

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.

MAY 2015

UPCOMING EVENTS



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.



Tuesday, May 12th – 7:00 to 8:30 PM – If your family has dwindled down to just two of you or you live alone, you will be excited to come to our “Cooking for one or two” cooking class that we have planned for you. Meal time can become very frustrating trying to eat a balanced meal and many times we end up with a bowl of cereal. Help is on the way. JOIN US!



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

It is still not too late to join our Matter of Balance Class that began April 28th. You may still join us until May 12th. It has always been a fun class with fun people. We learn together things to do to lessen our risk of falling.

Scioto Downs Casino Columbus, Ohio



May Casino trips are scheduled for May 14th and 28th. Please see Shirley in the front office to make your reservations and payments.



Several of our Morrow County Communities will be holding Memorial Day parades. If you would like to be a part of the parades and ride in a Senior Center vehicle with us, please call the center for more information.

LOOKING AHEAD REMINDERS

June 27th – Cardington Street Fair

July 18th – Mt. Gilead Sweet Corn Festival – Senior's on Center will be serving our Annual Pancake Breakfast from 7:00 am to 10:30 am. Best breakfast in town!

SENIOR CITIZEN DAY POLKA PARTY

May 14th - 11:00 a.m.

entertainment



LUNCH

Door Prizes

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 by May 11th.

(419-946-4191)



EASY CHEESY POTATOES



What You Need

- 1 lb. baking potatoes (about 3), cut into 1/2-inch chunks
- 1/2 lb. (8 oz.) VELVEETA®, cut into 1/2-inch cubes
- 1/2 cup chopped onions
- 1/4 cup Real Mayo Mayonnaise
- 4 slices Bacon, cooked, crumbled

Make It

HEAT oven to 375°F.

COMBINE all ingredients except bacon in 8-inch square baking dish sprayed with cooking spray; cover.

BAKE 45 min.

TOP with bacon; bake, uncovered, 5 to 10 min. or until potatoes are tender.

HUMOR

We get heavier as we get older because there's a lot more information in our heads. So I'm just really intelligent and my head couldn't hold any more and it started filling up the rest of me.



MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, May 22nd @ 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, May 19th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, May 4th @ 9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, May 18th @ 12PM
Carry-In Lunch
American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, May 19th @ 12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, May 19th @ 12 Noon
At Seniors on Center a reservation needed
Bring dessert. Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
June 1st @ 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 May 12th at noon to celebrate our May birthdays! Wishing the following a Very Happy Birthday:

Betty Cunningham
Phyllis Eckard
Sharon Smith
Larry Clarkson
Eugene Pryor
Jerry Hiett
Daniel Metzgar
Ilo McPeek
Phylis Miller
William Beckel
Carol Schorr
Bob Creswell

Betty Helman
Richard McPeek
Floyd Hawk
Chester Rickard
Ruth Harshner
Sylvia Meadows
Mary Moyer
Marie Peyton
Lavonne Pollock
Gloria Mason
Wilma Reed

MONDAY NIGHT MUSIC

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

Monday, May 4th

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, May 11th

Music by Dick Starcher 6-8PM

Monday, May 18th

Meal 5-6PM

Open Mic 6-8PM

Monday, May 25th

Closed for Memorial Day

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.

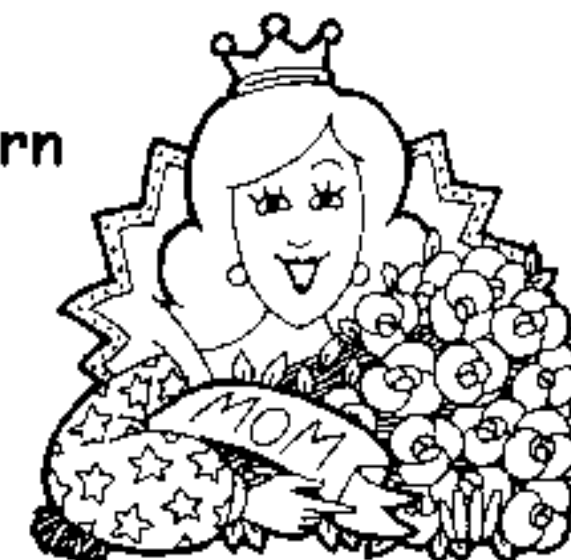
The second & fourth Tuesday of each month we are having Bingo from 1-3 PM

**Beltone at the Senior Center
May 20th 10am - Noon**

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

Things You Can Learn From Your Mom



AFFECTION
BENEVOLENCE
CHARACTER
CHARITY
CITIZENSHIP
COMPASSION
CONSCIENCE
COOPERATION
COURAGE
DETERMINATION
EMPATHY
FAIRNESS
FAITH
FOCUS
FRIENDSHIP
GENEROSITY
GRATITUDE
HAPPINESS
HONESTY
IMAGINATION
INDEPENDENCE
INTEGRITY
JUDGEMENT
KINDNESS
LEADERSHIP
LOVE
LOYALTY
MANNERS
OPTIMISM
PATIENCE
PEACE
PERSEVERANCE
PRUDENCE
RESPONSIBILITY
REVERENCE
SELFDISCIPLINE
SPORTSMANSHIP
TOLERANCE
VALUES
WISDOM

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

SUNDAY MAY 10

Happy Mother's Day

When you're a child she walks before you...

