

SENIOR MOMENTS

Morrow County's Monthly Newsletter

DECEMBER

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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WINTER IS HERE

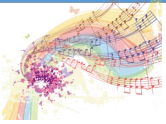
A reminder that the transportation department and meal department will not provide transportation or meals when all four schools are closed. Please be certain that you have alternate transportation and use your shelf staples when this occurs. On days that we are running please try to ensure your walkways and steps are cleared. This is for the safety of you, and our drivers.

Thank you!

**HAVE A MERRY
CHRISTMAS,
FROM ALL OF US AT
SENIORS ON CENTER**



UPCOMING EVENTS!



MUSIC

Monday, December 6th, join Clean Slate at 6:00pm, and Monday, December 20th, join Country Travelers at 6:00pm 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 Shelter House #2 at the State Lakes for moderate exercise and a whole lot of fun. But we all know, this is Ohio and when September comes, can winter be far behind. Never fear-when the cold winds blow, we will continue exercising indoors at Seniors on Center, following the same schedule from 8:30 to 9:30 Mondays, Wednesdays and Fridays.



Come join us out at the State Lakes and when the weather changes, at Seniors on Center. Improve 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, December 3rd and December 10th at Noon. It is \$1.00 per person to play Euchre. You may bring your own drink and snacks.

BINGO

Cash Bingo will be on Tuesday, December 7th at 12:00PM. Cash Bingo cost to play is \$2.00. Join us on Tuesday December 21st at 12:00PM for a Christmas Bingo. The Center will be providing gifts for this bingo. If you would like to join us for lunch before playing please call us the day before by 12:00PM



COFFEE, DONUTS & CONVERSATION

If you like to sit and tell us what it is you would like to see at the center. Come join us on Wednesday, December 8th at 9:00AM. No age requirement. We do ask that there be NO children. Hope to see and hear from all of you.

CHRISTMAS ORNAMENT DOOR HANGER

Join us December 15th at 12:00PM for a fun afternoon of creating a Christmas Ornament door hanger. Please reserve your spot for this craft no later than December 8th by noon. The cost will be \$10.00 per person.



UPCOMING EVENTS!

MARC FOLLIN REGARDING MEDICARE MEDICARE 101 SEMINARS



These are educational group seminars to go over Medicare and the supplemental insurance concepts. The Seminar will last about 45 minutes to an hour.

Thursday, December 2nd, 10:00AM, Monday, December 6th, 2:00PM. All are welcome.

MEETING ONE ON ONE

Marc will also be available to meet with you for a 20 minute one on one:

Friday, December 3rd, 1:00-4:00PM, Tuesday, December 7th, 1:00-4:00PM

No need to make an appointment. Just walk in.

If you still have questions, you may make a follow up appointment or call Marc at 419-768-2000.

SHOPPING



We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, December 7th, we will be heading to Marion and Third Tuesday December 21st 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.

DINNER & LIGHTS

Join us Friday, December 17th at 4:30PM for dinner at Seniors on Center then we are off to go see the Christmas lights at The Flying Horse Farm. Dinner this night will be Turkey Sausage, Redskin Potatoes, Cooked Spinach, Orange Juice, Banana Muffin, Milk. Please call and reserve your spot by Wednesday December 9th by 12:00PM. This is a suggested donation of \$10.00 per person.



CHRISTMAS PARTY



Come join us on Wednesday, December 22nd at Seniors on Center for a wonderful lunch and Christmas Carols will Sherri Naysmith. Lunch will start at 11:30 with music to follow. Lunch on this day will be Ham, Winter Hubbard Squash, Peas & Onions, Malibu Fruit Mix, Cornbread, Milk. Please call by Wednesday December 16th by 12:00PM

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 DECEMBER 17, AT NOON

RESERVATION REQUIRED—\$3.00 SUGGESTED
DONATION

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



It's been a long week.



WHAT DO YOU CALL A PIG
THAT DOES KARATE?



PORK CHOP

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. Weekend and Holiday frozen meals are also available upon request. 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
		<p>1</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>
<p>6</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 2:00PM Medicare 101 w/ Marc Follin 5:00PM Evening Meal 6:00PM Clean Slate</p>	<p>7</p> <p>10:00AM Shopping trip to Marion 11:30AM Lunch @ Center 12:00PM Bingo (Cash) 1:00-4:00PM Medicare one on one w/ Marc Follin</p>	<p>8</p> <p>8:30-9:30AM Sassy Seniors 9:00AM Coffee Donuts and Conversation 11:30AM Lunch @ Center</p>
<p>13</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>	<p>14</p> <p>11:30AM Lunch @ Center Karen McVay (Call Legal Aid to set up an appointment)</p>	<p>15</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Craft: Christmas Ornament</p>
<p>20</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM-3:00PM Commodities Pickup 5:00PM Evening Meal 6:00PM Country Travelers</p>	<p>21</p> <p>9:00AM-12:00PM Commodities Pickup 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center 12:00PM Christmas Bingo</p>	<p>22</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 11:30AM Christmas Party at Seniors on Center with Sherri Naysmith</p>
<p>27</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>	<p>28</p> <p>11:30AM Lunch @ Center</p>	<p>29</p> <p>8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center</p>

