SENIOR MOMENTS

Morrow County's Monthly Newsletter
November, 2026

From the  of the Director…

Honoring Special Diets This Thanksgiving

The traditional Thanksgiving meal with all the trimmings can be a festival of luxurious and favorite food, plates piled high with turkey and carbohydrates, followed by a food coma that lasts for days. But if you have food allergies or a prescribed diet to control diabetes or high blood pressure, it can be a minefield of boobytrapped delicacies that you have to avoid.

It's not impossible, however, to make this special holiday meal one that everyone can enjoy. Here are a few simple tips to make your Thanksgiving dinner simple, tasty, and one everyone can eat!

Low-Carb Diets, Diabetes Control

Thanksgiving meals are traditionally filled with carbohydrates: mashed potatoes, sweet potatoes — candied or in a sticky casserole topped with marshmallows, stuffing or dressing, and dinner rolls. If your family or friend group has someone who needs to watch the carbs, a couple quick edits can help. First, ditch the rolls, and second, take a good look at those sweet potatoes. Instead of casseroles that could stand-in for desserts, or hefty disks served in heavy syrup, try dicing your sweets, tossing them with a little olive oil, salt and pepper, and roast them in the oven on a baking sheet. Not only does this dodge quite a bit of sugar, but the roasted chunks of sweet potato also add a nice texture to your plate.

Dairy-free

To any lover of mashed potatoes and pumpkin pie, this might feel like one dietary need you just can't meet. But with crafty substitutions you'll be on your way to delicious without having to skip your favs. Making mashed potatoes dairy-free means you have to substitute a fat for that which you would have had from the butter and cream or milk, you also need some liquid for the water content. Olive oil makes a perfect stand-in for the fat and a beaten egg or two will help develop that creamy, rich, and lofty character you need for perfect mashed potatoes. Amounts will vary depending on how many you're feeding so play around until they taste just right. And don't forget that if you're used to using salted butter you may have to add a bit more salt to your recipe than usual. Now on to dessert – most pumpkin pie recipes call for milk, luckily our markets these days are filled with alternatives! Most substitutions can be made one-to-one, almond, soy or oat milk for regular dairy. Give one or two a try to find which one works best for your recipe.

Gluten-free

The stuffing, the rolls, the pie crusts, the flour in the gravy, the topping on the green bean casserole — can Thanksgiving really go gluten free? It can. Of course, you can buy gluten-free rolls, or just let those go. But what about everything else? First, let that tired casserole take a break this year. Instead whip up a fancy fall salad with kale, sliced brussels sprouts, salad greens, apples or dried cranberries, whatever you fancy, and pass a pumpkin maple vinaigrette. For the stuffing (or dressing, depending on which part of the country you're in), take a rustic detour and make a wild rice version instead, you'll find the flavors and textures will make you forget you ever needed bread for this dish! The gravy can be a bit trickier, but don't let it intimidate you!

UPCOMING EVENTS!

BOOK CLUB



Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **November 25, 2026** from 1:00 –2:00 pm. We will discuss "One by One" by Freida McFadden.

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 Caregivers for bingo on November 3 from 12:00-1:30 pm. Victoria with Woodside Village will be with us on November 10. November 17 we will have bingo with Lisa with Gentiva. November 24 with Courtney with Ohioans 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, November 13 from 12:30-1:30 pm. We would like RSVPs but you are more than welcome to just come.

EUCHRE



Do you enjoy playing Euchre? We will be playing Euchre on Thursday, November 5, 12, and 19, 2026 at Noon.

