

SENIOR MOMENTS

Morrow County's Monthly Newsletter December, 2025



From the of the Director...

Dear Morrow County Seniors,

As the crisp December air settles in and the holiday season sparkles around us, we're thrilled to connect with you through this month's newsletter. This is a time for warmth, reflection, and creating new memories, and we're here to share some ideas to make your holiday season joyful and fulfilling.

Cozy Holiday Activities

The holidays are perfect for embracing simple pleasures. Here are a few activities tailored for you:

- Winter Crafting: Create handmade holiday cards or ornaments. Keep in touch with us for crafting classes at the center, or you can gather with friends for a craft afternoon at home. Simple supplies like paper, glue, and glitter can spark creativity!
- Story Sharing: Host a small gathering to share favorite holiday memories. Whether it's a tale of a childhood snowball fight or a cherished family recipe, these stories connect generations.
- Gentle Strolls: Bundle up and take a short walk to enjoy neighborhood holiday lights. Many local parks have accessible paths, and a warm drink in hand makes it even more special.

Winter brings its own set of challenges, so here are a few tips to stay healthy:

- Warm Nutrition: Try hearty soups or stews packed with vegetables. They're easy to make and freeze for later. Ask about meal delivery services at your community center if cooking feels like a chore.
- Stay Active Indoors: Gentle chair yoga or stretching routines can keep you moving. Free online videos are available, or join a local class designed for seniors.
- Mental Wellness: The holidays can stir mixed emotions. If you're feeling down, reach out to a friend or a counselor.

Looking Ahead

As we close out 2025, we're grateful for our vibrant senior community. We look back at all the ways in which we were able to serve you this past year. And we look forward to a fantastic 2026!

Wishing you a December filled with warmth, laughter, and love. You make our community shine!

Sincerely, David Keefer

UPCOMING EVENTS!

NEW CENTER HOURS

Please note the we have adjusted the hours of operations for the Senior Center. The center is open Monday to Friday, 8:00 am to 4:00 pm.

Get sassy and stay spry! Join our Sassy Seniors Exercise Group for fun, feisty workouts every Monday, Wednesday, and Friday at 8:30 AM. Pump up those muscles, boost your sass, and make new friends!

BINGO

Join Presidential Acute Care for bingo on December 2 from 12:00-1:30 pm. Galion Meadows will be with us on December 9. Join Tiffany with Cornerstone Caregiving on December 16 and Ohioans Home Health will run bingo on December 23. If you would like to join us for lunch before playing, please call us the day before by noon.



BIBLE STUDY

Come to the center and join us in a bible study Friday, December 12 from 12:30-1:30 pm. We would like RSVPs but you are more than welcome to just come.



419.946.4191

EUCHRE

Do you enjoy playing Euchre? We will be playing Euchre on Thursday, December 4, 11, and 18, 2025 at Noon.



MUSIC

Monday, December 1, County Travelers will be with us for music. Monday, December 8 we will have our Open Mic night. Tuesday, December 9, we will have Karaoke. Monday, December 15, join us for Kickin' Grass. And Monday, December 22 will feature Gospel/Hymn Music with the Skudders from 6:00-8:00 pm



Donations for the band are still greatly appreciated.

Donations for entry and snacks are greatly appreciated as well.

IT'S CHRISTMAS TIME!

Word Twist

Season's Greetings

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

etirwn _____	ftgi _____
yhdloai _____	ymrre _____
kesanoflw _____	iyfmla _____
luoyjf _____	cenolbratie _____
rehce _____	rtmhwa _____



BOOK CLUB– NEW TIME

Mount Gilead Library leads a lively discussion of “The Lost Bookshop” by Evie Woods. Join us at the center from 10:00 to 11:00 am.

Medicare Annual Enrollment Period Schedule with Marc Follin

One-on-One (1st come, 1st served)

Educational

November

Wednesday, 11/5, 9:00 to 12:00
Friday, 11/14, 1:00 to 4:00
Tuesday, 11/18, 1:00 to 4:00
Monday, 11/24, 9:00 to 12:00

Monday, 11/3, 10:00 to 11:00
Thursday, 11/13, 2:00 to 3:00
Friday, 11/21, 10:00 to 11:00
Monday, 11/24, 2:00 to 3:00

December

Friday, 12/5, 1:00 to 4:00

Thursday, 12/4, 10:00 to 11:00

SERVICES



'Tis the Season

©LPi

FOOT CARE



Call **Lauren Johnson** at
(937) 738-1761 to schedule your
30 minute foot care appointment with Lauren.

Lauren will be at the center on **January 8, 2026**
from 9:00 am to 1:30 pm.

Cost for this service is **\$45.00** per person and
treatment includes: 30 minute treatment, Expert-
ly 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



**Word Twist
Answers**

Winter
Holiday
Snowflake

Joyful
Cheer
Gift

Merry
Family
Celebration

Warmth

©LPi

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.

COMMODITIES FOOD BOX

If you have signed up to receive a commodity box from the Mid-Ohio Food Collective, be sure you are at the center on the appointed pick up day. If you would like information about the boxes, please call the center and talk to Richard.

**Pick up: Tuesday, November 25
from 9:00 to 12:00**

Equal opportunity provider



A Recipe to Share: Spiced Hot Cocoa

Warm up with this simple recipe for one:

- Ingredients: 1 cup milk (or non-dairy alternative), 1 tbsp cocoa powder, 1 tbsp sugar, 1/4 tsp vanilla extract, pinch of cinnamon.

- Instructions: Heat milk in a small saucepan over medium heat. Whisk in cocoa, sugar, and cinnamon until smooth.
- Remove from heat, stir in vanilla, and pour into your favorite mug. Top with a marshmallow or whipped cream for extra cheer!

