 48 hours in advance. Ride availability is based on a first-come, first served basis. Rides are available to locations within and outside of Morrow County (examples such as: grocery store, hair salon, bank, or to personal errands).



SERVICES



NECK MASSAGE

We would like to thank Massage's by Nikki for taking time out of her day to come and give massage's to those that set up appointments with her.

Unfortunately do to lack of interest she has decided to stop coming in. If you would like to see her at her regular place of business you may call her at 614-378-4148

FOOT CARE

Is it difficult to reach your toes and cut your nails? Are your toe nails thick and tough to cut?



Call Lauren Johnson at (937) 738-1761 to schedule your 30minute foot care appointment with Lauren. Thursday, May 2, 2024 first appointment starts at 9:00AM last appointment of the day will be 1:30PM. Cost for this service is \$40.00 Per person and treatment includes: 30 minute treatment, Expertly Trim, Thin and File Nails, Corns and Callous are filed and buffed smooth, All tools are sterilized for each patient.

Payment is due at time of service
Self Pay ONLY!

No Medicare or Insurance will be billed

SERVICES



MEDICARE

Marc Follin, is available by appointment only, to assist you in any Medicare Assistance you may need. Please give her a call at 419-768-2000 or 614-519-9128



HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to homebound individuals living in Morrow County that are 60+ years of age. Call the center for assistance at (419)-946-4191.



PHONE / COMPUTER TRAINING

Kathy Patterson will be the first Wednesday of every month to help you with your phone and computer needs.

Phone training will be 9:30-10:30 AM and Computer training will be from 12:00-2:00PM.

Please bring your phone or laptop. No appointment needed.



CONGREGATE MEALS

A hot, well balanced lunch is available daily to anyone 60+ years of age at the center. Please call the center (419) 946-4191 the day before by noon to reserve yourself a meal.



BELTONE

Beltone will be here to help you with a free hearing test and provide hearing aid information. Space is limited to three people per visit. Please check the calendar for the day and times that they will be here at the center. Please call the center to set up an appointment.

TRANSPORTATION

Transportation for Morrow County residents that are 60+ years of age to medical appointments, grocery shopping, banking, etc. is available Monday thru Friday. Out of county medical transportation is available with a 48-hour notice, and the availability of a driver and vehicle. Handicapped accessible vehicles are also available. Please call the center at 419-946-4191 to set up your transportation. Donations are accepted.



COMMODITIES FOOD BOX

Are you in need of food assistance?

We may be able to help. To Qualify, you must live in the county, be 60+ years of age, and income eligible.

This is a once a month program sponsored by the Mid Ohio Foodbank and Seniors on Center. Call Terri at (419)-946-4191 to qualify



GRAB & GO

Grab & Go is back for hot meals Monday thru Friday 11:30-12:00. This is starting Friday March 1st and you must call the day before by noon if you are interested in getting a meal. You will pickup your meal at the front of the building starting at 11:30AM. There is a suggested donation of \$4.00 per meal



LEGAL AID

Karen McVay is available (by appointment only) to assist you in any legal questions you may have. Please give her a call and set up your appointment today! 740-383-2161 or 888-301-2411

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
		<p>1</p> <p>8:30-9:30AM Sassy Seniors 9:30-10:30AM Phone Training 11:30AM Lunch @ Center 12:00-2:00PM Computer Training</p>
<p>6</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 5:00PM Meal 6:00PM Country Travelers</p>	<p>7</p> <p>9:00AM Marengo Seniors Group at St. Rt. 229 Restaurant 11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	<p>8</p> <p>8:30-9:30AM Sassy Seniors 1:30AM Lunch @ Center 12:30PM Board Meeting Last day to RSVP for Senior Day</p>
<p>13</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 6:00PM Karaoke</p>	<p>14</p> <p>11:30AM Lunch @ Center 12:00-1:30PM Kingston Bingo with Karma Karen McVay (Call Legal Aid to set up an appointment)</p>	<p>15</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>20</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Marengo Seniors Group at Legion Hall 6:00PM Open Mic</p>	<p>21</p> <p>9:00AM-12:00PM Commodities pickup 11:30AM Lunch @ Center 12:00-1:30PM Hospice Bingo with Chris</p>	<p>22</p> <p>8:30-9:30AM Sassy Seniors 10:00AM Beltone 11:30AM Lunch @ Center</p>
<p>27</p> <p>Center Closed for Memorial Day</p>	<p>28</p> <p>11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	<p>29</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>2 9:00AM-1:30PM Foot Care 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>9 11:30AM Lunch @ Center 12:00PM Euchre 1:00-3:00PM Medicare with Marc Follin</p>	<p>10 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:30-1:30PM Bible Study with Linda Ruehrmund</p>
<p>16 11:30AM Lunch @ Center 12:00PM Euchre 1:00PM Book Club</p>	<p>17 8:30-9:30AM Sassy Seniors 11:00AM Doors open for Senior Day</p>
<p>23 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>24 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Lunch Bunch with Candace from OSU Extension office</p>
<p>30 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>31 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>



