

# SENIOR MOMENTS

Morrow County's Monthly Newsletter

SEPTEMBER

**Seniors on Center**

**41 W. Center St.**

**Mt. Gilead, Ohio 43338**

**419-946-4191**

**Website: [www.seniorsoncenter.org](http://www.seniorsoncenter.org)**

**Center Hours**

**Monday—Friday**

**8:00AM-4:30PM**

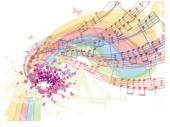
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Do to a rise in the pandemic numbers all activities, are subject to change or be canceled. Please call the center to verify activities.

## UPCOMING EVENTS!



### MUSIC

Monday, September 13th, Join Kicking Grass at 6:00pm, and Monday, September 20th, join Country Travelers at 6:00pm for a fun evening of live music. Cost on these nights for members \$1.00, non-members \$2.00. Donations for the band are still greatly appreciated. There will be a meal available at 5:00PM. If you are interested in the meal please call by Friday, at noon to reserve your meal. The meal is a suggested donation of \$3.00 or you may use your meal card. We will also be having a 50/50 raffle so come ready to win big!

### BINGO



Cash Bingo will be on Wednesday September 1st at 12:00PM. On Wednesday, September 29nd White Elephant Bingo at 12:00PM. Cash Bingo cost to play is \$2.00 . Please bring in a nice prize you would like to donate to the white elephant bingo on the day of the game



### EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Thursday, September 2nd, and 16th at Noon. It is \$1.00 per person to play Euchre. You may bring your own drink and snacks (please only bring for yourself.)

### CABELAS, DULUTH AND QUAKER STATE



Join us on Thursday September 30th for a trip to Cabelas, Duluth and then Quaker State and Lube for lunch. Leaving Kroger's at 9:00AM, if you need a ride to Kroger's please call the center and set up arrangements with Brian. And returning about 2:30PM. A Suggested donation for this trip is \$5.00 and lunch will be at your own expense. If you would like to join us for this trip, please call the center by Tuesday the 28th to reserve your spot.



### POLARIS FASHION MALL

Tuesday September 14th we are going to the Polaris Fashion Mall. Leaving Kroger's at 9:00AM, if you need a ride to Kroger's please call the center and set up arrangements with Brian. And returning at about 2:30PM. A suggested donation for this trip is \$5.00. If you would like to join us for this trip, please call the center by Friday September 10th to reserve your spot.

### SHOPPING



We will be starting shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday September 7th we will be heading to Marion and Third Tuesday September 21st we will be going to Mansfield. Please contact Brian about where it is you would like to go. We will be leaving the center at 10AM and returning at about 2PM. We will be meeting at the center by 9:30. If you need a ride to the center please call Brain to arrange transportation. Please try to give us 48 hours notice for pickup. Donations are always welcome.

## UPCOMING EVENTS!

### KNOX COUNTY TASK FORCE FOR OLDER ADULTS

Join us Wednesday September 15th for a Senior Resource Day at the First Church of the Nazarene. There will be many businesses set up to share their information with you, free health screenings, free lunch for seniors, and giveaways. We will be leaving Kroger at 9:00AM and returning about 2:00PM. We have a suggested donation of \$5.00 per person for this trip and the deadline is Friday September 10th by noon. Please call the center at 419-946-4191 to reserve your spot.

### MARC FOLLIN REGARDING MEDICARE

#### MEDICARE 101 SEMINARS



These are educational group seminars to go over Medicare and the supplemental insurance concepts. The Seminar will last about 45 minutes to an hour. All are welcome.

Wednesday, September 22, 10:00 AM

Tuesday, September 28, 2:00 PM

#### MEETING ONE ON ONE

Marc will also be available to meet with you for a 20 minute one on one:

Thursday, September 9, 1:00-3:00 PM

No need to make an appointment. Just walk in.

If you still have questions, you may make a follow up appointment or call Marc at 419-768-2000.

### Labor Day

N E G O T I A T E T K G E D W  
 U E G T N E M E V E I H C A U  
 F E R D W U P N P U R Z J B B  
 F Y E H Y Z R O I Y E V B F D  
 L O R O T U O I X E T A U K E  
 F L U S E O C T A Y L C S X S  
 E P S R F W E A K A W A I X E  
 D M A E A L D Z C Y K T N Y R  
 E E E K S G U I O Q U I E R V  
 R R R R A U R N N F P O S T I  
 A K T O X O E A T F J N S S N  
 L L F W T V J G R I Q D L U G  
 E Z C S Q M U R A J D P E D C  
 U S I A P U Q O C G F P O N S  
 H H S X Z B J H T U Y H Y I J

