

# SENIOR MOMENTS

## Morrow County's Monthly Newsletter

### MAY



From the of the Director...

Well, I would never forgive myself if I forgot to point out the MOST important day of the entire month of May. Let me give everyone a hint....HAPPY MOTHER'S DAY!!! What would we do without mothers? I know my four kids would not have turned out nearly as well as they have if it was not for their mom. Please take some time this month and reach out to a mom you know, whether it's yours or someone else's, and tell them how important they are. As a special "thank you" to the important women in our senior group here in Morrow County, we are having Ladies Day on May 12, 2022. More details are in this newsletter.

The other celebration that we think about in May is, of course, Cinco de Mayo. A lot of us incorrectly call this the "Mexican Independence Day". It really is a celebration of the date, in 1862, that the Mexican Army was victorious over France during the Franco-Mexican War.

The celebrations during May also show us how much we love food! During May we celebrate National Lemonade Day, International Hoagie Day, Coconut Cream Pie Day, have a cake Day, National Shrimp Day, Nutty Fudge Day, National Apple Pie Day, National Chocolate Chip cookie Day, Buttermilk Biscuit Day, and National Barbecue Day. This list is by no means exhaustive. Food is the great unifier in the United States. We use food to bring family and friends together around the kitchen table to laugh, share, and cry over life's events. Take some time this month to gather with your family and friends to laugh and hug once again. One place where you can gather is certainly the senior center for lunch with us. Give us a call, at least 24 hours in advance to order your meal and plan on joining other seniors for a time of food and fellowship. Be sure to check the newsletter or on our website for the monthly menu of upcoming meals. Our website is [www.seniorsoncenter.org](http://www.seniorsoncenter.org).

I will leave you with one piece of wonderful news, in light of all of those national food celebrations. May 6 is International No Diet Day!! So, relax and enjoy all of your International food days and may all your days feel like No Diet Day.

Sincerely,  
David Keefer

**Seniors on Center**

**41 W. Center St.**

**Mt. Gilead, Ohio 43338**

**419-946-4191**

**Website: [www.seniorsoncenter.org](http://www.seniorsoncenter.org)**

**Center Hours**

**Monday—Friday**

**8:00AM-4:30PM**

### INSIDE THIS ISSUE:

**UPCOMING EVENTS**

**PAGE 2**

**UPCOMING EVENTS**

**PAGE 3**

**SENIOR GROUPS**

**PAGE 4**

**SERVICES**

**PAGE 5**

**EVENTS & IMPORTANT DATES**

**PAGE 6**

**EVENTS & IMPORTANT DATES**

**PAGE 7**

**HAPPY BIRTHDAY**

**PAGE 8**

**COLOR ME BEAUTIFUL**

**PAGE 9**

**MENU**

**PAGE 10**

**FUN FACTS**

**PAGE 11**

**BOARD OF DIRECTORS**

**BACK**

## UPCOMING EVENTS!

### MUSIC



Monday, May 2nd, join us for hot dinner at 5:00pm and music by Country Travelers at 6:00pm, Monday, May 16th, join us for music by Sheila Stone and David Berry at 6:00pm, and Monday, May 23rd, join us for a box dinner at 5:00pm and music by Country Travelers at 6:00pm. Cost on these nights for members \$1.00, non-members \$2.00. Donations for the band are still greatly appreciated. We will also be having a 50/50 raffle so come ready to win big!

### SASSY SENIORS



“ I do five sit-ups every morning. It may not sound like much, but there’s only so many times you can hit the snooze button.”

If one of your New Year’s Resolutions is to exercise but you find yourself coming up with all kinds of reasons not to, here are ten good reasons to make that New Year’s Resolution easier to follow.

1. Exercise can make you feel happier. 2. Exercise can help with weight loss. 3. Exercise is good for your muscles and bones. 4. Exercise can increase your energy levels. 5. Exercise can reduce your risk of chronic disease. 6. Exercise can help skin health. 7. Exercise can help your brain health and memory. 8. Exercise can help with relation and sleep quality. 9. Exercise can reduce pain.

And Best of all 10. EXERCISE CAN BE FUN AND SOCIAL! Especially if you exercise with Sassy Seniors on Monday, Wednesday, and Friday from 8:30-9:30 at Seniors on Center. Come join the fun and reap the benefits.

### EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Thursday, May 5th and May 19th 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, May 10th at 12:00PM. Cash Bingo cost to play is \$2.00. Join us on Tuesday, May 31st at 12:00PM for White Elephant Bingo. If you would like to join us for lunch before playing please call us the day before by 12:00PM

### SHOPPING

We will be having shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, May 3rd, we will be heading to Marion and Third Tuesday May 17th 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.



