

# SENIOR MOMENTS

## Morrow County's Monthly Newsletter

### February, 2026

From the



of the Director...

#### Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

#### Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

#### Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the Curcuma longa plant, is widely regarded to have numerous positive health implications.

#### Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

#### Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

#### Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

*Note: Always consult your healthcare provider when contemplating new ideas to promote better health*

Sincerely, David Keefer

## UPCOMING EVENTS!

### BOOK CLUB– NEW DATE

Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **February 25, 2026** from 1:00 –2:00 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 February 3 from 12:00-1:30 pm. Galion Meadows will be with us on February 10. February 17 we will have Cash Bingo, and Ohioans Home Health will run bingo on February 24. 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, February 13 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, February 5, 12, 19, and 26, 2026 at Noon.



### MUSIC

Monday, February 2, County Travelers will be with us for music. Monday, February 9 we will have our Open Mic night. Tuesday, February 10, we will have Karaoke. Monday, February 16 the center will be CLOSED BUT Kickin' Grass will still play at the center at 6:00 pm.. And Monday, February 23 will feature Gospel/Hymn and Jazz 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.**

### I hope you are enjoying your newsletter, but.....

Please know that due to printing deadlines, and lag-time in communication, it is impossible for us to communicate everything that is happening at the center in the newsletter. If you are wanting the most current information, please visit our website at

[www.seniorsoncenter.org](http://www.seniorsoncenter.org)

# ENIGMA<sup>TM</sup>

CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "U" = "T"

"GQQN DYSR CQQU YE UVQ JRYSEW  
LEW DYSR UVYSJVUF LU MYCUD  
VQPVJUUF."

— NQLBQ NPMJRPA

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## 2026 Commodities Pick-up Schedule

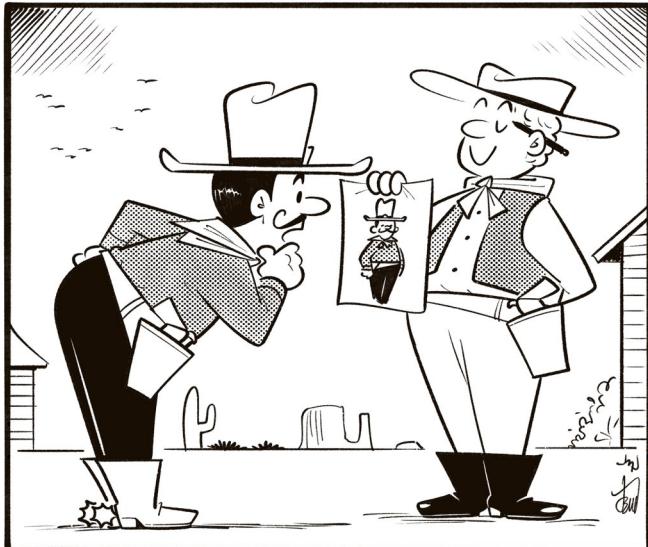
Month	Day	Date	Time
December, 2025	Tuesday	12/23/2025	9:00 am to 12:00 pm
January	Tuesday	1/27/2026	9:00 am to 12:00 pm
February	Tuesday	2/24/2026	9:00 am to 12:00 pm
March	Tuesday	3/24/2026	9:00 am to 12:00 pm
April	Tuesday	4/28/2026	9:00 am to 12:00 pm
May	Friday	5/29/2026	9:00 am to 12:00 pm
June	Tuesday	6/23/2026	9:00 am to 12:00 pm
July	Tuesday	7/28/2026	9:00 am to 12:00 pm
August	Tuesday	8/25/2026	9:00 am to 12:00 pm
September	Tuesday	9/22/2026	9:00 am to 12:00 pm
October	Tuesday	10/27/2026	9:00 am to 12:00 pm
November	Tuesday	11/24/2026	9:00 am to 12:00 pm
December	Tuesday	12/22/2026	9:00 am to 12:00 pm

1. Commodities are **ONLY** distributed on the day and times listed above.
2. If you are not able to pick-up during this time, you must contact the center, prior to these times, to make arrangements.

**Center phone number: 419-946-4191**

We are an Equal Opportunity Provider

## SERVICES



"Not what I meant when I said 'Draw,' but that's actually very good. Thank you!"

### 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 **March 12, 2026** from 9:00 am to 1:30 pm.

Cost for this service is **\$45.00** 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

"Keep your feet on the ground and your thoughts at lofty heights." — Peace Pilgrim

## 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, February 24  
from 9:00 to 12:00**

Equal opportunity provider

### Ticket Collection

Jasper was speeding along the highway when he was pulled over by a state trooper. The officer wrote out the ticket.

“What am I supposed to do with this?” grumbled Jasper, as the policeman handed him the ticket.

“Pay it and keep it,” said the officer. “When you collect four of them, you get a bicycle.”



