

May 2025

# MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

[www.MHSDayCenter.com](http://www.MHSDayCenter.com)

513.528.0014

## Curious About an Adult Day Center?

### Try a Free Visit!

Are you wondering if a Senior Day Center is the right fit for you or a loved one?

Join us for a hot lunch and participate in fun activities in a welcoming environment.

Please give us a call to schedule your visit for **May 2, May 6, or May 9.**

Participants can stay for up to 4 hours during their visit.

Complimentary transportation to and from the center is available.

For more information,  
Call 513-528-0014.

We accept Private Pay, Dual Molina & United Healthcare Plans, Passport Waiver, & Long-Term Care Insurance. ESP and VA pending.

## Welcome to Our First Participants!

April Showers bring May flowers and our first participants! Since we have a smaller group, all the activities have been tailored to our participants. We are enjoying "winging it" and getting to know our participants' favorite activities. As we grow, we will continue to tailor our activity calendar to our participants' preferences.



*Pictures of participants and staff playing Yahtzee, putting together a puzzle, laughing at jokes, and talking about what happened on this day in history.*

## Transportation



Did you know that Margaret's Heart Senior Day Center offers transportation to and from the center? If you live within a 15-mile radius of MHSDC, we can provide transportation for a reasonable fee. We have also partnered with MyRyde to assist with transportation for those in wheelchairs and/or who live farther away. Families are always welcome to transport participants to and from the center.

God could not be  
everywhere and therefore  
He made mothers.  
~Proverb

## Getting to Know Our Staff Ashley Roush, Center Assistant

Ashley joined Margaret's Heart Senior Day Center in August 2024. She has done a variety of things from typing documents to putting furniture together. Now that the center is open, she will be assisting with meals and activities, personal care for participants, driving, and administrative work.

Ashley has 4 kids and two dogs. A fun fact about her is that she and her twin are both realtors.



*Pictured left to right:  
Betsy Guy, Ashley Roush, Kristin Gaffney*



# May 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Activities are subject to change.

News of the Day  
Sit & Be Fit  
Travel Club: Mexico  
Let's Learn Spanish  
Lunch  
Cinco De Mayo Party

5

Today's News  
Stretch & Flex  
Fun with Art  
Cranium Crunches  
Lunch  
Soda Taste Test

6

Morning Chat  
Balloon Tennis  
Getting to Know You  
Mind Games  
Lunch  
Card Bingo

7

News of the Day  
Sit & Stretch  
Famous Faces  
Trivia Time  
Lunch  
Outdoor Games

1

Friday Funnies  
Fun & Fitness  
Kentucky Derby Fun  
Brain Fitness  
Lunch  
Outing to the Park

2

National Tuna Day

Cinco de Mayo

Teacher Appreciation  
Week

Alphabet Magnet Day

News of the Day  
Sit & Be Fit  
Famous Nurses  
Word Games  
Lunch  
Meditation Monday

12

Today's News  
Stretch & Flex  
Jeopardy  
Would You Rather  
Lunch  
Mocktail Social

13

Morning Chat  
Chair Volleyball  
Crafting Fun  
Brain Teasers  
Lunch  
Hopscotch Dice Game

14

News of the Day  
Sit & Stretch  
Garden Club  
Word Games  
Lunch  
Theme Bingo

15

Friday Funnies  
Fun & Fitness  
Famous Actors  
Brain Teasers  
Lunch  
Craft Corner

16

Nurses Day

Fruit Cocktail Day

Wear Purple for Peace

News of the Day  
Sit & Be Fit  
Plant Flowers  
Cranium Crunches  
Lunch  
Game Time

19

Today's News  
Stretch & Flex  
Card Games  
Brain Fitness  
Lunch  
Greatest Movies of All  
Time  
Cannes Film Festival

20

Morning Chat  
Balloon Tennis  
Jeopardy  
Quiz Time  
Lunch  
Tea Party

21

News of the Day  
Sit & Stretch  
Learn about Musical  
Instruments  
Trivia Time  
Lunch  
Dice Games

22

Friday Funnies  
Fun & Fitness  
Bingo  
Word Games  
Lunch  
Penny Ante Game

23

Taffy Day

Memorial Day

MHSDC Closed

26

Today's News  
Stretch & Flex  
Paper Airplanes  
Mind Games  
Lunch  
Soak up the Sun

27

Morning Chat  
Chair Volleyball  
Cooking Club  
Trivia Time  
Lunch  
Learn about Otters

28

News of the Day  
Sit & Stretch  
All about Alligators  
Word Games  
Lunch  
Pokeno

