

SENIOR MOMENTS

Morrow County's Monthly Newsletter

NOVEMBER

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM

HOUSE FOR RENT

3 Bedroom, 2 Bathroom, 2 Story home for rent in Mt. Gilead. \$500.00 per month, with \$500.00 deposit. Off street parking. For more information call Pam at 419-946-4191



INSIDE THIS ISSUE:

ACTIVITIES TO LOOK FORWARD TO!

MENU

VOLUNTEER OF THE MONTH

PHOTOS

EVENTS AND IMPORTANT DATES

EVENTS AND IMPORTANT DATES

IMPORTANT INFORMATION

SERVICES PROVIDED AND CLUBS

HAPPY BIRTHDAY

JUST FOR FUN

BOARD OF DIRECTORS

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

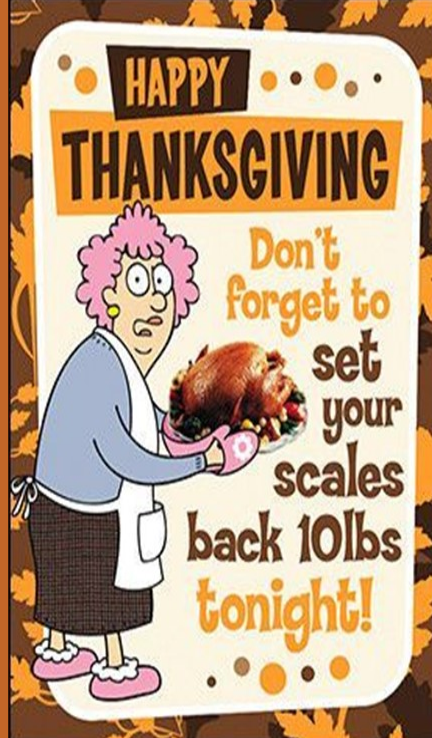
PAGE 8

PAGE 9

PAGE 10

PAGE 11

BACK



ACTIVITIES TO LOOK FORWARD TO!

LUNCH AND LEARN

November 16th's lunch and learn will be with the Ohioans Home Health. They will be here to discuss home health benefits. Please call and reserve your spot by November 15th by 1pm.

THE SPIRIT OF CHRISTMAS FEATURING THE TAYLORS.



Please note the date change on this event. It is now going to be on December 4th. All

other information is the same. The price is \$55.00 for members and \$60.00 for non-members. The bus will be leaving Kroger's at 10:00am. Please stop by the center with your non-refundable \$10.00 deposit to reserve your spot. Deadline for this event is November 26th.



WINTER FANTASY OF LIGHTS

December 11th, we will be enjoying the

season by going to Upper Sandusky to see Christmas Lights. We will meet at Kroger at 2:00pm. First, we will be visiting Coons Candy and then stopping for dinner at Bob Evans.

Dinner will be at your own coast. Following dinner, we will go to Winter Fantasy of Lights. Arrival time back home will be approximately 10:00pm. Cost will be \$8.00 for members and \$10.00 for non-members.



DON'T FORGET

November 4th is Daylight savings. Set your clock back one hour.



SCIOTO DOWNS CASINO TRIP

Join us on the second and fourth Thursday of each month for a trip to Scioto Downs. We will be leaving Kroger at 9:00am and arriving at 10:00am. We will be leaving Scioto Downs at 3:00pm and arriving home around 4:00pm. \$15.00 for members, \$20.00 for non-members. We hope you will join us.

THANKSGIVING MUSIC NIGHT



On November 19th, the Seniors on Center will be hosting a Thanksgiving Music night. This night is still Open Mic Night but we are going to do a fun Thanksgiving theme. Also on this night we will be holding a turkey calling contest. The winner will be receiving a turkey to take home for Thanksgiving.



HOLIDAY WREATH

Come join us on November 27th at 3:00pm for a fun afternoon with Keith's Flowers. We are going to be making a holiday wreath that you can take home. Please RSVP by November 16th. This activity is \$15.00

CODE RED ALERT SYSTEM

Seniors on Center is sending you a code red alert form for you to fill out. If you fill out this form, you will receive a phone call to alert you that the center is closed due to weather or an emergency. If you would like to receive this information, please fill out the form and return it to 41 W. Center St., Mt. Gilead, OH 43338.



SPIRIT WEEK



November 19th, 20th, and 21st wear your OSU or Michigan colors for the week before the Ohio State Buckeye's and the Michigan Wolverines go toe to toe. GO TEAMS!!!