### 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
<b>2</b> <b>8:30 am</b> Sassy Seniors <b>9:00 am</b> – Marengo Senior Breakfast <b>11:30 am</b> Lunch @ Center <b>5:00 pm</b> – Dinner <b>6:00 pm</b> – Country Travelers	<b>3</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bingo with Presidential.	<b>4</b> <b>8:30</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>9</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>6:00 pm</b> – Open Mic	<b>10</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bingo with Galion Meadows <b>6:00 pm</b> Music– Karaoke	<b>11</b> <b>8:30</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>12:30 pm</b> Board Meeting
<b>16</b>  <b>The Center is closed for President's Day, but Kickin' Grass will still perform.</b>  <b>6:00 pm</b> – Kickin' Grass	<b>17</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Cash Bingo	<b>18</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>23</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>12:30 pm</b> – Lunch Bunch <b>6:00 pm</b> –Gospel/Hymn and Jazz Music with the Skudders	<b>24</b> <b>9:00-12:00 pm</b> – Commodity Pick Up <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bingo with Ohioans Home Health	<b>25</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>1:00-2:00 pm</b> – Book Club

## EVENTS AND IMPORTANT DATES

Thursday	Friday
<b>5</b> <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>6</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>12</b> <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>13</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>12:30-1:30 pm</b> – Bible Study.
<b>19</b> <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>20</b> <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>26</b> <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>27</b> <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center



Fred & Barbara  
Williamson

2/4

Marilyn & Richard  
Short

2/9

Cindy & Shan  
Rodgers

2/10

Maureen & Robert  
Schroeder

2/13

## SENIOR GROUPS

### THE LUNCH BUNCH

The Lunch Bunch will meet on February 23, 2026. Lunch will be served at Noon.

RESERVATION REQUIRED

\$4.00 SUGGESTED DONATION

SENIORS ON CENTER,  
41 W. CENTER ST., MT. GILEAD  
CALL Richard 419-946-4191

### MARENGO/FULTON SENIORS

BREAKFAST AT EDISON DEPOT

552 W HIGH ST.

EDISON, OH 43320

MONDAY, February 2, 2026 AT 9:00 am

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, February 16, 2026 AT  
12 NOON

JUDY JONES 567-231-9339

## Word Search

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Hidden Herbs

E	T	P	A	R	S	L	E	Y	D	I	L	L
V	E	E	M	A	R	O	J	R	A	M	A	O
M	M	E	L	E	M	O	N	G	R	A	S	S
T	N	I	M	R	E	P	P	E	P	I	T	E
C	N	L	A	V	E	N	D	E	R	I	S	R
H	T	O	L	I	S	A	B	R	O	I	O	O
A	H	C	G	A	L	Y	O	N	N	S	B	R
M	Y	H	M	A	A	E	A	A	E	I	E	T
O	M	I	I	B	R	G	N	M	E	G	L	N
M	E	V	N	A	E	R	A	N	A	O	O	A
I	E	E	T	R	A	R	A	S	E	S	C	L
L	M	S	O	A	Y	R	T	T	R	F	L	I
E	Y	N	A	R	E	D	N	A	I	R	O	C

#### Word List:

BASIL	CILANTRO	PARSLEY	DILL
SAGE	THYME	ROSEMARY	OREGANO
MINT	CHIVES	TARRAGON	MARJORAM
FENNEL	LEMONGRASS	BAY	CHAMOMILE
LAVENDER	PEPPERMINT	ANISE	CORIANDER

## MENU

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joes Au Gratin Potatoes Fresh Apples WG Bun Milk	3 Pork Fritter Mashed Potatoes Gravy Green Beans Milk	4 Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk	5 Chicken Tenders House Salad Glazed Carrots Tropical Fruit WG Roll Milk	6 Ham & Cheese Sandwich Broccoli/Cauliflower Salad Mandarin Oranges WG Bun Milk
9 Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk	10 Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk	11 Salisbury Steak Mashed Potatoes Diced Pears WG Roll Milk	12 Chicken Patty WG Bun California Blend Pineapple Tidbits Milk	13 Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk
	17 Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk	18 Chicken Noodles Mashed Potatoes Steamed Peas Tropical Fruit WG Bun Milk	19 Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk	20 Tuna Salad on WG Croissant Tomato Cucumber salad Cole Slaw Apricots Milk
23 Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk	24 Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk	25 Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk	26 Breaded Veal Squash Medley Apple Crisp WG Bun Milk	27 Deli Sandwich on WG Croissant Cole Slaw Pickle Spear Fresh Orange Milk
		<b>Call the center for A complete list of ingredients 419.946.4191</b>	<b>WG= Whole Grain</b>	

## HAPPY BIRTHDAY!

Gertrude Arnold	Bill Goodman
Nancy Cooper	Clara Hilton
Catherine Edwards	Alberta Stojkovic
Jamie Palmer	
Del Rowland	<b>If you have any updates to this list,</b>
Patricia See	<b>Please contact the center at</b>
Sandy Snyder	<b>419.946.4191</b>
Harold Taylor	
Anna Vorkavich	
Jeannette Warwick	
Marilyn Weiler	
Terry Wolff	
Linda Edmonson	



**This Newsletter is published by:**

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Mt. Gilead, OH 43338

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PERMIT #14

Marie Christiano (Pres.)

Dixie Shinaberry (V. Pres.)

Gill Ullom (Treas.)

Geri Park (Sec.)

**Board of Directors**

Pat Rinehart      Marilyn Weiler

Heather Kraft      Lisa Hull

Tim Siegfried      Sally Dye

**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 4:00 pm**

**Visit us online at [www.seniorsoncenter.org](http://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.