

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 SENIOR MOMENTS

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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419-946-4191 * 419-946-1037 facsimile

Website: www.SeniorsOnCenter.org

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.



APRIL 2015

UPCOMING EVENTS

Thursday April 2nd - Marc Follin will be here to answer any questions you may have concerning Social Security, Medical Supplements, Insurance, etc. from 1-3 pm. Walk-in's accepted.

Saturday, April 11th – Come to the old Cardington Middle School at 8 a.m. and join the staff of the Senior Center for a pancake breakfast put on by the Knights of Columbus. The proceeds will be donated to the Center. They will be serving from 7 am to 10 am.



Saturday, April 25th – The Marionaires present “Barbershop for all ages”. We will be leaving Krogers at 5:00 pm and stopping to eat at Bob Evans. Get your tickets early for \$12.00. Suggested transportation cost is \$5.00. For more information call the center.

Wednesday, April 29th – 10:00 am - Sargent Ray McCruter of the Ohio State Patrol will be here at the center to speak to us about their concerns for the senior population increase in traffic accidents and decrease in wearing seat belts. Come and listen to their concerns and express yours. It will be a very informative time.



Thursday and Friday, May 7 and 8th – Rummage Sale – Donations (NO shoes) are being accepted. If you want to sale your own goods, a table may be rented for \$15.00. Open on May 7th from 9:00 am to 3:00pm and May 8th from 9:00 am to noon. Lunch will be available on Thursday.

Scioto Downs Casino Columbus, Ohio



May Casino trips are scheduled for May 7th and 21st. Please come into the transportation office to make your reservations and payments.

SPRING

March blew in and right out of here
And for that we can all stand and cheer!
The temperature was warm and then went
tumbling down.
Neither ever wanting to stick around.

What does April have in store?
I would hope warmer temperatures galore.
But, that is the way of spring
Never knowing what you will be
experiencing.

I do know spring will be here soon,
The beginning of newness and flowers in
bloom,
When everything has a newness of life,
And we feel our lives have a little less strife.

Spring makes our steps a little bit lighter
And our daily lives a little bit brighter.
Enjoy this wonderful time of the year,
Before you know it, summer will be here.

L.W.



May 14th - 11:00 a.m. Annual Senior Citizen Day



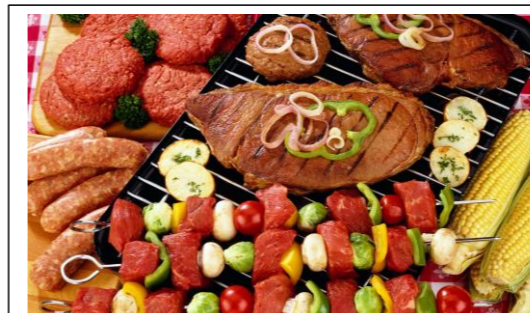
When is the last time you danced to Polka music? Well, here is your chance to put on your polka clothes and party with us at the Senior Center. The Mike and Larry Polka Band will entertain us with their music and a great lunch will be provided.

Mark your calendars and call the center to make your reservations.
(419-946-4191)

Cooking For One or Two

The Center is having a series of 3 classes for all those interested in learning to cook healthy nutritious meals for one or two people.

- Time: 7 to 8:30 p.m.
- Dates: April 28, May 12, May 26
- Location: Senior's on Center



STRAWBERRY PRETZEL SQUARES

What You Need:

- 2 cups finely crushed pretzels
- ½ cup sugar, divided
- 2/3 cup butter or margarine, melted
- 1-1/2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 2 Tbsp. milk
- 1 cup thawed COOL WHIP Whipped Topping
- 2 cups boiling water
- 1 pkg. (6 oz.) JELL-O Strawberry Flavor Gelatin
- 1-1/2 cups cold water
- 4 cups fresh strawberries, sliced

Make It:

HEAT oven to 350°F.

MIX pretzel crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch pan. Bake 10 min. Cool.

BEAT cream cheese, remaining sugar and milk with mixer until blended.

Stir in COOL WHIP; spread over crust. Refrigerate until ready to use.

ADD boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.

Stir in cold water.

Refrigerate 1-1/2 hours or until thickened.

Stir in berries; spoon over cream cheese layer.

[illegible]

Marge Orsborn
Bonnie Counts
John Scroggins
Juanita Piercy
Jesse Spaulding
Ray Brenneman
David Ufferman
Sarah Adams
Mary Ackerman
Karen Lashley
Beatrice Houck

MONDAY NIGHT MUSIC

\$1 FOR MEMBERS * \$2 NON-MEMBERS

Monday, April 6th

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, April 13th

Music by Dick Starcher 6-8PM

Monday, April 20th

Meal 5-6PM

Open Mic 6-8PM

Monday, April 27th

Music by Country Travelers 6-8PM

You must make reservations for the meals!

**** Band donations accepted ****

EUCHRE AND BINGO

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday 12:30 Thursday 12 Noon. We would love to see new faces.

The second & fourth Tuesday of each month we are having Bingo from 1-3 PM

Beltone at the Senior Center

April 21st 10am - Noon

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**



MANAGING CONCERNS ABOUT FALLS

People have been inquiring about our next Matter of Balance Class. The Center will begin the new spring class on Tuesday, April 28th at 10:00 am to 11:30 just in time for lunch and run for 8 weeks. Please call and let us know if you will be joining our class. The more the merrier.

