

April 2025

MHSDC



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

Thank You!

Thank you to the following businesses who supported our Grand Opening:

Clermont County Chamber of Commerce

Jamhouse Music, LLC

Merry & Bright Celebrations

Village Coffee Shop

Doscher's Candies & Coffee House

Mercantile on Main St

Cinfed Credit Union

Cintas

Humana

Five Star Catering

Grand Opening!

On March 21, 2025, we celebrated the grand opening of Margaret's Heart Senior Day Center! A huge thank you to the Clermont County Chamber of Commerce for helping to organize the celebration. The afternoon was a blur of activity, and we are very grateful to everyone who took time out of their day to stop by. Thank you to the businesses that graciously donate to a raffle prize or basket. A complete list can be found in this newsletter. Thank you to the Crazy Balloon Lady for creating our balloon column, Jess Bakes for the delicious treats, and to Batavia Floral Creations and Merry & Bright Celebrations for the floral arrangements that helped to make the day special.



Photo by Clermont County Chamber of Commerce

What is an Adult Day Center?

Do you still find yourself wondering what an Adult Day Center is? Let us give you the short answer! Adult Day Centers provide daytime care, social engagement, and health support for older adults, helping them maintain independence and offering caregivers essential respite and peace of mind. Adult Day Centers can provide a variety of services including:

- Monitoring blood pressure, medication administration, food/fluid intake, and weight
- Personal care assistance with eating, using the restroom, and bathing
- Memory Care in a safe and supervised environment with kind and trained staff
- Door-to-door transportation to and from the center
- Nutritious meals and snacks catering to special diets and preferences
- Fun activities like art and fitness classes, community outings, and discussion groups

The goal of Adult Day Centers is to help people remain in the community and their homes, promote their well-being, and provide essential respite for caregivers.

More information can be found at www.adultdayohio.org.



Getting to Know Our Staff Betsy Guy, Activity Director

With over 17 years of experience, Betsy Guy is passionate about creating engaging and enriching programs for older adults in long-term care, skilled nursing, assisted living, and independent living communities. Her journey began in high school when she worked in the dining room of an independent living community and discovered her love for working with seniors.

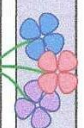
Betsy specializes in fun, interactive activities that bring joy and connection, including music programs, educational opportunities, themed events, and celebrations. A music enthusiast, she enjoys exploring a wide range of genres throughout her day.

Outside of work, Betsy loves reading, crafting, and sports—and there's a good chance you'll find her at a baseball or hockey game any given week!

"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."
~Henry Van Dyke



April 2025 Seniors' CHOICE menu



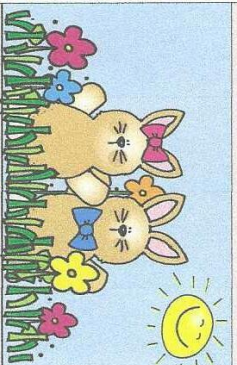
Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Chicken w/ BBQ Sauce - 9049
(ch b) hamburger ch7006
Green Beans
Yellow Squash
Bun
Peaches
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



Cheese Manicotti - 9133
w/ Pesto Cream Sauce
(ch b) spaghetti & meatballs ch7015
Spinach
California Blend Vegetables
Pears
Wheat Bread / Margarine (ch a only)
Diet: same

Bean & Cheese Burrito - 9113
(ch b) chicken tenders ch7009
Corn
Zucchini
Salsa
Tropical Fruit Salad
2 Wheat Bread / Margarine (ch b only)
Diet: same

7

8

9

10

11

Beef Vegetable Stew - 9001
(ch b) chicken stew ch7022
w/ Peas, Carrots, & Red Skin Potatoes
Green Beans
Spiced Pears w/ Cranberries
Wheat Bread (2 slices)
Margarine
Diet: same

Italian Chicken - 9042
w/ No Salt Added Marinara
Spaghetti
(ch b) grilled cheese sandwich ch7063
Italian Vegetables
Peas
Peaches
Diet: same

BBQ Beef - 9051
(ch b) grilled chicken breast ch7026
Peas & Onions
Potato Wedges
Bun
Grape Juice 100%
Diet: same

Popcorn Chicken Bowl - 9006
(ch b) meatloaf w/ gravy ch7016
Mashed Potatoes w/ Cheese & Com
Green Beans
Baked Cinnamon Apples
Biscuit & Margarine
Diet: same

