

SENIOR MOMENTS

Morrow County's Monthly Newsletter

FEBRUARY



From the [Image] of the Director...

Well here we are, one month into a new year. How are your new year resolutions going so far? Mine, about like normal. I almost always have at least one resolution that revolves around losing weight. Weight loss is always difficult, but it only gets more difficult, and more important, as we get older. While losing weight after 60 may be slower and more frustrating, don't give up and don't blame yourself. If you haven't noticed yet, our bodies change as we age and so the rules surrounding weight loss change as well.

Life expectancy has risen. The average life expectancy has increased by 5 years between 2000 and 2015. This is all the more reason to get healthy. We need to make those extra years productive and rewarding.

I have found, I am usually more successful when I have a partner in my weight loss challenge. It could be my wife or a friend. This also proves the point that misery loves company. You have someone to help hold you accountable and someone to bounce ideas off of and someone to exercise with.

If you are looking for a group that can help meet your exercise goals, think about joining the Sassy Seniors group that meets at the center Monday, Wednesday, and Friday morning from 8:30 to 9:30 am. Come and participate in low impact exercise with a group of seniors who can help you stay focused and accountable to your exercise and weight loss goals.

To help keep your resolution, all the way to the end of 2023, follow these 6 steps to healthier living;

- Take up strength training in order to maintain muscle tone.
- Add movement to your daily life.
- Eat plenty of lean protein to help build muscle.
- Consume enough calories. Fad diets don't work.
- Get enough sleep.
- Reduce your stress level.

We, at your senior center, want you healthy and around for a lot of years. Come in and let us help.

Sincerely,
David Keefer



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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UPCOMING EVENTS!

MUSIC



Monday, February 6th, join us for a box dinner of Chicken Salad, Marinated California Blend Vegetables, Pineapple, Grapes, Snowflake Roll, Milk at 5:00pm and music by Kicking Grass at 6:00pm. Monday, February 13th, join us for Open Mic Night at 6:00pm. Monday, February 27th, join us for a box dinner of Ham Salad, Marinated Cucumber Salad, Broccoli Florets, Strawberries, Bun, Milk at 5:00pm and music by Country Travelers at 6:00pm. 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!

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, February 7th and February 21st at 12:00PM. Cash Bingo cost to play is \$5.00. Join us on Tuesday, February 28th at 12:00PM for White Elephant Bingo. (There is no charge for White Elephant Bingo. If you wish to bring something in for White Elephant it must be brought in before the date and given to Terri.) Join us for Bingo with Karma from Kingston Tuesday, February 14th 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.

SHOPPING



We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, February 7th, we will be heading to Marion and Third Tuesday, February 21st we will be going to Mansfield. Please contact Jeff 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 Jeff to arrange transportation. Please try to give us 48 hours notice for pickup. Donations are always welcome.

UPCOMING EVENTS!



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 February is "The Reckoning" by John Grisham. We will have coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Terri .

EUCHRE

Do you enjoy playing Euchre? We will be playing Euchre on Thursday, February 2nd, 9th, 16th, and 23rd at Noon. You may bring your own drink and snacks.



GAMES

Do you enjoy playing games? If you answered yes then bring a friend and come on down to the center and enjoy playing games with your friends. We have many different games to choose from. We will be hold game days on Wednesday, February 8th and Wednesday, February 15th from 10:00AM to 4:00PM. No need to RSVP just show up an enjoy your day.

SENIORS ON CENTER CHOIR

Come join us in making beautiful music for our seniors in nursing homes. You don't have to be a senior to join us (18+) just willing to sing. We will be having Choir practice February 15th and 22nd at the center at 1:00PM. If you would like to join us please call the center and ask to speak to Terri.



SAINT PATRICK'S DAY PARTY

Come join us for some shenanigans Friday, March 17th, at 12:00PM. Please call and reserve your spot by Wednesday, March 8th by noon. And as always donations are always appreciated.

MONDAY NIGHT MUSIC/VALENTINE'S DAY PARTY

Join us Monday, February 13th at 6:00 PM for our Open Mic Valentine's Day Party. We will have cookies and punch for you to enjoy and we will also be crowning a king and queen for the evening. So stop on by and enjoy some good music and a fun evening.



HOME DELIVERED MEAL CHANGE

The Nutrition Department would like to remind all home delivered meal clients that the Center will be closed for President's Day, Monday February 20, 2023. A frozen meal will be delivered to all clients who would normally get a meal for 2/20/23 on either Thursday 2/16/23 or Friday 2/17/23. Please call the Center if you have any questions.

SENIOR GROUPS

THE LUNCH BUNCH

FRIDAY, FEBRUARY 24TH AT NOON

RESERVATION REQUIRED

\$3.00 SUGGESTED DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

CALL TERRI 419-946-4191



MARENGO/FULTON SENIORS

BREAKFAST AT

ST RT 229 RESAURANT

1 W WALNUT ST,

MARENGO, OHIO

TUESDAY, FEBRUARY 7TH AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, FEBRUARY 20TH 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 .



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.



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.

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.



EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
		1 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00-2:00PM Pour Painting Class
6 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 5:00PM Box Meal 6:00PM Kicking Grass	7 9:00AM Marengo Seniors Group at St. Rt. 229 Restaurant 10:00AM Shopping trip to Marion 11:30AM Lunch @ Center 12:00PM Bingo (Cash)	8 8:30-9:30AM Sassy Seniors 10:00AM-4:00PM Games 11:30AM Lunch @ Center
13 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 6:00PM Open Mic/ Valentine's Day Event	14 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center 12:00PM Bingo with Karma from Kingston Karen McVay (Call Legal Aid to set up an appointment)	15 8:30-9:30AM Sassy Seniors 10:00AM-4:00PM Games 11:30AM Lunch @ Center 1:00PM Choir Practice
20 Closed in Observation of Presidents Day 12:00PM Marengo Seniors Group at Legion Hall	21 11:30AM Lunch @ Center 12:00PM Bingo (Cash)	22 8:30-9:30AM Sassy Seniors 10:00AM Beltone 11:30AM Lunch @ Center 1:00PM Choir Practice
27 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00-3:00PM Commodities Pickup 5:00PM Box Meal 6:00PM Country Travelers	28 9:00AM-12:00PM Commodities Pickup 11:30AM Lunch @ Center 12:00PM Bingo (White Elephant) (NO COST)	

EVENTS AND IMPORTANT DATES

Thursday	Friday
2 11:30AM Lunch @ Center 12:00PM Euchre	3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
9 11:30AM Lunch @ Center 12:00PM Euchre 1:00-3:00PM Marc Follin Medicare	10 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
16 11:30AM Lunch @ Center 12:00PM Euchre 1:00PM Book Club	17 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
23 11:30AM Lunch @ Center 12:00PM Euchre	24 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Lunch Bunch w/ laughing gourd craft \$6.00 per person



**Fred & Barb
Williamson**

2/4

**Marilyn & Richard
Short**

2/9

**Cindy & Shan
Rodgers**

2/10

**Maureen & Robert
Schroeder**

2/13

HAPPY BIRTHDAY!

Gertrude Alnold

Marily Weiler

Nancy Cooper

Barb Williamson

Catherine Edwards

Fred Williamson

Jamie Palmer

Terry Wolff

Gene Pearl

Marjorie Adams

Del Rowland

Linda Edmonson

Patricia See

Goldie Sheets

Sandy Snyder

Audrey Swango

Harold Taylor

Anna Vorkavich

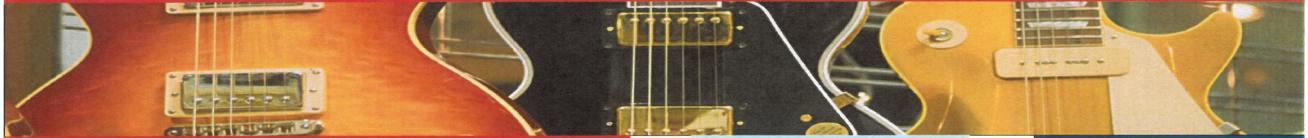
Jeannette Warwick



UPCOMING TRIP!

SENIORS ON CENTER PRESENTS

Nashville Show Trip



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Nashville area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ 2 Great Shows: 1) GRAND OLE OPRY, 2) NASHVILLE NIGHTLIFE DINNER THEATER
- ◆ Guided Tours of NASHVILLE and BELLE MEADE HISTORIC SITE & WINERY
- ◆ Admission to the COUNTRY MUSIC HALL OF FAME AND MUSEUM
- ◆ Admission to the GRAND OLE OPRY BEHIND THE SCENES TOUR
- ◆ Admission to the MADAME TUSSAUDS WAX MUSEUM

For more pictures, video, and information visit:
www.GroupTrips.com/seniorscenter

\$745*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri) Apr 10 - 14 2023



Nashville Nightlife Dinner Theater.



Belle Meade Historic Site & Winery.



Country Music Hall of Fame.



Famous Grand Ole Opry.

Departure: The 911 Building, 144 South Main St, Mount Gilead, OH @ 8 am

Day 1: Depart in the comfort of a video and restroom equipped Motorcoach as you head for lots of excitement in Nashville. This evening, you'll enjoy Dinner and check into your Nashville area hotel for a four night stay.

Day 2: After enjoying a Continental Breakfast, you'll take a Guided Tour of NASHVILLE, including a photo stop at the Parthenon. The Parthenon is the world's only full scale reproduction of the famous Greek Temple. Then, you will enjoy a visit to the MADAME TUSSAUDS WAX MUSEUM and meet all of your favorite stars in the heart of Nashville. This evening, you will enjoy Dinner before going to see a show at the famous GRAND OLE OPRY.

Day 3: Today, after a Continental Breakfast, you'll depart for a Guided Tour of beautiful BELLE MEADE HISTORIC SITE & WINERY. Marvel at its antebellum architecture, and learn about its unique Southern history. Belle Meade's illustrious past has spanned from its prosperity as a Thoroughbred breeding establishment, to its perilous location at the Civil War's Battle of Nashville, to its current restoration as a historically accurate Victorian home. A visit to Belle Meade also provides an important insight into the struggles of African Americans before the Civil War. Next, you'll have an opportunity to explore Historic Downtown Nashville. This evening, enjoy Dinner and a Show at the fabulous NASHVILLE NIGHTLIFE DINNER THEATER.

