

SENIOR MOMENTS

Morrow County's Monthly Newsletter

MAY

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

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HAVE A
HAPPY MOTHERS
DAY AND A HAPPY
MEMORIAL DAY,
FROM ALL OF US
AT SENIORS ON
CENTER!

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

HOME DELIVERED MEALS



A hot, well-balanced lunch is available daily to shut-ins living in Morrow County that are 60+ years of age. Weekend and Holiday frozen meals are also available upon request. Call the center for assistance at
(419)-946-4191 .

TRANSPORTATION



Handicap accessible transportation for doctor appointments, grocery shopping, therapy, etc.. is available. As well as for medical appointments outside the county. Transportation can usually be arranged with a 48 hour notice. To qualify you must live in the county and be 60+ years of age. Please call the center at (419)-946-4191 if we can accommodate you with your transportation needs



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.

IMPORTANT INFORMATION!

MORROW COUNTY FOOD PANTRIES

Community Action Program: 28 W. High Street, Mt. Gilead, 419-946-2009 call Jen Ext. 1906 on Tuesday for an Appointment. Proof of citizenship for household members and proof of residency (Morrow County). Personal needs pantry is Wednesday 1pm-3:30pm, you may receive up to once per month.

Cardington Community Food Pantry: 300 S. Marion St. Cardington, 419-408-4201 Please call to register before you arrive. Pantry is every Wednesday 9am-Noon (closed 5th Wednesday). Morrow County Resident or Cardington School District resident: Once a month please. They also have a Produce market, second Tuesday of every month 2:00pm-4:00pm

Edison Enterprise Baptist Church: 3055 State Route 95 West, Edison 419-947-7231. Pantry is every 2nd and 4th Friday of each month from 2pm-6pm. No residency requirement may need to provide information of your household income. Please bring your own box.

Marengo United Methodist Church Pantry: 8 N. Main St. Marengo, 419-253-5642 Saturdays 10am-Noon. This is available to Highland School district residence only. Once a month visit, verify address. They also have a clothes closet at the same time as the food pantry.

Morrow County Animal Shelter: 115 Young Ave. Mt. Gilead, 419-946-1747. If you need help feeding your pets, call the shelter to set up a pickup time. If you need dog food, please bring proof of a current dog license, or bring cash or a check to purchase the license at the shelter. Shelter is accepting donations of all brands and types of pet food (dry and canned) for all kinds of pets. Also accepting monetary donations of gift cards for stores that sell pet food.

No Limits Outreach Center: 4046 E. Vine St. Edison, 419-946-5900, Wednesday 10am-11:30am closed for lunch reopen 12:30pm-2:30pm. Provides food and personal hygiene products (when available).

MORROW COUNTY FOOD PANTRY



Photo ID required

One visit per month

Items are provided to Morrow County residents who qualify based on The Emergency Food Assistance Program (TEFAP) income eligibility guidelines published by the Ohio Department of Job and Family Services

Boxes are filled with enough food to provide meals for three days, for three meals per day per person. Transportation is also available through Seniors on Center (60 and over) and Morrow County Area Transit (419-864-3500).

Open Monday and Thursday

9:00 am to 12:00 pm



Community Services Building
619 West Marion Rd., Entrance C
Mount Gilead, OH 43338

HAPPY BIRTHDAY

Ann Arnett	Joanne Hinkle	Dorothy Haddix
Larry Clarkson	Rosemary Levings	Lee Faust
Donald Clinger	Phylis Miller	
Eleanor Cole	Shelby Morr	
Judy Daniel	Claudie Pettry	
Colleen Edenfield	Marie Peyton	
Peggy Freeman	Linda Phillips	
Nancy Giesige	Wilma Reed	
Evelyn Guiher	Carol Schorr	
David Hamilton	Esther Yake	
Ruth Harshner	Barbara Wood	
Betty Helman	Floyd Hawk	



Easy Pasta Carbonara

Ingredients:

- 1 pound pasta
- 1/2 package bacon (NOT Maple bacon)
- 1 Cup grated fresh Parmesan cheese
- 4 eggs
- Salt
- Freshly ground pepper



