

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.



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.

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



Personal recommendations are the best kind of referrals!

November 2025 Seniors' CHOICE menu

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>Sloppy Joe - 9060 (ch b) chicken bbg ch7002</p> <p>Peas Chuckwagon Corn Bun Pears Diet: same</p>	<p>Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016</p> <p>Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same</p>	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009</p> <p>Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Diet: same</p>	<p>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022</p> <p>Mixed Vegetables (2 servings) Cornbread Peaches Dinner Roll / Margarine Diet: same</p>	<p>S Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008</p> <p>Parslied Potatoes Mixed Vegetables Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same</p>
<p>Rosemary Chicken - 9039 (ch b) pork loin w/gravy ch7058</p> <p>Potato Wedges Vegetable Medley Fruit Cocktail Wheat Bread (2 slices) Margarine diet: same</p>	<p>Beef Vegetable Teriyaki - 9037 (ch b) orange chicken ch7071</p> <p>Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025</p> <p>California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Hamburger - 9071 (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>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken Alfredo w/ broccoli ch7067</p> <p>Italian Vegetables Spinach / Vinegar Pears Diet: same</p>
<p>Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7028</p> <p>Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013</p> <p>Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002</p> <p>Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010</p> <p>Brown Rice Pinto Beans Chickwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same</p>	<p>Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037</p> <p>Egg Noodles Broccoli Carrots Fruit Punch 100% Sponge Cake Diet: same</p>
<p>Thanksgiving Celebration Roast Turkey w/ Gravy - 9005 Stuffing and Cranberry Relish (ch b) country fried steak w/gravy ch7054</p> <p>Mashed Potatoes Green Bean Casserole Dinner Roll / Margarine Cranberry-Apple Juice 100% Pumpkin Pie Diet Alt: Sponge Cake</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken breast ch7026</p> <p>Peas & Onions Potato Wedges Bun Pears Diet: same</p>	<p>Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008</p> <p>Brown Rice Vegetable Medley (2 servings) Mandarin Oranges Wheat Bread / Margarine Diet: same</p>	<p>HAPPY THANKSGIVING</p>	<p>HAPPY November Birthday!</p>
<p>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025</p>	<p>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025</p>	<p>Daylight Saving Time Ends Don't forget to Turn Your Clocks Back Sunday, Nov. 2nd</p>	<p>Daylight Saving Time Ends Don't forget to Turn Your Clocks Back Sunday, Nov. 2nd</p>	<p>Daylight Saving Time Ends Don't forget to Turn Your Clocks Back Sunday, Nov. 2nd</p>

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Today's History 3</p> <p>Music Time</p> <p>Famous Sandwiches</p> <p>Stretch & Flex</p> <p>Lunch: Make your own sandwich</p> <p>Parachute Fun</p> <p>Craft</p> <p><i>Sandwich Day</i></p>	<p>News of the Day 4</p> <p>Will Rogers</p> <p>Jeopardy</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Off to the Races:</p> <p>Turkey Races</p>	<p>Morning Chat 5</p> <p>Balloon Tennis</p> <p>Puzzles</p> <p>Lunch</p> <p>Games We Play</p> <p><i>Donut Day</i></p>	<p>Today's History 6</p> <p>Coloring/Puzzles</p> <p>Saxophone Facts</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Putt Putt Golf</p> <p>Snack: Make your own Nachos</p> <p><i>Nachos Day</i></p>	<p>News of the Day 7</p> <p>Museum of Modern Art</p> <p>Word Games</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Coloring</p> <p>Cornhole</p>
<p>Today's History 10</p> <p>Music Time</p> <p>The Hope Diamond</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Spa Sessions</p> <p>Bead Necklaces</p> <p><i>Vanilla Cupcake Day</i></p>	<p>News of the Day 11</p> <p>Neil Young</p> <p>History of Veterans' Day</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Patriotic Sing-a-long</p> <p>Make your own Sundae</p> <p>Veteran's Day</p>	<p>Morning Chat 12</p> <p>Balloon Tennis</p> <p>Puzzles</p> <p>Lunch</p> <p>Parachute Fun</p> <p>Chicken Soup Stories</p> <p><i>Chicken Soup for the Soul Day</i></p>	<p>Today's History 13</p> <p>Coloring/Puzzles</p> <p>Disney's Fantasia</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Bean Bag Toss</p> <p>Create Kindness Rocks</p> <p><i>World Kindness Day</i></p>	<p>News of the Day 14</p> <p>Nellie Bly Travels Around the World</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Bingo</p> <p>Learn About Pickles & Taste Test</p> <p><i>Pickle Day</i></p>
<p>Today's History 17</p> <p>Music Time</p> <p>Famous Hiking Trails</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Puzzle Time</p> <p>Snack: Homemade Bread</p> <p><i>Homemade Bread Day</i></p>	<p>News of the Day 18</p> <p>Travel to Morocco</p> <p>Happy Birthday Mickey Mouse</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Parachute Fun</p> <p>Sippin' on Cider</p> <p><i>Apple Cider Day</i></p>	<p>Morning Chat 19</p> <p>Balloon Tennis</p> <p>Puzzles</p> <p>Lunch</p> <p>Who Am I?</p>	<p>Today's History 20</p> <p>Coloring/Puzzles</p> <p>Cooking Club: Peanut Butter Fudge</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Putt Putt Golf</p> <p><i>Peanut Butter Fudge Day</i></p>	<p>News of the Day 21</p> <p>History of Television</p> <p>TV Trivia</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Karaoke</p> <p>Thanksgiving Craft</p> <p><i>Sponsored by Assisting Hands & the Aston</i></p>
<p>Today's History 24</p> <p>Music Time</p> <p>Talking Turkey</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Spa Sessions</p> <p>Craft</p>	<p>News of the Day 25</p> <p>Macy's Parade</p> <p>Balloons</p> <p>Truth or Fowl</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Cooking Club: Parfaits</p> <p><i>Parfait Day</i></p>	<p>Morning Chat 26</p> <p>Balloon Tennis</p> <p>Puzzles</p> <p>Lunch</p> <p>Parachute Fun</p> <p>History of Thanksgiving</p> <p><i>Cake Day</i></p>	<p>27</p> <p>MHSDC</p> <p>Closed for Thanksgiving</p>	<p>News of the Day 28</p> <p>Grand Old Opry</p> <p>Family Feud</p> <p>Stretch & Flex</p> <p>Lunch</p> <p>Puzzles</p> <p>Music and Mocktails</p> <p><i>French Toast Day</i></p>