

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

ENIGMATM

CRYPTOGRAM

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

"GQQN DY SR CQQU YE UVQ JRYSEW
LEW DY SR UVYSJVUF LU MYCUD
VQPJVUF."

— NQLBQ NPMJRPA

©2019 Satori Publishing

E013

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

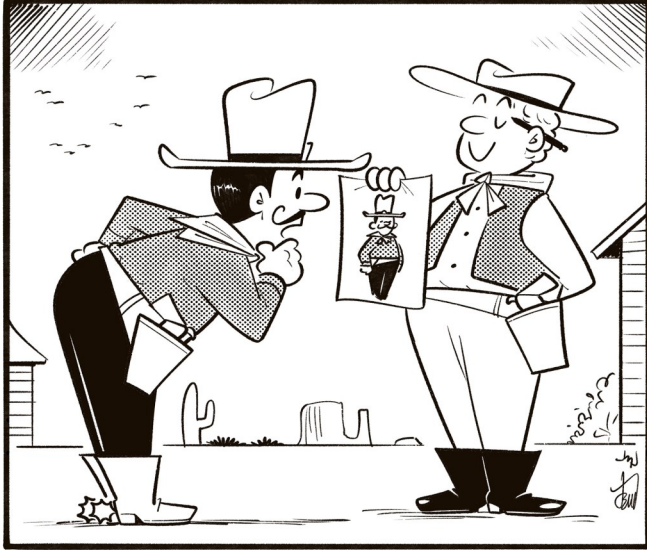
1. Commodities are **ONLY** distributed on the day and times listed above.

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, 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

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

EVENTS AND IMPORTANT DATES

Thursday	Friday	 Fred & Barbara Williamson 2/4 Marilyn & Richard Short 2/9 Cindy & Shan Rodgers 2/10 Maureen & Robert Schroeder 2/13
5 11:30 am Lunch @ Center 12:00 pm Euchre	6 8:30 am Sassy Seniors 11:30 am Lunch @ Center	
12 11:30 am Lunch @ Center 12:00 pm Euchre	13 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study.	
19 11:30 am Lunch @ Center 12:00 pm Euchre	20 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center	
26 11:30 am Lunch @ Center 12:00 pm Euchre	27 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center	

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
SAGE
MINT
FENNEL
LAVENDER

CILANTRO
THYME
CHIVES
LEMONGRASS
PEPPERMINT

PARSLEY
ROSEMARY
TARRAGON
BAY
ANISE

DILL
OREGANO
MARJORAM
CHAMOMILE
CORIANDER

MENU

FEBRUARY 2026

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

HAPPY BIRTHDAY!

Gertrude Arnold

Bill Goodman

Nancy Cooper

Clara Hilton

Catherine Edwards

Alberta Stojkovic

Jamie Palmer

Del Rowland

If you have any updates to this list,

Patricia See

Please contact the center at

Sandy Snyder

419.946.4191

Harold Taylor

Anna Vorkavich

Jeannette Warwick

Marilyn Weiler

Terry Wolff

Linda Edmonson



This Newsletter is published by:

Morrow County Services for
Older Citizens, Inc.
dba Seniors on Center
41 West Center Street
Mt. Gilead, OH 43338

NON-PROFIT STD.
U.S. POSTAGE PAID
MT. GILEAD, OH
43338
PERMIT #14

Board of Directors

Marie Christiano (Pres.)	Pat Rinehart	Marilyn Weiler
Dixie Shinaberry (V. Pres.)	Heather Kraft	Lisa Hull
Gill Ullom (Treas.)	Tim Siegfried	Sally Dye
Geri Park (Sec.)		

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

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.