MUSIC

Monday, November 2 we will have dinner and the Country Travelers. Monday, November 9, Open Mic. November 10, Karaoke with Deb. Monday, November 16, dinner and Kickin' Grass . November 23 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 pm. November 30, NO 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

Thanksgiving Word Search

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

Word List:

APPLE
BASTE
CORNUCOPIA
DESSERT
FAMILY
GOBBLE
HAM
MAYFLOWER
PUMPKIN
POTATOES
PIE
CELEBRATE
CRANBERRY
DELICIOUS
FEAST
GRATEFUL
HARVEST
MEAL
PLYMOUTH
SQUASH
AUTUMN
THANKSGIVING
CARVE
DINNER
FOOTBALL
GRATITUDE
HOLIDAY
NOVEMBER
PILGRIM
WISHBONE
BAKE
COOK
COLONISTS
FALL
FRIENDS
GRAVY
LEFTOVERS
PEACAN
STUFFING
TURKEY

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 **November 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, 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, November 24 from 9:00 to 12:00

Equal opportunity provider

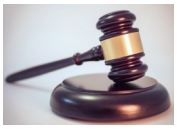


TRANSPORTATION



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.

NOVEMBER EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
2 **8:30 am** Sassy Seniors **10:00 am**–Computer help w/ Coen **2:00—3:00 pm** Medicare Education **5:00 pm**– Dinner **6:00 pm**– Country Travelers	**3** **11:30 am** Lunch @ Center **12:00-1:30 pm** Bingo with Bryce/Freedom Caregivers	**4** **8:30 am** Sassy Seniors **10:00 am** Tote Bag Stencil **1:00—4:00 pm** Medicare 1 on 1
9 **8:30 am** Sassy Seniors **10:00 am**–Computer help w/ Coen **11:00 am** Veterans Day Lunch **6:00 pm** Open Mic	**10** **9:30 am**: PERI Chap 73 meeting on the square **11:30 am** Lunch @ Center **12:00-1:30 pm** Bingo with Victoria/ Woodside Village **6:00 pm** Karaoke with Deb	**11** 
16 **8:30 am** Sassy Seniors **10:00 am**–Computer help w/ Coen **11:30 am** Lunch @ Center **5:00 pm** Dinner **6:00 pm** Kickin' Grass	**17** **11:30 am** Lunch @ Center **12:00-1:30 pm** Bingo with Lisa/Gentiva Hospice	**18** **8:30 am** Sassy Seniors **10:00 am–** Fairy Garden **11:30 am** Lunch @ Center
23 **8:30 am** Sassy Seniors **9:00-12:00 pm** Medicare 1 on 1 **10:00 am**–Computer help w/ Coen **11:30 am** Lunch and Learn **2:00-3:00pm**– Medicare 1 on 1 **6:00 pm–** Gospel/Hymn and Jazz Music with the Skudders	**24** **9:00 to 12:00 pm** Commodities **11:30 am** Lunch @ Center **12:00-1:30 pm** Bingo with Courtney/Ohioans Home Health **2:00—3:00 pm**– Marc Ed	**25** **8:30 am** Sassy Seniors **10:00 am** Movie and Treat "Charlie Brown Thanksgiving" **11:30 am** Lunch @ Center **1:00-2:00 pm** Book Club
30 **8:30 am** Sassy Seniors **10:00 am**– Computer help w/ Coen **11:30 am** Lunch @ Center **12:00 pm**: Lunch and Learn– **6:00 pm–** No Music Tonight		

OCTOBER EVENTS AND IMPORTANT DATES

Thursday	Friday
5 **10:00 am** Walking Club **11:30 am** Lunch @ Center **11:30 am** Living with Diabetes. Trip to Marion YMCA **12:00 pm** Euchre	**6** **8:30 am** Sassy Seniors **11:30 am** Lunch @ Center
12 **9:00-1:30 pm**-Lauren Johnson **10:00 am** Walking Club **11:30 am** Living with Diabetes. Trip to Marion YMCA **12:30 pm**– Board Meeting **12:00 pm** Euchre	**13** **8:30 am** Sassy Seniors **9:00-12:00 pm** Medicare 1 on 1 **11:30 am** Lunch @ Center **12:30-1:30 pm**– Bible Study.
19 **10:00 am** Walking Club **11:30 am** Lunch @ Center **12:00 pm** Euchre **1:00-4:00 pm** Medicare 1 on 1	**20** **8:30 am** Sassy Seniors **10:00-11:00 am** Medicare Education **1:00 pm–** Lunch Trip to Hong Kong Buffet
26 	**27** 



