

SENIOR MOMENTS

Morrow County's Monthly Newsletter July, 2026

From the  of the Director...

Celebrating America 250: Our Nation's Semiquincentennial and a Time for Reflection

As we approach July 4th 2026, the United States will mark a historic milestone: the 250th anniversary of the signing of the Declaration of Independence on July 4, 1776. Known as **America 250**, this semiquincentennial offers all of us—especially those who have lived through decades of American history—an opportunity to pause, reflect, and celebrate the enduring spirit of liberty, resilience, and ingenuity that defines our great nation.

For seniors, this anniversary carries special meaning. Many of us remember celebrating the Bicentennial in 1976 with parades, tall ships, and community fireworks. That year felt like a vibrant homecoming—a chance to honor the founders' bold vision while looking ahead with optimism. Now, a half-century later, we stand at another crossroads. America 250 invites us to share our stories, pass down hard-earned wisdom, and reaffirm the values that have guided us through wars, economic challenges, technological revolutions, and social progress.

Honoring the Past, Embracing the Future

America 250 celebrations are already underway across the country. Communities are planning parades, historical reenactments, educational programs, museum exhibits, and special events leading up to July 4, 2026. The national effort, coordinated by the America 250 Commission, emphasizes not just fireworks and festivals, but meaningful reflection: preserving historic sites, supporting veterans, and engaging younger generations with the stories that shaped our republic.

As seniors, we have a vital role to play. Our lived experiences are living history. Whether sharing memories at family gatherings, volunteering with local historical societies, or writing down family stories for grandchildren, we help ensure the next generation understands the price of freedom. Many senior centers and retirement communities are organizing their own America 250 initiatives—photo exhibits of past Independence Days, essay contests, or patriotic sing-alongs featuring classics like “God Bless America” and “America the Beautiful.”

A Message of Hope and Gratitude

At this milestone, it's natural to feel both pride and concern for the nation's future. Yet America has always been a work in progress—strongest when its people unite around shared ideals rather than divisions. The same pioneering spirit that tamed frontiers, built cities, and defended democracy abroad continues today in classrooms, laboratories, small businesses, and volunteer efforts nationwide.

Let us celebrate America 250 with joy and purpose. Gather with neighbors for a potluck, attend a local commemoration, or simply spend time with family recounting the blessings of living in this remarkable land. As we look back on 250 years of “one nation under God,” let us also look forward with renewed commitment to liberty, justice, and the American Dream.

Happy early birthday, America! May the next 250 years be even brighter, guided by the wisdom of those who have cherished her longest.

Sincerely, David Keefer

UPCOMING EVENTS!

BOOK CLUB

Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **July 22, 2026** from 1:00 –2:00 pm. We will discuss “The Great Divide” by Christina Henriquez.



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 Freedom Givers for bingo on July 7 from 12:00-1:30 pm. Woodside will be with us on July 14. July 21 we will have bingo with Cornerstone Caregivers, and Ohioans Home Health will run bingo on July 28. If you would like to join us for lunch before playing, call us the day before by noon.



BIBLE STUDY

Come to the center and join us in a bible study Friday, July 10 AND July 24 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, July 2, 9, 16, 23, and 30, 2026 at Noon.



MUSIC

Monday, July 6 AND July 20, County Travelers will be with us for music. Let us know if you would like to join us for dinner before the Travelers play. Monday, July 13 we will have our Open Mic night. Tuesday, July 14, we will have Karaoke. Monday, July 27 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 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

Morrow County Senior Levy

Protecting What Matters Most — Our Seniors

This 0.5 mill RENEWAL levy, funds essential services that help local seniors remain independent and healthy in our community:

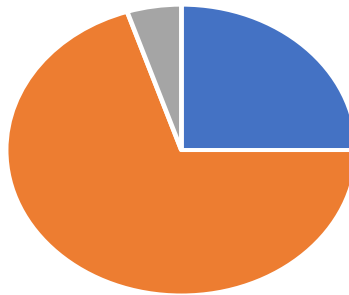
- Nutritious Meals (Congregate & Home-Delivered). **40,317 meals served in 2025**
- Reliable Transportation to Medical Appointments. **123,095 miles driven in 2025**
- In-Home Support Services
- Senior Center Programs & Activities
- Caregiver Support & Respite Care

A wise investment in our neighbors, parents, and grandparents.

