

SENIOR MOMENTS

Morrow County's Monthly Newsletter

JANUARY

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

INSIDE THIS ISSUE:

UPCOMING EVENTS	PAGE 2
COLOR ME BEAUTIFUL	PAGE 3
SENIOR GROUPS	PAGE 4
SERVICES	PAGE 5
EVENTS & IMPORTANT DATES	PAGE 6
EVENTS & IMPORTANT DATES	PAGE 7
HAPPY BIRTHDAY	PAGE 8
SUDOKU/WORD SEARCH	PAGE 9
MENU	PAGE 10
FUN FACTS	PAGE 11
BOARD OF DIRECTORS	BACK



From the  of the Director...

As we move in to 2022, I trust you all had a wonderful Christmas season. I wanted to take a minute to quickly introduce myself, to those of you who I have not had the privilege to meet in person. My name is David Keefer. Prior to me taking the director position with Seniors on Center, I was the Finance Manager at Whetstone Industries, here in town. My wife Tammy, and I, have four adult children. We are originally from Westerville but moved to Morrow county in early 2002.

I look forward to working with this great staff, as well as our wonderful citizens, 60 years and older to continue the programs that have been working well for so many years. I also hope that we will be able to develop new programs that bring our seniors back into the center as well as programs that serve you and meet the needs of this vital segment of our community.

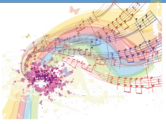
I think you will all agree that I have some GIANT shoes to fill following Pam Eastep. I want to thank her for her years of service to this organization and wish her all the best as she finally moves in to a well-deserved retirement. She has been an incredible steward of Seniors on Center and a faithful servant to our county. When you see her around town, PLEASE take a moment to thank her for all she has done to preserve and to grow your senior center.

I thank the Seniors on Center board for this wonderful opportunity and look forward to the coming year.

Sincerely,

David Keefer

UPCOMING EVENTS!



MUSIC

Monday, January 10th, join Kickin Grass at 6:00pm, and Monday, January 24th for Clean Slate, and January 31st, join Kickin Grass at 6:00pm **(NO MEAL ON 31st)** 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! **CHANGE**, Deadline will be the Wednesday before by 12:00PM **NOT** Friday by 12:00PM

SASSY SENIORS

Exercise? Who Me? "I really need to exercise..." If you have said this or even thought this, this information is for you. Sassy Seniors, a group of older adults, meets every Monday, Wednesday and Friday from 8:30 to 9:30 at Seniors on Center for moderate exercise and a whole lot of fun. Join us we will be improving your balance, strengthen your core and discover that exercising with the Sassy Seniors can make fitness fun! (Due to Covid, we will need to limit our size to 20 and to those who are members of Seniors on Center.)



EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Friday, January 7th and January 21st at Noon. It is \$1.00 per person to play Euchre. You may bring your own drink and snacks.

Please note that we are going to be having a Euchre/Pizza Party on Friday March 11th. Please call to reserve your spot by Wednesday March 9th.

BINGO

Cash Bingo will be on Tuesday, January 18th at 12:00PM. Cash Bingo cost to play is \$2.00. Join us on Tuesday January 25 at 12:00PM join us for White Elephant Bingo. If you would like to join us for lunch before playing please call us the day before by 12:00PM



SHOPPING



We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, January 4th, we will be heading to Marion and Third Tuesday January 18th 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.

LUNCH/PAINTING

Join us on January 19th from 11:30AM-3:00PM for lunch and a painting class with Rita Bush. Lunch starts at 11:30AM and the painting class will follow. The cost of this class is \$30.00 and covers the cost of lunch and all supplies needed for the project. Please call the center and reserve your spot by January 5th by Noon.





