

SENIOR MOMENTS

Morrow County's Monthly Newsletter October, 2025



From the of the Director...

Why it's Time to Start Drinking More Water

While it may not be a cure-all, the benefits of drinking water are numerous. So, why do Americans find it so difficult to sip from what is arguably the fountain of youth?

Answers vary, but the fact is, one in 10 Americans drink zero cups of water per day, according to a study by Dr. Alyson Goodman, a medical epidemiologist for the Centers for Disease Control and Prevention. Zero. "Water is vital for life," she says. "Many health risks decrease when you drink plain water." Which is why, she says, the results are "mind-boggling."

Robert Eakle, CEO of Alkame Water, agrees. "Without water, no living thing can survive," he says. "It affects every area of our life and is an essential part to maintaining proper health."

The following reasons should help you discern why choosing water over any other drink is the better option:

1. It balances body fluids. Your body is composed of about 60 percent water and performs vital functions such as protecting your organs and tissues, regulating your body temperature, and carrying nutrients and oxygen to your cells. Essentially it keeps your body running like a well-oiled machine.
2. It keeps skin looking good. Water moisturizes your skin and functions as a protective barrier to prevent excess fluid loss (think free anti-aging cream). In addition, it can keep your skin fresh and smooth.
3. It boosts the immune system. Those who guzzle water are less likely to get sick. This crystal-clear concoction helps fight against flu, cancer, and other ailments. Including ionized water. Water, in your daily intake can give your immune system a boost through added antioxidants, improve aerobic capacity, enhance energy levels, and, through a patented technology that alters the molecular structure of water, hydrate your body more fully.
4. It can help control calories. While drinking water may not be a weight-loss strategy per se, substituting it for higher-calorie or sugar-filled beverages can help by removing byproducts of fat, filling you up so you're not noshing. It also acts as a natural appetite suppressant and raises your metabolism.

Sincerely, David Keefer

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 goals is to exercise but you find yourself coming up with all kinds of reasons not to, realize that **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. Due to space constraints, there is a maximum of 25 participants, .

NEW CENTER HOURS

Please note the we have adjusted the hours of operations for the Senior Center. The center is open Monday to Friday, 8:00 am to 4:00 pm. Also, make a note that **Daylight Savings** will end on **NOVEMBER 2, 2025.**

BINGO

White Elephant will be on Tuesday, October 7 at 12:00 pm. Join Karma from Kingston for bingo on October 14 from 12:00-1:30 pm. Join Tiffany with Cornerstone Caregiving on October 21 and Bennington Glen will run bingo on October 28. If you would like to join us for lunch before playing, please call us the day before by noon.



BIBLE STUDY



Come to the center and join us in a bible study Friday, October 10 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, October 2, 9, 16, 23, and 30, 2025 at Noon.



MUSIC



Monday, October 13, there will be no music so we can celebrate Columbus Day. Monday October 6, we will have music provided by Kickin’ Grass. Monday, October 20, join us for Kickin’ Grass. Monday, October 27 will feature Gospel/Hymn 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. We will also be having a 50/50 raffle!

Love your NEIGHBOR.



Word Twist

Autumn

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!

srthvae _____	pplae _____
eavels _____	tsaweer _____
nroac _____	ccrsaeowr _____
mkpipnu _____	idehyar _____
picsr _____	nfeirbo _____

©LPI

BOOK CLUB



Mount Gilead Library leads a lively discussion of “All the Ugly and Wonderful Things” by Bryn Greenwood.

We will meet on October 16, 2025 from 1:00 to 2:00 pm.

Medicare Annual Enrollment Period Schedule with Marc Follin

One-on-One (appointment required)

Educational

October

Wednesday, 10/15, 1:00 to 4:00
Friday, 10/24, 9:00 to 12:00
Thursday, 10/30, 1:00 to 4:00

Tuesday, 10/14, 10:00 to 11:00
Tuesday, 10/21, 2:00 to 3:00
Wednesday, 10/29, 10:00 to 11:00

November

Wednesday, 11/5, 9:00 to 12:00
Friday, 11/14, 1:00 to 4:00
Tuesday, 11/18, 1:00 to 4:00
Monday, 11/24, 9:00 to 12:00

Monday, 11/3, 10:00 to 11:00
Thursday, 11/13, 2:00 to 3:00
Friday, 11/21, 10:00 to 11:00
Monday, 11/24, 2:00 to 3:00

December

Friday, 12/5, 1:00 to 4:00

Thursday, 12/4, 10:00 to 11:00

SERVICES

“No one ever
made a
difference by
being like
everyone else.”

Buckminster Fuller



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 13,
2025** from 9:00 am to 1:30 pm.

Cost for this service is \$40.00 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**

Harvest
Leaves
Acorn

Pumpkin
Crisp
Apple

Sweater
Scarecrow
Hayride

Bonfire

©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: Wednesday, October 27
from 9:00 to 12:00**

Equal opportunity provider



The End Is Near

Farmers Fred and Sam were fishing on the side of the road. As each car passed by, they held up a sign that read, "The End is Near! Turn yourself around now before it's too late!"

Car after car stopped suddenly and turned around. But one driver didn't appreciate the sign and sped past shouting, "Leave me alone, you religious nuts!"

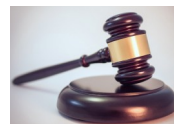
All of a sudden, Fred and Sam heard a loud splash.

