

# SENIOR MOMENTS

## MORROW COUNTY'S MONTHLY NEWSLETTER

**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**

October is National Breast Cancer Awareness Month. In 2014, National Breast Cancer Awareness Month (NBCAM) celebrated its 30th anniversary. Since its inception, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Today, NBCAM recognizes that although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. As NBCAM celebrated its 30th anniversary, they remain dedicated to educating and empowering women to take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare provider, adhering to prescribed treatment and knowing the facts about recurrence.

The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, women are encouraged to make a mammography appointment.

In 2018, National Mammography Day will be celebrated on October 19.

Please contact your doctor to set up your appointment today.

### INSIDE THIS ISSUE:

<b>SERVICES PROVIDED</b>	<b>PAGE 2</b>
<b>ACTIVITIES TO LOOK FORWARD TO</b>	<b>PAGE 3</b>
<b>THANK YOU</b>	<b>PAGE 4</b>
<b>CLUBS AND ACTIVITIES</b>	<b>PAGE 5</b>
<b>MENU</b>	<b>PAGE 6</b>
<b>ACTIVITY CALENDAR</b>	<b>PAGE 7</b>
<b>VOLUNTEER OF THE MONTH</b>	<b>PAGE 8</b>
<b>PHOTOS</b>	<b>PAGE 9</b>
<b>HAPPY BIRTHDAY</b>	<b>PAGE 10</b>
<b>JUST FOR FUN</b>	<b>PAGE 11</b>
<b>BOARD OF DIRECTORS</b>	<b>BACK</b>



## SERVICES PROVIDED THROUGH THE CENTER

### MEDICARE

Marc Follin will be in for Medicare open enrollment on the following days in October. Monday October 15th 1-4pm, Thursday October 25th 1-4pm, Tuesday October 30th 1-4pm. 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



### 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



## ACTIVITIES TO LOOK FORWARD TO!

### FLU SHOTS

Kroger will be coming to the Seniors on Center October 2nd from 12-3pm to administer flu shots. Please bring your insurance card when you come.

### LUNCH AND LEARN

On October 26th, at noon, Mohican Sports Medicine will be coming to do a lunch and learn with us. Please call to reserve your spot by October 25th at 1pm.

### HALLOWEEN PARTY

October 29th, we will be having a Halloween party here at the center. Meal and music by DJ Jeff Stuttler with Movement DJ Service. We will also be doing a costume contest so please come dressed in your best costume. This event is \$8.00 for Members and \$10.00 for Non-members.



### GROOVY PLANT RANCH

October 23rd, we will be taking a trip to the Groovy Plant Ranch where we will be doing the Harvest Succulent Planter. This activity is \$30.00 with a \$3.00 suggested donation for transportation. The bus will leave Kroger's at about 9:00am. We have limited seating so please RSVP as soon as possible!

### VETERANS DAY CELEBRATION

Veterans Day Celebration will be November 9th. We will have more information in the November newsletter.



### EVENTS COMING IN 2019

Ricky Nelson June 19th 2019

Christmas of Yesteryear December 3rd 2019  
Please keep an eye out for these events in your upcoming newsletters

### SCIOTO DOWNS

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, arriving at 10:00am and 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.



### WOODWORKING CLASS

Starting October 5th, we will be having a woodworking class on the first and third Friday of each month. In October, Chris will be doing shadow boxes with you. Please RSVP for this class.

### SWITCHBACK SHOW

We will be going to see the group Switchback (they are a Celtic band) at the 5 Nights on Campus at OSU Marion October 11th. We will be leaving Kroger's at 6pm. The show starts at approximately 7:30pm. We will be returning at about 10:00 pm. There is a fair amount of walking from the bus stop to the building for the show. This event is \$10.00 for the show with a \$5.00 suggested donation for transportation



### 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.



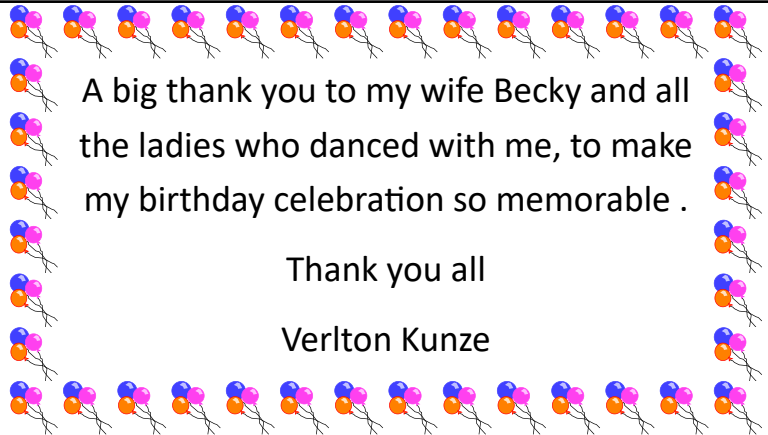
## THANK YOU



**We would like to thank Bobby Ballou of Kroger's Mount Gilead for donating flowers and prizes for our August Bingo night.**

