

SENIOR MOMENTS

Morrow County's Monthly Newsletter

OCTOBER

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

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From the of the Director...

Well we have finally arrived to what I think is the best month of the year...October. Now the other month's have their strong points, like Thanksgiving in November, Christmas in December, New Year in January, Independence Day in July and the list continues. But, it's hard to get better than the start of football, the crisp days, the turning of the leaves, apple picking, pie making, and warm cider.

Why do leaves change colors? The vivid colors of fall actually are hidden underneath the summer green. The main reason for the color change is not the cooler temperatures but rather the lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

Folklore of the season:

When deer are in grey coat in October,
expect a hard winter

Much rain in October, much wind in December

A warm October means a cold February
So, take this month of cool temperatures and changing leaves to sit back and rest for a while. Sit on your porch with a nice hot cup of coffee, or tea and think about all the good things about our changing seasons. Besides, you are going to need your energy for all of the holiday celebrations over the next couple months.

HAVE A GREAT FALL AND A GREAT OCTOBER!!!!

Sincerely,
David Keefer

UPCOMING EVENTS!

MUSIC



Monday, October 17th, join us for a box dinner of Ham Salad Sandwich, Marinated Cucumber Salad, Broccoli Florets, Strawberries, Milk at 5:00pm and music by Kickin Grass at 6:00pm, Monday, October 31st, join us for a box dinner of Turkey Sliders w/Cheese, Lettuce and Tomato, Carrot & Raisin Salad, Tropical Fruit Mix, Oatmeal Bar, Milk at 5:00pm and music by Country Travelers 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! Be sure to call ahead to reserve a meal by the Wednesday prior

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.

SHOPPING

We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, October 4th, we will be heading to Marion and Third Tuesday, October 18th 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.



EUCHRE



Do you enjoy playing Euchre? Euchre will be played on Thursday, October 6, 13, 20, & 27th, at Noon. You may bring your own drink and snacks.

BINGO

Cash Bingo will be on Tuesday, October 4th. Cash Bingo cost to play is \$5.00. Join us on Tuesday, October 18th at 12:00PM 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, October 11th 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.



GAME DAY



Come join us at Seniors on Center on October 14th at 12:00 PM for a afternoon of fun and games. We will have bumper pool, darts, ladder toss, corn hole, dominos, phase 10, Uno and any other games you would like to play. Please call the center by October 12th by noon to reserve your spot if you would like to come in before hand and have lunch.

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 October is *The Woman They Could Not Silence* by Kate Moore. 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 .

CRAFT DAY

Join us October 7th at noon for a fun afternoon for a craft of a witch hat wreath. If you would like to join us for this craft, the cost for this craft is \$15.00, please let us know by October 5th. If you would like to have lunch before the craft please call us by September 15th by noon. If you have any questions call Terri here at the center.



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 October 5th. And Prim Rose on October 19th. We will be meeting and leaving Kroger's at 12:30PM. If you would like to join us please call the center and ask to speak to Terri.

HALLOWEEN PARTY

Join us on Friday, October 28th, at 12:30 PM for a fun Halloween party and meal. Come dressed in your best Halloween costume and enjoy a great meal and entertainment from Candace from OSU Extension and do a small Halloween craft. Please call and reserve your spot by Wednesday, October 19th by noon.



KIDS HALLOWEEN PARTY

Join us on Saturday, October 29th, from 4:00-5:00PM for a fun evening before trick or treat here in Morrow County. We will have fun, games, activities, and a kids costume contest. Hot dogs will also be available. This is a free to the community event. Hope to see you all here.

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, October 19 10:00AM, Thursday, October 27, 2:00PM,
and Monday, October 31, 2:00PM

MEETING ONE ON ONE

Marc will also be available to meet with you for a 20 minute one on one:
Tuesday October 18, 1:00-4:00PM, Monday October 24, 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, OCTOBER 28TH 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, OCTOBER 4TH AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, OCTOBER 17TH 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
<p>3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>	<p>4 9:00AM Marengo Seniors Group at St. Rt. 229 Restaurant 11:30AM Lunch @ Center 12:00PM Bingo (Cash)</p>	<p>5 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:30PM Choir Morrow Manor leaving Kroger</p>
<p>10 CLOSED IN OBSERVATION OF COLUMBUS DAY/INDIGENOUS PEOPLE DAY</p> 	<p>11 10:00AM Shopping trip to Marion 11:30AM Lunch @ Center 12:00PM Bingo with Kingston Karen McVay (Call Legal Aid to set up an appointment)</p>	<p>12 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>17 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Marengo Seniors Group at Legion Hall 5:00PM Box Meal 6:00PM Kicking Grass</p>	<p>18 11:30AM Lunch @ Center 12:00PM Bingo (White Elephant) 1:00-4:00PM Medicare One on One</p>	<p>19 8:30-9:30AM Sassy Seniors 10:00-11:00AM Medicare 101 Seminar 11:30AM Lunch @ Center Last day to RSVP for Craft 12:30PM Choir Prim Rose leaving Kroger</p>
<p>24 8:30-9:30AM Sassy Seniors 9:00AM-12:00PM Medicare One on One 11:30AM Lunch @ Center</p>	<p>25 9:00AM-12:00PM Commodities Pickup 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center</p>	<p>26 8:30-9:30AM Sassy Seniors 10:00AM-12:00PM Beltone 11:30AM Lunch @ Center</p>
<p>31 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00-3:00PM Commodities Pickup 2:00-3:00PM Medicare 101 Seminar 5:00PM Box Meal 6:00PM Country Travelers</p>		

