

SENIOR MOMENTS

Morrow County's Monthly Newsletter

APRIL

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM

INSIDE THIS ISSUE:

UPCOMING EVENTS	PAGE 2
UPCOMING EVENTS	PAGE 3
SERVICES	PAGE 4
SERVICES	PAGE 5
EVENTS & IMPORTANT DATES	PAGE 6
EVENTS & IMPORTANT DATES	PAGE 7
SENIOR GROUPS	PAGE 8
COLOR ME BEAUTIFUL!	PAGE 9
MENU	PAGE 10
HAPPY BIRTHDAY	PAGE 11
BOARD OF DIRECTORS	BACK

Do you know what the eggplant emoji means? Neither do these people.

Emojis are a crucial part of communication in texts and social media. You might even say they play a role in our social well-being. With thousands of individual characters, our messages to one another can now include hearts, rocket ships, or cups of coffee. But here's the problem: Do we always understand the meaning of these emojis?

While a thumbs-up or middle finger emoji may be easy to decode, many characters often leave recipients guessing. In interviewing Americans over the age of 55 in South Florida and conducting a similar online poll, we're able to outline what people do or don't understand about the most popular emojis on the market. Curious to see what's being interpreted by older adults who live in 55+ communities or who enjoy other senior living options? Continue reading to find out.

While you may not understand the meaning of every emoji, you use them. Out of the over 500 individuals surveyed, 86 percent have sent an emoji at least once. Whether this was a "Red Heart" to show someone you love them or a "Pouting Face" to show your displeasure, our respondents have some familiarity with this constantly evolving digital language.

Additionally, almost 80 percent felt emojis were an effective use of communication, and some of the largest companies in the world agree. Brands such as Coca-Cola, PepsiCo, Anheuser-Busch InBev, Starbucks, and Disney have all collaborated with Twitter to combine designs alongside various ad campaigns. So, why not grab a cup of coffee and enjoy sending an emoji or two to your friends? It's one of many fun activities that seniors can enjoy with people of any age.

Call the center and let us know if you would be interested in a class to discuss emojis and other cell phone tricks or how to use them better.

UPCOMING EVENTS!

SASSY SENIORS



“ I do five sit-ups every morning. It may not sound like much, but there’s only so many times you can hit the snooze button.”

If one of your New Year’s Resolutions is to exercise but you find yourself coming up with all kinds of reasons not to, here are ten good reasons to make that New Year’s Resolution easier to follow.

1. Exercise can make you feel happier. 2. Exercise can help with weight loss. 3. Exercise is good for your muscles and bones. 4. Exercise can increase your energy levels. 5. Exercise can reduce your risk of chronic disease. 6. Exercise can help skin health. 7. Exercise can help your brain health and memory. 8. Exercise can help with relaxation and sleep quality. 9. Exercise can reduce pain.

And Best of all 10. EXERCISE CAN BE FUN AND SOCIAL! Especially if you exercise with Sassy Seniors on Monday, Wednesday, and Friday from 8:30-9:30 at Seniors on Center. Come join the fun and reap the benefits.

BINGO



Cash Bingo will be on Tuesday, April 2nd, 23rd, and 30th at 12:00PM. Cash Bingo cost to play is \$3.00. Join Karma from Kingston for bingo on April 9th from 12:00-1:30PM. Join Chris from Hospice for bingo on April 16th from 12:00-1:30PM. If you would like to join us for lunch before playing please call us the day before by 12:00PM.

BOOK CLUB



The book club will be held here at the Seniors on Center on Thursday, April 18th at 1:00PM. The book we are reading for April "the other mothers" by Katherine Faulkner. We will have coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Maggie.

EUCHRE



Do you enjoy playing Euchre? We will be playing Euchre on Thursday, April 4th, 11th, 18th, and 25th at Noon.

MUSIC



Monday, April 1st, join us for a meal at 5:00PM and music by Country Travelers at 6:00PM. Monday, April 15th join us for a meal at 5:00PM and music by Kicken Grass at 6:00PM. Monday, April 22nd music by Open Mic at 6:00PM. Donations for the band are still greatly appreciated. Donations for entry and snacks are greatly appreciated. We will also be having a 50/50 raffle!

UPCOMING EVENTS!

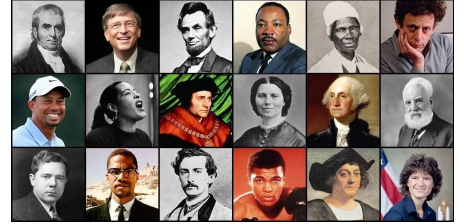


BIBLE STUDY

Come to the center and join Linda Ruehrmund in a bible study group Friday, April 12th from 12:30-1:30PM. We would like RSVP but you are more than welcome to just come.