## UPCOMING EVENTS!



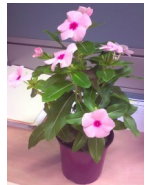
I DON'T DO DRUGS...



I GET THE SAME EFFECT  
BY \$TANDING UP FAST!

### LADIES DAY

Join us here at the Seniors on Center May 12th at 12:00pm, for a Special Ladies Day Event. We will be doing a flower pot together for all the lovely ladies that come and join us here at the center. The meal for the day will be . Please RSVP by May 4th by noon.



### MENS DAY/ PICNIC IN THE PARK



We would like to invite you to a Men's day meal and bingo, corn hole and ladder toss at the State Park on Thursday, June 16th. Please look for us because we do not reserve a pavilion. We will be having a picnic lunch starting at 12:30pm and bingo to follow. Seating is limited so call the center today at 419-946-4191 and reserve your spot by Wednesday, June 8th by noon. Please note this activity may be moved to the center due to adverse weather.

### SHAGGY DOG MOVIE

Seniors on Center and the Morrow County Capital Theater will be hosting, Fred MacMurray in The Shaggy Dog. This will be free for our Seniors on Wednesday, May 25th, at 2:00PM. Please come and join us for a fun afternoon at the movies. Remember that seating is limited, 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 theaters generosity!



Hope to see you there!

### BOOK CLUB



The book club will be held here at the Seniors on Center on the third Thursday of every month at 1:00PM. The book we are starting with is called The Help. We will be having coffee and dessert for you to enjoy. If you are interested please call the center and ask to speak to Terri .

## SENIOR GROUPS

### **CARDINGTON SENIORS**

FRIDAY, MAY 27TH AT NOON

RESERVATION REQUIRED

\$3.00 SUGGESTED DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

MARIE CHRISTIANO 419-751-7579



### **MARENGO/FULTON SENIORS**

BREAKFAST AT

ST RT 229 RESAURANT

1 W WALNUT ST,

MARENGO, OHIO

TUESDAY MAY 3RD AT 9:00AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, MAY 16TH AT 12 NOON,

JUDY JONES 567-231-9339

## 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 homebound individuals living in Morrow County that are 60+ years of age. 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.



### CONGRAGATE MEALS

A hot, well balanced lunch is available daily to anyone 60+ years of age at the center. Please call the center (419) 946-4191 the day before by noon to reserve yourself a meal.

## EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
<b>2</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>5:00PM</b> Hot Meal <b>6:00PM</b> Country Travelers <b>Last Day to RSVP for Senior Citizen Day</b>	<b>3</b> <b>9:00AM</b> Marengo Seniors Group at St. Rt. 229 Restaurant <b>10:00AM</b> Shopping trip to Marion <b>11:30AM</b> Lunch @ Center	<b>4</b> <b>9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Last Day to RSVP for Ladies Day
<b>9</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center	<b>10</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo (Cash) <b>Karen McVay</b> (Call Legal Aid to set up an appointment)	<b>11</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center
<b>16</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Marengo Seniors Group at Legion Hall <b>6:00PM</b> Sheila Stone and David Berry	<b>17</b> <b>10:00AM</b> Shopping trip to Mansfield <b>11:30AM</b> Lunch @ Center	<b>18</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center
<b>23</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00-3:00PM</b> Commodities Pickup <b>5:00PM</b> Box Meal <b>6:00PM</b> Country Travelers	<b>24</b> <b>9:00AM-12:00PM</b> Commodities Pickup <b>11:30AM</b> Lunch @ Center <b>TRIP TO THE ARK</b>	<b>25</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>2:00PM</b> Movie the Shaggy Dog <b>TRIP TO THE ARK</b>
<b>30</b> <b>Closed in observation of Memorial Day</b>	<b>31</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Bingo (White Elephant)	



## EVENTS AND IMPORTANT DATES

Thursday	Friday	<div style="text-align: center;"> <p>Carl &amp; Mary Lou Grose 5/14</p> <p>Marnie &amp; Ray Buckel 5/19</p> <p>Laura &amp; Danny Young 5/20</p> </div>
<b>5</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre	<b>6</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center	
<b>12</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Ladies Day Event <b>1:00-3:00PM</b> Marc Follin Medicare	<b>13</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00-2:00PM</b> Senior Citizen Day	
<b>19</b> <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Euchre	<b>20</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center	
<b>26</b> <b>11:30AM</b> Lunch @ Center <b>TRIP TO THE ARK</b>	<b>27</b> <b>8:30-9:30AM</b> Sassy Seniors <b>11:30AM</b> Lunch @ Center <b>12:00PM</b> Cardington Seniors with a succulent craft	