Fred asked Sam sheepishly, "Do you think we should have had the sign read 'Bridge Out Ahead' instead?"

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
		1 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm craft pumpkin bucket makeover
6 8:30 am Sassy Seniors 9:00 am– Marengo Senior Breakfast 11:30 am Lunch @ Center 5:00 pm– Dinner 6:00 pm Music-Country Travlers	7 11:30 am Lunch @ Center 12:00-1:30 pm White Elephant Bingo	8 8:30 Sassy Seniors 11:30 am Lunch @ Center 10:00 am Road Trip Crossroad Candle-Pick Wick Place 12:30 pm Board of Directors Meeting
	14 11:30 am Lunch @ Center 12:00-1:30 pm Kingston Bingo 6:00 pm Karaoke and Cook-out	15 8:30 am Sassy Seniors 11:30 am Lunch @ Center
20 8:30 am Sassy Seniors 12:00 pm– Marengo Seniors Carry-In at Marengo Legion Hall 5:00– Dinner 6:00– Kickin' Grass	21 11:30 am Lunch @ Center 12:00-1:30 pm Cornerstone Caregiving Bingo 2:00 pm Poetry and Storytelling	22 8:30 am Sassy Seniors 11:30 am Lunch @ Center
27 8:30 am Sassy Seniors 12:00 pm Lunch Bunch with Ohio Department of Insurance. 11:30 am Lunch @ Center 6:00 pm Gospel/Hymns with Chris and Hyla Skudder	28 9:00AM to 12:00 pm Commodity Box pick-up 11:30 am Lunch @ Center 12:00-1:30 pm Bennington Glen Bingo	29 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm pumpkin decorating

EVENTS AND IMPORTANT DATES

Thursday	Friday	 Jeannette & Mike Warwick 10/2 Gary & Treva Dilsaver 10/6 Melanie & Jerry Rodgers 10/15 Rita & Lloyd Parsons 10/30
2 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre	3 8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm 'Happy hookers" Crochet club	
9 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre 1:00-3:00 pm – Medicare 1 on 1 (appt needed)	10 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study. 2:00 pm Trivia	
16 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre 1:00-2:00 pm – Book Club	17 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm 'Happy hookers" Crochet club	
23 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre	24 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 2:00 pm Trivia	
30 10:00 am walking club 11:30 am Lunch @ Center 12:00 pm Euchre	31 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm costume and Halloween Party	

SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will meet on October 27, 2025. Lunch will be served at Noon. David Painter with the Ohio Department of Insurance, will join us at 12:30 to discuss Medicare.

RESERVATION REQUIRED
\$4.00 SUGGESTED DONATION
SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD

MARENGO/FULTON SENIORS

BREAKFAST AT EDISON DEPOT
552 W HIGH ST.
EDISON, OH 43320
MONDAY, October 6, 2025 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, October 20, 2025 AT
12 NOON
JUDY JONES 567-231-9339



Word Twist
Answers

Harvest
Leaves
Acorn

Pumpkin
Crisp
Apple

Sweater
Scarecrow
Hayride

Bonfire

Headwaters Outdoor



Education Center

2025 Program Calendar

Trick-or-Treat Trail 4:00 pm Saturday, Oct 18, 2025

With Morrow Soil and Water Conservation District

Make-it-Take-it 2:00 pm Sunday, Nov 2, 2025

With Kim Forget, HOEC

*Wee Discover

Morning Session: 10:15—11:30

Thursday Preschool Program

Afternoon Session: 12:45—2:00 pm

Each Thursday Sept & Oct

* Register at (419)- 946- 7923



**HOW WELL DO YOU KNOW YOUR NEIGHBOR?
YOU MIGHT BE SURPRISED! ASK THEM:**



©LPi

MENU

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Call the center for A complete list of ingredients 419.946.4191	WG= Whole Grain	1 Chicken Noodles Mashed Potatoes Brussel Sprouts Tropical Fruit WG Bun Milk	2 Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk	3 Tuna Salad on WG Croissant Celery Stick Cole Slaw Apricots Milk
6 Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk	7 Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk	8 Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk	9 Breaded Veal Squash Medley Blueberry Crisp WG Bun Milk	10 Deli Sandwich on WG Croissant Tomato Cucumber salad Pickle Spear Fresh Orange Milk
13 	14 Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk	15 Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk	16 Personal Pizza California Blend Fresh Banana Wheat Bread Milk	17 Egg Salad Lettuce/Tomato/Onion Baby Carrots Diced Pears WG Croissant Milk
20 Sloppy Joes Au Gratin Potatoes Sliced Apples WG Bun Milk	21 Lasagna House Salad WG Cornbread Grapes Milk	22 Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk	23 Breaded Chicken Leg Mashed Potatoes Glazed Carrots Tropical Fruit WG Roll Milk	24 Ham & Cheese Sandwich Cowboy Corn Salad Mandarin Oranges WG Bun Milk
27 Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk	28 Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk	29 Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk	30 Chicken Patty WG Bun California Blend Pineapple Tidbits Milk	31 Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk

HAPPY BIRTHDAY!

Rodney Baker
Phyllis Barnett
Ray Buckel
Isabel Camp
Delores Freshnour
Mike Hansgen
Daniel Hedges Sr.
Don Holtrey Sr
Carolyn Lewis
Marilyn McClain
Rira Parsons

Don Robinson
William Sheppard
Freddie Turner
Shellee Wagner
Judi Miller
Ada Davidson

**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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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 4:30 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.