SENIOR GROUPS

CARDINGTON SENIORS

FRIDAY , AT NOON JANUARY 28TH

RESERVATION REQUIRED—\$3.00 SUGGESTED
DONATION

SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD
MARIE CHRISTIANO 419-751-7579



5	6	3	2	1	7	4	8	9
1	2	4	8	5	9	7	6	3
9	8	7	3	6	4	1	2	5
7	4	1	9	2	5	6	3	8
2	9	8	6	7	3	5	4	1
6	3	5	1	4	8	9	7	2
8	1	9	4	3	6	2	5	7
3	5	6	7	9	2	8	1	4
4	7	2	5	8	1	3	9	6

6	7	8	2	9	5	1	4	3
4	1	5	6	3	8	9	7	2
3	2	9	1	7	4	8	5	6
7	5	6	3	8	1	2	9	4
9	4	3	5	2	6	7	1	8
1	8	2	9	4	7	3	6	5
2	3	1	4	5	9	6	8	7
8	9	4	7	6	2	5	3	1
5	6	7	8	1	3	4	2	9

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

Transportation for Morrow County residents that are 60+ years of age to medical appointments, grocery shopping, banking, etc. is available Monday thru Friday. Out of county medical transportation is available with a 48-hour notice, and the availability of a driver and vehicle. Handicapped accessible vehicles are also available. Please call the center at 419-946-4191 to set up your transportation. Donations are accepted.



HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County that are 60+ years of age. 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
3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	4 10:00AM Shopping trip to Marion 11:30AM Lunch @ Center	5 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center Deadline for Painting Class
10 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 5:00PM Evening Meal 6:00PM Kickin Grass	11 11:30AM Lunch @ Center Karen McVay (Call Legal Aid to set up an appointment)	12 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Annual Board Meeting (If you would like to attend please RSVP by January 3rd by noon)
17 Center is closed in observation of Martin Luther King Day	18 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center 12:00PM Bingo (Cash)	19 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 11:30AM-3:00PM Lunch and Painting with Rita Bush
24 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM-3:00PM Commodities Pickup 5:00PM Evening Meal 6:00PM Clean Slate	25 9:00AM-12:00PM Commodities Pickup 11:30AM Lunch @ Center 12:00PM Bingo (White Elephant)	26 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center
31 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 6:00PM Kickin Grass		

EVENTS AND IMPORTANT DATES

Thursday	Friday	<h3 style="text-align: center;">Happy Anniversary</h3> <div style="text-align: center;"> <p>Bonnie & Larry Clarkson 1/6</p> <p>Phyllis & Tony Amato 1/9</p> </div> <div style="text-align: center;">  </div>
6 11:30AM Lunch @ Center	7 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Euchre	
13 11:30AM Lunch @ Center 1:00-3:00PM Marc Follin Medicare	14 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	
20 11:30AM Lunch @ Center	21 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Euchre	
27 11:30AM Lunch @ Center	28 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Cardington Senior Group, Valentine Craft	

HAPPY BIRTHDAY!

Phyllis Amato

Linda Hart

Patsy Schenk

Sally Bailey

Dorothy Holbrook

LaVerne Westbrook

Paul Barnes

Nathan Kindt

Vonnie White

Sharon Bartley

Robert Littell

Norman Wilcox

Beulah Beam

Hazel Miller

Dorothy Wrhel

Vanessa Bing

Barbara Moore

Claude Wright

Marian Bosart

Roger McNamee

Donald Boyle

Donna Osborn

Dale Clever

Melvina Painter

Eileen Drake

Julie Palmer

Helen Edwards

Raymond Powell

Daniel Goodman

David Riffle

Linda Gordon

Pat Rinehart



SUDOKU/ WORD SEARCH

5			2	1		4		
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9	8				4	1		
	4	1		2				8
	9		6			5	4	
6		5	1					2
8			4		6	2		
	5	6					1	
		2			1			6

6	7				5		4	
	1		6	3				2
3	2				4			6
7	5	6	3					
9	4	3	5					
1					7	3	6	
			4			6		7
		4		6			3	
5				1		4		

