

SENIOR MOMENTS

Morrow County's Monthly Newsletter

June, 2026

From the  of the Director...

How to Age with Optimism

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one’s natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

1. Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
2. Engage with your doctor or other health care professional and build a trusting relationship.
3. Find a higher purpose that makes you excited to get up in the morning. Humana’s survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
4. Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
5. Stay active and remember that physical activity is important. Find something that’s right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.
6. Practice gratitude and make it a habit to look for and appreciate everything you’re thankful for in life.

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 **June 24, 2026** from 1:00 –2:00 pm. We will discuss “The Frozen River” by Ariel Lawhon.



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 June 2 from 12:00-1:30 pm. Woodside will be with us on June 9. June 16 we will have bingo with Cornerstone Caregivers, Ohioans Home Health will run bingo on June 23, and Kingston will lead on June 30. 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, June 12 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, June 4, 11, 18, and 25, 2026 at Noon.



MUSIC

Monday, June 1, County Travelers will be with us for music. Monday, June 8 and June 15 we will have our Open Mic night. Tuesday, June 9, we will have Karaoke. Monday, June 22 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 pm. Monday, June 29 we will not have music. Donations for the band are still greatly appreciated.

Donations for entry and snacks are greatly appreciated as well.

We will also be having a 50/50 raffle!



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

2026 PROGRAMMING SCHEDULE

HEADWATERS OUTDOOR EDUCATION CENTER

BIRD BOX WORKSHOP*

February 15th, 2pm

TAP INTO MAPLE: TIPS AND TASTES

March 15th, 2pm Dessert Contest!

TINY WORLDS TERRARIUM WORKSHOP*

April 22nd, 12n

EXPLORE HEADWATERS AFTER DARK

May 15th, 8:30pm

1776: WILDLIFE THEN AND NOW

June 28th, 3:30

WILDLIFE: KEEP IT COOL!

July 11th, 10am

FALL FLORA WORKSHOP

Sept. 27th, 2pm

TRICK-OR-TREAT TRAIL

October 17th, 4-7pm

MAKE-IT-TAKE-IT

November 1st, 2-4pm

* Requires Registration at (419) 946-7923

WEE DISCOVER

Nature Pre-School

SPRING: Each Thursday, April-May

Morning Session: 10:15-11:30am

Afternoon Session: 12:45-2:00pm

FALL: Each Thursday, Sept.-Oct.

Morning Session: 10:15-11:30am

Afternoon Session: 12:45-2:00pm

*No cost, Register at (419) 946-7923

WILD DAYS

Nature Themed Day Camp

June 9-11th, 9-11am

Grades Pre-K through 6th

*No cost, Register at (419) 946-7923



151 HOME ROAD
MOUNT GILEAD, OH 43338

*Programs details are subject to change.

Find up-to-date information at www.morrowswcd.com

or Facebook: *Headwaters Outdoor Education Center*

Headwaters
Outdoor
Education Center

Morrow SWCD
morrowswcd.com
(419) 946-7923



5362 US 42
Mount Gilead, OH
Suite 202

SERVICES

Wake-Up Call

Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

“Your dog’s barking, and It’s keeping me awake!” yelled an angry voice.

Bernard thanked the caller and politely asked his name and number before hanging up.

The next morning at precisely 4:40 a.m., Bernard called his neighbor back and said, “Good morning, Mr. Williams. I just called to say that I don’t have a dog.”

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 **June 11, 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

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

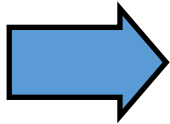


HOME DELIVERED MEALS

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.



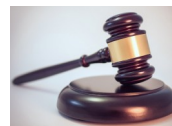
**Pick up: Tuesday, June 23
from 9:00 to 12:00**
Equal opportunity provider

Happy
Father's
Day

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
<p>1</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 5:00 pm- Dinner 6:00 pm- County Travelers</p>	<p>2</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Freedom Caregivers</p>	<p>3</p> <p>8:30 am Sassy Seniors 10:00 am Planting Day 11:30 am Lunch @ Center</p>
<p>8</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm- Open Mic</p>	<p>9</p> <p>9:30 am: PERI Chap 73 meeting at Edison Depot 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Woodside 6:00 pm Music– Karaoke</p>	<p>10</p> <p>8:30 Sassy Seniors 11:30 am Lunch @ Center 11:30 am Trip to Paradise Park 12:30 pm– Board Meeting</p>
<p>15</p> <p>8:30 am Sassy Seniors 10:00 am Coffee and Donuts with Chris 11:30 am Lunch @ Center 6:00 pm- Open Mic</p>	<p>16</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Cornerstone Caregivers</p>	<p>17</p> <p>8:30 am Sassy Seniors 10:00 am Candle making 11:30 am Lunch @ Center</p>
<p>22</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm: Lunch Bunch 6:00 pm– Gospel/Hymn and Jazz Music with the Skudders</p>	<p>23</p> <p>9:00 to 12:00 pm Commodities 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health</p>	<p>24</p> <p>8:30 am Sassy Seniors 10:00 am Movie and Treat “Fancy Pants” 11:30 am Lunch @ Center 1:00 to 2:00 pm Book Club</p>
<p>29</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center NO MUSIC TONIGHT</p>	<p>30</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Kingston</p>	

