

# SENIOR MOMENTS

## Morrow County's Monthly Newsletter

### NOVEMBER

**Seniors on Center**

**41 W. Center St.**

**Mt. Gilead, Ohio 43338**

**419-946-4191**

**Website: [www.seniorsoncenter.org](http://www.seniorsoncenter.org)**

**Center Hours**

**Monday—Friday**

**8:00AM-4:30PM**

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From the of the Director...

Well here we are In November and we have a few chores to get done before the end of the month. 1. Add a few extra holes to our belts. That is, unless you saved your "Thanksgiving belt" from last year. 2. Save up a little extra money, I hear the price of turkey is up 112% from last Thanksgiving. 3. Check the NFL schedule to see who's playing on Thanksgiving Day. and 4. Make sure you save time to sit and watch the Macy's Thanksgiving Day parade.

Okay, your Thanksgiving may include all of these activities or none of them. But for most of us, Thanksgiving is a great time to eat and be with friends and family. Did you know that Abraham Lincoln proclaimed Thanksgiving a national holiday on October 2, 1863 after Sarah Josepha Hale, the author of "Mary had a little lamb", convinced President Lincoln after writing letters for 17 years?

Butterball answers more than 100,000 turkey-cooking questions via their turkey hotline every November and December. But PLEASE do not try and call us on the November 24 or 25, 2022 because the center will be closed so we can celebrate with our families. That was a smooth transition, don't you think?

In case you were wanting to travel this month, there are four towns in the United States named "Turkey". They are in Arizona, Texas, Louisiana, and North Carolina.

Okay, I think I have sufficiently acknowledged that we look forward to celebrating Thanksgiving, but the center will be open to all seniors a lot during the rest of November. We invite you to stop by anytime Monday to Friday 8:00 to 4:30 to play games, meet with friends, have coffee or hot chocolate, watch TV, or read a book. This center is your center and we encourage you to come and enjoy.

Yes, we will also be closed on November 11 to celebrate ALL of our veterans who have served to guard and protect. We at Seniors on Center Thank You for your service.

Sincerely,

David Keefer

## UPCOMING EVENTS!

### MUSIC



Monday, November 17th, join us for a box dinner of Hard Boiled Eggs, Potato Salad, Mixed Green Salad, Malibu Fruit, Roll, Animal Crackers, Milk at 5:00pm and music by Kickin Grass at 6:00pm, Monday, November 14th, join us for Open Mic Night at 6:00pm. Monday, November 21st, join us for a box dinner of Shaved Roast Beef Sandwich, Cole Slaw, Mandarin Oranges, Milk at 5:00pm and music by Country Travelers at 6:00pm, Monday, November 28th join us for music with Kickin Grass at 6:00pm. Cost on these nights for members \$1.00, non-members \$2.00. Donations for the band are still greatly appreciated. We will also be having a 50/50 raffle so come ready to win big!

### 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 relation 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, November 1st and Tuesday, November 15th. Cash Bingo cost to play is \$5.00. Join us on Tuesday, November 29th at 12:00PM for White Elephant Bingo. (There is no charge for White Elephant Bingo. If you wish to bring something in for White Elephant it must be brought in before the date and given to Terri. Join us for Bingo with Karma from Kingston Tuesday, November 8th 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.

### SHOPPING



We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, November 1st, we will be heading to Marion and Third Tuesday, November 15th we will be going to Mansfield. Please contact Brian about where it is you would like to go. We will be leaving the center at 10AM and returning at about 2PM. We will be meeting at the center by 9:30. If you need a ride to the center please call Brian to arrange transportation. Please try to give us 48 hours notice for pickup. Donations are always welcome.

## UPCOMING EVENTS!



### BOOK CLUB

The book club will be held here at the Seniors on Center on the third Thursday of every month at 1:00PM. The book we are reading for November is "East of Eden" by John Steinbeck. We will be having coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Terri .

### EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Thursday, November 3rd, 10th and 17th, at Noon. You may bring your own drink and snacks.



