

May 2026

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

MEMORIAL DAY

Remember and Honor

Margaret's Heart Senior Day Center will be closed Monday, May 25th in Honor of Memorial Day



Cliff Adams will be performing at Margaret's Heart Senior Day Center on Tuesday, May 12th at 10:30 am.

Participants who don't attend on Tuesdays and families are invited to come and listen to the performance. RSVP with Betsy by May 11th at bguy@mhsdaycenter.com

May is Older Americans Month

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

For more information, visit acl.gov/oam

At Margaret's Heart Senior Day Center we strive to help older adults live to their full potential. We have a nurse on staff who can help with medications, blood pressure/blood sugar checks, and general health monitoring. We are working to build a community where our participants look forward to coming and seeing their friends. Every day includes some sort of physical activity to keep up everyone's strength. Give us a call to learn more about how we are making a difference in the lives of older adults.

Council on Aging

Council on Aging (COA) is a nonprofit organization dedicated to enhancing the quality of life for older adults, their families, and caregivers. They promote choice, independence, dignity, and well-being through a range of services that help people remain in their homes for as long as possible.

If you're an older adult or caregiver who needs support at home, reach out to the Council on Aging. They are connected to a wide variety of programs and services available to older adults and caregivers in southwestern Ohio. They can answer questions, share information about options, and connect you to community resources and services. COA coordinates and administers programs/services in Butler, Clermont, Clinton, Hamilton, and Warren Counties.

The Council on Aging Caregiver Support Program provides free support and connection to resources for family or volunteer caregivers. The program works to reduce caregiver stress, increase caregiver confidence and knowledge, improve quality of care, and help caregivers balance their lives and caregiving responsibilities. To qualify, the caregiver or care recipient must be at least 60 years old and live in Butler, Clermont, Clinton, Hamilton, or Warren counties. There is no age requirement for family caregivers who provide care for individuals with Alzheimer's disease or related disorders with neurological and organic brain dysfunction.

Learn more at: www.help4seniors.org
Council on Aging: 513-721-1025

May Field Trip

On Thursday, May 21st, we will be taking a field trip to a local ice cream spot. We ask that you send in \$3.00 to help offset the cost. Talk of where to find the best ice cream spot has already begun.

Caregiver's 10 Commandments

From the Council on Aging

Agree

Never Argue

Redirect

Never Reason

Distract

Never Shame

Reassure

Never Lecture

Reminisce

Never say "Remember"

Repeat

Never say "I already told you"

Say "Do what you can"

Never say "You can't"

Ask

Never Command

Encourage and Praise

Never Condescend

Reinforce

Never Force

May 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Outside Activities
May be substituted
As the weather permits

Activities subject to change
based on the number of participants

Morning Games 1
Kentucky Derby
News of the Day
Stretch & Flex
Lunch
Bingo
Putt Putt Golf
May Day

Music Time 4
Learn about Birds
Today's History
Stretch & Flex
Lunch
Bird Watching
Puzzle Time
Bird Day

News of the Day 5
Guatemala
Bean Bag Fun
Stretch & Flex
Lunch
Parachute Fun
Cinco de Mayo Fun
Cinco de Mayo

Morning Chat 6
Tortoise Vs Turtle
World Music
Stretch & Flex
Lunch
Bingo
Bubble Blowing
Bubbles Day

Today's History 7
Coloring/Word
Games/Puzzles
Stretch & Flex
Lunch
Corn Hole
Trivia Time

Morning Games 8
What Am I?
News of the Day
Stretch & Flex
Lunch
Theme Bingo
Sing-a-long
Have a Coke Day

Music Time 11
History of Hostess
Today's History
Stretch & Flex
Lunch
Patio Time
Puzzle Time
Hostess Cupcake

News of the Day 12
Music by
Cliff Adams
Stretch & Flex
Lunch
Craft with Gen &
Cheryl
Nutty Fudge Day

Morning Chat 13
Karaoke Time
Make Mini Apple Pies
Stretch & Flex
Lunch
Parachute Fun
World Music
Apple Pie Day

Today's History 14
Make Biscuits
Song Lyric Scramble
Stretch & Flex
Lunch
Coloring/Word
Games/Puzzles
Buttermilk Biscuit

Morning Games 15
Pizza History
News of the Day
Stretch & Flex
Lunch
Bingo
Putt Putt Golf
Pizza Party Day

Music Time 18
Patio Time
Today's History
Stretch & Flex
Lunch
Virtual Museum Tour
Puzzle Time
Museum Day

News of the Day 19
George Lucas
Bean Bag Fun
Stretch & Flex
Lunch
Cake Baking
Off to the Races
Devil's Food Cake

Morning Chat 20
Who Am I?
World Music
Stretch & Flex
Lunch
Bingo
Quiz Time

Today's History 21
Coloring/Puzzles
Parachute Fun
Stretch & Flex
Lunch
Outing for Ice
Cream

Morning Games 22
Make Dirt Cups
News of the Day
Stretch & Flex
Lunch
Pokeno
Corn Hole
Vanilla Pudding Day

**MHSDC is
closed for
Memorial Day**

News of the Day 25
Where Am I?
Balloon Volleyball
Stretch & Flex
Lunch
Paper Airplanes
Jeopardy
Paper Airplane Day

Morning Chat 26
Karaoke Time
Coloring/Puzzles
Stretch & Flex
Lunch
Patio Popsicles
World Music
Grape Popsicle Day

Today's History 27
Trivia Time
Corn Hole
Stretch & Flex
Lunch
Coloring/Word
Games/Puzzles
Hamburger Day

Morning Games 28
Epic Road Trips
News of the Day
Stretch & Flex
Lunch
Bingo
Putt Putt Golf

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2026</p>				 <p>Stuppy Joe - 9060 (ch b) chicken bq ch7002 Peas Chickwagon Corn Bun Pears Diet: same</p>
<p>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</p>	<p>Cinco de Mayo Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chickwagon Corn Hot Apple Cumble Corn Chips Sour Cream Diet: same</p>	<p>Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floer, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Pears Wheat Bread / Margarine Diet: same</p>	<p>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Apricots Wheat Roll / Margarine Margarine Diet: same</p>	<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken Alfredo w/ broccoli ch7067 Italian Vegetables Spinach / Vinegar Fruit Cocktail Chocolade Eclairs Diet: same</p>
<p>Chicken Alfredo over Spaghetti - 9065 (ch b) mediterranean glazed salmon ch7068 Broccoli Carrots Baked Cinnamon Apples 2 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Potato Salad Coleslaw Peaches Mayo (for turkey only) Mustard (for ham only) Diet: same</p>	<p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Pineapple Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Tropical Fruit Salad Wheat Bread / Margarine Margarine Diet: same</p>	<p>Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Fruit Punch 100% Sponge Cake Diet: same</p>
<p>Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Chicken Caesar Salad w/ Parmesan & Crotons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, Italian vegetables, & spinach Peas Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same</p>	<p>Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Apple Juice 100% Wheat Bread / Margarine (ch a only) Diet: same</p>	<p>Memorial Day Celebration Hamburger - 9071 (ch b) hot dell ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>
<p>Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same</p>	<p>Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Pears Wheat Bread / Margarine Diet: same</p>	<p>Chicken Salad Sandwich on Wheat - 9047 (ch b) ham salad sandwich on wheat ch7057 Potato Salad 3-Bean Salad Fruit Cocktail Diet: same</p>	<p>Cinco-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Peaches Cheddar Cheese (ch a only) Oyster Crackers (ch a only) 2 Wheat Bread / Margarine (ch b only) Diet: same</p>	