Instructions:

1. Bring a large pot of water to a boil. Add 1 tablespoon of salt and cook 1 pound of pasta until al dente, according to package directions
2. Chop bacon into bite sized pieces. Don't cut the fat off the bacon. It's an important part of this recipe. In a large frying pan, pot or wok, sauté it until it's cooked.
3. Meanwhile, grate 1 cup of parmesan cheese. Add 4 whole eggs to the cheese. Mix it well with a fork. Set aside for a few minutes, until pasta/bacon mixture is ready.
4. When pasta is cooked, drain it and add it to the bacon (don't drain the bacon grease). Toss them really well together, so that all the pasta is coated with the bacon drippings.
5. Okay, here's the most important part, once the pasta/bacon mixture has been tossed together, take it OFF the heat. Immediately pour in the parmesan/egg mixture, stirring VIGOROUSLY the entire time. If the egg heats up too quickly or sits in one place it will slightly scramble. You want it to cook, but gently, from the residual bacon/pasta heat. This way it turns into a quick, creamy amazing sauce.
6. Taste for salt and add some if it needs more. Dish it out onto plates or bowls, top with fresh ground pepper, and enjoy!

Happy Anniversary

Carl & Mary Lou

Grose

5/14

Marnie & Raymond

Buckel

5/19

Laura & Danny

Young

5/20

Judy & Mike

Keil

5/21



KEEP MOVING!

Ctrl+Alt+Shift

DAREBEE OFFICE WORKOUT © darebee.com



20 leg raises

20-count raised leg hold



40 leg swings

20-count knee raise hold



20 tricep dips

20-count tricep dip hold

POWER HOLD WORKOUT

chair edition

by DAREBEE
© darebee.com

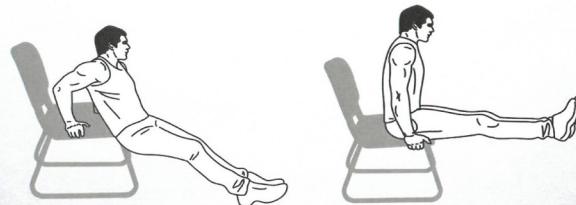
hold each one
for 60 seconds



arms extended forward

arms extended to sides

arms extended overhead



tricep dip hold

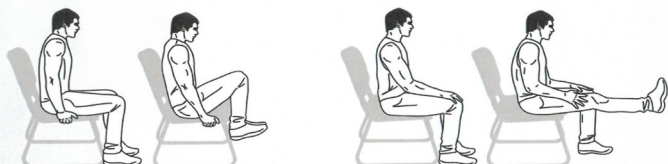
extended raised legs

DOCKED

DAREBEE OFFICE WORKOUT © darebee.com

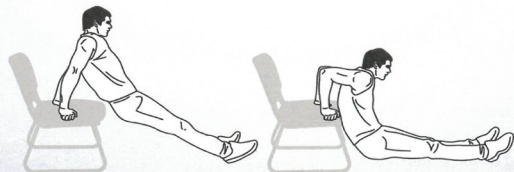


20 chair pistol squats



20 knee crunches

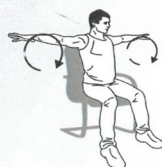
20 leg extensions



20 chair tricep dips

rainmaker

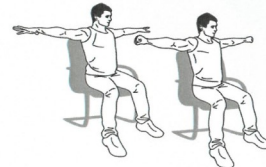
DAREBEE OFFICE WORKOUT © darebee.com



20 side circles



10-count hold



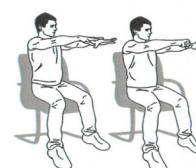
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold



20 overhead clenches

ACTIVITIES

Men's Day Grab & Go Meals

Join us in celebrating all the men in our lives on June 18th for a Men's Day Grab and Go Meal. Pickup will be at the rear of the center from 11:30AM-12:30PM. Call 419-946-4191 by June 9th by Noon to reserve your meal.

If you are a member, please bring your meal card and of course donations are always accepted and appreciated.