## HAPPY BIRTHDAY!

Donald Clinger

Joyce Stone

Eleanor Cole

Mark Schemmel

James Dowalter

Marilyn Schnippel

Lee Faust

Sue Mermann

Alice Freshcorn

Nancy Giesige

Evelyn Guiher

David Hamilton

Ruth Harshner

Joanne Hinkle

Robert Louk

John Millington

Marie Peyton







## MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Philly Beef Steak Peas Venetian Veggie Blend Fruit Mix Bun Milk</p>	<p>3</p> <p>Chicken Breast Sweet Corn Bake Green Beans Peaches Roll Milk</p>	<p>4</p> <p>Pork Pot Roast Mashed Potatoes Prince Charles Veggie Blend Fruit Cocktail Roll Milk</p>	<p>5</p> <p>Egg Salad Tomato Basil Soup Bean Medley Salad Pineapple Bun Milk</p>	<p>6</p> <p>Cheese Pizza Maple Diced Sweet Potatoes Broccoli Malibu Fruit Mix Milk</p>
<p>9</p> <p>Hamburger Baked Beans Nantucket Veggie Blend Peaches Bun Milk</p>	<p>10</p> <p>Vegetable Lasagna Cooked Spinach Capri Veggie Blend Pears Roll Milk</p>	<p>11</p> <p>Pizza Patty Wax Beans Cooked Carrots Malibu Fruit Mix Bun Milk</p>	<p>12</p> <p>Pulled Chicken Broccoli Cheddar Soup Applesauce Mandarin Oranges Bun Milk</p>	<p>13</p> <p>Mac &amp; Cheese Peas &amp; Carrots Brussel Sprouts Tropical Fruit Milk</p>
<p>16</p> <p>Chicken Meatballs Marinara Sauce Green Beans Cinnamon Apple Crisp Hot Dog Bun Milk</p>	<p>17</p> <p>Ham Mashed Potatoes Lima Beans Fruit Mix Roll Milk</p>	<p>18</p> <p>Spaghetti w/ Meat Sauce Cooked Carrots Broccoli Fruit Cocktail Roll Milk</p>	<p>19</p> <p>Alaskan Pollock Vegetable Soup Cole Slaw Peaches Bun Milk</p>	<p>20</p> <p>Sweet &amp; Sour Chicken Egg Noodles Far East Veggie Blend Wax Beans Rio Citrus Salad Milk</p>
<p>23</p> <p>Pulled Smoked Chicken Cooked Carrots Seasoned Redskin Potatoes Fruit Mix Bun Milk</p>	<p>24</p> <p>Scrambled Egg Patty Diced Hash Browns French Toast Sticks Cooked Spinach Baked Apples Milk</p>	<p>25</p> <p>Meatloaf Mashed Potatoes Broccoli Mandarin Oranges Roll Milk</p>	<p>26</p> <p>BBQ Riblet Potato Soup Tossed Salad Grapes Bun Milk</p>	<p>27</p> <p>Chicken Taco Filling Lettuce Black Beans Corn Taco Shell Strawberries Milk</p>
<p>30</p> <p>Closed in Observation of Memorial Day</p>	<p>31</p> <p>Pulled BBQ Pork Baked Beans Corn Watermelon/ Cantaloupe Bun Milk</p>		<p><b>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</b></p>	<p><b>Due to supply chain issues, menu items may not be available in time for delivery. Substitutions will be made as appropriate.</b></p>

## FUN FACTS

1. When Space Invaders was created, Tomohiro Nishikado left in the lag caused by ore invaders on the screen in order to create greater difficulty in the games.
2. Until 2016, the “Happy Birthday” song was not for public use. Meaning, prior to 2016, the song was copyrighted and you had to pay a license to use it.
3. When mice live in the wild, they typically only live for about six months. This is mostly due to the fact that they have so many predators. However, in controlled environment like being kept as a pet, they can live up to two years.
4. During the cremation process of a 500 pound body, the corpse was so obese that it set the crematorium on fire.
5. When George Washington died, Napoleon Bonaparte of France gave a personal eulogy and ordered a ten day mourning period for France.
6. The Hobbit has been published in two editions. In the first edition, Gollum willingly bet on his ring in the riddle game.
7. The average American child is given \$3.70 per tooth that falls out.



**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.