SENIOR DAY

Join us at the Seniors on Center for our annual Senior Day, Friday, May 17th from 11:00 AM-2:00 PM. Our theme this year is Historical Figures. Please come dressed as your favorite Historical Figure. We will be giving away prizes for the best dressed men and woman.



Lunch for the day will be Roasted Pork Loin with Mushroom Gravy, Mashed Potatoes, Side Salad, Pear Crisp and drinks. The entertainment for the day will be The Country Travelers. If you would like to join us on this day please RSVP by Wednesday May 8th.



HEADWATERS OUTDOOR EDUCATION

Headwaters is located at 151 Home Road, Mt. Gilead, OH (Just north of the Morrow County Sherriff's Department) Activities held at Headwaters in the next couple of months are

Sunday, April 14-Fungus Funday with speaker Curtis Young, OSU Extension 2:00PM

Sunday, May 19-Invasive Species Control and ID-Speaker Katie Gerber 2:00PM

Sunday, June 23-Sandhill Cranes and other endangered species 2:00PM

Sunday, July 14- Paleontology and Dinosaurs-Paleontologist-Wayne Fowler 2:00PM

MORROW COUNTY AREA TRANSIT

4565 County Road 9, Cardington, Ohio 43315 Phone: 419-864-3500

Hours of operation Monday thru Friday 6am-6pm, Saturday 6am-12pm

Morrow County Area Transit is pleased to announce Morrow County residents 60 and older may ride the transit for free from March 11, 2024 through June 30, 2024. Ride requests need to be made 24 to 48 hours in advance. Ride availability is based on a first-come, first served basis. Rides are available to locations within and outside of Morrow County (examples such as: grocery store, hair salon, bank, or to personal errands).



SERVICES



NECK MASSAGE

Are you stressed or just having a bit of neck and shoulder pain?

If so call Seniors on Center at (419) 946-4191 to schedule your 15 minute stress relieving message

with Nikki. Thursday, April 11, 2024 first appointment starts at 9:00am last appointment of the day will be 11:45am.

Nicki will be charging \$15.00 for a 15 minute session.

Payment is due at time of the appointment Self Pay ONLY!

FOOT CARE

Is it difficult to reach your toes and cut your nails? Are your toe nails thick and tough to cut?



Call Lauren Johnson at (937) 738-1761 to schedule your 30minute foot care appointment with Lauren. Thursday, April 11, 2024 first appointment starts at 9:00AM last appointment of the day will be 1:30PM. Cost for this service is \$40.00 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.



PHONE / COMPUTER TRAINING

Kathy Patterson will be the first Wednesday of every month to help you with your phone and computer needs.

Phone training will be 9:30-10:30 AM and Computer training will be from 12:00-2:00PM.

Please bring your phone or laptop. No appointment needed.



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 yourself a meal.



BELTONE

Beltone will be here to help you with a free hearing test and provide hearing aid information. Space is limited to three people per visit. Please check the calendar for the day and times that they will be here at the center. Please call the center to set up an appointment.

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.



COMMODITIES FOOD BOX

Are you in need of food assistance?

We may be able to help. To Qualify, you must live in the county, be 60+ years of age, and income eligible.

This is a once a month program sponsored by the Mid Ohio Foodbank and Seniors on Center. Call Terri at (419)-946-4191 to qualify



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



GRAB & GO

Grab & Go is back for hot meals Monday thru Friday 11:30-12:00. This is starting Friday March 1st and you must call the day before by noon if you are interested in getting a meal. You will pickup your meal at the front of the building starting at 11:30AM. There is a suggested donation of \$4.00 per meal

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
<p>1</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 5:00PM Meal 6:00PM Country Travelers</p>	<p>2</p> <p>9:00AM Marengo Seniors Group at St. Rt. 229 Restaurant 11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	<p>3</p> <p>8:30-9:30AM Sassy Seniors 9:30-10:30AM Phone Training 11:30AM Lunch @ Center 12:00-2:00PM Computer Training</p>
<p>8</p> <p>Center will be closed for the Solar Eclipse</p>	<p>9</p> <p>11:30AM Lunch @ Center 12:00-1:30PM Kingston Bingo with Karma Karen McVay (Call Legal Aid to set up an appointment)</p>	<p>10</p> <p>8:30-9:30AM Sassy Seniors 1:30AM Lunch @ Center</p>
<p>15</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Marengo Seniors Group at Legion Hall 5:00PM Meal 6:00PM Kicken Grass</p>	<p>16</p> <p>11:30AM Lunch @ Center 12:00-1:30PM Hospice Bingo with Chris</p>	<p>17</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>22</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 6:00PM Open Mic</p>	<p>23</p> <p>9:00AM-12:00PM Commodities pickup 11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	<p>24</p> <p>8:30-9:30AM Sassy Seniors 10:00AM Beltone 11:30AM Lunch @ Center</p>
<p>29</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>	<p>30</p> <p>11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>4 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>5 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>11 9:00AM-1:30PM Foot Care 9:00AM-12:00PM Massage 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>12 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:30-1:30PM Bible Study with Linda Ruehrmund</p>
<p>18 11:30AM Lunch @ Center 12:00PM Euchre 1:00-3.:00PM Medicare with Marc Follin 1:00PM Book Club</p>	<p>19 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>25 11:30AM Lunch @ Center 12:00PM Euchre</p>	<p>26 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Lunch Bunch with Candace from OSU Extension office</p>