Annette & George Johnson
11/3

Peggy & Brad Larsen
11/3

Mark & Nancy Goosens
11/13

Marlene & Mike Lancaster
11/27

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on
November 23, 2026.
Silk Fall Flowers arrangements.
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, November 2, 2026

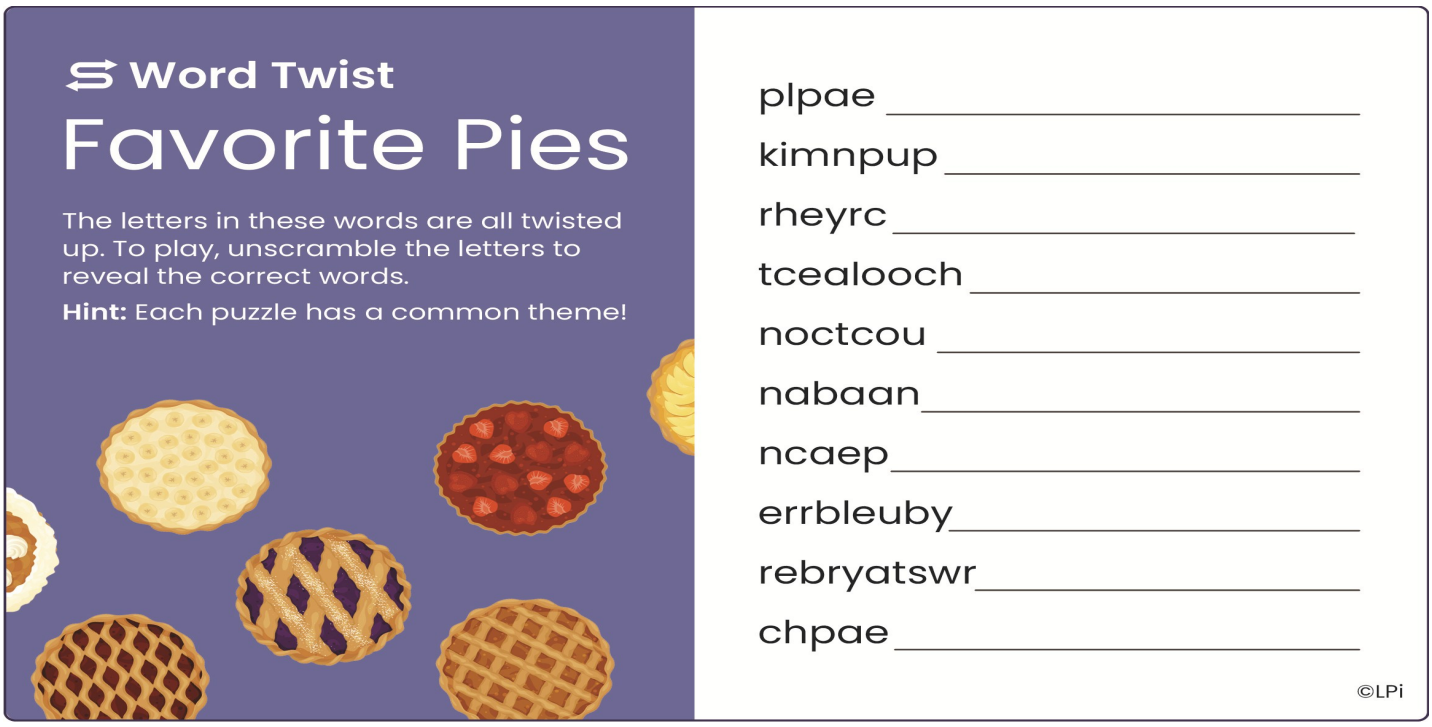
LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, November 16, 2026 AT
12 NOON

