

SENIOR MOMENTS

Morrow County's Monthly Newsletter

AUGUST

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...

Here we are in August and its finally FAIR MONTH. Okay I know, most of the Morrow County Fair takes place in September, but NOT the day that celebrates you, our morrow county citizens over 60. That's right, August 30, 2022 is Senior Day at the fair. We will meet from 9:00 am until 1:45 pm in the shelter over by the small stage. We will have vendors, bingo, prizes, entertainment, give aways and lunch. Registration begins at 9:00 am.

We are also in the process of trying to update the center a little bit. We have added a couple of comfortable seating areas with a TV and books available to read at the center or take home. We have also added a bumper pool table, a new Ohio State dart board as well as a small coffee bar. Feel free to stop by, any time Monday to Friday 8:00 am to 4:00 pm, and grab a cup of coffee and sit and read, play games or just relax in the air conditioning during these hot days. And remember;

Age doesn't determine success. Colonel Sanders didn't start KFC until he was 65 years old.

We lose a few bones. We are born with 350 bones in our skeleton. Over our lives and the aging process, our bones fuse together leaving us with 206 as adults.

Seniors hold the most voting power: Those 60 and older, in the United States, cast more ballots than any other age group.

Creativity does not diminish with age. Laura Ingalls Wilder didn't publish "Little House in the Big Woods" until she was 65 years old.

Seniors are living longer. Due to advancements in healthcare and technology, people are living longer. By 2040, the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

You (mostly) have control over aging. Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% are controlled by chosen lifestyle factors.

HAVE A GREAT AUGUST!!!!

Sincerely,
David Keefer

UPCOMING EVENTS!

MUSIC



Monday, August 8th, join us for a box dinner of Shaved Roast Beef Sandwich, Cole Slaw, Mandarin Oranges, & Milk at 5:00pm and music by The Country Travelers at 6:00pm, Monday, August 22nd, join us for a box dinner of Egg Salad Sandwich, Celery Sticks, Carrot Salad, Applesauce, Goldfish Crackers & Milk at 5:00pm and music by The Country Travelers at 6:00pm, and Monday, August 29th join us for music by Bill Adkins at 6:00-7:00PM and Open Mic from 7:00-8:00PM. Cost on these nights for members \$1.00, non-members \$2.00. Donations for the band are still greatly appreciated. We will also be having a 50/50 raffle so come ready to win big!

October 9th we are going to try to hold an Open Mic night. So if you or someone you know would like to come and perform for us on this night we would greatly appreciate it. Please call Terri here at the center if you are interested to set up a time.

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 relation and sleep quality. 9. Exercise can reduce pain.

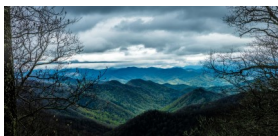
And Best of all 10. EXERCISE CAN BE FUN AND SOCIAL! Especially if you exercise with Sassy Seniors on Monday, Wednesday, and Friday from 8:30-9:30 at Seniors on Center. Come join the fun and reap the benefits.

SHOPPING

We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, August 2nd, we will be heading to Marion and Third Tuesday August 16th we will be going to Mansfield. Please contact Brian about where it is you would like to go. We will be leaving the center at 10AM and returning at about 2PM. We will be meeting at the center by 9:30. If you need a ride to the center please call Brain to arrange transportation. Please try to give us 48 hours notice for pickup. Donations are always welcome.



SMOKEY MOUNTAIN TRIP



Have you ever seen the Smokey Mountains? Would you like to? Join us on a fun trip to the Smokey Mountains October 24th-27th 2022. On this trip you will experience the Autumn colors on this journey through the south as we make our way to Pigeon Forge, TN for entertaining shows and mouthwatering cuisine. Our lodging is at the Hampton Inn on Teaster Lane, centrally located to our attractions. Highlights include The Soul of Motown, A Tribute to Red Skelton, The Smokey Mtn Mystery Dinner Show and Country Tonight along with time at The Apple Barn and The Island. This trip is first come first served. The amount is \$900.00 for members and \$925.00 for non-members. If you are interested in this trip please call (419) 946-4191 and ask to talk to Terri and reserve your spot.

AUGUST BOOK SALE

PAPERBACK BOOKS 25 CENTS PER BOOK. JUST STOP IN AND ASK ABOUT THEM!

UPCOMING EVENTS!



MENS DAY REDO/PICNIC IN THE PARK

We would like to invite you to a picnic in the park meal at the State Park on Friday, August 12th Please look for us because we do not reserve a pavilion. We will be having a picnic lunch starting at 12:30pm and games of corn hole, ladder toss and other games. Seating is limited so call the center today at 419-946-4191 and reserve your spot by

Wednesday, August 3rd by noon. Please note this activity may be moved to the center due to adverse weather.

EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Thursday, August 4th, 11th, 18th, & 25th at Noon. It is \$1.00 per person to play Euchre. You may bring your own drink and snacks.



BINGO



Cash Bingo will be on Tuesday, August 16 at 12:00PM. Cash Bingo cost to play is \$2.00. Join us on Tuesday, August 23rd at 12:00PM for White Elephant Bingo. Join us for Bingo with Karma from Kingston Tuesday, August 9th 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 the third Thursday of every month at 1:00PM. The book we are reading for August is "The One Hundred Years of Lenni and Margot". We will be having coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Terri .



CRAFT DAY

Join us August 15th at noon for a fun afternoon for a craft of a mason jar birdfeeder. If you would like to join us for this craft please let us know by August 10th. If you would like to have lunch before the craft please call us by August 12 by noon. If you have any questions call Terri here at the center.

GAME DAY

Come join us at Seniors on Center on August 17th at 12:00 PM for a afternoon of fun and games. We will have bumper pool, darts, ladder toss, corn hole, dominos, phase 10, Uno and any other games you would like to play. Please call the center by August 15th by noon to reserve your spot if you would like to come in before hand and have lunch.



MORROW COUNTY FAIR

Its that time again, FAIR TIME! Join us August 30th at the Morrow County Fair for Senior Day. Registration will begin at 9:00 AM and is first come first served, Bingo begins at 10:15 AM, Lunch is at 11:30 AM (You **MUST** be present at this time to receive a meal, if you are not present your meal will be passed on to the next person. Entertainment is Todd Berry: Elvis Impersonator and the close will be at 1:45PM. We hope to see you there.



SENIOR GROUPS

THE LUNCH BUNCH

FRIDAY, AUGUST 26TH AT NOON

RESERVATION REQUIRED

\$3.00 SUGGESTED DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

MARIE CHRISTIANO 419-751-7579



MARENGO/FULTON SENIORS

BREAKFAST AT

ST RT 229 RESAURANT

1 W WALNUT ST,

MARENGO, OHIO

TUESDAY AUGUST 2ND AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, AUGUST 15TH AT 12 NOON,

JUDY JONES 567-231-9339

SERVICES



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



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

TRANSPORTATION

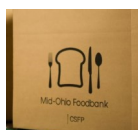


Transportation for Morrow County residents that are 60+ years of age to medical appointments, grocery shopping, banking, etc. is available Monday thru Friday. Out of county medical transportation is available with a 48-hour notice, and the availability of a driver and vehicle. Handicapped accessible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

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 .



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 Maggie at (419)-946-4191 to qualify.




CONGRAGATE 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.

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
1 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	2 9:00AM Marengo Seniors Group at St. Rt. 229 Restaurant 9:30AM Ohio State Fair Senior Day leaving Kroger 10:00AM Shopping trip to Marion 11:30AM Lunch @ Center	3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center Last day to RSVP for Mens Day Redo/Picnic in the park
8 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 5:00PM Box Meal 6:00PM Country Travelers	9 11:30AM Lunch @ Center 12:00-1:30PM Bingo with Kingston Karen McVay (Call Legal Aid to set up an appointment)	10 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center Last day to RSVP for Craft
15 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Craft Day 12:00PM Marengo Seniors Group at Legion Hall	16 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center 12:00PM Bingo (Cash)	17 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Game Day
22 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00-3:00PM Commodities Pickup 5:00PM Box Meal 6:00PM Country Travelers	23 9:00AM-12:00PM Commodities Pickup 11:30AM Lunch @ Center 12:00PM Bingo (White Elephant)	24 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
29 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 6:00PM Bill Adkins-6-7, Open Mic 7-8	30 Center is closed for Senior Fair Day	31 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center

EVENTS AND IMPORTANT DATES

Thursday	Friday	 <div> <p>Sandy & Bob Snyder 8/14</p> <p>Janet & Fritz Miller 8/18</p> <p>June & Phil Raney 8/19</p> <p>Cindy & Ed Fidler 8/25</p> <p>Doris & Dan Coldwell 8/29</p> </div>
4 11:30AM Lunch @ Center 12:00PM Euchre	5 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	
11 11:30AM Lunch @ Center 12:00PM Euchre 1:00-3:00PM Marc Follin Medicare	12 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:30PM Men's Day Redo/ Picnic in the Park	
18 11:30AM Lunch @ Center 12:00PM Euchre 1:00PM Book Club	19 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	
25 11:30AM Lunch @ Center 12:00PM Euchre	26 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM The Lunch Bunch with a craft	

HAPPY BIRTHDAY!