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>stressed spelled backward is desserts</i></p> 		<p>1</p> <p>Shredded Chicken Tomato Basil Soup Angel Hair Pasta Pears Bun Milk</p>	<p>2</p> <p>Meatloaf Mashed Potatoes Peas Peaches Roll Pudding Milk</p>
<p>5</p> <p>Beef Stew Carrots Pineapple Biscuit Milk</p>	<p>6</p> <p>Chicken Breast Scalloped Potatoes Broccoli Oranges Bread Graham Cracker Milk</p>	<p>7</p> <p>Sausage Gravy Over Biscuit Diced Potatoes Apple Juice Grapes Milk</p>	<p>8</p> <p>Veal Patty Vegetable Soup Tossed Salad Applesauce Bun Milk</p>	<p>9</p> <p>Orange Chicken Over Brown Rice Maui Blend Sliced Apples Peaches Bread Milk</p>
<p>12</p> <p>Closed for Veterans Day</p> 	<p>13</p> <p>Stuffed Peppers V-8 Juice Sliced Potatoes Pears Bread Cookie Milk</p>	<p>14</p> <p>Walking Taco Lettuce Tomatoes Mixed Fruit Rice Fritos Milk</p>	<p>15</p> <p>Shredded Pork Corn Chowder Soup Pea Salad Oranges Bun Milk</p>	<p>16</p> <p>Lasagna Mixed Vegetables Fruit Cocktail Juice Focaccia Bread Milk</p>
<p>19</p> <p>Roast Beef Mashed Potatoes Corn Grapes Roll Mini Sandies Milk</p>	<p>20</p> <p>Pancake Wrap Scrambled Eggs Diced Potatoes Orange Juice Apples Animal Crackers Milk</p>	<p>21</p> <p>Turkey Breast Mashed Potatoes Green Beans Pineapple Bread Pudding Milk</p>	<p>22</p> <p>Closed for Thanksgiving</p> 	<p>23</p> <p>Closed in observation of Thanksgiving</p>
<p>26</p> <p>BBQ Riblet Red Skin Potatoes Peas & Carrots Oranges Bun Milk</p>	<p>27</p> <p>Pasta Bake Succotash Northwest Blend Mixed Fruit Garlic Bread Milk</p>	<p>28</p> <p>Chicken Pot Pie Over Biscuit Normandy Blend Green Beans Strawberries Milk</p>	<p>29</p> <p>Shredded Beef Split Pea Soup Cole Slaw Tropical Fruit Bun Milk</p>	<p>30</p> <p>Ham Sweet Potatoes Maui Blend Pears Roll Graham Crackers Milk</p>

VOLUNTEER OF THE MONTH



The Staff at the Seniors on Center and all the people he serves would like to thank David Reppart for his many years of dedication to his community. For the past twelve years, David has volunteered at the center helping with the Meals on Wheels Program .

David was born on December 2, 1935, in Cadiz Ohio. He attended school in Fulton and Cardington and graduated in 1953. He resides in Mt. Gilead, and is a widow to his late wives, Beverly Crouse, with whom he married in 1956 and Charlotte Healea, with whom he married in 2008. He has three children, and three grandchildren and four great-grandchildren.

Dave worked 48 years at GM Mansfield, where he repaired machines. He also served our country from 1954-1956 and served six years as an Army reservist as well. He received an honorable discharge as

Specialist III (Thank you for your service).

David is retired from the UAW local 549, and is also a life member of American Legion post 97 in Cardington. In her spare time he likes to hunt, fish and tend to his garden.

David has done a great service to Seniors on Center and we appreciate his devotion and selfless support!

PHOTOS



Everyone enjoying our picnic in the park and karaoke on this absolutely wonderful September day.

