

SENIOR MOMENTS

Morrow County's Monthly Newsletter

March, 2026



From the  of the Director...

Downsizing & Decluttering

Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning, managing, and organizing. Our drawers don't close, our closets are filled from top to bottom, and we can't fit cars in our garages. The evidence of clutter is everywhere.

Decluttering and downsizing can be a daunting as well as an emotional experience for families. The longer someone lives in their home, the more belongings they collect. However, with a little planning and preparation, downsizing and decluttering can be a liberating and satisfying experience for all involved. Here are some tips to get you started.

Enlist the Kids

Before the process gets underway, ask older or adult children to reclaim and remove any of their own items. Also consider if this is a good time to pass along family heirlooms, which will hopefully deter unforeseen family feuds in the future. It can be deeply rewarding to watch loved ones appreciate the history and sentiment of a meaningful gift.

Look at Large Items

Begin with large items such as furniture. Determine which pieces are no longer needed. Then devise a plan to either pass them along to family, sell the items, or donate them to charity. Once the large items are removed, the overall task will appear much easier.

Sort It Out

Creating a system before organizing and downsizing the rest of the home can help the process go smoother. This can be as simple as getting large boxes for each room and labeling them as keep, donate, gift, or throw away.

Ask for Help

Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items you find difficult to part with may not be the things that your children will eventually want: books, figurines, antiques, silver, and china. Keep a few meaningful mementos, but consider parting with the items your kids aren't interested in inheriting.

Consider Safety

Whether you're moving to a new place or preparing to age in your current space, it's important to consider safety factors as you age. Clutter is a tripping hazard, especially for seniors, so keep this in mind as you parse through items. It might be time to remove throw rugs, cords, and coffee tables.

Once the decluttering and downsizing process is complete, the outcome may surprise you. Fewer items to clean, maintain, or store, means more time for hobbies, travel, or new adventures. Less can be more!

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 **March 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 March 3 from 12:00-1:30 pm. Galion Meadows will be with us on March 10. March 17 we will have bingo with Tiffany from Cornerstone Caregiving, and Ohioans Home Health will run bingo on March 24. 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, March 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, March 5, 12, 19, and 26, 2026 at Noon.



MUSIC

Monday, March 2, County Travelers will be with us for music. Monday, March 9 we will have our Open Mic night. Tuesday, March 10, we will have Karaoke. Monday, March 16 Kickin' Grass will be with us at the center at 6:00 pm. And Monday, March 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

Word Twist

St. Patrick's Day

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!

Mohcsark _____ Rvolce _____

Cernehpual _____ Yukcl _____

Adlreni _____ Eradpa _____

Rnege _____ Evtfise _____

Wbonari _____ locealertbn _____

©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 **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



**Word Twist
Answers**

Shamrock
Leprechaun
Ireland

Green
Rainbow
Clover

Lucky
Parade
Festive

Celebration

©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, March 24
from 9:00 to 12:00**

Equal opportunity provider



"You are never too old to set a new goal
or to dream a new dream."

C. S. LEWIS

©LPI

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
<p>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</p>	<p>3 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Presidential.</p>	<p>4 8:30 Sassy Seniors 11:30 am Lunch @ Center</p>
<p>9 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm- Open Mic</p>	<p>10 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Galion Meadows 6:00 pm Music– Karaoke</p>	<p>11 8:30 Sassy Seniors 10:00 am– Downsize me simply 11:30 am Lunch @ Center</p>
<p>16 8:30 am Sassy Seniors 11:30 am Lunch @ Center 5:00 pm- Dinner 6:00 pm– Kickin’ Grass</p>	<p>17 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Tiffany from Cornerstone Caregiving</p>	<p>18 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30 pm Board Meeting</p>
<p>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</p>	<p>24 9:00-12:00 pm– Commodity Pick Up 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health</p>	<p>25 8:30 am Sassy Seniors 10:00 am– Movie “Life with Father 11:30 am Lunch @ Center 1:00-2:00 pm– Book Club</p>
<p>30 8:30 am Sassy Seniors 11:30 am Lunch @ Center</p>	<p>31 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Kingston</p>	

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>5</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>6</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>
<p>12</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre 1:00-3:00 pm: Marc Follin Medicare</p>	<p>13</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>19</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>20</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>
<p>26</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>27</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>



SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will meet on March 23, 2026. Lunch will be served at Noon. After lunch we will do a St. Patrick's Day craft

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, March 2, 2026 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, March 16, 2026 AT
12 NOON
JUDY JONES 567-231-9339

Word Search

Name: _____

Date: _____

In the Toolbox

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

Word List:

HAMMER

WRENCH

SCREWDRIVER

PLIERS

SAW

TAPE

LEVEL

DRILL

FILE

NAIL

BOLT

CLAMP

CHISEL

BLADE

SANDER

MENU

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>3</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>4</p> <p>Pasta Alfredo w/ Chicken Diced Peaches House Salad WG Breadstick Milk</p>	<p>5</p> <p>Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>6</p> <p>Egg Salad Cowboy Corn Salad Baby Carrots Diced Pears WG Croissant Milk</p>
<p>9</p> <p>Sloppy Joes Au Gratin Potatoes Fresh Apples WG Bun Milk</p>	<p>10</p> <p>Pork Fritter Mashed Potatoes Gravy Green Beans Milk</p>	<p>11</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>12</p> <p>Chicken Tenders House Salad Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>13</p> <p>Ham & Cheese Sandwich Broccoli/Cauliflower Salad Mandarin Oranges WG Bun Milk</p>
<p>16</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>17</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>18</p> <p>Salisbury Steak Mashed Potatoes Diced Pears WG Roll Milk</p>	<p>19</p> <p>Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>20</p> <p>Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>23</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>24</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>25</p> <p>Chicken Noodles Mashed Potatoes Steamed Peas Tropical Fruit WG Bun Milk</p>	<p>26</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>27</p> <p>Tuna Salad on WG Croissant Tomato Cucumber salad Cole Slaw Apricots Milk</p>
<p>30</p> <p>Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>31</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>		<p>WG= Whole Grain</p>	<p>Call the center for A complete list of ingredients 419.946.4191</p>

HAPPY BIRTHDAY!

Carlotta Blair	Virginia Thompson
Elton Burns	Tim Walters
Margaret Clark	Pam Wise
Gary Dilsaver	Heidi Wright
Betty Elliott	John Miller
Larry Faust	Glade Bachelder
Pat Jones	Lonnie Stakey
Geri Park	Kenneth Newell
William Parr	Roger Smith
Carolyn Poorman	
Sally Sayer	If you have any updates to this list,
Emma Scroggins	Please contact the center at
Irma Shelton	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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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.