

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.

AUGUST 2015

DOG DAYS OF SUMMER

UPCOMING EVENTS

August 4th – This is the date of Senior Day at the Ohio State Fair. Suggested donation of \$10.00 for transportation. Reservations needed a.s.a.p.



Tuesday, August 18 the multi-talented Sherry Naysmith will be here at 10:00 am to show us how to paint and then she will stay and play her keyboard for our pleasure as we eat our lunch. Come in and experience her talents.

2015 Positive Aging Expo, Thursday, August 27. Richland County Fairgrounds, Mansfield, OH. Leave Kroger parking lot at 8:15 am. \$5.00 suggested donation for transportation. A Prize will be awarded for the best Western Costume. Bring a non-perishable food item to support local food pantries and be registered for a special door prize.

September 1st - Senior Day at the Fair – Bingo, entertainment, lunch, door prizes and entrance into the fair all for free. What more could you ask for? Come and join us, we always have a great time.

We are thrilled to announce that Mr. Richard Sears will be hosting a Genealogy study here at the Center beginning Wednesday September 9th from 7:00 pm to 9:00 pm and the next two Wednesday evenings (Sept. 17th and 24th). If you have ever been interested in your family tree, this is the place to learn how to get your tree blooming. Please call to register.

Scioto Downs Casino Columbus, Ohio

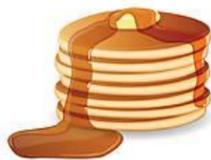


August Casino trips are scheduled for August 13th and 27th. Please see Shirley in the front office to make your reservations and payments.

ATTENTION ALL SENIORS

Wednesday, September 2, the Senior Center will be having a produce give-a-way at 1:00 pm. It will be on a first come, first serve basis with a limit of one pick-up per family. Please provide your own bags.





A big thanks to everyone that helped to make our 2nd annual pancake breakfast a success during the corn festival. The breakfast was delicious and everyone seemed to have a good time. Remember this is going to be an annual event, so start out this day with a great breakfast.

HERE IS AN OPPORTUNITY TO HELP OUR MILITARY

Seniors on Center is honored to have been asked by the Cardington Police and the Morrow County American Red Cross to collect items for Military Care Packages. Below is a list of items that we will be collecting, we will be running this program from July 1st until September 30th. If you wish to donate any of the items listed below you may drop the items off at the Cardington Police Department located at 215 Park Ave., Cardington, Ohio or at Seniors on Center.

FOOD AND DRINK

- *Powered drink mix. Service members will appreciate anything that can be mixed with water.
- * Meal enhancers. Anything that can be mixed with MREs (Meals Ready to Eat), such as ramen noodles, seasoned salt, individual packets of hot sauce, mustard, relish, and ketchup.
- *Quick protein. Energy bars, tuna fish, sardines, non-perishable beef jerky, or beef summer sausage. Make sure the meat is labeled USDA Beef.
- *Snacks. Look for small, hard containers of chips, pretzels, and nuts. These are easier to carry than large containers. Avoid bags, which may burst under high pressure. If you do send large bags or containers, include small zipper-lock bags so service member can pack smaller amounts of snacks to carry snack cakes, cheese crackers, and cookies are in high demand. Salty snacks are good for those deployed in the desert, especially in the summer months because they will encourage service members to drink more water.
- *Candy and gum. Please avoid chocolate as it will more than likely melt. Gum and other types of candy may soften and become gooey, so send these in plastic zipper-lock bags. Send plenty of extras for service members to share, especially if he or she comes into contact with children.

PERSONAL CARE AND CLOTHING

- Choose small, travel-size containers of personal care products, and avoid aerosol cans. To keep liquids from spilling, cover the opening of the container with plastic wrap, and then recap before shipping.
- *Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razor, shampoo, individually packaged tissues.
 - *Personal care. Individually packaged baby wipes, eye drops, lip balm lotion, aspirin or other pain reliever, feminine hygiene products for women.
 - *Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.
 - *Disposable hand warmers
 - *Goggle-style sunglasses. Service members will appreciate these if he or she is deployed in the desert.
 - *Cotton socks and underwear. Make sure the garments are made of 100% cotton rather than a cotton blend.

ENTERTAINMENT AND COMMUNICATION

- *Reading material. Paperback books, current magazines, comic books.
- *Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.
- *Games...foam footballs and basketballs, Frisbees, Hacky sacks, playing cards, yo-yos.
- *Electronics...portable DVD player, CD player, DVDs, CDs, handheld electronic games.
- *Batteries...size AA and D batteries are in high demand. If you're sending a batter-operated device, such as a CD player, remove the batteries so the appliance does not accidentally turn on during shipment.
- *Disposable camera.
- *Writing material. Notepaper, envelopes, pens, pencils, and stamps.
- *Phone cards. Shop around to get the best deal on overseas minutes.