Day 4: Enjoy a Continental Breakfast, before departing for the GRAND OLE OPRY BACKSTAGE TOUR. There's nothing like a behind the scenes tour of the Grand Ole Opry – it's a must-see for everyone in Music City! Walk in the footsteps of country music's superstars and get an exclusive look at what happens behind the scenes of the show that made country music famous! This afternoon, you'll head to the COUNTRY MUSIC HALL OF FAME AND MUSEUM. This is a state-of-the-art cultural landmark and an architectural crown jewel of the Nashville skyline. Be amazed by its incredible array of rare costumes, instruments, and historical mementos. This evening, enjoy Dinner with entertainment.

Day 5: Today, after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan. See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$180 for single occupancy. Final Payment Due: 2/3/2023

FOR INFORMATION & RESERVATIONS CONTACT:

Terri Conner @ (419) 946-4191

Diamond Tours^{inc.}
Bringing Group Travel to a Higher Standard®

Non members price: 785.00 p/p based on Double occupancy.

Form ID: 4500-5A0606

WM

Fla. Seller of Travel Ref No. ST32973.

Tour#: 1962408

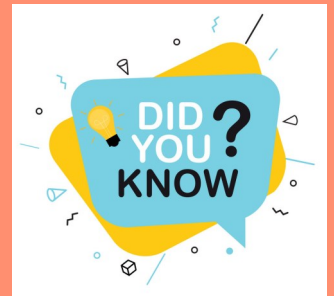
All ages 18 and older are welcome. Please call Terri by Tuesday, March 14th to Reserve your spot.

MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center">1 Taco Meat Lettuce Pinto Beans Pineapple Taco Shell Milk</p>	<p align="center">2 Sloppy Joe Potato Soup Carrot & Celery Sticks Fruit Salad Bun Milk</p>	<p align="center">3 Chicken Lasagna Wax Beans Broccoli Mandarin Oranges Roll Milk</p>
<p align="center">6 Hamburger Baked Beans Sweet Potato Puffs Peaches Bun Milk</p>	<p align="center">7 Beef Pepper Steak Mashed Potatoes Sugar Snap Peas Applesauce Muffin Milk</p>	<p align="center">8 Hot Dog Green Beans Corn Fruit Mix Hot Dog Bun Milk</p>	<p align="center">9 Shredded Chicken Tomato Basil Soup Red Skin Potato Salad Mandarin Oranges Bun Milk</p>	<p align="center">10 Chicken & Noodles Brussel Sprouts Cooked Carrots Pineapple Roll Milk</p>
<p align="center">13 Philly Beef Steak Corn Broccoli Mandarin Oranges Hot Dog Bun Milk</p>	<p align="center">14 Meatloaf Mashed Potatoes Cooked Carrots Fruit Cocktail Roll Milk</p>	<p align="center">15 Chicken Taco Filling Lettuce Black Beans Pineapple Tortilla Milk</p>	<p align="center">16 Chicken Patty Vegetable Soup Cole Slaw Pears Bun Milk</p>	<p align="center">17 Ham Maple Diced Sweet Potatoes Green Beans Citrus Salad Roll Milk</p>
<p align="center">20 CLOSED IN OBSERVATION OF PRESIDENTS DAY</p> 	<p align="center">21 Chicken Drumstick Seasoned Redskin Potatoes Lima Beans Fruit Mix Roll Milk</p>	<p align="center">22 Alaskan Pollock Roasted Root Veggie Blend Wax Beans Peaches Roll Milk</p>	<p align="center">23 Shredded Beef Minestrone Tossed Salad Pineapple Bun Milk</p>	<p align="center">24 Cheese Pizza Cooked Carrots Broccoli Mandarin Oranges Milk</p>
<p align="center">27 Grilled Chicken Sliced Tomato/Lettuce Prince Charles Veggie Blend Peaches Bun Milk</p>	<p align="center">28 Turkey Pot Roast Mashed Potatoes Brussel Sprouts Fruit Cocktail Roll Milk</p>		<p align="center">Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p align="center">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. Brain fibers lose 10% of their total length every decade. They can shrink even more so under acute stress.
2. Chewing gum boosts mental proficiency and is considered a better test aid than caffeine-but nobody knows why.
3. Per capita, the happiest countries in the world also rank highest in terms of consumers of antidepressants.
4. Even though Irish is the official language of Ireland, Polish is more widely spoken.
5. There's a bar in Yukon that serves a "Sourtoe Cocktail". It consist of a shot of whisky with a human toe floating in the glass. An estimated 60,000 people have had it.
6. The Stockholm archipelago has more islands than the Pacific Ocean at around 30,000.
7. In Japan, Domino's started testing pizza delivery via reindeer in 2016.
8. The motto of the United Kingdom's Royal Coat of Arms is in French. The motto is "Dieu et mon droit", which means " God and my right".



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.