### SENIORS ON CENTER CHOIR

Do you enjoy singing? Would you like to join the Seniors on Center Choir? The choir will be going to Morrow Manor on Wednesday, November 16th. We will be meeting and leaving Kroger's at 1:00PM. If you would like to join us please call the center and ask to

### CRAFT DAY

Join us November 22nd at 12:30PM for a fun afternoon of pour painting with Faith Ashley. If you would like to join us for this craft, the cost for this craft is \$35.00, please let us know by November 15th. If you would like to have lunch before the craft please call us by November 21st by noon. If you have any questions call Terri here at the center.



### MARC FOLLIN REGARDING MEDICARE MEDICARE 101 SEMINARS



These are educational group seminars to go over Medicare and the supplemental insurance concepts. The Seminar will last about 45 minutes to an hour. All are welcome.

Wednesday, November 9th, 10:00-11:00AM, Tuesday, November 15th, 2:00-3:00PM,

Monday, November 21st, 10:00-11:00AM

### MEETING ONE ON ONE

Marc will also be available to meet with you for a 20 minute one on one:

Wednesday, November 2nd, 9:00AM-12:00PM, Thursday, November 10th, 1:00-4:00PM,

Friday, November 18th, 1:00-4:00PM, Monday, November 21st, 9:00AM-12:00PM

No need to make an appointment. Just walk in.

If you still have questions, you may make a follow up appointment or call Marc at 419-768-2000.

## SENIOR GROUPS

### THE LUNCH BUNCH

FRIDAY, NOVEMBER 18TH AT NOON

RESERVATION REQUIRED

\$3.00 SUGGESTED DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

MARIE CHRISTIANO 419-751-7579



### MARENGO/FULTON SENIORS

BREAKFAST AT

ST RT 229 RESAURANT

1 W WALNUT ST,

MARENGO, OHIO

TUESDAY, NOVEMBER 1ST AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, NOVEMBER 21ST AT 12 NOON,

JUDY JONES 567-231-9339

## SERVICES



### 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



### 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

### 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.



### 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 .



### CONGRAGATE 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.



### 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 Maggie at (419)-946-4191 to qualify.

### 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.



## EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
	<b>1</b> <b>9:00AM</b> Marengo Seniors Group at St. Rt. 229 Restaurant <b>10:00AM</b> Shopping trip to Marion <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo (Cash)	<b>2</b> <b>8:30-9:30AM</b> Sassy Seniors <b>9:00AM-12:00PM</b> Medicare One on One <b>11:30AM</b> Lunch @ Center
<b>7</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>5:00PM</b> Box Meal <b>6:00PM</b> Kicking Grass	<b>8</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo with Kingston <b>Karen McVay</b> (Call Legal Aid to set up an appointment)	<b>9</b> <b>8:30-9:30AM</b> Sassy Seniors <b>10:00-11:00AM</b> Medicare 101 Seminar <b>11:30AM</b> Lunch @ Center
<b>14</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>6:00PM</b> Open Mic	<b>15</b> <b>10:00AM</b> Shopping trip to Mansfield <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo (Cash) <b>2:00-3:00PM</b> Medicare 101 Seminar <b>Last day to RSVP for Pour Painting Class</b>	<b>16</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>1:00PM</b> Choir leaving Kroger
<b>21</b> <b>8:30-9:30AM</b> Sassy Seniors <b>9:00AM-12:00PM</b> Medicare One on One <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Marengo Seniors Group at Legion Hall <b>2:00-3:00PM</b> Medicare 101 Seminar <b>5:00PM</b> Box Meal <b>6:00PM</b> Country Travelers	<b>22</b> <b>11:30AM</b> Lunch @ Center <b>12:30PM</b> Faith Ashley Pour Painting Class	<b>23</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center
<b>28</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00-3:00PM</b> Commodities Pickup <b>6:00PM</b> Kicking Grass	<b>29</b> <b>9:00AM-12:00PM</b> Commodities Pickup <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo (White Elephant) (NO COST)	<b>30</b> <b>8:30-9:30AM</b> Sassy Seniors <b>10:00AM-12:00PM</b> Beltone <b>11:30AM</b> Lunch @ Center