Small Cost • Huge Return Costs the owner of a \$100,000 home about \$17.50 per year

- ☒ **Paid for by local property taxes**
- ☒ **Supports local jobs & services**
- ☒ **Keeps seniors out of expensive nursing homes**

How we are funded



■ **Federal Funds- 25%** ■ **Levy Settlements- 70%** ■ **Project Income- 5%**

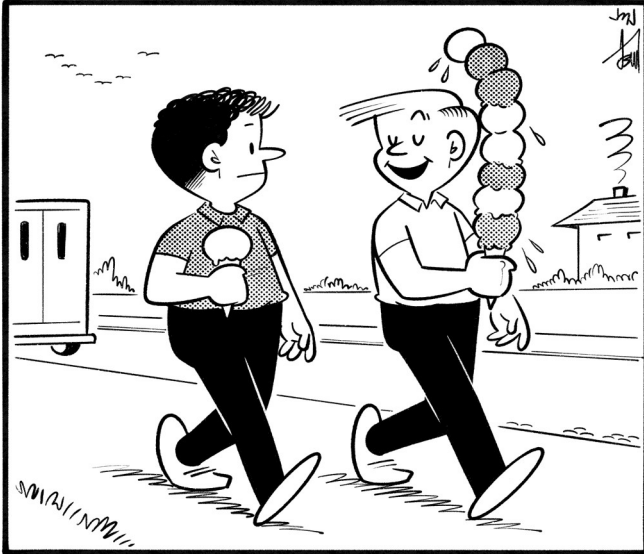
How we are funded;

- **25% of our Operating Budget from funds from Older American Act**
- **5% of our Operating Budget from donations from seniors and their families**
- **70% of our Operating Budget from local levy tax dollars.**

This is why we need YOU!!
VOTE on November 3, 2026

Paid for by Morrow County Seniors Levy Committee, David Keefer, Treasurer
41 W. Center Street, Mount Gilead, Ohio 43338

SERVICES



"I'm afraid I have little *self-cone-trol*."

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 **July 9, 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

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

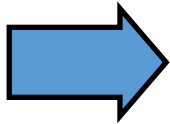


HOME DELIVERED MEALS

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, July 28
from 9:00 to 12:00**

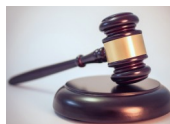
Equal opportunity provider



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 Ext#273 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 10:00 am Craft-Patriotic Flowers 11:30 am Lunch @ Center
6 8:30 am Sassy Seniors 11:30 am Lunch @ Center 5:00 pm- Dinner 6:00 pm- County Travelers	7 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Freedom Caregivers	8 8:30 Sassy Seniors 10:00 am Craft-Straw Starburst 11:30 am Lunch @ Center 12:30 pm– Board Meeting
13 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm- Open Mic	14 9:30 am: PERI Chap 73 meeting at Edison Depot 11:30 am Lunch @ Center 6:00 pm Music– Karaoke 12:00-1:30 pm Bingo with Woodside	15 8:30 am Sassy Seniors 10:00 am Trip– Bird Sanctuary 11:30 am Lunch @ Center
20 8:30 am Sassy Seniors 11:30 am Lunch @ Center 5:00 pm- Dinner 6:00 pm- County Travelers	21 9:00 to 12:00 pm Commodities 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Cornerstone Caregivers	22 8:30 am Sassy Seniors 10:00 am Movie and Treat “McLintock” 11:30 am Lunch @ Center 1:00 to 2:00 pm Book Club
27 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm: Lunch and Learn– Nutri- tion Education with OSU Extension 6:00 pm– Gospel/Hymn and Jazz Music with the Skudders	28 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health	29 8:30 am Sassy Seniors 10:00 am Craft 11:30 am Lunch @ Center

EVENTS AND IMPORTANT DATES

Thursday	Friday	 DANIEL & PEGGY GOODMAN 7/4 CODY & JANET BEDWELL 7/8 GERTRUDE & WAYNE ARNOLD 7/24 LINDA & LONNIE STAKEY 7/30
2 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	3 	
9 9:00-1:30 pm -Lauren Johnson 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre 1:00-3:00 pm : Marc Follin Medicare	10 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study. 1:00 pm - “Happy Hookers” sewing club.	
16 10:00 am Walking Club 10:00 am Current Events with Chris 11:30 am Lunch @ Center 12:00 pm Euchre	17 8:30-9:30 am Sassy Seniors 12:00 pm Cook out Lunch @ Center 1:00 pm - “Happy Hookers” sewing club.	
23 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	24 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study. 1:00 pm - “Happy Hookers” sewing club.	
30 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	31 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm - “Happy Hookers” sewing club.	