ACHIEVEMENT  
 BUSINESS  
 CONTRACT  
 DESERVING  
 EMPLOYEE  
 FEDERAL  
 HISTORICAL  
 INDUSTRY  
 NEGOTIATE  
 ORGANIZATION  
 PROCEDURE  
 SAFETY  
 TREASURER  
 VACATION  
 WORKERS

LABOR DAY

## SENIOR GROUPS

### MARENGO/FULTON SENIORS

BREAKFAST AT LEGACY

TUESDAY, SEPTEMBER 7TH AT 9AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, SEPTEMBER 20TH AT 12 NOON,

JOYCE TAYLOR 419-253-0727

### CARDINGTON SENIORS

FRIDAY SEPTEMBER 24TH, AT NOON

RESERVATION REQUIRED—\$3.00 SUGGESTED  
DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

MARIE CHRISTIANO 419-751-7579



## SERVICES



### LEGAL AID

Karen McVay is available (by appointment only) to assist you in any legal questions you may have. Please give her a call and set up your appointment today!  
740-383-2161



### MEDICARE

Marc Follin, is available by appointment only, to assist you in any Medicare Assistance you may need. Please give her a call at  
419-768-2000 or 614-519-9128

### TRANSPORTATION

Handicap accessible vehicles available if needed for transportation for doctor appointments, grocery shopping, therapy, etc.. is available. As well as for medical appointments outside the county. Transportation can usually be arranged with a 48 hour notice. To qualify, you must live in the county and be 60+ years of age. Please call the center at (419)-946-4191 if we can accommodate you with your transportation needs



### HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County that are 60+ years of age. Weekend and Holiday frozen meals are also available upon request. Call the center for assistance at (419)-946-4191 .



### COMMODITIES FOOD BOX

Are you in need of food assistance?

We may be able to help. To qualify, you must live in the county, be 60+ years of age, and income eligible.

This is a once a month program sponsored by the Mid Ohio Foodbank and Seniors on Center. Call Maggie at (419)-946-4191 to qualify.

### GRAB AND GO MEALS

Seniors on Center offers hot meals daily, or frozen meals by the week. Call the center if you need assistance. Pickup will be at the front of the building and your meals will be delivered to you while you sit in your vehicle.

Meals are on a donation basis. For more information, please call (419)-946-4191. Those 60 and over qualify for this service.

## EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
		<b>1</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Cash Bingo
<b>6</b> <b>Closed in Observation of Labor Day</b>	<b>7</b> <b>8:00AM</b> Football Hall of Fame <b>9:00AM</b> Marengo/Fulton Group Breakfast @ Legacy <b>10:00AM</b> Shopping trip to Marion <b>11:30AM</b> Lunch @ Center	<b>8</b> <b>11:30AM</b> Lunch @ Center <b>11:00AM</b> Finance Meeting <b>12:30PM</b> Board Meeting
<b>13</b> <b>11:30AM</b> Lunch @ Center <b>5:00PM</b> Evening Meal <b>6:00PM</b> Music Kicking Grass	<b>14</b> <b>9:00AM</b> Polaris Fashion Mall Trip <b>11:30AM</b> Lunch @ Center	<b>15</b> <b>9:00AM</b> Knox County Senior Resource Day <b>11:30AM</b> Lunch @ Center
<b>20</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Marengo/Fulton Group Lunch @ Legion <b>5:00PM</b> Evening Meal <b>6:00PM</b> Country Travelers	<b>21</b> <b>10:00AM</b> Shopping trip to Mansfield <b>11:30AM</b> Lunch @ Center	<b>22</b> <b>11:30AM</b> Lunch @ Center
<b>27</b> <b>11:30AM</b> Lunch @ Center	<b>28</b> <b>11:30AM</b> Lunch @ Center Deadline for Cabela's Trip	<b>29</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> White Elephant Bingo

## EVENTS AND IMPORTANT DATES

Thursday	Friday
<b>2</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre	<b>3</b> Open Games <b>11:30AM</b> Lunch @ Center
<b>9</b> <b>11:30AM</b> Lunch @ Center	<b>10</b> Open Games <b>11:30AM</b> Lunch @ Center *Deadline for Polaris Mall trip *Deadline for Knox County Senior Resource Day
<b>16</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre	<b>17</b> Open Games <b>11:30AM</b> Lunch @ Center
<b>23</b> <b>11:30AM</b> Lunch @ Center	<b>24</b> Open Games <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Cardington Senior Group Healthcare talk with Julie White
<b>30</b> <b>9:00AM</b> Cabela's, Duluth & Quaker State and Lube Trip <b>11:30AM</b> Lunch @ Center	