EVENTS AND IMPORTANT DATES

Thursday	Friday	
<p>4</p> <p>10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>5</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>	 <p style="font-size: 1.2em; margin-top: 20px;">Connie & Tim Sharrock 6/2</p> <p style="margin-top: 20px;">Rose & Russell Stauffer 6/3</p> <p style="margin-top: 20px;">Mary & John Scheiderer 6/4</p> <p style="margin-top: 20px;">Nathan Kindt & Anna Vorkavich 6/10</p> <p style="margin-top: 20px;">Howard & June Berridge 6/17</p> <p style="margin-top: 20px;">Elton & Nancy Burns 6/22</p> <p style="margin-top: 20px;">Al & Linda Miller 6/24</p>
<p>11</p> <p>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 <div style="text-align: right;">Medicare</div></p>	<p>12</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm- Bible Study. 1:00 pm- "Happy Hookers" sewing club.</p>	
<p>18</p> <p>10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>19</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>	
<p>25</p> <p>10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>26</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>	

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on June 22, 2026. Lunch will be served at Noon.

Everyone is invited.

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, June 1, 2026 AT 9:00 am

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, June 15, 2026 AT

12 NOON

JUDY JONES 567-231-9339

Crossword Puzzle

Summer Fun

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

Word List:

BARBECUE	BASEBALL	BEACH	BIKING
BOATING	CAMPING	COOKOUTS	DANDELIONS
FARMERS MARKET	FESTIVALS	FIREFLIES	FISHING
FLIPFLOPS	FLOWERS	GARDENING	GOLF
GRILLING	HEAT	HOT DOGS	ICE CREAM
ICED TEA	JUNE	LEMONADE	MOSQUITOS
PICNIC	POOL	ROSES	SANDALS
SAND CASTLE	SPRINKLER	STRAWBERRIES	SUMMER
SUNBLOCK	SUNBURN	SUNGLASSES	SUNSHINE
THUNDERSTORMS	TRAVELING	VACATION	WATERMELON

MENU

JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>2</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>3</p> <p>Chicken Noodles Mashed Potatoes Steamed Peas Tropical Fruit WG Bun Milk</p>	<p>4</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>5</p> <p>Tuna Salad on WG Croissant Tomato Cucumber salad Cole Slaw Apricots Milk</p>
<p>8</p> <p>Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>9</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>10</p> <p>Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk</p>	<p>11</p> <p>Breaded Veal Squash Medley Apple Crisp WG Bun Milk</p>	<p>12</p> <p>Deli Sandwich on WG Croissant Cole Slaw Pickle Spear Fresh Orange Milk</p>
<p>15</p> <p>Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>16</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>17</p> <p>Pasta Alfredo w/ Chicken Diced Peaches House Salad WG Breadstick Milk</p>	<p>18</p> <p>Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>19</p> <p>Egg Salad Cowboy Corn Salad Baby Carrots Diced Pears WG Croissant Milk</p>
<p>22</p> <p>Sloppy Joes Au Gratin Potatoes Fresh Apples WG Bun Milk</p>	<p>23</p> <p>Pork Fritter Mashed Potatoes Gravy Green Beans Milk</p>	<p>24</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>25</p> <p>Chicken Tenders House Salad Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>26</p> <p>Ham & Cheese Sandwich Broccoli/Cauliflower Salad Mandarin Oranges WG Bun Milk</p>
<p>29</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>30</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>		<p>WG= Whole Grain</p>	<p>Call the center for A complete list of ingredients 419.946.4191</p>

HAPPY BIRTHDAY!

Jay Cremeans

Joyce Taylor

Sandra Fox

Maxine Waddell

Phillip Gardner

Joyce Whitt

Annetta Johnson

Carl Wright

George Johnson

Marlene Lancaster

Jan Johnson

Dee Newell

Johnny Kilgore

Nancy Goossens

Linda Millington

Luella Powell

If you have any updates to this list,

Mary Ressler

Please contact the center at

June Shafer

419.946.4191

Monty Smith



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

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.