

April 2026

MHSDC Newsletter



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MHSDC First Anniversary!

We are thrilled to celebrate the one-year anniversary of Margaret's Heart Senior Day Center! It's hard to believe that a year has already passed since we opened our doors to the wonderful seniors in our surrounding communities. This milestone is a testament to the love, dedication, and hard work that our team has poured into making this center a welcoming and supportive environment.

The past year has been filled with both challenges and rewarding moments that have shaped our journey. Despite these challenges, we have experienced numerous positive aspects that have brought us joy. We've built a strong community of seniors who have enriched each other's lives through social interactions, engaging activities, and support. Watching friendships blossom and seeing our participants thrive has been incredibly rewarding. Our team of dedicated staff has gone above and beyond to create a safe and nurturing atmosphere, filled with laughter and companionship.

We are also proud of the various programs we've developed, from arts and crafts to stretch and flex, all designed to enhance the physical and mental well-being of our participants. It has been heartwarming to witness the positive impact these activities have had on our seniors, boosting their morale and overall happiness.

As we move forward into the next year, we remain committed to continually improving our offerings to serve our communities. We are excited about the future and grateful to everyone who has supported us along the way. Here's to another year of joy, growth, and connection at MHSDC!! Thank you for being part of our journey.

Senior Meals

Did you know that people who are 60+, homebound, and unable to shop for or prepare meals may be eligible for a home-delivered meal? Some programs are funded through grants or local tax levies, while others have a service fee. The following companies service our area:

- Meals on Wheels of Southwest Ohio & Northern Kentucky
www.muchmorethanameal.org
- Ahlers Meals www.ahlersmeals.com
- Global Meals www.globalmeals.com
- Simply Ez www.simplyez.com
- Clossman Catering www.clossmancatering.net
- Homestyle Direct www.homestyledirect.com

April Field Trips

In April, we will be taking two field trips: one to the new Dollar General down the street and one to Frisch's. Families are encouraged to send a few dollars along with their participants to spend while at Dollar General on April 23rd. For lunch at Frisch's on April 17th, we will cover most of the meal/beverage/tip and ask that you send in \$5.00 to help offset the cost. The excitement for a BIG BOY and a bite of hot fudge cake is a hot topic at MHSDC.

Resource Wall

Did you know that Margaret's Heart Senior Day Center has a resource wall? As we meet with local businesses such as home health agencies, senior living advisors, and facilities, we invite them to leave their business cards or brochures to share. Feel free to check out the information the next time you stop by Margaret's Heart Senior Day Center.

Music at MHSDC

Creative Aging Cincinnati is a local organization that works with over 150 artists and art organizations to provide programs of interest onsite for seniors at facilities and such as Margaret's Heart Senior Day Center. Adult Day Centers are able to purchase memberships to provide programs throughout the year.

We thought it would be fun and meaningful for our participants if we offered the opportunity to monetarily donate all or part of the cost to have Creative Aging put on a special program to honor a loved one's birthday, your anniversary, a family member's achievement or special day or even as a holiday gift. We will be inviting families, and at times, community members to join in on the fun. We will be happy to acknowledge your gift to MHSDC.

Your donation or sponsorship will help to bring music and the arts to Margaret's Heart Senior Day Center. We encourage you to review Creative Aging Cincinnati's website at www.creativeagingcincinnati.org for more information.

If you have any questions regarding this opportunity, please feel free to reach out to Kristin at kgaffney@mhsdaycenter.com or Betsy at bguy@mhsdaycenter.com

Check out our Facebook page to see more photos of John Louis and his magic show. While you are there, give us a like, follow, share, and a review. Personal recommendations are the best referrals!



April 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Morning Chat 1
Puzzles & Games
Stretch & Flex
Lunch
Parachute Fun
Quiz Time

April Fool's Day

Today's History 2
Dye Easter Eggs
Stretch & Flex
Lunch
Corn Hole
Make PB & J Snack
Sing-a-long

PB & J Day

Morning Games 3
All about Marbles
News of the Day
Stretch & Flex
Lunch
Bingo
Putt Putt Golf

World Marble Day

Music Time 6
Crosswords
Today's History
Stretch & Flex
Lunch
Bingo
Sing-a-long

Carmel Popcorn Day

News of the Day 7
Spencer Tracy
Name that Movie
Stretch & Flex
Lunch
Putt Putt Golf
Coloring/Word Search

Coffee Cake Day

Morning Chat 8
Puzzles & Games
Stretch & Flex
Lunch
Balloon Tennis
Virtual Zoo Visit

Zoo Lover's Day

Today's History 9
Travelogue - Chile
Puzzles/Coloring
Stretch & Flex
Lunch
Parachute Fun
Unicorn Folklore

Unicorn Day

Morning Games 10
How It's Made
News of the Day
Stretch & Flex
Lunch
Bingo
Corn Hole

Music Time 13
Word Games
Today's History
Stretch & Flex
Lunch
Parachute Fun
The Peach State

Peach Cobbler Day

News of the Day 14
Where Am I?
Trivia Time
Stretch & Flex
Lunch
Craft with Gen & Cheryl
Sing-a-long

Pecan Day

Morning Chat 15
Puzzles & Games
Stretch & Flex
Lunch
Bean Bag Toss
Brain Games

Banana Day

Today's History 16
Fun with Color
Learn About Elephants
Stretch & Flex
Lunch
Corn Hole

Elephant Day

Morning Games 17
Where In the World
News of the Day
Stretch & Flex
Lunch **Outing to Frisch's**
Bingo
Putt Putt Golf