**Carl & Mary Lou
Grose
5/14**

**Marnie & Raymond
Buckel
5/19**

**Laura & Danny
Young
5/20**

**Geraldine & Paul
Bean
5/21**

**Sharon & Carnell
Bailey
5/29**

SENIOR GROUPS

THE LUNCH BUNCH

FRIDAY, MAY 24TH AT NOON
RESERVATION REQUIRED
\$3.00 SUGGESTED DONATION
SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD
CALL MAGGIE 419-946-4191



MARENGO/FULTON SENIORS

BREAKFAST AT
ST RT 229 RESAURANT
1 W WALNUT ST,
MARENGO, OHIO
TUESDAY, MAY 7TH AT 9:00AM

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, MAY 20TH AT 12 NOON,
JUDY JONES 567-231-9339



MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</p>	<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p align="center">1</p> <p>Cranberry Chicken Baby Bakers Seasoned Broccoli Mandarin Oranges Bread Milk</p>	<p align="center">2</p> <p>Breaded Veal Squash Medley Blueberry Crisp Bun Milk</p>	<p align="center">3</p> <p>Deli Sandwich on a Croissant Tomato Cucumber Salad Pickle Spear Fresh Orange Milk</p>
<p align="center">6</p> <p>Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits Brown Rice Milk</p>	<p align="center">7</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices Roll Milk</p>	<p align="center">8</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad Fresh Pear Breadstick Milk</p>	<p align="center">9</p> <p>Chicken Tenders California Blend Fresh Banana Bread Milk</p>	<p align="center">10</p> <p>Egg Salad Lettuce, Tomato, Onion Broccoli/Cauliflower salad Diced Pears Croissant Milk</p>
<p align="center">13</p> <p>Sloppy Joes Au Gratin Potatoes Spiced Apples Bun Milk</p>	<p align="center">14</p> <p>Beef Stew House Salad Strawberries Cornbread Milk</p>	<p align="center">15</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p align="center">16</p> <p>Breaded Chicken Legs Mashed Potatoes Glazed Carrots Tropical Fruit Roll Milk</p>	<p align="center">17</p> <p>Ham & Cheese Sandwich Cowboy Corn Salad Mandarin Oranges Bun Milk</p>
<p align="center">20</p> <p>Pork Chop w/ Mushroom Sauce Wild Rice Steamed Broccoli Fresh Apples Milk</p>	<p align="center">21</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches Breadstick Milk</p>	<p align="center">22</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear Roll Milk</p>	<p align="center">23</p> <p>Chicken Pot Pie Over Biscuit Side Salad Pineapple Tidbits Milk</p>	<p align="center">24</p> <p>Chicken Salad on Croissant Fresh Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p align="center">27</p> <p>Center closed for Memorial Day</p>	<p align="center">28</p> <p>Hamburger on Bun California Blend Lettuce, Tomato, Onion Apple Milk</p>	<p align="center">29</p> <p>Chicken Noodles Mashed Potatoes Sauteed Brussel Sprouts Topical Fruit Roll Milk</p>	<p align="center">30</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges Biscuit Milk</p>	<p align="center">31</p> <p>Tuna Salad Croissant Celery Stick Cole Slaw Apricots Milk</p>

HAPPY BIRTHDAY!

Kathy Canfield

Sharon Bailey

Mike Catalogun

Lee Faust

Evelyn Guiher

David Hamilton

Ruth Harshner

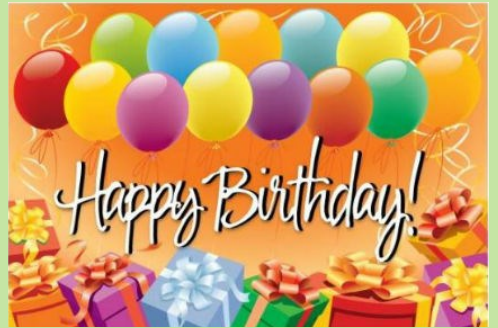
Joanne Hinkle

Judy Jones

Wilma Reed

Howard Berridge

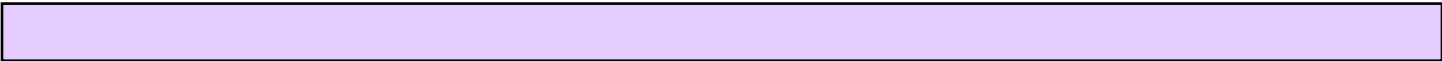
Jane Berridge



This Newsletter is published by:

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dba Seniors on Center
41 West Center Street
Mt. Gilead, OH 43338

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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.
419.946.4191 * 419.946.1037 facsimile

Sponsored by Title III Grant under the Older Americans Act administered through the Ohio Department of Aging and Ohio District 5 Area Agency on Aging, with local funding through levy dollars, and private donations. The Morrow County Multi-Purpose Senior Center and its programs are open to all Morrow County residents 60+ years of age regardless of race, color, ancestry, religion, sex, national origin, or disability.