## EVENTS AND IMPORTANT DATES

Thursday	Friday
<b>3</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre	<b>4</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center
<b>10</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre <b>1:00-4:00PM</b> Medicare One on One	<b>11</b> <b>Closed in Observation of Veterans Day</b>
<b>17</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre <b>1:00PM</b> Book Club	<b>18</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Lunch Bunch with a craft <b>1:00-4:00PM</b> Medicare One on One
<b>24</b> <b>Closed in Observation of Thanksgiving Day</b>	<b>25</b> <b>Closed in Observation of Thanksgiving</b>



Annetta & George  
Johnson  
11/3

Nancy & Robert  
Giesige  
11/15

Grove & Pat  
Rinehart  
11/30

## HAPPY BIRTHDAY!

Jack Abram

George Freshour

Marilyn Sipes

Darlene Andrick

Ray Fulk

Betty Sliger

Ed Brown

Barbara Harden

Mary Well Slone

Richard Campbell

Nancy Maslar

Larry Swackhammer

John Clark

Mildred Osborne

Shirley Taylor

Jim Cole

Marlene Renz

Pat Tolbert

Guy Colflesh

Grove Rinehart

Neil Wright

Virginia Connelly

Cindy Rodgers

David Davis

Linda Ruehrmund

Shirley Dendinger

John Scheiderer

Ray Dietz

Maureen Schroeder

Cindy Fidler

Bennie Shafer

Evelyn Foster

Grace Sherman





## SENIORS ON CENTER PRESENTS

### Nashville Show Trip



#### INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 4 nights lodging in the Nashville area
- ♦ 8 meals: 4 breakfasts and 4 dinners
- ♦ 2 Great Shows: 1) GRAND OLE OPRY, 2) NASHVILLE NIGHTLIFE DINNER THEATER
- ♦ Guided Tours of NASHVILLE and BELLE MEADE HISTORIC SITE & WINERY
- ♦ Admission to the COUNTRY MUSIC HALL OF FAME AND MUSEUM
- ♦ Admission to the GRAND OLE OPRY BEHIND THE SCENES TOUR
- ♦ Admission to the MADAME TUSSAUDS WAX MUSEUM

For more pictures, video, and information visit:  
[www.GroupTrips.com/seniorsoncenter](http://www.GroupTrips.com/seniorsoncenter)

# \$745\*

## 5 Days 4 Nights

\*PER PERSON, DOUBLE OCCUPANCY

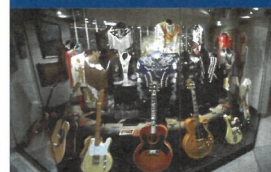
(Mon - Fri)  
 Apr 10 - 14  
 2023



Nashville Nightlife Dinner Theater.



Belle Meade Historic Site & Winery.



Country Music Hall of Fame.



Famous Grand Ole Opry.

**Departure: The 911 Building, 144 South Main St, Mount Gilead, OH @ 8 am**

**Day 1:** Depart in the comfort of a video and restroom equipped Motorcoach as you head for lots of excitement in Nashville. This evening, you'll enjoy Dinner and check into your Nashville area hotel for a four night stay.

**Day 2:** After enjoying a Continental Breakfast, you'll take a Guided Tour of NASHVILLE, including a photo stop at the Parthenon. The Parthenon is the world's only full scale reproduction of the famous Greek Temple. Then, you will enjoy a visit to the MADAME TUSSAUDS WAX MUSEUM and meet all of your favorite stars in the heart of Nashville. This evening, you will enjoy Dinner before going to see a show at the famous GRAND OLE OPRY.

**Day 3:** Today, after a Continental Breakfast, you'll depart for a Guided Tour of beautiful BELLE MEADE HISTORIC SITE & WINERY. Marvel at its antebellum architecture, and learn about its unique Southern history. Belle Meade's illustrious past has spanned from its prosperity as a Thoroughbred breeding establishment, to its perilous location at the Civil War's Battle of Nashville, to its current restoration as a historically accurate Victorian home. A visit to Belle Meade also provides an important insight into the struggles of African Americans before the Civil War. Next, you'll have an opportunity to explore Historic Downtown Nashville. This evening, enjoy Dinner and a Show at the fabulous NASHVILLE NIGHTLIFE DINNER THEATER.