A matter of Balance will teach you to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors

A Matter of Balance is for you if:

- You are concerned about falls
- You have fallen in the past
- You don't do things you used to enjoy because you fear falling
- You want to improve your flexibility, balance and strength.

Easter Word Hunt

Directions: Look for the ten words in the list hidden in the puzzle. The words can be forwards or backwards.



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



basket	chick	hunt
bonnet	dye	lily
bunny	egg	parade
candy		



ALZHEIMER'S SEMINAR



Michelle Crum (pictured center) from the Alzheimer's Association came to the Center on March 25 to answer questions and had loads of information about the disease. It was very informative and helped those that are dealing with family members that have Alzheimer's. If you have a family member that you are struggling with to help the best way possible and need answers or need to know where to go to get those answers, call the center and we will set up another time for Michelle to come and speak.



SURVEY

Seniors on Center has created a survey that will be in a May issue of the Morrow County Compass and has also been handed out in various places. Please fill one out and either take it to your local library or bring it into the Center. We are trying our best to accommodate the Morrow County Seniors needs and to become the senior community center that you want. After we receive them, we will look at each one and see what it is that we can do to serve you better. We would really appreciate your input.

COMING SOON

The Seniors on Center is going back to providing hot meals five (5) days a week. If you come into the center for lunch or receive your meals by home delivery drivers, you will be able to get your meals Monday thru Friday each week. We are in the process of getting things arranged to make that possible.






SPECIAL COLLECTION EVENT Morrow County

9:00 A.M. – 1:00 P.M.
April 25, 2015
Electronics and Tires ONLY!
Morrow County Fairgrounds
195 South Main St.
Mount Gilead, OH



APRIL ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 APRIL FOOLS DAY 11:45 AM Lunch 12:30 PM Euchre	2 12 Noon Euchre Tax appointments 1 PM Marc Follin - Insurance	3 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
6 9AM Marengo/Fulton Breakfast 11:45 AM Lunch 5-6PM Meal 6-8PM Music	7 11:45 AM Lunch	8 11:45 AM Lunch 12:30 PM 	9 12 Noon Euchre Tax appointments 	10 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study 12:30 Board Meeting
13 11:45 AM Lunch 11:30 Retired Teachers Lunch 6-8PM Music	14 11:45 AM Lunch Birthday Party 1:00-3:00PM Bingo 	15 11:45 AM Lunch 12:30 PM Euchre	16 12 Noon Euchre	17 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
20 11:45 AM Lunch 12 Noon Marengo/Fulton Carry-In 5PM Meal 6-8PM Music	21 10AM-12Noon Belton 11:45 AM Lunch 12 Noon Mt. Gilead Sr Lunch 12 Noon Chesterville Lunch 12:30 Sparta Lunch	22 11:45 AM Lunch 12:30 PM Euchre	23 12 Noon Euchre	24 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
27 11:45 AM Lunch Noon-4PM Commodities 6-8PM Music	28 9AM-Noon Commodities 10AM-II:30AM Matter of Balance 11:45 AM Lunch 1:00-3:00PM Bingo	29 10AM OH State Patrol Seminar 11:45 AM Lunch 12:30 PM Euchre	30 12 Noon Euchre	

APRIL MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>MENU IS SUBJECT TO CHANGE</div>		1 Cabbage Roll Cheese Cubes Parsley Potatoes Garlic Bread Orange Juice	2 Home Delivered Cold Meal Low Sodium Ham with Lettuce & Tomato Fruit Salad Apricot Juice Graham Crackers The Center will be open, but will not be serving lunch.	3 Sloppy Joe Sandwich Sliced Fresh Apples Cranberry Juice
6 Chicken Drumstick Oven Brown Potatoes Broccoli Pears	7 Salisbury Steak Cauliflower Peas & Onions Apple Juice	8 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice	9 Home Delivered Cold Meal Egg Salad Cottage Cheese Applesauce Peaches Grape Juice The Center will be open, but will not be serving lunch.	10 Spaghetti Green Beans Tossed Salad Cranberry Juice
13 Chicken Strips Hashbrowns Beets Orange Juice	14 Low Sodium Ham Sweet Potatoes Green Beans Mandarin Oranges	15 Pot Roast Oven Brown Potatoes Carrots Fresh Grapes	16 Home Delivered Cold Meal Chef Salad Peaches The Center will be open, but will not be serving lunch.	17 Chicken Noodle Casserole Peas Applesauce Cranberry Juice
20 Beef & Noodle Casserole Peas & Carrots Applesauce Orange Juice	21 Roasted Turkey Baked Potato Broccoli Apple Juice	22 Roast Beef Mashed Potatoes Brussel Sprouts Pears	23 Home Delivered Cold Meal Tuna Salad Cheese Cubes Grapes Peaches Pineapple Juice The Center will be open, but will not be serving lunch.	24 Pork Chop Sweet Potatoes Green Beans Mandarin Oranges
27 Cabbage Roll Cheese Cubes Parsley Potatoes Garlic Bread Orange Juice	28 Hamburger with Lettuce & Tomato Wedge Fries Apple Juice	29 Shredded Chicken Sandwich Sweet Potato Fries Pineapple Pineapple Juice	30 Home Delivered Cold Meal Ham with Lettuce & Tomato Fruit Salad Apricot Juice The Center will be open, but will not be serving lunch.	