29

Friday Funnies  
Fun & Fitness  
Game Time  
Brain Teasers  
Lunch  
Garden Club

30

Grapes Day

World Otter Day

Alligator Day

Water A Flower Day

May 2025 Seniors' CHOICE menu				
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025</b></p>	<p><b>Beef Taco Salad - 9313</b> (ch b) chicken taco salad ch7039</p> <p>Black Beans Corn Peaches w/ Oat Topping Shredded Lettuce, Diced Tomatoes, &amp; Shredded Cheese Tortilla Chips Sour Cream &amp; Taco Sauce Diet: same</p>	 <p><b>Italian Chicken - 9042</b> w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063</p> <p>Italian Vegetables Peas Pineapple Diet: same</p>	<p><b>Turkey Sandwich on Wheat - 9032</b> (ch b) ham sandwich on wheat ch7044</p> <p>Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same</p>	<p><b>Cheese Manicotti - 9133</b> w/ Pesto Cream Sauce (ch b) spaghetti &amp; meatballs ch7015</p> <p>Spinach California Blend Vegetables Pears Wheat Bread / Margarine (ch a only) Diet: same</p>
<p><b>Cinco de Mayo</b></p> <p><b>Beef Taco Salad - 9313</b> (ch b) chicken taco salad ch7039</p> <p>Black Beans Corn Peaches w/ Oat Topping Shredded Lettuce, Diced Tomatoes, &amp; Shredded Cheese Tortilla Chips Sour Cream &amp; Taco Sauce Diet: same</p>	<p><b>Italian Chicken - 9042</b> w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063</p> <p>Italian Vegetables Peas Pineapple Diet: same</p>	<p><b>Summer Salad - 9070</b> w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef &amp; noodles w/gravy green beans, diced carrots ch7052 Apple-Cranberry Juice 100% Animal Crackers Diet: same</p>	<p><b>Roast Pork Loin w/ Gravy - 9115</b> (ch b) chicken w/gravy ch7008</p> <p>Brown Rice Vegetable Medley (2 servings) Wheat Bread / Margarine Mandarin Oranges Diet: same</p>	<p><b>Mother's Day Celebration</b></p> <p><b>Spaghetti &amp; Meatballs - 9035</b> w/ Marinara &amp; Parmesan (ch b) chicken Alfredo w/ broccoli ch7067</p> <p>Italian Vegetables Spinach / Vinegar Applesauce Chocolate Eclairs Diet: same</p>
<p><b>Philly Beef Steak - 9102</b> (ch b) turkey frank - ch7010</p> <p>Potato Wedges Vegetable Medley Swiss Cheese Bun Mustard Pears Diet: same</p>	<p><b>Ham Sandwich on White - 9125</b> (ch b) roast beef sandwich on white ch7031</p> <p>3 Bean Salad Potato Salad Pineapple Mustard (for ham only) Horseshradish (for roast beef only) Diet: same</p>	<p><b>Popcorn Chicken Bowl - 9006</b> (ch b) meatloaf w/ gravy ch7016</p> <p>Mashed Potatoes w/ Cheese &amp; Corn Green Beans Baked Cinnamon Apples Biscuit &amp; Margarine Diet: same</p>	<p><b>BBQ Beef - 9051</b> (ch b) grilled chicken breast ch7026</p> <p>Peas &amp; Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same</p>	<p><b>Swedish Meatballs - 9053</b> (ch b) chicken &amp; gravy ch7037</p> <p>Egg Noodles Broccoli Carrots Fruit Punch 100% Sponge Cake Diet: same</p>
<p><b>Sloppy Joe - 9060</b> (ch b) chicken bbq ch7002</p> <p>Peas Chuckwagon Corn Bun Tropical Fruit Salad Diet: same</p>	<p><b>turkey Ham &amp; Beans - 9062</b> (ch b) chicken stew ch7022</p> <p>Mixed Vegetables (2 servings) Cornbread Fruit Cocktail Wheat Roll / Margarine Margarine Diet: same</p>	<p><b>Chicken Caesar Salad</b> w/ Parmesan &amp; Croutons Marinated Cucumbers &amp; Onions (ch b) spaghetti &amp; meatballs w/ marinara, parmesan, Italian vegetables, &amp; spinach Peas Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same</p>	<p><b>Hawaiian Pineapple Ham - 9094</b> (ch b) pineapple topped chicken ch7013</p> <p>Roasted Sweet Potatoes Peas Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same</p>	<p><b>Memorial Day Celebration</b></p> <p><b>Hamburger - 9071</b> (ch b) hot deli ham ch7005</p> <p>w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>
<p><b>Memorial Day</b></p> <p><b>In Memory</b></p>	<p><b>Chicken &amp; Potato Casserole - 9315</b> (ch b) roast beef &amp; gravy ch7025</p> <p>California Blend Vegetables (2 servings) Strawberry Applesauce Wheat Bread (2 slices) Margarine Diet: same</p>	<p><b>Lemon Pepper Fish - 9033</b> w/ Tartar Sauce (ch b) chicken tenders ch7009</p> <p>Brown Rice Scandinavian Veggies (2 servings) Peas Wheat Bread / Margarine Margarine Diet: same</p>	<p><b>Chicken Salad Sandwich on Wheat - 9047</b> (ch b) ham salad sandwich on wheat ch7057</p> <p>Potato Salad Cucumber Salad Peaches Diet: same</p>	<p><b>Meatloaf w/ Gravy - 9072</b> (ch b) roast turkey w/ gravy ch7002</p> <p>Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same</p>