EVENTS AND IMPORTANT DATES

Thursday	Friday
6 11:30AM Lunch @ Center 12:00PM Euchre	7 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Craft Day
13 11:30AM Lunch @ Center 12:00PM Euchre	14 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Game Day
20 11:30AM Lunch @ Center 12:00PM Euchre 1:00PM Book Club	21 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
27 11:30AM Lunch @ Center 12:00PM Euchre 2:00-3:00PM Medicare 101 Seminar	28 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM The Lunch Bunch with Candice Nutrition 12:00PM Halloween Party



Jeannette & Mike
Warwick
10/2

Gary & Treva
Dilsaver
10/6

Rita & Loyde
Parsons
10/30

HAPPY BIRTHDAY!

Rodney Baker

Carolyn Lewis

Phyllis Barnett

Marilyn McClain

Deborah Benson

Rita Parsons

Ray Buckel

Don Robinson

Isabel Camp

William Sheppard

Rose Christman

Freddie Turner

Betty Cook

Shellee Wagner

Wava Cornett

Roger Whaley

Delores Freshour

Rowena Whipple

Mary Hamilton

Mike Hansgen

Daniel Hedges Sr.

Donald Holtrey Sr.





MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">3</p> <p>Pulled BBQ Pork Baked Beans Corn Peaches Whole Wheat Bun Milk</p>	<p align="center">4</p> <p>Salisbury Steak Mashed Potatoes Cooked Carrots Tropical Fruit Salad Honey Wheat Roll Milk</p>	<p align="center">5</p> <p>Turkey Sausage Patty Redskin Potatoes Whole Grain Pancake Baked Apples Fruit/Veggie Juice Milk</p>	<p align="center">6</p> <p>Breaded Veal Tomato Basil Soup Cole Slaw Fruit Cocktail Whole Wheat Bun Milk</p>	<p align="center">7</p> <p>Alaskan Pollock Scalloped Potatoes Broccoli Mandarin Oranges Honey Wheat Roll Milk</p>
<p align="center">10</p> <p>CLOSED FOR COLUMBUS DAY/ INDIGENOUS PEOPLE DAY</p>	<p align="center">11</p> <p>Pork Pot Roast Mashed Potatoes Peas Apricots Honey Wheat Roll Milk</p>	<p align="center">12</p> <p>Chipped Beef Cooked Spinach Corn Pears Texas Toast Milk</p>	<p align="center">13</p> <p>Chicken Patty Vegetable Soup Baby Carrots Snack Pack Fruit Cocktail Whole Wheat Bun Milk</p>	<p align="center">14</p> <p>Taco Meat Lettuce Pinto Beans Pineapple Corn Taco Shell Milk</p>
<p align="center">17</p> <p>Pulled Smoked Chicken Potato Rounds Fresh Cut Green Beans Peaches Whole Wheat Bun Milk</p>	<p align="center">18</p> <p>Turkey w/ Gravy Mashed Potatoes Veggie Blend Fresh Cut Apple Slices Honey Wheat Roll Milk</p>	<p align="center">19</p> <p>Ham Maple Diced Sweet Potatoes Brussel Sprouts Pineapple Whole Grain Cornbread Milk</p>	<p align="center">20</p> <p>Hot Dog Bean Chili Tossed Salad Peaches Whole Wheat Hotdog Bun Milk</p>	<p align="center">21</p> <p>Cheese Pizza Cooked Carrots Cucumber Salad Mandarin Oranges Graham Crackers Milk</p>
<p align="center">24</p> <p>Turkey Burger Sweet Potato Puffs Veggie Blend Mixed Fruit Whole Wheat Bun Milk</p>	<p align="center">25</p> <p>Roast Beef Mashed Potatoes Peas & Onions Fruit Cocktail Whole Grain Yeast Roll Milk</p>	<p align="center">26</p> <p>Chicken Cavatappi Cooked Carrots Broccoli Mandarin Oranges Honey Wheat Roll Milk</p>	<p align="center">27</p> <p>Shredded Beef White Bean Soup Potato Salad Mixed Fruit Whole Wheat Bun Milk</p>	<p align="center">28</p> <p>Hungarian Goulash Season Redskin Potatoes Veggie Blend Apricots Whole Grain Yeast Roll Milk</p>
<p align="center">31</p> <p>Pizza Patty Veggie Blend Baby Carrot Snack Pack Pineapple Whole Wheat Bun Milk</p>			<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</p>

FUN FACTS

1. Popularized by the Shakespeare play, many people think Julius Caesar's last words were "And you, Brutus?" In reality, he said "You too, my child?"
2. Times Square was originally called Longacre square until it was renamed in 1904 after The New York Times moved its headquarters to the newly built Times Building.
3. Queen Elizabeth has a personal net worth of 425 million dollars. That includes the \$65 million Sandringham House and \$140 million Balmoral Castle.
4. All through there is currently no drug proven to make someone tell the truth, some countries like Russia, Canada, and India use truth serums.
5. Only primates, humans, and opossums have opposable thumbs. Out of these, the opossum is the only one with no thumbnail.
6. One of the World Trade Center's was built to be 1,776 feet tall on purpose to reference the year the Declaration of Independence was signed.
7. The word "kimono", literally means a "thing to wear". Ki is "wear", and mono is "thing".
8. It takes Uranus 84 years to orbit the Sun once.



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.