

SENIOR MOMENTS

Morrow County's Monthly Newsletter October, 2026

From the  of the Director...

Embracing Autumn's Golden Days

October arrives with cooler mornings, brilliant leaves, and that familiar crisp scent of fall. For many of us, this season brings a welcome change of pace—a chance to slow down, enjoy the outdoors while the weather is still pleasant, and gather with family and friends.

One of the simplest joys of October is taking a short walk when the leaves are at their peak color. Even a gentle stroll around the neighborhood or a local park can lift the spirits and keep joints moving. If balance is a concern, try walking with a friend or using a sturdy cane. The fresh air and changing scenery are worth the effort. Remember to dress in layers; mornings can be chilly while afternoons warm up nicely.

This is also an excellent month to tend to health basics. Flu season is approaching, so consider getting your annual flu shot if you haven't already. Many pharmacies and senior centers offer convenient walk-in clinics. Shorter days mean less natural sunlight, so talk with your doctor about whether a vitamin D supplement might be helpful. Staying hydrated remains important even as temperatures drop—keep a water bottle nearby throughout the day.

October also invites us to look ahead to the holidays. Now is a good time to make simple preparations: write a short list of people you'd like to call or visit, gather favorite family recipes, or plan a small gathering that feels comfortable for you. If large celebrations feel overwhelming, a quiet afternoon of coffee and conversation can be just as meaningful.

Finally, don't overlook the small pleasures right in front of us—the scent of cinnamon, a warm cup of tea, a favorite sweater pulled from the closet, or the sound of leaves underfoot. These ordinary moments often become the ones we remember most fondly.

Wherever this October finds you, may it bring moments of comfort, connection, and quiet beauty. Here's to a season filled with golden light and good company.

Sincerely, David Keefer

UPCOMING EVENTS!

BOOK CLUB

Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **October 28, 2026** from 1:00 –2:00 pm. We will discuss “The Rest of Our Lives” by Ben Markkovits.



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 October 6 from 12:00-1:30 pm. Victoria with Woodside Village will be with us on October 13. October 20 we will have bingo with Lisa with Gentiva. October 27 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, October 9 AND October 23 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, October 1, 8, 15, 22, and 29, 2026 at Noon.



MUSIC

Monday, October 12 NO MUSIC due to holiday. Monday, October 5 we will have dinner and the Country Travelers. October 13, Karaoke with Deb. Monday, October 19, Kickin' Grass will return. October 26 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 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!



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

Senior Levy Facts

Morrow County Senior Levy Protecting What Matters Most — Our Seniors

This 0.5 mill RENEWAL levy, funds essential services that help local seniors remain independent and healthy in our community:

- Nutritious Meals (Congregate & Home-Delivered). **40,317 meals served in 2025**
- Reliable Transportation to Medical Appointments. **123,095 miles driven in 2025**
- In-Home Support Services
- Senior Center Programs & Activities
- Caregiver Support & Respite Care

A wise investment in our neighbors, parents, and grandparents.

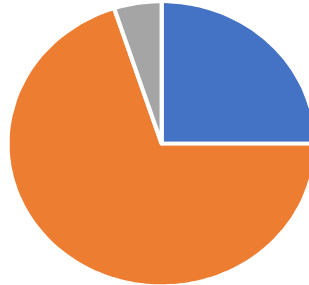
Small Cost • Huge Return Costs the owner of a \$100,000 home about \$17.50 per year

? **Paid for by local property taxes**

? **Supports local jobs & services**

? **Keeps seniors out of expensive nursing homes**

How we are funded



■ Federal Funds- 25% ■ Levy Settlements- 70% ■ Project Income- 5%

How we are funded;

- **25% of our Operating Budget from funds from Older American Act**
- **5% of our Operating Budget from donations from seniors and their families**
- **70% of our Operating Budget from local levy tax dollars.**

**This is why we need YOU!!
VOTE on November 3, 2026**

Paid for by Morrow County Seniors Levy Committee, David Keefer, Treasurer
41 W. Center Street, Mount Gilead, Ohio 43338

SERVICES

Losing His Memory

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there — if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tones, "Pay me in advance."

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 **October 8, 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.