Movie

Seniors on Center and the Morrow County Capital Theater will be hosting, Singing in the Rain free for our Seniors on Wednesday, June 30th, at 2:00PM. Please come (mask required) and join us for a fun afternoon at the movies. Please remember seating is limited, so please call the center (419)-946-4191 to reserve your spot. Don't forget to bring your money to get your popcorn and drinks and help support the movie theater their generosity.

Hope to see you there!



A huge shout out and thank you to Carrol and the Capital Theater for allowing us to show the movie Some Like it Hot. We would also like to thank everyone that came out, and made this event a success.



Congratulations to our Winners of our Easter Grab and Go meal, egg drawing. 1. Phylis Miller 2. Ralph Pauley 3. Clayton Brandum 4. Pat Rinehart 5. Janet Burns.

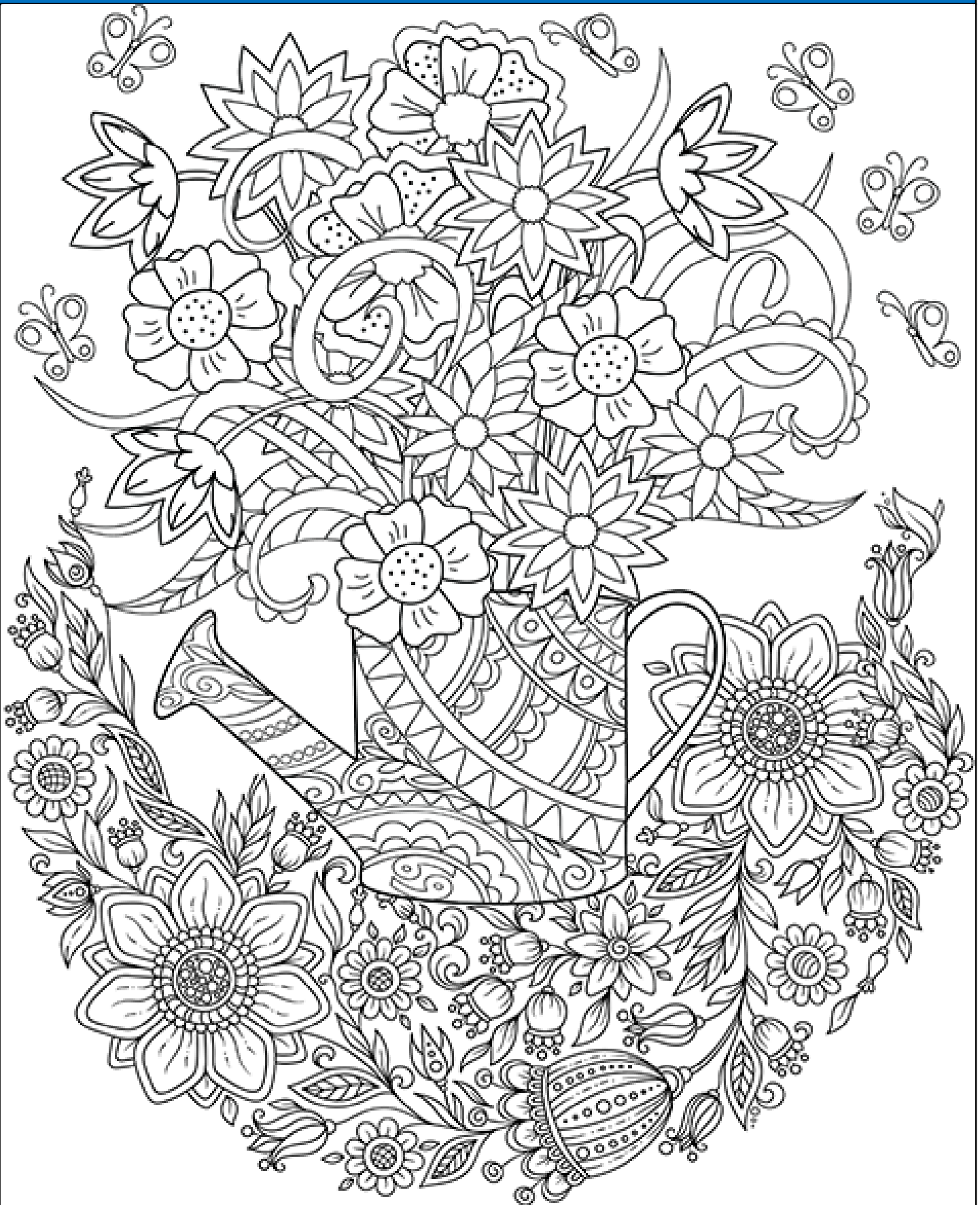


FUN AND GAMES!

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

Sudoku is played on a grid of 9x9 spaces. Within the rows and columns are 9 “squares” (made up of 3x3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square

Answer key on page 8



MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> <p>Philly Beef Steak Bun Broccoli Corn Mandarin Oranges Milk</p>	<p style="text-align: center;">4</p> <p>Scrambled Egg Patty Diced Hash Browns French Toast Sticks Cooked Spinach Baked Apples Milk</p>	<p style="text-align: center;">5</p> <p>Chicken Parmesan Pasta w/ Marinara Carrot Raisin Salad Malibu Fruit Mix Milk</p>	<p style="text-align: center;">6</p> <p>Tuna Salad Bun Tomato Basil Soup Cucumber Salad Pineapple Milk</p>	<p style="text-align: center;">7</p> <p>Chicken Taco Filling Lettuce Black Beans Taco Shell Strawberries Milk</p>