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.



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

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 a meal.



EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
1 8:30 am Sassy Seniors 9:00 am – Marengo Senior Breakfast 11:30 am Lunch @ Center 5:00 pm – Dinner 6:00 pm – Country Travelers	2 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Presidential.	3 8:30 am Sassy Seniors 8:30 am – Amish Road Trip 11:30 am Lunch @ Center
8 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm Music– Open Mic	9 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Galion Meadows 6:00 pm Music– Karaoke	10 8:30 Sassy Seniors 10:00 am – Christmas Craft 11:30 am Lunch @ Center 12:30 pm Board of Directors Meeting
15 8:30 am Sassy Seniors 12:00 pm –Marengo Seniors Carry-In at Marengo Legion Hall 12:00 pm Lunch Bunch making luminaries 5:00 pm – Dinner 6:00 pm – Kickin' Grass	16 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Cornerstone Caregiving.	17 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm – Movie/ How the Grinch Stole Christmas. 5:00 pm – Lights Tour
22 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 –Gospel/Hymn Music with the Skudders	23 9:00-12:00 pm – Commodity Pick Up 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health.	24 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm – Christmas Party
29 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm – No Music	30 11:30 am Lunch @ Center 12:00-1:30 pm Bingo	31 8:30 am Sassy Seniors 11:30 am Lunch @ Center

EVENTS AND IMPORTANT DATES

Thursday	Friday	 <div style="font-size: 2em; font-weight: bold;">Wilma & Bill</div> <div style="font-size: 1.5em; font-weight: bold;">Reed</div> <div style="font-size: 1.5em; font-weight: bold;">12/4</div>
4 10:00 am walking club 10:00 to 11:00 am _ Medicare Education w/ Marc Follin 11:30 am Lunch @ Center 12:00 pm Euchre	5 8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm 'Happy hookers" Sewing circle 1:00 to 4:00 pm —Medicare One on One w/ Marc Follin	
11 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre	12 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm — Bible Study.	
18 10:00 am walking club 10:00-11:00 am — Book Club 11:30 am Lunch @ Center 12:00 pm Euchre	19 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm 'Happy hookers" Sewing circle	
25 	26 	

SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will meet on December 15, 2025. Lunch will be served at Noon. We will make luminaries after lunch. Join us at 12:30 pm to hear more about Alzheimer's.

RESERVATION REQUIRED
\$4.00 SUGGESTED DONATION
SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD

MARENGO/FULTON SENIORS

BREAKFAST AT EDISON DEPOT
552 W HIGH ST.
EDISON, OH 43320
MONDAY, December 1, 2025 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, December 15, 2025 AT
12 NOON
JUDY JONES 567-231-9339

2026 Holiday Dates

The center will be closed on the following dates.

If you are part of our meals on wheels program, you will receive a frozen meal a day or two prior to the date.

Thursday January 1, 2026	New Year's Day
Friday January 2, 2026	Day after New Year's Day
Monday January 19, 2026	Martin Luther King Day
Monday February 16, 2026	President's Day
Monday May 25, 2026	Memorial Day
Friday July 3, 2026	Independence Day
Tuesday September 1, 2026	Senior Day at the Fair
Monday September 7, 2026	Labor Day
Monday October 12, 2026	Columbus Day
Wednesday November 11, 2026	Veterans Day
Thursday November 26, 2026	Thanksgiving Day
Friday November 27, 2026	Day following Thanksgiving
Thursday December 24, 2026	Christmas Eve Day
Friday December 25, 2026	Christmas Day
Friday January 1, 2027	New Years Day

MENU

DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>2</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>3</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk</p>	<p>4</p> <p>Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>5</p> <p>Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>8</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>9</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>10</p> <p>Chicken Noodles Mashed Potatoes Brussel Sprouts Tropical Fruit WG Bun Milk</p>	<p>11</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>12</p> <p>Tuna Salad on WG Croissant Celery Stick Cole Slaw Apricots Milk</p>
<p>15</p> <p>Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk</p>	<p>16</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>17</p> <p>Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>18</p> <p>Breaded Veal Squash Medley Blueberry Crisp WG Bun Milk</p>	<p>19</p> <p>Deli Sandwich on WG Croissant Tomato Cucumber salad Pickle Spear Fresh Orange Milk</p>
<p>22</p> <p>Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>23</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>24</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk</p>	<p>25</p> 	<p>26</p> 
<p>29</p> <p>Sloppy Joes Au Gratin Potatoes Sliced Apples WG Bun Milk</p>	<p>30</p> <p>Pork Fritter Mashed Potatoes Gravy Green Beans Milk</p>	<p>31</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>Call the center for A complete list of ingredients 419.946.4191</p>	<p>WG= Whole Grain</p>

HAPPY BIRTHDAY!

Dorothy Barnes	Patricia Pennington	419.946.4191
Carol Bridges	Nancy Reed	
Marie Christiano	David Reppart	
Pat Cochran	Roland Sautter	
Margaret DeWolf	Eileen Sheidler	
Charles Ditty Sr.	Al Miller	
Charlotte Elrod	Brad Larsen	
Lee Felt	Carl Jacobs	
Farrell Freshcorn	Melanie Rodgers	
Becky Kunze	Cheryl Young	
Patty Levering		
Lynda Morris	If you have any updates to this list,	
Mary Owens	Please contact the center at	



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.

41 W. Center Street

Mount Gilead, Ohio 43338

419.946.4191 * 419.946.1037 fax

Center Hours

Monday— Friday

8:00 am to 4:30 pm

Visit us online at www.seniorsoncenter.org

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. We are an equal opportunity provider.