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
<p>5</p> <p>8:45-10:00AM SILVER SNEAKERS 9:00AM MARENGO/FULTON SENIORS MEET @ FARMSTEAD 10:00AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW REFRESHMENTS SPONSERED BY MANSFIELD MEMORIAL HOMES</p>	<p>6</p> <p>1:00-3:00PM BINGO WITH KINGSTON</p> <p>NATIONAL NACHOS DAY</p>	<p>7</p> <p>8:45-10:00AM SILVER SNEAKERS 1:00-4:00PM MARC FOLLIN HERE FOR MEDICARE OPEN ENROLLMENT 1:30PM GAMES 4:30-6:30PM BINGO WITH HOSPICE OF MORROW COUNTY</p>
<p>12</p> <div style="background-color: #e0e0e0; padding: 5px; border: 1px solid #ccc;">  <p style="text-align: center; margin: 0;">CLOSE IN OBSERVATION OF VETERANS DAY</p> <p style="text-align: center; font-size: 1.2em; margin: 5px 0;">VETERANS DAY</p> <p style="text-align: center; font-style: italic; font-size: 0.8em; margin: 0;"><i>Honoring all who served</i></p> </div>	<p>13</p> <p>9:00AM ROUND TABLE NOON CHESTERVILLE SENIORS MEET @THE SELOVER LIBRARY NOON BIRTHDAY PARTY</p>	<p>14</p> <p>8:45 -10:00AM SILVER SNEAKERS 11:00AM FINANCE MEETING 12:30PM BOARD MEETING</p>
<p>19</p> <p>8:45-10:00AM SILVER SNEAKERS 10:00AM CRAFT CLUB NOON MARENGO CARRY IN @ AMERICAN LEAGION 1:00-4:00PM MARC FOLLIN HERE FOR MEDICARE OPEN ENROLLMENT 5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW (THANKSGIVING PARTY) REFRESHMENTS SPONSERED BY MANSFIELD MEMORIAL HOMES</p>	<p>20</p> <p>NOON MOUNT GILEAD SENIORS MEET @ SENIORS ON CENTER 12:30PM SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA 1:00-3:00PM BINGO</p> <p>NATIONAL PEANUT BUTTER FUDGE DAY</p>	<p>21</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES</p> <p>PUMPKIN PIE DAY</p>
<p>26</p> <p>8:45-10:00AM SILVER SNEAKERS 10:00AM CRAFT CLUB NOON-4:00PM COMMODITIES 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>27</p> <p>9:00AM ROUND TABLE 9:00AM-NOON COMMODITIES 1:00-4:00PM MARC FOLLIN HERE FOR MEDICARE OPEN ENROLLMENT 3:00PM HOLIDAY WREATH WITH KEITHS FLOWERS</p>	<p>28</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES</p> <p>NATIONAL FRENCH TOAST DAY</p>

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>1</p> <p>NOON EUCHER</p> <p>NATIONAL MEN MAKE DINNER DAY</p>	<p>2</p> <p>8:45-10:00AM SILVER SNEAKERS 10:30AM-12:00PM WOODWORKING CLASS SHADOWBOX 12:30PM BIBLE STUDY GAMES</p>
<p>8</p> <p>9:00AM SCIOTO DOWNS CASINO TRIP NOON EUCHER</p> <p>NATIONAL CAPPUCCINO DAY</p>	<p>9</p> <p>12:00PM VETERANS DAY CELEBRATION</p>
<p>15</p> <p>NOON EUCHER</p> <p>AMERICA RECYCLES DAY</p>	<p>16</p> <p>8:45-10:00AM SILVER SNEAKERS NOON CARDINGTON SENIORS MEET @ SENIORS ON CENTER NOON LUNCH AND LEARN WITH THE OHIOANS HOME HEALTH 1:00-4:00PM MARC FOLLIN HERE FOR MEDICARE OPEN ENROLLMENT</p>
<p>22</p> <p>CLOSED FOR THANKSGIVING</p> <div style="text-align: center;">  </div>	<p>23</p> <p>CLOSED FOR OBSERVATION OF THANKSGIVING</p> <p>BLACK FRIDAY</p>
<p>29</p> <p>NOON EUCHER</p> <p>SQUARE DANCE DAY</p>	<p>30</p> <p>8:45 -10:00AM SILVERSNEAKERS 12:30PM BIBLE STUDY GAMES</p> <p>NATIONAL MOUSSE DAY</p>

Happy Anniversary

- Jennie and Don Cain
11/26
- Nancy and Robert Giesige
11/15
- Paul and Wilma Hinkle
11/1
- Grove and Pat Rinehard
11/30
- Dan and Kathy Rogers
11/20



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New Members

- Julie Palmer
 Marie Bishop
 Mary Ann Trimmer
 Lyn Conner
 Terri Conner



IMPORTANT INFORMATION

Emergency Food Pantry

Never leave your cupboards bare. Keep a variety of nutritious foods on hand for quick, easy, economical meals when weather, natural disaster or illness keeps you home. Purchase several foods from each group. Use or replace items every 6 months.

Meat and Meat substitutes

Tuna fish, canned chicken, beef stew, macaroni & Cheese, spaghetti and meatballs, baked beans, hearty or chunky soups, condensed soups (split pea or minestrone), peanut butter.

