

August 2025

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

Theme Week

August 25th -29th is
Hat Week!

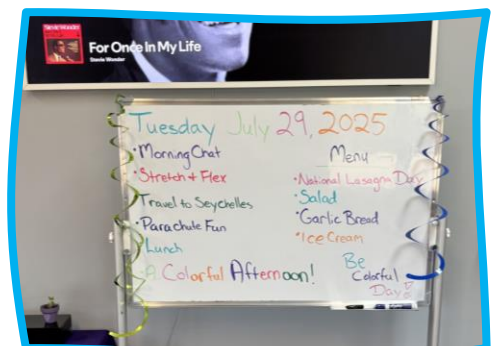
Wear a Favorite or
Fun Hat Every Day
that Week!

LABOR DAY

Margaret's Heart
Senior Day Center
will be closed
September 1st on
Labor Day

We Had a Colorful Month

July was a colorful month! Each color had a designated day where we discussed its meaning, how it makes us feel, and other interesting facts. There were decorations and colorful snacks to accompany each day. Below are a few pictures from our colorful month. Be sure to follow us on Facebook to stay up to date with all the latest happenings.

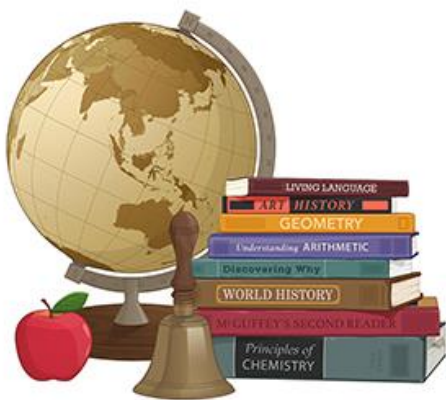


Back to School

It is hard to believe that it is time for the kids to go back to school. What if over the summer the grandkids helped keep an eye on Grandma or Grandpa. Now that the grandkids are in school, who is going to make sure the grandparents are ok? Maybe you were off for the summer and you had more time to check on your mom and dad. Now that school is back in session, who is going to peek in on them during the day?

Margaret's Heart Senior Day Center can offer the extra help you need. We provide a safe space for mom, dad, grandma, or grandpa to come during the day. We offer a light breakfast, hot lunch, and activities throughout the day. Our staff are trained to provide the extra support that your loved one needs.

We invite you to come and see how Margaret's Heart Senior Day Center can make a difference in the life of your loved one. Call 513-528-0014 to schedule a tour!



We love playing games at MHSDC!. The giant Connect Four Game has been a hit!

Many of our Participants enjoy helping while at the center. Whether helping clean up from a color day or doing the dishes, we love having a helping hand!



Beading necklaces and bracelets has become a favorite activity. Not only are they pretty, but the movement helps keep your fingers moving and nimble.

August 2025



August 25th-29th is Hat Week!
Wear A Fun or Favorite Hat
Every Day that week!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Morning Chat 1 Stretch & Flex Karaoke Time Parachute Fun Lunch: <i>Sponsored by Cornerstone Caregiving</i> Learn about Beer Beer Day
News of the Day 4 Morning Music Cookie Making Lunch Bean Bag Toss All about Cookies <i>Chocolate Chip Cookie Day</i>	Morning Chat 5 Stretch & Flex Sculpture Gardens at the Smithsonian Word Games Lunch Outing to the Park	News of the Day 6 Morning Music Remember I Love Lucy Balloon Tennis Lunch Art Fun	Today's History 7 Morning Stretch All about Lighthouses Bean Bag Toss Lunch Craft Time	Morning Chat 8 Stretch & Flex Dog Videos Play Time with Pups Lunch Corn Hole <i>Dog Day</i>
News of the Day 11 Bean Bag Toss Music Fun Lunch Play in the Sand Games/Puzzles	Morning Chat 12 Stretch & Flex All about Elephants Make Fries Lunch Vinyl Record Day <i>Elephant Day</i>	News of the Day 13 Morning Music Famous Left-Handers Balloon Tennis Lunch Art Fun <i>Left Handers' Day</i>	Today's History 14 Morning Stretch Navajo Code Talkers Bean Bag Toss Lunch Popsicles on the Patio <i>Creamsicle Day</i>	Morning Chat 15 Stretch & Flex All about Elvis Word Games Lunch Theme Bingo
News of the Day 18 Morning Music Travel to Kansas Bean Bag Toss Lunch Women's Vote	Morning Chat 19 Stretch & Flex How It's Made Brain Games Lunch Outing for Ice Cream <i>Soft Serve Ice Cream Day</i>	News of the Day 20 Morning Music All about the Radio Balloon Tennis Lunch Art Fun <i>Lemonade Day</i>	Today's History 21 Morning Stretch Learn about Hawaii Bean Bag Toss Lunch Famous Poets <i>Senior Citizens' Day</i>	Morning Chat 22 Stretch & Flex Jeopardy Cooking Club: Pizza Lunch Root Beer Floats <i>Sponsored by Residence at Salem-Woods</i>
News of the Day 25 Morning Music National Parks Bean Bag Toss Lunch Craft Time Hat Week!	Morning Chat 26 Stretch & Flex The Wizard of Oz Spiritual Sing-a-long Lunch Celebrate Potato Chips <i>Potato Chip's Birthday</i>	News of the Day 27 Morning Music World Records Balloon Tennis Lunch Art Fun <i>Banana Lover's Day</i>	Today's History 28 Morning Stretch Game Time Bean Bag Toss Lunch I Have a Dream	Morning Chat 29 Stretch & Flex Folk Heros Sing-A-Long with Betsy Lunch Back to School Social <i>Wear Your College or School Colors Day</i>

Activities Are Subject to Change based on the Number of Participants.

www.MHSDayCenter.com



August 2025 Seniors' CHOICE menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
Beef & Noodles (ch b) chicken & noodles ch7037 w/ Gravy Green Beans Carrots Mandarin Oranges Diet: same	Turkey & Swiss on Wheat (ch b) ham & swiss on wheat ch7044 Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Roast Pork Loin w/ Gravy (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Chicken Alfredo over Spaghetti (ch b) mediterranean glazed salmon ch7068 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	Salisbury Steak w/Mushroom Gravy (ch b) chicken w/gravy ch7008 Parslaid Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same
11	12	13	14	15
BBQ Beef (ch b) grilled chicken breast ch7026 Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same	Chicken Fajita Bowl (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Summer Salad w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Grape Juice 100% Animal Crackers Diet: same	Honey Mustard Chicken (ch b) steak hoagie w/ gravy Brussel Sprouts Root Blend Vegetables Fruit Cocktail Dinner Roll / Margarine Animal Crackers Diet: same	Swedish Meatballs (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Sponge Cake Fruit Punch Diet: same
18	19	20	21	22
Meatloaf w/ Gravy (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Chicken & Potato Casserole (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same	Beef Vegetable Stew - 9001 (ch b) chicken stew ch7022 w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Peas w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	Ham & Swiss on White - 9125 (ch b) roast beef & swiss on white ch7031 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Peaches Wheat Bread / Margarine Diet: same
25	26	27	28	29
Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken alfredo w/ broccoli ch7067 Italian Vegetables Spinach / Vinegar Apple Juice 100% Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach Peas Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Chicken & Waffles (ch b) baked fish w/ brown rice ch7004 Spinach Roasted Sweet Potatoes Papaya & Mango Biscuit / Margarine Breakfast Syrup Diet: same	Hamburger - 9071 (ch b) hot deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same

Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025