JUDY JONES 567-231-9339

Open Enrollment Schedule

Medicare
2026 Annual Enrollment Period
Schedule with Marc Follin

One-on-One *(appointment required)*	***Educational***
October	
Friday, 10/2, 1:00 to 4:00	Thursday, 10/1, 2:00 to 3:00
Wednesday, 10/7, 9:00 to 12:00	Friday, 10/9, 10:00 to 11:00
Tuesday, 10/13, 9:00 to 12:00	Wednesday, 10/14, 2:00 to 3:00
Monday, 10/19, 2:30 to 5:30	Tuesday, 10/20, 2:00 to 3:00
Thursday, 10/29, 1:00 to 4:00	Monday, 10/26, 10:00 to 11:00
November	
Wednesday, 11/4, 1:00 to 4:00	Monday, 11/2, 2:00 to 3:00
Friday, 11/13, 9:00 to 12:00	Tuesday, 11/10, 10:00 to 11:00
Thursday, 11/19, 1:00 to 4:00	Friday, 11/20, 10:00 to 11:00
Monday, 11/23, 9:00 to 12:00	Monday, 11/23, 2:00 to 3:00
December	
Thursday, 12/3, 9:00 to 12:00	Wednesday, 12/2, 10:00 to 11:00
Monday, 12/7, 9:00 to 12:00	No Educational this week



MENU NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Veal Scalloped Potatoes Green Beans Tropical Fruit Blend Bun Milk	3 Mac & Cheese Diced Carrots Mandarin Oranges Broccoli WG Bun Milk	4 Chicken Teriyaki Brown Rice Edamame Beans Stir Fry Veggies Peaches Milk	5 Shredded Beef Peas Roasted Sweet Potato Fruit Mix Bun Milk	6 Pot Roast Mashed Potatoes Cooked Carrots Pears WG Bun Milk
9 Meatball Sub Italian Green Beans Fruit Mix Hot Dog Bun Milk	10 Sausage Gravy Biscuit Hash Browns Peach Crisp Grapes Milk	11 	12 Hamburger Soup Broccoli Mandarin Oranges Bun Milk	13 Taco Roasted Corn Pinto Beans Tortilla Tropical Fruit Salad Milk
16 Chicken Tenders Sweet Corn Broccoli Mandarin Orabges WG Bun Milk	17 Chicken Pot Pie Diced Carrots Peas Applesauce Milk	18 Turkey Barbacoa Mashed Potatoes Black Beans Pears WG Bun Milk	19 Swedish Meatballs Pasta Sugar Snap Peas Au Gratin Potatoes Applesauce Milk	20 Fish Scalloped Potatoes Green Beans Peaches WG Bun Milk
23 Pulled BBQ Pork Sweet Potato Tots Sugar Snap Peas Apple Slices Bun Milk	24 Tortellini Roasted Veggies Spinach Pineapple WG Bun Milk	25 Turkey w/ Gravy Mashed Potatoes Prince Charles Veggies Fruit Salad WG Bun Milk	26 	27 
30 BBQ Riblet Seasoned Potatoes Broccoli Mandarin Oranges Bun Milk		**Call the center for A complete list of ingredients 419.946.4191**	**WG= Whole Grain**	

HAPPY BIRTHDAY!

Jack Abram
Darlene Andrick
Ed Brown
John Clark
Dolores Colflesh
Virginia Connelly
David Davis
Shirley Dendinger
Cindy Fidler
Evelyn Foster
George Freshour
Ray Fulk
Barbara Harden
Nancy Maslar
Mildred Osborne
Marlene Renz
John Scheiderer
Marueen Schroeder
Bennie Shafer
Betty Sliger
Larry Swackhammer
Shirley Taylor
Pat Tolbert
Neil Wright
Romona Little
Linda Stakey

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.