Music Time 20
Bake a Cake
Today's History
Stretch & Flex
Lunch
Bingo
Spa Sessions

*Pineapple Upside Down
Cake Day*

News of the Day 21
Jeopardy
Word Games
Stretch & Flex
Lunch
Parachute Fun
Off to the Races

Kindergarten Day

Morning Chat 22
Puzzles & Games
Stretch & Flex
Lunch
Balloon Tennis
Earth Day

Jelly Bean Day

Today's History 23
Craft Club
William Shakespeare
Stretch & Flex
Lunch
Field Trip to Dollar General
Sing-a-long

Morning Games 24
What Tree Am I?
News of the Day
Stretch & Flex
Lunch
Bingo
Corn Hole

Pigs in a Blanket Day

Music Time 27
Today's History
Travel to South Africa
Stretch & Flex
Lunch
Parachute Fun
Sing-a-long

Gummy Bear Day

News of the Day 28
Who Am I?
Scattergories
Stretch & Flex
Lunch
Beach Ball Fun
Pie on the Patio

Blueberry Pie Day

Morning Chat 29
Puzzles & Games
Stretch & Flex
Lunch
Bean Bag Toss
Trivia Time

Today's History 30
Coloring
History of Jazz
Stretch & Flex
Lunch
Corn Hole
Bubble Tea Tasting

Bubble Tea Day

Outdoor Activities
may be substituted as
weather permits

Activities subject to change based on the number of participants.



April 2026 Seniors' CHOICE menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THIS MONTH IN HISTORY</p> <p>April 6, 1896 - First Modern Olympics Held</p> <p>April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War</p> <p>April 21, 1856 - Elwis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts</p> <p>April 30, 1789 - George Washington is inaugurated as the first president of the United States</p> <p>April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed</p>	<p>THIS MONTH IN HISTORY</p> <p>April 6, 1896 - First Modern Olympics Held</p> <p>April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War</p> <p>April 21, 1856 - Elwis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts</p> <p>April 30, 1789 - George Washington is inaugurated as the first president of the United States</p> <p>April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed</p>	<p>THIS MONTH IN HISTORY</p> <p>April 6, 1896 - First Modern Olympics Held</p> <p>April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War</p> <p>April 21, 1856 - Elwis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts</p> <p>April 30, 1789 - George Washington is inaugurated as the first president of the United States</p> <p>April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed</p>	<p>THIS MONTH IN HISTORY</p> <p>April 6, 1896 - First Modern Olympics Held</p> <p>April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War</p> <p>April 21, 1856 - Elwis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts</p> <p>April 30, 1789 - George Washington is inaugurated as the first president of the United States</p> <p>April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed</p>	<p>THIS MONTH IN HISTORY</p> <p>April 6, 1896 - First Modern Olympics Held</p> <p>April 19, 1775 - The Battle of Lexington and Concord, First Battle of the Revolutionary War</p> <p>April 21, 1856 - Elwis Presley's First Hit Record "Heartbreak Hotel" Hits #1 on the Charts</p> <p>April 30, 1789 - George Washington is inaugurated as the first president of the United States</p> <p>April 27, 1937 - Senior citizens take note, the first Social Security checks were distributed</p>
<p>Easter Celebration</p> <p>Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013</p> <p>Seasoned Root Vegetables Asparagus Fruit Cocktail Wheat Roll / Margarine Carrot Cake Diet: Sponge Cake</p> 	<p>Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008</p> <p>Parslited Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same</p> 	<p>Sloppy Joe - 9060 (ch b) chicken bbq ch7002</p> <p>Peas Chuckwagon Corn Bun Pears Diet: same</p> <p>Passover Begins at Sundown</p> 	<p>Orange Chicken - 9105 (ch b) baked fish ch7046</p> <p>Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Diet: same</p>	<p>Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015</p> <p>Spinach California Blend Vegetables Peaches Wheat Bread / Margarine (ch a only) Diet: same</p> 
<p>Cheese Lasagna - 9316 (ch b) beef & noodles ch7052</p> <p>Italian Vegetables Yellow Squash Apple Juice 100% Wheat Bread / Margarine (ch a only) Diet: same</p>	<p>Beef Vegetable Stew - 9001 (ch b) chicken stew ch7022</p> <p>w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Peas w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065</p> <p>Peas Potato Wedges Peaches Wheat Bread (2 slices) Margarine Diet: same</p>	<p>Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003</p> <p>Herb Dressing Broccoli Cauliflower Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken breast ch7026</p> <p>Peas & Onions Potato Wedges Bun Sponge Cake Fruit Punch 100% 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>Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006</p> <p>Green Beans Yellow Squash Bun Strawberry Applesauce Diet: same</p>	<p>Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008</p> <p>Brown Rice Vegetable Medley (2 servings) Pears Wheat Bread / Margarine Diet: same</p>	<p>Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063</p> <p>Italian Vegetables Peas Mandarin Oranges Diet: same</p>	<p>Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037</p> <p>Egg Noodles Broccoli Carrots Fruit Cocktail 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>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 (ch b) chicken tenders ch7009</p> <p>Brown Rice Scandinavian Veggies (2 servings) Peaches Wheat Bread / Margarine Diet: same</p>	<p>Chicken Tenders - 9061 (ch b) baked fish ch7046</p> <p>Brown Rice Green Beans Carrots Tropical Fruit Salad Wheat Bread / Margarine Margarine Diet: same</p>	<p>Arbor Day</p> 