**Day 4:** Enjoy a Continental Breakfast, before departing for the GRAND OLE OPRY BACKSTAGE TOUR. There's nothing like a behind the scenes tour of the Grand Ole Opry – it's a must-see for everyone in Music City! Walk in the footsteps of country music's superstars and get an exclusive look at what happens behind the scenes of the show that made country music famous! This afternoon, you'll head to the COUNTRY MUSIC HALL OF FAME AND MUSEUM. This is a state-of-the-art cultural landmark and an architectural crown jewel of the Nashville skyline. Be amazed by its incredible array of rare costumes, instruments, and historical mementos. This evening, enjoy Dinner with entertainment.

**Day 5:** Today, after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

#### ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan.  
 See separate advertisement...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$180 for single occupancy.  
 Final Payment Due: 2/3/2023

#### FOR INFORMATION & RESERVATIONS CONTACT:

**Terri Conner @ (419) 946-4191**

**Diamond Tours** inc.  
 Bringing Group Travel to a Higher Standard®

Non members price: 785.00 p/p based on Double occupancy.

Form ID: 4500-5A0606

WM

Tour#: 1962408

Fla. Seller of Travel Ref No. ST32973.

# MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</b>	<b>1</b> Chicken Breast Baked Beans Corn Peaches Roll Milk	<b>2</b> Pork Loin Mashed Potatoes Veggie Blend Tropical Fruit Salad Roll Milk	<b>3</b> Sloppy Joe Potato Soup Carrot Salad Fruit Salad Bun Milk	<b>4</b> Spaghetti w/Meat Sauce Cooked Spinach Veggie Blend Fruit Cocktail Roll Milk
	<b>7</b> Turkey Burger Green Beans Cooked Carrots Peaches Bun Milk	<b>8</b> Pork Roast Scalloped Potatoes Broccoli Mandarin Oranges Roll Milk	<b>9</b> Beef Tips Egg Noodles Sugar Snap Peas Veggie Blend Pineapple Milk	<b>10</b> Alaskan Pollock Tomato Basil Soup Cole Slaw Pears Bun Milk
	<b>14</b> Roast Beef Mashed Potatoes Green Beans Cinnamon Apples Roll Milk	<b>15</b> Corned Beef Sweet Potatoes Cooked Spinach Fruit Cocktail Bun Milk	<b>16</b> Chicken Drumstick Seasoned Redskin Potatoes Cooked Carrots Tropical Fruit Salad Roll Milk	<b>17</b> Ham & Swiss Corn Chowder Tossed Salad Peaches Bun Milk
	<b>21</b> Sliced Roast Beef Green Beans Red Skin Potatoes Peaches Bun Milk	<b>22</b> Chicken & Noodles Peas & Carrots Wax Beans Pineapple Roll Milk	<b>23</b> Turkey w/Gravy Mashed Potatoes Veggie Blend Mandarin Oranges Dinner Roll Milk	<b>24</b> CLOSED IN OBSERVATION OF THANKSGIVING DAY
	<b>28</b> Shredded Beef Roasted Veggie Blend Tater Tots Cinnamon Apples Bun Milk	<b>29</b> Breaded Pork Chop Mashed Potatoes Cooked Carrots Fruit Cocktail Roll Milk	<b>30</b> Mac & Cheese w/ Meatballs Veggie Blend Broccoli Mandarin Oranges Milk	<b>25</b> CLOSED IN OBSERVATION OF THANKSGIVING
				<b>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</b>

## FUN FACTS

1. There is a statue of Tesla in Silicon Valley that radiates free Wi-Fi. It was done as an homage to his vision for wireless communication.
2. It snows metal on planet Venus! There are two types that have been found, galena and bismuthinite.
3. Tic Tacs got their name from the sound they make when they are tossed around in their container.
4. By the time they have been retired for 2 years, 78% of former NFL players have gone bankrupt or are under financial stress because of joblessness or divorce.
5. 500 seeds of 5 different types of seeds were taken into orbit around the moon, and later planted around the U.S. as well as a few countries. They were called Moon Trees.
6. In order to protest the high tariffs enforced by the U.K. censorship board, a filmmaker sent in a 10 hour “movie” of white paint drying. They had to watch the entire film.
7. 50 % of apartments in Los Angeles don't come with a fridge. This is legal, as fridges are considered an “amenity”, and therefore landlords are not required to provide one.



**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.**

**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.