Cereals, Breads, Pasta

Hot cereal, cold cereal, rice, noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.

Fruits and Vegetables

Canned vegetables (green beans, spinach, corn, peas, beets, carrots, mixed vegetables); Canned fruit (apricots, peaches, pears, applesauce, plums, raisins, grapefruit); fruit, tomato and vegetable juice, bean salad, beets.

Milk and Milk Products

Non-Fat dried or evaporated milk. Pasteurized process cheese spread.

Other Foods

Instant soups, coffee or tea, hot chocolate mix, jam or jelly, vegetable oil, bottled salad dressing, jello, instant pudding mix.

SERVICES PROVIDED AND CLUBS



MEDICARE

Marc Follin will be in for Medicare open enrollment on the following days in November. Wednesday 7th 1-4, Friday 16th 1-4, Monday 19th 1-4, and Tuesday 27th 1-4. You can stop in on these days to see her here at the Seniors on Center

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



CARDINGTON SENIORS

FRIDAY, NOVEMBER 16TH, AT 12 NOON
NEED RESERVATION—\$3.00 SUGGESTED
DONATION SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD
SHIRLEY ROBINSON 419-864-4077

CHESTERVILLE SENIORS

TUESDAY, NOVEMBER 13TH, AT 12 NOON
SELOVER LIBRARY, CHESTERVILLE 31 STATE
ROUTE 95
SUZI LYLE 419-768-3431

HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County. Weekend and Holiday frozen meals are also available upon request.



LUNCH AT SENIORS ON CENTER

A hot lunch is served daily from 11:30am to 12:30pm. Reservations are required at least 24 hours in advance.



TRANSPORTATION

Handicapped accessible transportation for doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc.. is available. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice

HOMEMAKER

Light housekeeping

SPARTA GOOD TIMES SENIORS

TUESDAY, NOVEMBER 20TH, AT 12:30PM
HIGHLAND PIZZA—YOUR OWN COST 6530 STATE
ROUTE 229, SPARTA
DICK SEARS 419-768-2050



MT GILEAD SENIORS CLUB

TUESDAY, NOVEMBER 20TH, AT 12 NOON AT
SENIORS ON CENTER, RESERVATIONS NEEDED.
BRING DESSERT
MARILYN SIPES 419-468-3500

MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD MONDAY
NOVEMBER 5TH, AT 9AM, AMERICAN LEGION
HALL 1549 COUNTY RD 26, MARENGO, OH
MONDAY NOVEMBER 19TH, AT 12 NOON
JOYCE TAYLOR 419-253-0727

HAPPY BIRTHDAY

Darlene Andrick	Nancy Masler	Bennie Shafer
Theresa Azzi	Brenda Monk	Marilyn Sipes
Harold Boyd	Dottie Cooper McAvoy	William Snyder
Jim Cole	Mildred Osborne	Sarah Storer
Shirley Dendinger	Candace Parks	Larry Swackhammer
Ray Dietz	Ralph James Pauley	Geneva Zimmerman
Ray Fulk	John Reed	
Robert Gale	Marlene Renz	
Dessa Kaelber	William Replogle	
Sandra Linton	Grove Rinehard	
Ramona Littell	Bill Ronk	
Ruth Maher	Linda Ruehrmund	

FUN FACTS

1. After observing how long guest would hold onto garbage before littering at other amusement parks, Walt Disney placed each trash can no more than 30 feet apart.
2. The medical name for a butt crack is “intergluteal cleat”
3. A duel between three people is called a truel.
4. Even though froot loops are different colors, they all have exactly the same flavor.
5. Ketchup originated in China as a boiled down brine of pickled fish and spices called ‘kechiap”
6. The most popular item at Walmart is bananas. They sell more bananas than any other single item they have in stock.
7. Hart island is the final burial place to over a million of New York City’s unclaimed bodies, and thought to be the largest government sponsored mass grave on the earth.
8. People don’t sneeze in their sleep due to their brain shutting down the reflex.
9. Women blink nearly twice as often as men.

JUST FOR FUN

Thanksgiving

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

- ACORN
- BASKET
- CORN
- CORNUCOPIA
- DINNER
- INDIANS
- LEAVES
- MAYFLOWER
- PILGRIMS
- PUMPKINS
- RAKE
- SCARECROW
- SUNFLOWERS
- TURKEY
- WHEAT

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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MT. GILEAD, OH
43338
PERMIT #14

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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419.946.4191 * 419.946.1037 facsimile

Website:

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, United Way 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.