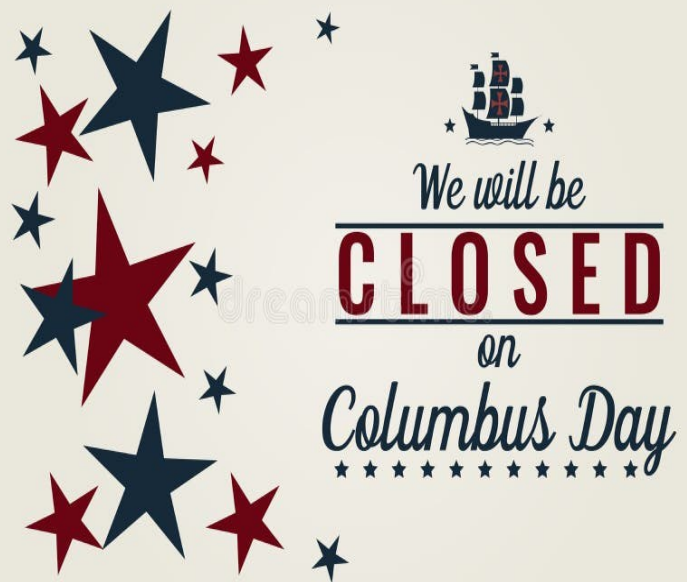
COMMODITIES FOOD BOX

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

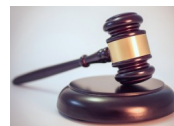
Equal opportunity provider



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

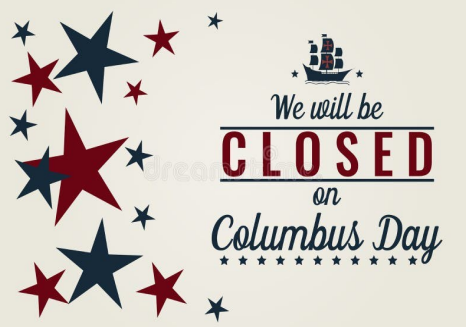
Karen McVay is available (by appointment only) to assist you in any legal questions you may have. Please give her a call and set up your appointment today! 740-383-2161 Ext#273 or 888-301-2411

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.



OCTOBER EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
5 8:30 am Sassy Seniors 10:00 am —Computer help w/ Coen 5:00 pm — Dinner 6:00 pm — Country Travelers	6 9:30 am : PERI Chap 73 meeting at the Edison Depot 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Bryce/Freedom Caregivers	7 8:30 Sassy Seniors 9:00-12:00 pm — Marc 1on1 10:30 am — Live Flowers with Teresa 11:30 am Lunch @ Center
12 	13 9:00-12:00 pm — Marc 1on1 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Victoria/Woodside Village 6:00 pm — Karaoke with Deb	14 8:30 am Sassy Seniors 10:00 am — Antiques Show & Tell 11:30 am Lunch @ Center 12:30 pm — Board Meeting 2:00 –3:00 pm — Marc Ed
19 8:30 am Sassy Seniors 10:00 am —Computer help w/ Coen 11:30 am Lunch @ Center 2:30—5:30pm — Marc 1on1 6:00 pm — Kickin' Grass	20 9:00 to 12:00 pm Commodities 11:30 am Lunch @ Center 12:00-1:30 pm Bingo Lisa/ Gentiva Hospice 2:00—3:00 pm — Marc Ed	21 8:30 am Sassy Seniors 10:00 am Movie and Treat "Hocus Pocus" 11:30 am Lunch @ Center
26 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 — Gospel/Hymn and Jazz Music with the Skudders	27 9:00—12:00pm — Commodity Pickup 11:30 am Lunch @ Center 12:00-1:30 pm Bingo Courtney/ Ohioans	28 8:30 am Sassy Seniors 10:00 am — Decorate Pumpkins 11:30 am Lunch @ Center 1:00 to 2:00 pm Book Club

OCTOBER 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
1 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre 2:00-3:00 pm -Marc Ed	2 8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00—4:00 pm – Marc 1on1	
8 9:00-1:30 pm -Lauren Johnson 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	9 8:30 am Sassy Seniors 10:00-11:00 am – Marc Ed 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study. 1:00 pm -Lunch trip to Olive Garden	
15 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	16 8:30-9:30 am Sassy Seniors 10:00 am – Ceramics	
22 10:00 am Walking Club 11:30 am Lunch @ Center 11:30am – Dining with Diabetes trip to Marion YMCA 12:00 pm Euchre	23 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study.	
29 10:00 am Walking Club 11:30 am Lunch @ Center 11:30am – Dining with Diabetes trip to Marion YMCA 12:00 pm Euchre 1:00—4:00 pm -Marc 1on1	30 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 11:00 am – Halloween Party	