**We would also like to thank Julia Hughes of Taco Bell in Mount Gilead for the food donation for our Bingo night**

**Your support is greatly appreciated! Thank you!**





# MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

## CARDINGTON SENIORS

FRIDAY, OCTOBER 26TH, 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, OCTOBER 9TH, AT 12 NOON  
SELOVER LIBRARY, CHESTERVILLE  
31 STATE ROUTE 95  
SUZI LYLE 419-768-3431



## SPARTA GOOD TIMES SENIORS

TUESDAY, OCTOBER 16TH, AT 12:30PM  
HIGHLAND PIZZA—YOUR OWN COST  
6530 STATE ROUTE 229, SPARTA  
DICK SEARS 419-768-2050

## MT GILEAD SENIORS CLUB

TUESDAY, OCTOBER 16TH, AT 12 NOON  
AT SENIORS ON CENTER,  
RESERVATIONS NEEDED. BRING DESSERT  
MARILYN SIPES 419-468-3500

## MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD  
MONDAY OCTOBER 1ST, AT 9AM,  
AMERICAN LEGION HALL  
1549 COUNTY RD 26, MARENGO, OH  
MONDAY OCTOBER 15TH, AT 12 NOON  
JOYCE TAYLOR 419-253-0727



## EUCHRE

EVERY THURSDAY STARTING AT  
NOON, JOIN US FOR A  
PROGRESSIVE GAME OF EUCHRE.



## SILVER SNEAKERS

THIS EXERCISE CLASS IS HELD EVERY MONDAY,  
WEDNESDAY, AND FRIDAY FROM 8:45-10AM

## CRAFT CLUB

EVERY MONDAY YOU CAN COME IN AND DO A  
NEW AND FUN CRAFT AT 10AM



## MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MON-  
DAY OF EACH MONTH, WE HAVE A MEAL WITH  
MUSIC TO FOLLOW THIS STARTS AT 5:00PM  
PLEASE CALL FRIDAY BY 1:00PM TO RESERVE  
YOUR SPOT.

## BINGO

COME IN ON THE 1st, & 4th TUESDAYS FROM  
1-3PM FOR A FANTASTIC GAME OF BINGO

## BIBLE STUDY

EVERY FRIDAY YOU CAN COME IN A LEARN MORE  
ABOUT THE BIBLE WITH OUR BIBLE  
STUDY GROUP @ 12:30



## DINNER AND BINGO


THE FIRST WEDNESDAY OF EACH MONTH FROM  
4:30-6:30PM WE WILL BE DOING DINNER WITH A  
GAME OF BINGO TO FOLLOW. PLEASE CALL BY  
1:00PM ON TUESDAY AND RESERVE YOUR SPOT!

# OCTOBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Alfredo California blend Juice Pears Roll Milk</p>	<p>2</p> <p>BBQ Riblet Tater Tots Peas and Carrots Peaches Bun Milk</p>	<p>3</p> <p>Chipped Beef Over Texas Toast Cottage Cheese Corn Cauliflower Pineapple Milk</p>	<p>4</p> <p>Burger Greek Lemon Chicken Soup Tossed Salad Peaches Bun Milk</p>	<p>5</p> <p>The Manhattan Green Beans Grapes Milk (Roast Beef and Mashed Potatoes over Texas Toast)</p>
<p>8</p> <p>Closed in observation of Columbus Day</p>	<p>9</p> <p>Meatloaf Peas Mashed Potatoes Strawberries Roll Oatmeal Cookie Milk</p>	<p>10</p> <p>Chicken and Noodles Carrots Cole Slaw Tropical Fruit Bread Milk</p>	<p>11</p> <p>Hot Dog Chili Tossed Salad Oranges Bun Milk</p>	<p>12</p> <p>Pork Cutlet Sweet Potatoes Broccoli Fruit Cocktail Roll Pudding Milk</p>
<p>15</p> <p>Breakfast Bowl Grape Juice Apples Muffin Milk</p>	<p>16</p> <p>Chicken Breast Baked Beans Orange Juice Apples Bread Mini Bread Sticks Milk</p>	<p>17</p> <p>Sausage Mixed Vegetables Mac and Cheese Peaches Bread Milk</p>	<p>18</p> <p>Peanut Butter and Jelly Sandwich Chicken Noodle Soup Mixed Fruit Tossed Salad Milk</p>	<p>19</p> <p>Salisbury Steak Mashed Potatoes Corn Pears Bread Oatmeal Cookie Milk</p>
<p>22</p> <p>Cabbage Rolls Sliced Potatoes Strawberries Bread Graham Crackers Milk</p>	<p>23</p> <p>Turkey Breast Mashed Potatoes Green Beans Fruit Cocktail Muffin Pudding Milk</p>	<p>24</p> <p>Shredded Chicken Over Biscuit Red Skin Potatoes Peas and Onions Tropical Fruit Milk</p>	<p>25</p> <p>Pizza Patty Potato Soup Tossed Salad Pears Bun Milk</p>	<p>26</p> <p>Chicken Legs Scalloped Potatoes California Blend Peaches Cookie Bread Milk</p>
<p>29</p> <p>Manicotti with Meatballs Italian Blend Italian Green Beans Pineapple Focaccia Bread Milk</p>	<p>30</p> <p>Chicken Ala King Over Biscuit Lima Beans Corn Pineapple Milk</p>	<p>31</p> <p>Beef Stroganoff Broccoli Strawberry Kiwi Juice Oranges Roll Milk</p>		