**CAM & JOYCE
TAYLOR
4/22**

**BEVERLY & MIKE
ELLIOTT
4/23**

SENIOR GROUPS

THE LUNCH BUNCH

FRIDAY, APRIL 26TH AT NOON

RESERVATION REQUIRED

\$3.00 SUGGESTED DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

CALL MAGGIE 419-946-4191



MARENGO/FULTON SENIORS

BREAKFAST AT

ST RT 229 RESAURANT

1 W WALNUT ST,

MARENGO, OHIO

TUESDAY, APRIL 1ST AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, APRIL 15TH AT 12 NOON,

JUDY JONES 567-231-9339



MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p> <p>Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits Brown Rice Milk</p>	<p align="center">2</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices Roll Milk</p>	<p align="center">3</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad Fresh Pear Breadstick Milk</p>	<p align="center">4</p> <p>Chicken Tenders California Blend Fresh Banana Bread Milk</p>	<p align="center">5</p> <p>Egg Salad Lettuce, Tomato, Onion Broccoli/Cauliflower salad Diced Pears Croissant Milk</p>
<p align="center">8</p> <p>Center will be closed for the Solar Eclipse</p>	<p align="center">9</p> <p>Beef Stew House Salad Strawberries Cornbread Milk</p>	<p align="center">10</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p align="center">11</p> <p>Breaded Chicken Legs Mashed Potatoes Glazed Carrots Tropical Fruit Roll Milk</p>	<p align="center">12</p> <p>Ham & Cheese Sandwich Cowboy Corn Salad Mandarin Oranges Bun Milk</p>
<p align="center">15</p> <p>Pork Chop w/ Mushroom Sauce Wild Rice Steamed Broccoli Fresh Apples Milk</p>	<p align="center">16</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches Breadstick Milk</p>	<p align="center">17</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear Roll Milk</p>	<p align="center">18</p> <p>Chicken Pot Pie Over Biscuit Side Salad Pineapple Tidbits Milk</p>	<p align="center">19</p> <p>Chicken Salad on Croissant Fresh Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p align="center">22</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp Roll Milk</p>	<p align="center">23</p> <p>Hamburger on Bun California Blend Lettuce, Tomato, Onion Apple Milk</p>	<p align="center">24</p> <p>Chicken Noodles Mashed Potatoes Sautéed Brussel Sprouts Topical Fruit Roll Milk</p>	<p align="center">25</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges Biscuit Milk</p>	<p align="center">26</p> <p>Tuna Salad Croissant Celery Stick Cole Slaw Apricots Milk</p>
<p align="center">29</p> <p>Penne Pasta w/ Meat Sauce Herbed Green Beans Mixed Fruit Breadstick Milk</p>	<p align="center">30</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Baked Apples Bun Milk</p>		<p>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</p>	<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>

HAPPY BIRTHDAY!

Mary Ackerman

Lois Rogers

Sarah Adams

Mary Ann Ruhl

Helen Bowersmith

Gary Sanborn

Ray Brenneman

Mary Scheiderer

Richard Brown

John Scroggins

Bonnie Counts

Deborah Utt

Wilma Fulk

Dave Ufferman

Joan Jagger

Karen Lashley

Fran Lentz

Juanita Piercy

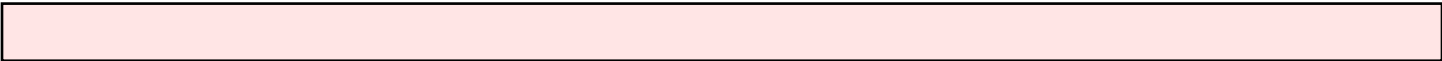
June Raney



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.)	Dixie Shinaberry	Pat Rinehart
Gill Ullom (Treas.)	Heather Kraft	Marilyn Weiler
Geri Park (Sec.)	Tim Siegfried	Janet Johnson
Linda Ruehrmund		

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.
419.946.4191 * 419.946.1037 facsimile

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.