SUDOKU ANSWER KEY PAGE 4

Happy New Year

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

BABY
COUNTDOWN
EXTRAVAGANZA
FESTIVITIES
HOURGLASS
JANUARY
KISS
MEMORIES
MIDNIGHT
NOISEMAKER
PARTY
RESOLUTION
TIME
TOAST

MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pulled BBQ Pork Cooked Spinach Corn Cinnamon Apples Bun Milk</p>	<p>4</p> <p>Taco Meat Lettuce Pinto Beans Pineapple Taco Shell Milk</p>	<p>5</p> <p>Salisbury Steak Mashed Potatoes Cooked Carrots Pears Roll Milk</p>	<p>6</p> <p>Chicken Patty Creamy Chicken Noodle Soup Cucumber Salad Peaches Bun Milk</p>	<p>7</p> <p>Ham Sweet Potatoes Wax Beans Mixed Fruit Muffin Milk</p>
<p>10</p> <p>Breaded Veal Broccoli Redskin Potatoes Peaches Bun Milk</p>	<p>11</p> <p>Chipped Beef Corn Prince Charles Veggie Blend Mixed Fruit Texas Toast Milk</p>	<p>12</p> <p>Alaskan Pollock Scalloped Potatoes California Veggie Blend Fruit Cocktail Roll Milk</p>	<p>13</p> <p>Shredded Beef White Bean Soup Cole Slaw Michigan Mix Fruit Bun Milk</p>	<p>14</p> <p>Chicken & Noodles Cooked Carrots Peas Malibu Mix Fruit Chocolate Chip Cookie Milk</p>
<p>17</p> <p>Center is closed in observation of Martin Luther King Day</p>	<p>18</p> <p>BBQ Riblet Scalloped Potatoes Green Beans Pineapple Bun Milk</p>	<p>19</p> <p>Turkey in Gravy Mashed Potatoes Lima Beans Mandarin Oranges Roll Milk</p>	<p>20</p> <p>Ham & Swiss Tomato Basil Soup Red Skin Potato Salad Rio Citrus Salad Bun Milk</p>	<p>21</p> <p>Lasagna Cooked Spinach Cooked Carrots Fruit Mix Milk</p>
<p>24</p> <p>Pulled Smoked Chicken Green Beans Corn Peaches Bun Mini Sandies Milk</p>	<p>25</p> <p>Beef Pepper Steak Mashed Potatoes Midori Veggie Blend Mandarin Oranges Muffin Milk</p>	<p>26</p> <p>Spaghetti w/ Meat Sauce Cooked Carrots Broccoli Pears Roll Milk</p>	<p>27</p> <p>Hot Dog Chili Tossed Salad Fruit Salad Fruit Mix Bun Milk</p>	<p>28</p> <p>Turkey Sausage Patties Diced Hash Browns French Toast Sticks Cooked Spinach Baked Apples Milk</p>
<p>31</p> <p>Sloppy Joe Sweet Potato Puffs Green Beans Malibu Fruit Mix Bun Milk</p>			<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</p>

FUN FACTS

1. Joe Arridy has an IQ of 46 and is known as the “happiest prisoner on death row”. He went into the gas chamber with a smile. It turned out he was innocent.
2. The largest Japanese population outside of Japan stands at 1.6 million people who live in Brazil.
3. IKEA is an acronym which stands for Ingvar Kamprad Elmtaryd Agunnardy, which is the founder’s name, farm where he grew up, and hometown.
4. In 2009, Stephen Hawking held a reception for time travelers, but didn’t publicize it until after. This way, only those who could time travel would be able to attend. Nobody else attended.
5. There are less than 30 ships in the Royal Canadian Navy which is less than most third-world countries.
6. Larry the Cable Guy’s real name is Daniel Lawrence Whitney. His notable Southern accent is fake he was born and raised in the mid-west, not the South.
7. There’s no period in “Dr. Pepper”. It was removed because the old logo font made it look like “Di: Pepper”.



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.