**6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.**

# OCTOBER EVENTS AND IMPORTANT DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:45-10:00AM SILVER SNEAKERS</p> <p>9:00AM MARENGO/ FULTON SENIORS MEET @ FARMSTEAD 10AM</p> <p>10:00AM CRAFT CLUB</p> <p>5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>2 12--003:00PM KROGER COMING TO DO FLU SHOTS</p> <p>1:00-3:00PM BINGO</p> <p>GUARDIAN ANGELS DAY</p>	<p>3 8:45-10:00AM SILVER SNEAKERS</p> <p>1:30PM GAMES</p> <p>4:30-6:30PM BINGO WITH VISITING NURSE'S</p> <p>BUTTERFLY AND HUMMINGBIRD DAY</p>	<p>4 NOON EUCHRE</p> <p>NATIONAL TACO DAY</p>	<p>5 8:45-10:00AM SILVER SNEAKERS</p> <p>10:30AM-12:00PM WOODWORKING CLASS 1 OF 2 SHADOWBOXES</p> <p>12:30PM BIBLE STUDY GAMES</p>
<p>8 CLOSED IN OBSERBATION OF COLUMBUS DAY</p>	<p>9 9A:00M ROUND TABLE</p> <p>NOON, CHESTERVILLE SENIORS MEET @ THE SELOVER LIBRARY</p> <p>NOON BIRTHDAY PARTY</p>	<p>10 8:45-10:00AM SILVER SNEAKERS</p> <p>11:00 AM FINANCE MEETING</p> <p>12:30PM BOARD MEETING</p>	<p>11 9:00AM SCIOTO DOWNS CASINO TRIP</p> <p>NOON EUCHRE (6:00PM SWITCHBACK SHOW LEAVING KROGERS)</p>	<p>12 8:45-10:00AM SILVER SNEAKERS</p> <p>12:30PM BIBLE STUDY GAMES</p>
<p>15 8:45-10:00AM SILVER SNEAKERS</p> <p>10:00AM CRAFT CLUB CARDHOLDER</p> <p>NOON MARENGO CARRY IN @AMERICAN LEGION</p> <p>1:00-4:00PM MARC FOLLIN FOR OPEN ENROLLMENT FOR MEDICARE</p> <p>5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW</p>	<p>16 NOON MOUNT GILEAD SENIORS CLUB MEET @ SENIORS ON CENTER</p> <p>12:30PM SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA</p> <p>1:00-3:00PM BINGO</p> <p>NATIONAL BOSS DAY</p>	<p>17 8:45-10:00AM SILVER SNEAKERS</p> <p>1:30 GAMES</p> <p>NATIONAL PASTA DAY</p>	<p>18 NOON EUCHRE</p> <p>NATIONAL CHOCLOATE CUPCAKE DAY</p>	<p>19 8:45-10:00AM SILVER SNEAKERS</p> <p>10:30-12:00 WOOD- WORKING CLASS 2 OF 2 SHADOWBOXES</p> <p>12:30PM BIBLE STUDY GAMES</p>
<p>22 8:45-10:00AM SILVER SNEAKERS</p> <p>10:00AM CRAFT CLUB DECORATIVE PUMPKINS</p> <p>NOON-4:00PM COMMODITIES</p> <p>5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>23 9:00AM ROUND TABLE</p> <p>9:00AM-NOON COMMODITIES</p> <p>(9:00AM GROVY PLANT RANCH LEAVING KROGERS)</p> <p>1:00-3:00PM BINGO</p>	<p>24 8:45-10:00AM SILVER SNEAKERS</p> <p>1:30 GAMES</p> <p>LUNG HEALTH DAY</p>	<p>25 9:00AM SCIOTO DOWNS CASINO TRIP</p> <p>NOON EUCHRE</p> <p>1:00-4:00PM MARC FOLLIN FOR OPEN ENROLLMENT FOR MEDICARE</p>	<p>26 8:45-10:00AM SILVER SNEAKERS</p> <p>NOON CARDINGTON SENIORS MEET @ SENIORS ON CENTER</p> <p>NOON LUNCH AND LEARN WITH MOHICAN SPROTS MEDICINE</p> <p>GAMES</p>
<p>29 8:45-10:00AM SILVER SNEAKERS</p> <p>10:00AM CRAFT CLUB</p> <p>5:00PM HALLOWEEN MEAL AND MUSIC</p>	<p>30 1:00-4:00PM MARC FOLLIN FOR OPEN EN- ROLLMENT FOR MEDI- CARE</p>	<p>31 8:45-10AM SILVER SNEAKERS</p> <p>1:30 GAMES</p> <p>NATIONAL CARAMEL APPLE DAY</p>	<p><b>HAPPY HALLOWEEN!</b></p> 	