WHAT NOT TO SEND

We will not accept obscene material, alcohol or any unauthorized political materials.

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION!!!! OUR SERVICE MEN AND WOMEN ARE SO DESERVING OF ANY ACT OF KINDNESS THAT WE CAN SHOW THEM. THEIR LIVES ARE ON THE LINE FOR US.



EASY PEANUT BUTTER AND CHOCOLATE ÉCLAIR DESSERT

INGREDIENTS

- | | |
|--|---|
| 1 package JELL-O vanilla instant pudding | 1¾ cups cold milk |
| ¼ cup creamy peanut butter | 1 (8 ounce) tub Cool Whip whipped topping, thawed |
| 24 Honey Maid Honey Grahams | 6 squares Bakers semi-sweet baking chocolate |
| 3 tablespoons butter | |

DIRECTIONS

Beat pudding mix and milk in large bowl with whisk for 2 minutes. Add peanut butter; mix well. Stir in Cool Whip. Layer 1/3 of the grahams and half the pudding mixture in 13x9 dish breaking grahams as necessary to fit. Repeat layers. Top with remaining grahams.

Microwave chocolate and butter in microwaveable bowl on high for 2 minutes. Stir until chocolate is completely melted and mixture is well blended. Spread over grahams.

Refrigerate 8 hours.

HUMOR

If at first you don't succeed, skydiving is not for you.

If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

Remember, some days you are the bug, and some days you are the windshield.

How Fights Start.....

My wife was hinting about what she wanted for our upcoming anniversary.

She said, 'I want something shiny that goes from 0 to

200 in about 3 seconds.

I bought her a scale.

And then the fight started..

One year, a husband decided to buy his mother-in-law a cemetery plot as a Christmas gift..

The next year, he didn't buy her a gift.

When she asked him why, he replied, "Well, you still haven't used the gift I bought you last year!"

And that's how the fight started.....

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, August 28th @ 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, August 18th @12PM
Selover Library, Chesterville
31 State Route 95

Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, August 3rd @ 9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, August 17th @ 12PM
Carry-In Lunch

American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, August 18th @ 12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, August 18th @ 12 Noon
At Seniors on Center. Reservations needed. Bring dessert. Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
October 5th @ 11:30 AM Lunch
provided by Trinity UMC for \$10.00

75 E. High St, Mt. Gilead
Ann Campbell 419-946-7666



Join us on Tuesday, August 11th
at noon to celebrate our August
birthdays! Wishing the
following a

Very Happy Birthday:

Bud Tesack
Helen Bosh
Earl Gattshall
Don Sipes
Joe Pukansky
Paul Green
Burgess Boyce
Glenna French
Marge Brickner
Eva Jessing

Virginia Hedrick
Wilma Ogle
David Shiflet
Fritz Miller
Avonell Hayhurst
Jane Reed
Bonnie Clarkson
Fern Miley
Winnie Foster
Dan Rogers

MONDAY NIGHT MUSIC

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

Monday, August 3rd

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, August 10th

Meal 5-6PM

Music by Dick Starcher 6-8PM

Monday, August 17th

Meal 5-6PM

Open Mic 6-8PM

Monday, August 24th

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, August 31

No Music

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 and Thursday at 11:30. We would love to see new faces.

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

**Belton at the Senior Center
August 18th 10am - Noon**

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

TRIPS CONTINUED

Gather a few dollars together, put on your walking shoes, and get ready for a great day of shopping (or window shopping).

Thursday, **September 17** we will meet at the Kroger parking lot at 8:30 a.m., find a seat on a charter bus and relax until we arrive at "Everything Rubbermaid" in Wooster, OH. After rummaging through the 3 floors of overstuffed Rubbermaid items, we will head to Orrville, OH. There we will stop at the Smucker's Company Store and then off to Shisler Cheese House.

By this time (after smelling all of the goodies) you will, of course, be very hungry. We are then on our way to Das Dutch Kitchen in Dalton, OH. When you have eaten to your fill, we will head to our final stop, everyone's favorite place to window shop, Lehman's Hardware.

If you have never been there, it will soon be your favorite. (Lunch is on your own)

We will then return home exhausted, but happy. We must have 25 people to go. Payment of \$35.00 for members and \$40.00 for non-members due at time of registration.

GET YOUR RAFFLE TICKETS AT THE CENTER



1



2



3

We are selling raffle tickets for the following 3 items donated by Nancy Reed. You can purchase a ticket for just the one you are interested in or for all three. Tickets are selling for .25¢ each. Drawing Friday, September 4th.