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on
October 26, 2026.
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, October 5, 2026

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, October 19, 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)

October

Friday, 10/2, 1:00 to 4:00
Wednesday, 10/7, 9:00 to 12:00
Tuesday, 10/13, 9:00 to 12:00
Monday, 10/19, 2:30 to 5:30
Thursday, 10/29, 1:00 to 4:00

Educational

Thursday, 10/1, 2:00 to 3:00
Friday, 10/9, 10:00 to 11:00
Wednesday, 10/14, 2:00 to 3:00
Tuesday, 10/20, 2:00 to 3:00
Monday, 10/26, 10:00 to 11:00

November

Wednesday, 11/4, 1:00 to 4:00
Friday, 11/13, 9:00 to 12:00
Thursday, 11/19, 1:00 to 4:00
Monday, 11/23, 9:00 to 12:00

Monday, 11/2, 2:00 to 3:00
Tuesday, 11/10, 10:00 to 11:00
Friday, 11/20, 10:00 to 11:00
Monday, 11/23, 2:00 to 3:00

December

Thursday, 12/3, 9:00 to 12:00
Monday, 12/7, 9:00 to 12:00

Wednesday, 12/2, 10:00 to 11:00
No Educational this week



IF YOU WANT TO
LIFT YOURSELF UP
LIFT UP
SOMEONE ELSE.

Booker T. Washington

©LPI

MENU

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
WG= Whole Grain	Call the center for A complete list of ingredients 419.946.4191		1 Breaded Ckn Breast Seasoned Potatoes Sweet Corn Peaches Bun Milk	2 Beef Stroganoff Green Beans Capri Veggies Tropical Fruit Salad WG Bun Milk
5 Shredded Beef Sweet Corn Roasted Sweet Potato Fruit Mix WG Bun Milk	6 Scrambled Eggs Diced Potatoes Apple Crisp Tropical Fruit Muffin Milk	7 Chicken & Noodles Peas Diced Carrots Pineapple WG Bun Milk	8 Hot Dog Sweet Potato Tots Sweet Corn Tropical Fruit Salad Hot Dog Bun Milk	9 Orange Chicken Brown Rice Kyoto Veggie Blend Sugar Snap Peas Fruit Mix Milk
12 	13 Turkey w/ Gravy Mashed Potatoes Prince Charles Veggies Fruit Salad WG Bun Milk	14 Stuffed Cabbage Rolls Wax Beans Apple Slices WG Roll Milk	15 Hamburger Soup Broccoli Mandarin Oranges WG Bun Milk	16 Chicken Taco Corn Black Beans Rice Tropical Fruit Salad Milk
19 Cheese Pizza Wax Beans Roasted Sweet Potatoes Pineapple Milk	20 Mac & Cheese Diced Carrots Broccoli Mandarin Oranges WG Bun Milk	21 Salisbury Steak Mashed Potatoes Corn Fruit Cocktail WG Bun Milk	22 Sloppy Joes Tater Tots Baked Beans Peaches WG Roll Milk	23 Grilled Chicken Seasoned Potatoes Lima Beans Tropical Fruit WG Bun Milk
26 Corn Dog Roasted Sweet Potatoes Green Beans Fruit Mix Milk	27 Sausage Gravy Biscuit Hash Browns Peach Crisp Grapes Milk	28 Meatloaf Mashed Potatoes Peas & Carrots Fruit Salad WG Roll Milk	29 Philly Beef Steaks Seasoned Potatoes Sweet Corn Peaches Hot Dog Bun Milk	30 Turkey Tetrzzini Peas Wax Beans Pineapple WG Bun Milk

HAPPY BIRTHDAY!

Rodney Baker

Don Robinson

Phyllis Barnett

William Sheppard

Ray Buckel

Shellee Wagner

Isabel Camp

Judi Miller

Delores Freshnour

Ada Davidson

Mike Hansgen

Daniel Hedges Sr.

Don Holtrey Sr

Carolyn Lewis

Marilyn McClain

Rira Parsons

**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 4:00 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.