## VOLUNTEER OF THE MONTH



The Staff at the Seniors on Center and all the people she serves would like to thank Judy Jones for her many years of dedication to her community. For the past fifteen years, Judy has volunteered at the center helping with the Meals on Wheels Program and helping in the kitchen any-time she is needed.

Judy was born on May 6, 1945, in Malta, Ohio. She attended school in Malta/McConnelsville, Ohio. She resides in Morrow County, and is a widow to her late husband, Herbert Jones, with whom she married in August 1966. They have two children, and two grandchildren.

Judy worked 15 years at Community Action, where she worked for the food pantry, HEAP, and attended meetings for Christmas Clearing

House. She then worked as a manager for 5 years at Morrow County Housing and took care of 6 complexes. She had been working 3 years for the Seniors on Center where she helped get the meals ready for delivery .

In her spare time she likes to crochet, read, garden and work with her flowers. Judy also really enjoys traveling to different places.

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

## PHOTOS



Congratulations to our Board President, Mike Warwick for becoming Senior Citizen of the Year. We all appreciate all of your hard work and dedication to the community.



The Morrow County Fair 2018 was a success. Thank you to all our vendors and Bill Purk for coming out and making Seniors Day just that much more special! The staff at Seniors on Center, really appreciates all of the assistance to help us on this very hot day. Thank You!





## HAPPY BIRTHDAY

JOIN US ON TUESDAY SEPTEMBER 11TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Carolyn Baldwin  
Dale Bowersmith  
Debra Boyd  
Ray Buckel  
Rose Christman  
Betty Cook  
Wava Cornett  
Susan Francis  
Mary Hamilton  
William Hansgen  
Daniel Hedges Sr.  
Ernest Hickok  
Ellen Hoffman  
Joseph Jones  
Carolyn Lewis  
Orval McMaster

Donald Myers  
Judi Myers  
Rita Parsons  
Bethel Payne  
Patti Ray  
Bill Reed  
Elizabeth Ritchey  
Patty Schimmoeller  
William Sheppard  
Esther Swetland  
Frances Turner  
Frederica Turner  
Michelle Whaley  
Roger Whaley  
Rowena Whipple

### NEW MEMEBERS



Carolyn  
Stockdale

1. The moon has “moon-quakes” and because the moon has a smaller core than earth, this causes it to ring like a bell.
2. Mr. Potato head was the first toy to be advertised on tv.
3. Bullfrogs do not sleep
4. Magpies are considered one of the most intelligent animals in the world, and the only non-mammal species able to recognize itself in a mirror test.
5. There is an opposite of albino animals, which aren't white, but black. These are known as Melanocytic animals.
6. The human nose can remember 50,000 different scents.
7. Ketchup originated in China as a boiled down brine of pickled fish and spices called 'Kechiap'.



# JUST FOR FUN!

## Halloween

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

BATS  
CACKLE  
CANDY  
CAULDRON  
COBWEB  
COSTUMES  
FRANKENSTEIN  
GHOST  
GRAVEYARD  
HALLOWEEN  
MASK  
MOONLIGHT  
MUMMY  
PUMPKIN  
SKELETON  
TREAT  
TRICK  
TWILIGHT  
WITCH

**This Newsletter is published by:**

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

NON-PROFIT STD.  
U.S. POSTAGE PAID  
MT. GILEAD, OH  
43338  
PERMIT #14

**Board of Directors**

Mike Warwick (Pres.)	Mike Gale	Dixie Shinaberry	Janet Johnson
Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Shirley Robinson
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Dan Rogers
Linda Ruehrmund (Sec.)		Pat Rinehart	Warren Davis

**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.