1. 54 X 76 reversible quilt
2. 36 X 44 lap afghan
3. 21 X 21 wall hanging

Tuesday, **October 13**, we are going to Senior Discovery Day at the Toledo Zoo and Aquarium. The only cost to you will be transportation. Admission is free, you will get a free small coffee and mini-muffin at the Timberline Bakery and a 20% discount on merchandise at the North Star Trading Post. This day they will be promoting BINGO with a Zoo twist! It will be held at Games in the Lodge, from 10:30 am to noon. All in all it will be an adventurous day. More information in the September Newsletter.



UPCOMING TRIPS



We have planned a trip via charter bus to "The Wilds" in Cumberland, OH for **August 25th**. We will be taking a 2 ½ hour enclosed bus safari to see the African animals roaming the grounds. While on the tour, we will make two stops. You will be provided a picnic box lunch. Please call a.s.a.p. We must have 20 people to go. Cost of trip is \$55.00 for members and \$60.00 for non-members to be paid at time of reservation.



Calling all fishermen (and women). We will be leaving Kroger Parking lot at 7:30 am on Wednesday, **August 19th** and heading out to the lake at the Cardinal Center for a morning of fishing. It is a "catch and release" lake but a fishing license is NOT required. The cost is \$15.00 for members and \$18.00 for non-members. A boxed lunch is included in the price. Payment required at time of reservation.



Summer Search

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

August
 beach
 bikini
 boat
 camping
 fan
 fishing



hat
 hot
 ice cream
 July
 June
 lotion
 mosquito

shorts
 sunburn
 sunglasses
 sun tan
 swimming
 tent
 vacation



AUGUST ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9AM Marengo/Fulton Breakfast 11:45 AM Lunch 5-6PM Meal 6-8PM Music	4 Ohio State Fair 11:45 AM Lunch 1:00-3:00PM Bingo 	5 11:45 AM Lunch 11:30 AM Euchre	6 11:45 AM Lunch 11:30 AM Euchre	7 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
10 11:45 AM Lunch 5-6PM Meal 6-8PM Music	11 11:45 AM Lunch 12Noon Birthday 1:00-3:00PM Bingo	12 11:45 AM Lunch 11:30 AM Euchre	13 11:45 AM Lunch 11:30 AM Euchre	14 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
17 11:45 AM Lunch 12PM Marengo/Fulton Carry-in 5-6PM Meal 6-8PM Music	18 10AM-12Noon Beltone 11:45 AM Lunch 12PM Chesterville Carry-in 12 Noon Mt. Gilead Sr Lunch 12:30 Sparta Lunch Art and music with Sherry Naysmith	19 11:45 AM Lunch 11:30 AM Euchre Fishing Trip	20 11:45 AM Lunch 11:30 AM Euchre 	21 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
24 11:45 AM Lunch Noon-4PM Commodities 5PM Meal 6-8PM Music	25 8:30AM – “Wilds Safari” 9AM-Noon Commodities 11:45 AM Lunch 1:00-3:00PM Bingo	26 11:45 AM Lunch 11:30 AM Euchre	27 11:45 AM Lunch 11:30 AM Euchre Positive Aging Expo	28 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
31 11:45 AM Lunch No Meal No Music				

AUGUST MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes Brussel Sprouts Pears	4 Beef & Noodle Casserole Peas & Carrots Watermelon Orange Juice	5 Pork Chop Sweet Potatoes Green Beans Strawberries	6 Chicken Breast Coleslaw Grapes Pineapple Juice	7 Roasted Turkey Baked Potato Broccoli Apple Juice
10 Hamburger with lettuce & tomato Potato Salad Apple Juice Graham Crackers	11 Cabbage Roll Cheese Cubes Parsley Potatoes Orange Juice	12 Shredded Chicken Sandwich Ranch Fries Banana Pineapple Juice	13 Chicken Salad Sandwich Fruit Salad Apricot Juice	14 Sloppy Joe Sandwich Carrots Sliced Fresh Apples Cranberry Juice
17 Spaghetti Green Beans Pineapple Cranberry Juice	18 Salisbury Steak Mashed Potatoes Cauliflower Apple Juice	19 Pulled Pork Sandwich Corn Grapes Orange	20 Chicken Noodle Casserole Mashed Potatoes Carrots Grape Juice	21 Chicken Drumstick Oven Brown Potatoes Broccoli Cantaloupe
24 Low Sodium Ham Ranch Fries Watermelon Orange Juice	25 Chicken Patty Sweet Potatoes Green Beans Mandarin Oranges	26 Roast Beef Oven Brown Potatoes Carrots Strawberries	27 Pork Chop Parsley Potatoes Broccoli Watermelon	28 Chicken Noodle Casserole Peas Applesauce Cranberry Juice
31 Pork Chop Sweet Potatoes Green Beans Strawberries	<div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"><h2>MENU IS SUBJECT TO CHANGE</h2></div>			