## Happy Anniversary

Ed & Judy  
Nesbitt

9/1

Shirley & Floyd  
Morris

9/3

Emma & John  
Scroggins

9/4

Jan & John  
Johnson

9/6

John and Peggy  
Springer

9/19

Donald & Betty  
Helman

9/20





## HAPPY BIRTHDAY!

Bruce Augenstien

Marilyn McNamee

Ruth Baughman

Phyllis May

Cody Bedwell

Martha Nutt

Janet Bedwell

Phil Raney

Dorothy Clark

Kathryn Seagle

Doris Coldwell

Janice Sherman

Barbara Cowles

Marilyn Short

Pat Deel

Adaline Sipes

Rudy Gilbert

Richard Sliger

Mary Jane Hanners

Cam Taylor

Judy Keil

Robert King

Clara McClenathan







## MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</b>	<b>In the event that you are in need during this time of crisis, please call and let us know if we can assist you with frozen meal options.</b>	<b>1</b> Beef Stroganoff w/ Pasta Broccoli Corn Mandarin Oranges Cookie Milk	<b>2</b> Sloppy Joe Bun Minestrone Beet Salad Mixed Fruit Milk	<b>3</b> Hot Dog Bun Scalloped Potatoes Prince Charles Veggie Blend Cinnamon Apple Crisp Milk
<b>6</b> Closed in Observation of Labor Day	<b>7</b> Ham Salad Bun Sweet Potato Puffs Green Beans Pineapple Milk	<b>8</b> Meatloaf Mashed Potatoes Peas & Carrots Fruit Cocktail Roll Milk	<b>9</b> Hamburger Bun White Bean Soup Cucumber Salad Peaches Milk	<b>10</b> Cheese Omelet Diced Hash Browns Pancake Cooked Spinach Rio Citrus Salad Milk
<b>13</b> Shredded Beef Bun Baked Beans Corn Malibu Fruit Mix Milk	<b>14</b> Breaded Pollock Green Beans Cole Slaw Applesauce Roll Milk	<b>15</b> Pork Pot Roast w/ Mixed Vegetables Mashed Potatoes Pears Roll Milk	<b>16</b> Chicken Patty Bun Vegetable Soup Baby Carrots Mixed Fruit Milk	<b>17</b> Chicken Alfredo Broccoli Prince Charles Veggie Blend Mandarin Oranges Milk
<b>20</b> Pulled BBQ Chicken Bun Roasted Baby Potatoes Lima Beans Pineapple Milk	<b>21</b> Breaded Pork Chop Scalloped Potatoes Wax Beans Peach Crisp Roll Milk	<b>22</b> Ham Mashed Sweet Potatoes Cooked Spinach Pears Roll Milk	<b>23</b> Veal Patty Bun Broccoli Cheddar Soup Cole Slaw Fruit Cocktail Milk	<b>24</b> Chili w/ Beans Cucumber Salad Malibu Fruit Mix Cornbread Milk
<b>27</b> Chicken Tenders Scalloped Potatoes Cooked Carrots Peaches Roll Milk	<b>28</b> Taco Meat Lettuce Pinto Beans Corn Taco Shell Pineapple Milk	<b>29</b> Pot Roast Mashed Potatoes Scandinavian Veggie Blend Baked Apples Roll Milk	<b>30</b> Pulled Chicken Bun Tomato Basil Soup Tossed Salad Mixed Fruit Milk	

## FUN FACTS!

1. The world's largest grand piano was built by a 15 year old in New Zealand. The piano is a little over 18 reef long and has 85 keys-3 short of the standard 88.
2. Jack Daniel (the founder of the whiskey) dies from kicking a safe. When he kicked it, he broke his toe which got infected. He eventually died from blood poisoning.
3. The Roman-Persian wars are the longest in history, lasting over 680 years. They began in 54 BC and ended in 628 AD.
4. Elton John tried to commit suicide once by sticking his head in an oven with the gas on low and windows open. He was found and stopped by his best friend Bernie Taupin.
5. If you translate "Jesus" from Hebrew to English, the correct translation is "Joshua". The name "Jesus" comes from translating the name from Hebrew, to Greek, to Latin, to English.
6. The first service animals were established in Germany during World War I. References to service animals date as far back as the mid-16th Century.
7. An 11 year old girl proposed the name for Pluto after the Roman god of the Underworld.



...interesting

**This Newsletter is published by:**

Morrow County Services for  
Older Citizens, Inc.  
dba Seniors on Center  
41 West Center Street  
Mt. Gilead, OH 43338

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**MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.**

**419.946.4191 \* 419.946.1037 facsimile**

Sponsored by Title III Grant under the Older Americans Act administered through the Ohio Department of Aging and Ohio District 5 Area Agency on Aging, with local funding through levy dollars, and private donations. The Morrow County Multi-Purpose Senior Center and its programs are open to all Morrow County residents 60+ years of age regardless of race, color, ancestry, religion, sex, national origin, or disability.