

# SENIOR MOMENTS

## Morrow County's Monthly Newsletter January, 2026



From the of the Director...

### 5 Tips to Start the New Year Off Right

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2026.

#### 1. Improve your diet

Cooking for one or two can seem like more work than it is worth. Unfortunately, many of us often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service.

#### 2. Get moving

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.

#### 3. Connect with an exercise program

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. While many people are sticking close to home because of concerns about COVID-19, there are plenty of options to exercise in the privacy of your own home. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing yoga for 15 minutes in the evening..

#### 4. Laugh more

If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.

#### 5. Have a physical

If you've been putting off seeing your primary care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that most insurances pay for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing.

Here's to a happy, healthy 2026!

## UPCOMING EVENTS!

### BOOK CLUB– NEW DATE

Mount Gilead Library will lead a lively discussion of “The Oligarch’s Daughter” by Joseph Finder. Join us at the center on **January 28, 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 January 6 from 12:00-1:30 pm. Galion Meadows will be with us on January 13. Join Tiffany with Cornerstone Caregiving on January and Ohioans Home Health will run bingo on January 27. 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, January 9 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, January 8, 15, 22, and 29, 2026 at Noon.



### MUSIC

Monday, January 5, County Travelers will be with us for music. Monday, January 12 we will have our Open Mic night. Tuesday, January 13, we will have Karaoke. Monday, January 19 the center will be CLOSED. And Monday, January 26 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.**

**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)**

## Word Twist New Year's

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!

Losierotun \_\_\_\_\_

Batcleinore \_\_\_\_\_

Gdthimin \_\_\_\_\_

Dotwnucno \_\_\_\_\_

Hagapmnec \_\_\_\_\_

Ftcnoite \_\_\_\_\_

Rewoirksf \_\_\_\_\_

Nitidrato \_\_\_\_\_

Yajanur \_\_\_\_\_

Sivtsetief \_\_\_\_\_

©LPi

### 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

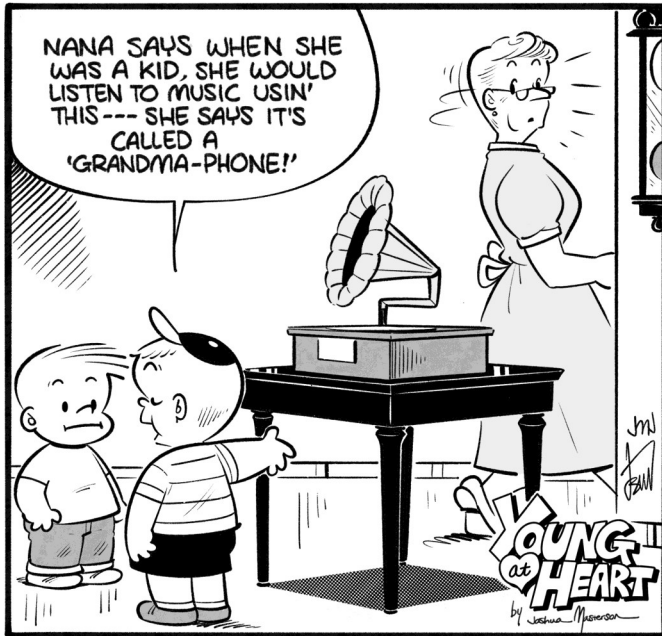
1. Commodities are **ONLY** distributed on the day and times listed above.

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



### 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**

Resolution  
Celebration  
Midnight

Countdown  
Champagne  
Confetti

Fireworks  
Tradition  
January

Festivities

©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, January 27  
from 9:00 to 12:00**

Equal opportunity provider

### Public Notice

Morrow County Services  
for Older Citizens, Inc.

2026 Annual Meeting.

The Morrow County Services for Older  
Citizens, Inc.

announces it's Annual Meeting will be held on  
Wednesday, January 14, 2026 at the Senior  
Center

41 W. Center Street, Mt Gilead, Ohio.

Registration opens at 12:00 pm and meeting  
begins at 12:30 pm.

### 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>5</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>6</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bingo with Presidential.	<b>7</b> <b>8:30</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>12</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>6:00 pm</b> – Open Mic	<b>13</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>14</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>12:30 pm</b> Board of Directors Annual Meeting
<b>19</b> 	<b>20</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bingo with Cornerstone Caregiving.	<b>21</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>26</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 Music with the Skudders	<b>27</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>28</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>1</b> 	<b>2</b> 	
<b>8</b> <b>10:00 am</b> walking club <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>9</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>15</b> <b>10:00 am</b> walking club <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>16</b> <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>1:00 pm</b> ‘Happy hookers” Sewing circle	
<b>22</b> <b>10:00 am</b> walking club <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>23</b> <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center	
<b>29</b> <b>10:00 am</b> walking club <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>30</b> <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>1:00 pm</b> ‘Happy hookers” Sewing circle	

## SENIOR GROUPS

### THE LUNCH BUNCH

The Lunch Bunch will meet on January 26, 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, January 5, 2026 AT 9:00 am

LUNCH AT LEGION HALL  
1549 COUNTY ROAD 26,  
MARENGO, OH,  
MONDAY, January 19, 2026 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

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call the center for A complete list of ingredients 419.946.4191</p>	<p>WG= Whole Grain</p>		<p>1</p> 	<p>2</p> 
<p>5</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>6</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>7</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk</p>	<p>8</p> <p>Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>9</p> <p>Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>12</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>13</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>14</p> <p>Chicken Noodles Mashed Potatoes Brussel Sprouts Tropical Fruit WG Bun Milk</p>	<p>15</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>16</p> <p>Tuna Salad on WG Croissant Celery Stick Cole Slaw Apricots Milk</p>
<p>19</p> 	<p>20</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>21</p> <p>Mac &amp; Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>22</p> <p>Breaded Veal Squash Medley Blueberry Crisp WG Bun Milk</p>	<p>23</p> <p>Deli Sandwich on WG Croissant Tomato Cucumber salad Pickle Spear Fresh Orange Milk</p>
<p>26</p> <p>Sweet &amp; Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>27</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>28</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk</p>	<p>29</p> <p>Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>30</p> <p>Egg Salad Lettuce/Tomato/Onion Baby Carrots Diced Pears WG Croissant Milk</p>

## HAPPY BIRTHDAY!

Sally Bailey

Claude Wright

Sharon Bartley

Jane Miller

Vanessa Bing

Donna Ufferman

Donald Boyle

Peggy Perkins

Helen Edwards

Marjean Taylor

Daniel Goodman

Mary Grubb

**If you have any updates to this list,**

Dorothy Holbrook

**Please contact the center at**

Nathan Kindt

**419.946.4191**

Melvina Painter

Raymond Powell

Pat Rinehart

Vonna White



**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 4:00 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.