<p style="text-align: center;">10</p> <p>Chipped Beef Texas Toast Brussel Sprouts Corn Fruit Cocktail Milk</p>	<p style="text-align: center;">11</p> <p>Chicken Breast Scalloped Potatoes Prince Charles Veggie Blend Roll Pineapple Milk</p>	<p style="text-align: center;">12</p> <p>Turkey Tetrazzini Cooked Carrots Green Beans Peaches Milk</p>	<p style="text-align: center;">13</p> <p>Sloppy Joe Bun Black Bean Soup Hawaiian Delight Fruit Salad Mandarin Oranges Milk</p>	<p style="text-align: center;">14</p> <p>Spaghetti w/ Meat Sauce Wax Beans Cooked Spinach Garlic Bread Applesauce Milk</p>
<p style="text-align: center;">17</p> <p>Turkey Burger Bun Sweet Potato Tots Sugar Snap Peas Malibu Fruit Mix Milk</p>	<p style="text-align: center;">18</p> <p>Beef Stroganoff w/ Pasta Peas & Carrots Lima Beans Sliced Apples Milk</p>	<p style="text-align: center;">19</p> <p>Chicken ala King w/ Mixed Veggies & Biscuit Broccoli Mandarin Oranges Milk</p>	<p style="text-align: center;">20</p> <p>Breaded Pollock Bun Potato Soup Cole Slaw Grapes Milk</p>	<p style="text-align: center;">21</p> <p>Bacon Lettuce & Tomato Bun Potato Rounds Pineapple Milk</p>
<p style="text-align: center;">24</p> <p>Pulled BBQ Pork Bun Baked Beans Corn Malibu Fruit Mix Milk</p>	<p style="text-align: center;">25</p> <p>Chicken Meatballs w/ Marinara Sauce Bun Cooked Carrots Cinnamon Apple Crisp Milk</p>	<p style="text-align: center;">26</p> <p>Meatloaf Mashed Potatoes Capri Veggie Blend Roll Apricots Milk</p>	<p style="text-align: center;">27</p> <p>Pulled Chicken Bun Broccoli Cheddar Soup Tossed Salad Mixed Fruit Milk</p>	<p style="text-align: center;">28</p> <p>Cheese Pizza Green Beans Cauliflower Watermelon & Cantaloupe Chocolate Chip Cookie Milk</p>
<p style="text-align: center;">31</p> <p>Closed in Observation of Memorial Day!</p>			<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>In the event that you are in need during this time of crisis, please call and let us know if we can assist you with frozen meal options.</p>

ANSWER KEY!

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

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.