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on July 27, 2026. We will have our semi-annual Nutrition Education with the OSU Extension office.

Lunch will be served at Noon.

Everyone is invited.

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, July 6, 2026 AT 9:00 am

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, July 20, 2026 AT

12 NOON

JUDY JONES 567-231-9339

Word Search

Name: _____

Date: _____

Independence Day

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

Word List:

AMERICA
CELEBRATE
FLAG
HOME OF THE BRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLE SAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLD GLORY
PICNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
STRIPES
USA

BRITAIN
FIREWORKS
HOLIDAY
LAND OF THE FREE
PATRIOTIC
REVOLUTION
SUMMER
WHITE

MENU

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Call the center for A complete list of ingredients 419.946.4191	WG= Whole Grain	1 Goulash Broccoli Mandarin Oranges WG Roll Milk	2 Grilled Chicken Seasoned Potatoes Lima Beans Tropical Fruit Salad WG Roll Milk	3 
6 Fish Seasoned Potatoes Venetian Veggie Blend Peaches WG Roll Milk	7 Salisbury Steak Mashed Potatoes Corn Fruit Cocktail WG Roll Milk	8 Chicken Teriyaki Brown Rice Stir Fry Blend Veggies Peaches WG Roll Milk	9 Hamburger Soup Broccoli Mandarin Oranges WG Bun Milk	10 Chicken Salad Three Bean Salad Tomato Wedges WG Croissant Apricots Milk
13 Shredded Beef Sweet Potatoes Sweet Corn Fruit Mix WG Bun Milk	14 Chicken Lasagna Broccoli Mandarin Oranges WG Roll Milk	15 Taco Roasted Corn Pinto Beans Tropical Fruit Salad Tortilla Milk	16 Scrambled Eggs Diced Potatoes Apple Crisp Tropical Fruit Muffin Milk	17 Beef and Cheese WG Bun Black Bean Salad Potato Salad Lettuce Tomato Fresh Orange Milk
20 Pulled BBQ Pork Sweet Potato Tots Sugar Snap Peas Apple Slices WG Bun Milk	21 Beef Stroganoff Green Beans Capri Veggie Blend Tropical Fruit Salad WG Roll Milk	22 Turkey w/ Gravy Mashed Potatoes Veggie Blend Fruit Salad WG Roll Milk	23 Chicken Tenders Sweet Corn Green Beans Mandarin Oranges WG Roll Milk	24 Egg Salad Corn Salad Tomato & Onion Salad Cantaloupe WG Croissant Milk
27 Corn Dog Green Beans Sweet Potatoes Fruit Mix Milk	28 Chicken Tomato Medley Spinach Squash Applesauce WG Roll Milk	29 Mac and Cheese Diced Carrots Broccoli Mandarin Oranges WG Roll Milk	30 Orange Chicken Brown Rice Kyoto Veggie Blend Sugar Snap Peas Mix Fruit Milk	31 Ham & Cheese Sandwich Broccoli/Cauliflower Salad Pickled Beets Mandarin Oranges WG Bun Milk

HAPPY BIRTHDAY!

Wayne Arnold	John Matthews
Geraldine Bean	Henry Painter
Marnie Buckel	Mike Warwick
Barbara Cole	Ron Welsh
Gene Doughty	Laura Young
Joan Gardner	David Zimmer
Jeanne Hayhurst	Roger Vanhooose
William Jarvis	Peggy Larsen
Joyce Jones	Tim Shamrock
Shirley Klaiber	Judy Graves
Glen Koons	
Carolyn Matlak	

**If you have any updates to this list,
Please contact the center at
419.946.4191**



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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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

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.