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>2</p> <p>10:00AM Medicare 101 w/ Marc Follin</p> <p>11:30AM Lunch and Shopping at St. Rt. 36/37</p>	<p>3</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Euchre</p> <p>1:00-4:00PM Medicare one on one w/ Marc Follin</p>
<p>9</p> <p>11:30AM Lunch @ Center</p>	<p>10</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Euchre</p>
<p>16</p> <p>11:30AM Lunch @ Center</p>	<p>17</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Cardington Senior Group, Craft Gnome ornament</p> <p>4:30PM Dinner and Lights</p>
<p>23</p> <p>Closed for Christmas</p> <div data-bbox="261 1388 420 1600" data-label="Image"> </div>	<p>24</p> <p>Closed for Christmas</p> <div data-bbox="628 1325 938 1587" data-label="Image"> </div>
<p>30</p> <p>11:30AM Lunch @ Center</p>	<p>31</p> <p>Closed for New Years</p> <div data-bbox="643 1782 924 1971" data-label="Image"> </div>

Happy Anniversary

Linda & Herb
Phillips

12/12

Judi & Don
Myers

12/24

Floyd & June
Hawk

12/26



HAPPY BIRTHDAY!

Dorothy Barns

Marty Mattix

Patty Levering

Shirley Biederman

Al Miller

Marian Schneider

Mary Jo Bowman

Lynda Morris

Carol Bridges

Judy Nesbitt

Marie Christiano

Patricia Pennington

Pat Cochran

Nancy Reed

Charles Ditty Sr.

David Reppart

Judy Dixon

Violet Rexrod

Charlotte Elrod

Jean Straley

Lee Felt

Joanne Trainer

Velma Hampton

Linda Ullom

Darlene Campbell-Johnson

Marlene Westbrook

Becky Kunze

Betty Wilson



MEMBERSHIP



2022 Membership Renewal Form

For those that wish to continue to be members of Seniors on Center please fill out this form and return it with your \$20.00 Membership fee per person. We would like to receive all of these by no later than January 31st.

Please complete all information and Please Print. Thank You!

Member #1

Name _____

Address _____

Phone (_____) _____

In Case of Emergency Call _____

Emergency Contact Phone _____

Birthday _____

Spouse's Name _____

Anniversary Date _____

Membership Card/Meal Card Mailed to you _____ Pick it up _____

Member #2

Name _____

Address _____

Phone (_____) _____

In Case of Emergency Call _____

Emergency Contact Phone _____

Birthday _____

Spouse's Name _____

Anniversary Date _____

Membership Card/Meal Card Mailed to you _____ Pick it up _____

MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191	Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.	1 Roasted Veggie Lasagna Cooked Spinach Cooked Carrots Pineapple Milk	2 Sloppy Joe White Bean Soup Cole Slaw Cinnamon Apples Bun Milk	3 Alaskan Pollock Scalloped Potatoes Green Beans Malibu Mixed Fruit Roll Milk
6 Chicken Patty Sweet Potato Puffs Corn Mixed Fruit Bun Milk	7 Chicken Taco Filling Lettuce Black Beans Taco Shell Pineapple Strawberry Delight Bar Milk	8 Meatloaf Mashed Potatoes Broccoli Mandarin Oranges Roll Milk	9 Shredded Beef Tomato Tortellini Soup Red Skin Potato Salad Peaches Bun Milk	10 Sweet & Sour Chicken Far East Veggie Blend Egg Noodles Wax Beans Rio Citrus Salad Mini Sandies Milk
13 Hamburger Baked Beans Scandinavian Veggie Blend Peaches Bun Milk	14 Chicken Breast Scalloped Potatoes Brussel Sprouts Michigan Fruit Blend Roll Milk	15 Breaded Pork Chop Mashed Potatoes Cooked Carrots Malibu Fruit Mix Roll Milk	16 Pulled BBQ Pork Corn Chowder Pickled Beets Three Berry Blend Bun Milk	17 Turkey Sausage Redskin Potatoes Cooked Spinach Orange Juice Banana Muffin Milk
20 Bacon, Lettuce, Tomato Potato Rounds Pineapple Bun Milk	21 Mini Bratwurst Mashed Potatoes Lima Beans Applesauce Roll Milk	22 Ham Winter Hubbard Squash Peas & Onions Malibu Fruit Mix Cornbread Milk	23 Closed for Christmas 	24 Closed for Christmas 
27 Chicken Meatballs Marinara Sauce Green Beans Cinnamon Apple Crisp Hotdog Bun Milk	28 Chicken ala King w/ Mixed Veggies Broccoli Biscuit Mandarin Oranges Milk	29 Pork Pot Roast Mashed Potatoes Prince Charles Veggie Blend Pears Roll Milk	30 Deli Meal	31 Closed for New Years 

EMERGENCY FOOD PANTRY

Emergency Food Pantry

Never leave your cupboards bare. Keep a variety of nutritious foods on hand for quick, easy, economical meals when weather, natural disaster or illness keeps you at home. Purchase several foods from each group. Use or replace items every 6 months.

Meat and Meat Substitutes

Tuna fish, canned chicken, beef stew, macaroni & cheese, spaghetti and meatballs, baked beans, hearty or chunky soups, condensed soups (split pea or minestrone), peanut butter.

Cereals, Breads, Pasta

Hot cereal, cold cereal, rice, noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.

Fruit and Vegetables

Canned vegetables (green beans, spinach, corn, peas, beets, carrots, mixed vegetables); Canned fruit (apricots, peaches, pears, applesauce, plums, raisins, grapefruit); fruit, tomato, and vegetable juice, bean salad, beets.

Milk and Milk Products

Non-fat dried or evaporated milk, Pasteurized process cheese spread

Other Foods

Instant soups, coffee or tea, hot chocolate mix, jam or jelly, vegetable oil, bottled salad dressing, jello, instant pudding mix.

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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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.