

November 2025

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

Adopt a Senior Program

Margaret's Heart Senior Day Center is joining the Clermont Senior Services Adopt-a-Senior program. We have adopted 2 seniors, a male and a female. Listed below are a few of the items requested by our adoptees.

Male

- Brown Slippers with back size 8 $\frac{1}{2}$
- White queen sheets
- Queen blanket (cream or green)
- White bath towels and wash clothes

Female

- Blue sweatshirt size small
- Forever postage stamps
- Gift card to Kroger or Walmart
- AA batteries

Reach out to Kristin if you are interested in purchasing an item so we do not receive duplicates. Thank you for helping us spread a bit of holiday cheer to those in need.

VOLUNTEERS NEEDED

Margaret's Heart Senior Day Center

Make a Difference in just One Hour—
—or All Day!



📍 **Location:** Margaret's Heart Senior Day Center

📞 **Call to volunteer** 513.528.0014

Ways You Can Help:

- Chat and share stories
- Assist with activities and games
- Help serve lunch or snacks
- Bring joy through music, crafts, or reading

♥ No experience needed—just a caring heart. 🙌 ❤️

We are excited to share that we have started our volunteer program at Margaret's Heart Senior Day Center! For more information or to sign up give us a call at 513.528.0014 or email Betsy: bguy@mhsdaycenter.com

PHOTOS FROM CHOCOLATE CUPCAKE DAY



Our participants love to help out. We recently packed reusable bags that were part of the Swag Bags at the Spark Women's Day sponsored by Clermont County.



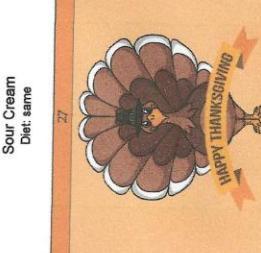
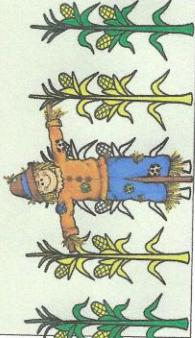
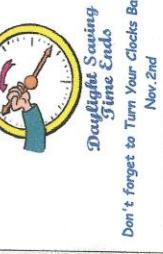
A big thanks to Gen from Assisting Hands Home Care and Cheryl from The Ashton at Anderson for bringing pumpkins for us to paint.



We need your help spreading the word about Margaret's Heart Senior Day Center! Perhaps there is an elderly neighbor, friend or someone you see at church or an exercise class that would benefit from socialization and activities. Don't be shy about sharing our number or inviting them to check us out.

Personal recommendations are the best kind of referrals!

November 2025 Seniors' CHOICE menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sloppy Joe - 9060 (ch b) chicken bbq ch7002 Peas Chuckwagon Corn Bun Pears Diet: same	Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same	Lemon Pepper Fish - 9033 (ch b) chicken w/Tartar Sauce Brown Rice Scandianvin Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Margarine	turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Peaches Dinner Roll / Margarine Diet: same	Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parsled Potatoes Mixed Vegetables Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same		
Rosemary Chicken - 9039 (ch b) pork loin w/gravy ch7058 Potato Wedges Vegetable Medley Fruit Cocktail Wheat Bread (2 slices) Margarine diet: same	Beef Vegetable Teriyaki - 9037 (ch b) orange chicken ch7071 Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 (ch b) hot deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken affredo w/ broccoli ch7087 Italian Vegetables Spinach / Vinegar Pears Diet: same		
Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same	Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Swedish Meatballs - 9063 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Fruit Punch 100% Sponge Cake Diet: same		
Thanksgiving Celebration Roast Turkey w/ Gravy - 9006 Stuffing and Cranberry Relish (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Green Bean Casserole Dinner Roll / Margarine Cranberry-Apple juice 100% Pumpkin Pie Diet Alt: Sponge Cake	BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Potato Wedges Bun Pears Diet: same	Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Mandarin Oranges Wheat Bread / Margarine Diet: same				
						
						
						

Complete Meal Meets 1/3 DRI for Older Americans and
Complies with the Dietary Guidelines for Americans
2020-2026

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Today's History Music Time Famous Sandwiches Stretch & Flex Lunch: Make your own sandwich Parachute Fun Craft <i>Sandwich Day</i>	3 News of the Day Will Rogers Jeopardy Stretch & Flex Lunch Off to the Races: Turkey Races	4 Morning Chat Balloon Tennis Puzzles Lunch Games We Play	5 Today's History Coloring/Puzzles Saxophone Facts Stretch & Flex Lunch Putt Putt Golf Snack: Make your own Nachos	6 News of the Day Museum of Modern Art Word Games Stretch & Flex Lunch Coloring Cornhole <i>Nachos Day</i>
Today's History Music Time The Hope Diamond Stretch & Flex Lunch Spa Sessions Bead Necklaces <i>Vanilla Cupcake Day</i>	10 News of the Day Neil Young History of Veterans' Day Stretch & Flex Lunch Patriotic Sing-a-long Make your own Sundae	11 Morning Chat Balloon Tennis Puzzles Lunch Parachute Fun Chicken Soup Stories <i>Veteran's Day</i>	12 Today's History Coloring/Puzzles Disney's Fantasia Stretch & Flex Lunch Bean Bag Toss Create Kindness Rocks <i>Chicken Soup for the Soul Day</i>	13 News of the Day Nellie Bly Travels Around the World Stretch & Flex Lunch Bingo Learn About Pickles & Taste Test <i>World Kindness Day</i>
Today's History Music Time Famous Hiking Trails Stretch & Flex Lunch Puzzle Time Snack: Homemade Bread <i>Homemade Bread Day</i>	17 News of the Day Travel to Morocco Happy Birthday Mickey Mouse Stretch & Flex Lunch Parachute Fun Sippin' on Cider	18 Morning Chat Balloon Tennis Puzzles Lunch Who Am I? <i>Apple Cider Day</i>	19 Today's History Coloring/Puzzles Cooking Club: Peanut Butter Fudge Stretch & Flex Lunch Putt Putt Golf <i>Peanut Butter Fudge Day</i>	20 News of the Day History of Television TV Trivia Stretch & Flex Lunch Karaoke Thanksgiving Craft <i>Sponsored by Assisting Hands & the Aston</i>
Today's History Music Time Talking Turkey Stretch & Flex Lunch Spa Sessions Craft <i>Parfait Day</i>	24 News of the Day Macy's Parade Balloons Truth or Fowl Stretch & Flex Lunch Cooking Club: Parfaits	25 Morning Chat Balloon Tennis Puzzles Lunch Parachute Fun History of Thanksgiving <i>Cake Day</i>	26 MHSDC Closed for Thanksgiving	27 News of the Day Grand Old Opry Family Feud Stretch & Flex Lunch Puzzles Music and Mocktails <i>French Toast Day</i>