Vegetarian Penne Florentine
with Tofu
penne pasta w/ meat sauce
Sicilian Blend Vegetables (2 servings)
Fruit Cocktail
Diet: same



14

15

16

17

18

Roast Pork Loin w/ Gravy - 9115
(ch b) chicken w/gravy ch7008
Brown Rice
Vegetable Medley (2 servings)
Wheat Bread / Margarine
Mandarin Oranges
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



Roast Turkey w/Gravy - 9005
(ch b) country fried steak w/gravy ch7054
Mashed Potatoes
Vegetable Medley
Pears
Wheat Bread (2 slices)
Margarine
Diet: same

Cincinnati Chili - 9112
w/ Spaghetti
(ch b) roast beef w/gravy ch7025
Kidney Beans
Broccoli
Cinnamon Applesauce
Cheddar Cheese (ch A only)
Oyster Crackers (ch A only)
2 Wheat Bread / Margarine (ch b only)
Diet: same



Good Friday
Breaded Fish Sandwich - 9010
(ch b) steak hoagie w/ gravy ch7018
Potato Wedges
Prince Edward Blend Vegetables
Hoagie Bun
Fruit Punch 100%
Sponge Cake
Tartar Sauce
Diet: same
Happy April Birthday!

21

22

23

24

25

Easter Celebration

Hawaiian Pineapple Ham - 9094
(ch b) pineapple topped chicken ch7013
Roasted Sweet Potatoes
Peas
Fruit Cocktail
Wheat Roll / Margarine
Carrot Cake
Diet: Sponge Cake



28

29

30

Lemon Pepper Fish - 9033
w/ Tartar Sauce
(ch b) chicken tenders ch7009
Brown Rice
Scandinavian Veggies (2 servings)
Peaches
Wheat Bread / Margarine
Margarine
Diet: same
Arbor Day



THIS MONTH IN HISTORY

April 6, 1896 - First Modern Olympics Held
April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War
April 21, 1956 - Elvis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts
April 30, 1789 - George Washington is inaugurated as the first president of the United States
April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Activities are subject to change.	Today's News 1 Stretch & Flex All about April Cranium Crunches Lunch April Fool's Day Fun April Fool's Day	Morning Chat 2 Balloon Tennis Learn about Dr Seuss Mind Games Lunch Card Games	News of the Day 3 Sit & Stretch Who am I? Trivia Time Lunch Rainbow Craft	Friday Funnies 4 Fun & Fitness Devotions Brain Fitness Lunch Bingo
News of the Day 7 Sit & Be Fit Cards & Games Word Games Lunch Fruits & Veggies Tasting World Health Day	Today's News 8 Stretch & Flex Jeopardy Would You Rather Lunch Learn to Draw: Birds	Morning Chat 9 Chair Volleyball Crafting Corner Brain Teasers Lunch Travel Club: England	News of the Day 10 Sit & Stretch Famous Siblings Cranium Crunches Lunch Pokeno	Friday Funnies 11 Fun & Fitness Famous Pets Mind Games Lunch Bean Bag Twister
New of the Day 14 Sit & Be Fit Garden Club Trivia Time Lunch Board Games Gardening Day	Today's News 15 Stretch & Flex Card Games Brain Fitness Lunch All about Art World Art Day	Morning Chat 16 Balloon Tennis Jeopardy Short Stories Lunch Learn about Elephants Elephant Day	News of the Day 17 Sit & Stretch Maundy Thursday Word Games Lunch Theme Bingo	Friday Funnies 18 Fun & Fitness Music of the 1960s Brain Teasers Lunch Outdoor Fun Good Friday
News of the Day 21 Sit & Be Fit Musical Monday Cranium Crunches Lunch Corn Hole	Today's News 22 Stretch & Flex Recycling Craft Mind Games Lunch Outdoor Fun Earth Day	Morning Chat 23 Chair Volleyball Trip to Library Lunch Shakespeare Plays	News of the Day 24 Sit & Stretch Let's Learn Brain Teasers Lunch Pigs in a Blanket	Friday Funnies 25 Fun & Fitness Bingo Word Games Lunch Ice Cream Social
News of the Day 28 Sit & Be Fit Poetry Writing Brain Teasers Lunch Craft Time	Today's News 29 Stretch & Flex All about Dancing Mind Games Lunch Dance Party International Dance Day	Morning Chat 30 Balloon Toss Cooking Class Trivia Time Lunch Learn about Jazz International Jazz Day		