Les Armstrong

Jean Kipp

Gill Ullom

Marion Barton

Verlton Kunze

Helen Bosh

Fritz Miller

Lois Brown

Lee Mullenix

Melody Dendinger

Elsie McQuiston

Jackie Diefenbach

Pat Nesbitt

Treva Dilsaver

Michael Park

Alice Foley

Diane Roberts

Doug Haley

Delwyn Rowland

Avonell Hayhurst

Robert Schroeder

Virginia Hedrick

Richard Short

Phoebe House

Ruth Thorne

Iva Jessing

Edna Welsh





MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Pulled Chicken Sweet Potato Puffs Corn Mixed Fruit Bun Milk</p>	<p>2</p> <p>Chicken Lasagna Green Beans Cooked Carrots Pineapple Roll Milk</p>	<p>3</p> <p>Chicken ala King w/ Mixed Veggies Broccoli Mandarin Oranges Biscuit Milk</p>	<p>4</p> <p>Sloppy Joe Potato Soup Cucumbers Fruit Salad Bun Milk</p>	<p>5</p> <p>Alaskan Pollock Roasted Root Veggie Blend Wax Beans Peaches Roll Milk</p>
<p>8</p> <p>Sliced Roast Beef Maple Diced Sweet Potatoes Sugar Snap Peas Mixed Fruit Bun Milk</p>	<p>9</p> <p>Mini Bratwurst Seasoned Redskin Potatoes Corn Apricots Roll Milk</p>	<p>10</p> <p>Chicken Drumstick Mashed Potatoes Veggie Blend Peaches Roll Milk</p>	<p>11</p> <p>Pulled BBQ Pork White Bean Soup Potato Salad Pineapple Bun Milk</p>	<p>12</p> <p>Cheese Omelet Diced Hash Browns Pancake Orange Pears Milk</p>
<p>15</p> <p>Chicken Meatballs w/ Marinara Sauce Green Beans Cinnamon Apple Crisp Hot Dog Bun Milk</p>	<p>16</p> <p>Chicken & Noodles Broccoli Cooked Carrots Mandarin Oranges Roll Milk</p>	<p>17</p> <p>Sausage Gravy w/ Biscuit Prince Charles Veggie Blend Corn Mixed Fruit Milk</p>	<p>18</p> <p>Chicken Patty Vegetable Soup Cucumber Salad Peaches Bun Milk</p>	<p>19</p> <p>Cheese Pizza Capri Veggie Blend Carrot & Celery Sticks Pineapple Milk</p>
<p>22</p> <p>Hamburger Baked Beans Veggie Blend Peaches Bun Milk</p>	<p>23</p> <p>Ham Mashed Potatoes Cooked Carrots Mixed Fruit Roll Milk</p>	<p>24</p> <p>Sweet & Sour Chicken Egg Noodles Veggie Blend Wax Beans Tropical Fruit Salad Milk</p>	<p>25</p> <p>BBQ Riblet Corn Chowder Tossed Salad Pineapple Bun Milk</p>	<p>26</p> <p>Chicken Breast Maple Diced Sweep Potatoes Broccoli Fruit/Vegetable Juice Blend Roll Milk</p>
<p>29</p> <p>Breaded Veal Seasoned Redskin Potatoes Veggie Blend Peaches Bun Milk</p>	<p>30</p> <p>Pork Pot Roast Mashed Potatoes Corn Cinnamon Apples Roll Milk</p>	<p>31</p> <p>Spaghetti w/ Meat Sauce Cooked Spinach Veggie Blend Fruit Cocktail Roll Milk</p>	<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</p>

FUN FACTS

1. "Opposites attract" is a common myth. People are actually attracted to people who look like family members, or those with a similar personality type.
2. Llamas can be used as guards against coyote attacks on sheep herds. Studies have proven that just one guard llama is an effective protector and can even kill the attacking coyotes.
3. The unique smell of rain actually comes from plant oils, bacteria, and ozone.
4. If you heat up a magnet, it will lose its magnetism.
5. Cruise ships have morgues that can store up to 10 bodies at once. The average amount of people that die on cruise ships per year is 200.
6. Birds are the closest living relatives of crocodilians, as well as the descendants of extinct dinosaurs with feathers. This makes them the only surviving dinosaurs.
7. Small as they may be, ladybugs have a unique smell that humans are incredibly sensitive to.
8. During WWII, a U.S. naval destroyer won a battle against a Japanese submarine by throwing potatoes at them. The Japanese thought they were grenades.



This Newsletter is published by:

Morrow County Services for
Older Citizens, Inc.
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.