...to set an example

When you're a teenager she walks behind you...

...to catch you should you fall

When you're an adult she walks beside you...

...so that as two friends you can enjoy life together!



WE ARE ENTERING THAT TIME OF YEAR WHEN THE WEATHER IS SOMETIMES A HARSH REALITY. JUST A REMINDER OF THE DIFFERENCE BETWEEN A WEATHER:

ADVISORY – A WEATHER ADVISORY MEANS A LESS DANGEROUS WEATHER EVENT IS IMMINENT AND IS LEES SEVERE TAN A WARNING, HOWEVER, A HAZARDOUS WEATHER EVENT IS STILL THREATENING TO OCCUR.

WATCH – A WEATHER WATCH MEANS THE POTENTIAL OR CONDITIONS EXIST FOR A DANGEROUS WEATHER EVENT.

WARNING – A WEATHER WARNING MEANS THAT A DANGEROUS WEATHER EVENT IS IMMINENT. IMMEDIATE ACTION MUST BE TAKEN TO PROTECT LIFE AND PROPERTY.

MAKING A DIFFERENCE









Those of you that attend Monday Night Music and other events at the center and purchase candy know how good it is. What you probably don't realize is that Judy Jones takes the time to make and sell the candy. Then out of the kindness of her heart, she gives the money that is made to the Senior Center. We love and appreciate Judy and all she does for us. The next time you see Judy, please let her know how much you love her candy and her BIG heart. THANKS JUDY.



We appreciate our volunteer meal delivery drivers. These men and women take an hour or two out of their daily lives to give to others, and they do it in a BIG way. They are available in all weather situations, they are friendly and accommodating to our clients and you never hear them complain.

This is a few of them enjoying an appreciation breakfast that the Center has for them because without them we could not do all we do. Thank you drivers!!!!!!

MAY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div></div>				1 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
4 9AM Marengo/Fulton Breakfast 11:45 AM Lunch 5-6PM Meal 6–8PM Music	5 10AM-II:30AM Matter of Balance 11:45 AM Lunch 1:00-3:00PM Bingo 	6 11:45 AM Lunch 12:30 PM	7 9AM-3PM Rummage Sale 11:45 AM Lunch 12 Noon Euchre	8 8 AM-4:30 PM Inside walking 9AM-Noon Rummage Sale 11:45 AM Lunch 12:30PM Bible Study
11 11:45 AM Lunch 11:30 Retired Teachers Lunch 6–8PM Music	12 10AM-II:30AM Matter of Balance 11:45 AM Lunch Birthday Party 1:00-3:00PM Bingo 7-8:30PM Cooking for 1 or 2 	13 11:45 AM Lunch 12:30 PM Euchre	14 11:00 AM SENIOR CITIZENS DAY POLKA PARTY! 	15 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
18 11:45 AM Lunch 12 Noon Marengo/Fulton Carry-In Noon-4PM Commodities 5PM Meal 6-8PM Music	19 9AM-Noon Commodities 10AM-II:30AM Matter of Balance 10AM-12Noon Beltone 11:45 AM Lunch 12 Noon Mt. Gilead Sr Lunch 12 Noon Chesterville Lunch 12:30 Sparta Lunch	20 11:45 AM Lunch 12:30 PM Euchre 	21 11:45 AM Lunch 12 Noon Euchre	22 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
25 Closed for Memorial Day	26 10AM-II:30AM Matter of Balance 11:45 AM Lunch 1:00-3:00PM Bingo 7-8:30PM Cooking for 1	27 11:45 AM Lunch 12:30 PM Euchre	28 11:45 AM Lunch 12 Noon Euchre	29 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study

MAY MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>MENU IS SUBJECT TO CHANGE</div>				1 Sloppy Joe Sandwich Sliced Fresh Apples Cranberry Juice Graham Cracker
4 Salisbury Steak Cauliflower Peas & Onions Apple Juice Graham Cracker	5 Chicken Drumstick Oven Brown Potatoes Broccoli Pears	6 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice	7 Chicken Noodle Casserole Sweet Potatoes Carrots Grape Juice	8 Spaghetti Green Beans Tossed Salad Cranberry Juice
11 Chicken Strips Hashbrowns Beets Orange Juice	12 Low Sodium Ham Sweet Potatoes Green Beans Mandarin Oranges	13 Pot Roast Oven Brown Potatoes Carrots Fresh Grapes	14 NO MEAL DELIVERY Senior Citizen Day!	15 Chicken Noodle Casserole Peas Applesauce Cranberry Juice
18 Pork Chop Sweet Potatoes Green Beans Mandarin Oranges	19 Beef & Noodle Casserole Peas & Carrots Applesauce Orange Juice	20 Roast Beef Mashed Potatoes Brussel Sprouts Pears	21 Chicken Breast Green Beans Grapes Pineapple Juice	22 Roasted Turkey Baked Potato Broccoli Apple Juice
25 Closed for Memorial Day	26 Hamburger with Lettuce & Tomato Wedge Fries Apple Juice Graham Cracker	27 Shredded Chicken Sandwich Sweet Potato Fries Pineapple Pineapple Juice	28 Low Sodium Ham With Lettuce & Tomato Fruit Salad Apricot Juice	29 Sloppy Joe Sandwich Sliced Fresh Apples Cranberry Juice Graham Cracker