

SENIOR MOMENTS

MORROW COUNTY’S MONTHLY NEWSLETTER

July 2018

July is UV ray protection month

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

Some of the harmful affects of the sun’s UV rays are: They can cause vision problems and damage to your eyes, Suppression of the immune system, Premature aging of the skin, and Skin cancer.

Here are some of the things you can do to protect yourself from those harmful rays.

Cover up: Wear a wide brimmed hat or other shade protective clothing will help shield you from the harmful UV rays. Stay in the Shade: The sun is the most intense at midday. So try to stay out of the sun or in the shade between the hours of 10am-4pm. Choose the right sunscreen : Choosing the right sunscreen is key. Use at least SPF 15 and make sure it protects from ultraviolet A and ultraviolet B rays.

Use the right amount of sunscreen: The recommended amount of sunscreen is at least one ounce (a palmful) every two hours. You should apply it more often if you are sweating or swimming.

So follow these simple rules and enjoy the beautiful weather

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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SERVICES PROVIDED THROUGH THE CENTER



BELTONE

Angela Thomas, Hearing Care Practitioner from Beltone will be at the Seniors on Center. Call the Center for day and times. No appointment necessary.



MEDICARE

Marc Follin will be in to answer any questions about Medicare you may have July 5th from 1-3pm at Seniors on Center.



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



HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County. Weekend and Holiday frozen meals are also available upon request.



LUNCH AT SENIORS ON CENTER

A hot lunch is served daily from 11:30am to 12:30pm. Reservations are required at least 24 hours in advance.



TRANSPORTATION

Handicapped accessible transportation for doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc.. is available. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice.



HOMEMAKER

Light housekeeping

ACTIVITIES TO LOOK FORWARD TO!



LUNCH AND OUTING

This months Lunch and Outing will be July 11th we will be going to the Amish Bent and Dent Stores around Morrow County. Join us for lunch at 11:30 then we will be heading out to the bent and dent stores.



LUNCH AND OUTING

We are also going to be going to the State Park July 17th. We will be entertained by Dave and Ethel Smith



LUNCH AND LEARN

Join us July 25th for our monthly lunch and learn. July we will be learning about all the wonderful things Hospice does for family's and the community. So please join us for this informative lunch and learn .



SENIORS ON CENTER LIBRARY

Come on into the center and look through our wonderful book selection. You can borrow or even keep the book if you really enjoy it.. So come on in and we will point you in the right direction



SWEET CORN FESTIVAL/ PANCAKE BREAKFAST

Before you head out to the Sweet Corn Festival stop on in to the Seniors on Center for a hot delicious pancake breakfast. We will be here between 7:30am-10:30am to serve you a magnificent breakfast. Breakfast is a free will donation. See you then



SCIOTO DOWNS

Our Casino trips have started again up. Join us on the second and fourth Thursday of each month for a trip to Scioto Downs. We will be leaving Kroger at 9:00am, arriving at 10:00am and will be leaving Scioto Downs at 3:00pm and arriving home around 4:00pm. \$15.00 for members, \$20.00 for non-members. We hope you will join us.

NUTRITION NEWS & TRANSPORTATION

Please note if you are calling for a meal you will need to call the day before by 1:00pm. If you are calling for a meal for music on Monday night you need to call on Friday by 1:00pm. Thank You

It is also very important that you cancel your meal by 1:00pm the day before your delivery. We know emergencies happen, but please let us know as soon as you can so we can take you off the route for the day.

We cannot leave a meal if you are not home

Starting June 1st the transportation coordinator will be in her office half days for the length of the summer. Please call between 8am and noon to schedule transportation.

Also there are going to be some changes made to the policies for our out of town trips. Please call and talk to Jessica about the new policies being set. Thank you for your cooperation.

MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

CARDINGTON SENIORS

FRIDAY, JULY 20TH AT 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, JULY 10TH, AT 12 NOON
SELOVER LIBRARY, CHESTERVILLE
31 STATE ROUTE 95
SUZI LYLE 419-768-3431



SPARTA GOOD TIMES SENIORS

TUESDAY, JULY 17TH AT 12:30PM
HIGHLAND PIZZA—YOUR OWN COST
6530 STATE ROUTE 229, SPARTA
DICK SEARS 419-768-2050

MT GILEAD SENIORS CLUB

TUESDAY, JULY 17TH AT 12 NOON
AT SENIORS ON CENTER,
RESERVATIONS NEEDED. BRING DESSERT
MARILYN SIPES 419-468-3500

MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD MONDAY
JULY 2ND AT 9AM,
AMERICAN LEGION HALL
1549 COUNTY RD 26, MARENGO, OH
MONDAY JULY 16TH AT 12 NOON
JOYCE TAYLOR 419-253-0727



EUCHRE

EVERY THURSDAY STARTING AT
NOON, JOIN US FOR A PROGRES-
SIVE GAME OF EUCHRE.



SILVER SNEAKERS

THIS EXERCISE CLASS IS HELD EVERY MONDAY,
WEDNESDAY, AND FRIDAY FROM 9-10AM

CRAFT CLUB

EVERY MONDAY YOU CAN COME IN AND DO A
NEW AND FUN CRAFT AT 10AM



MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MON-
DAY OF EACH MONTH, WE HAVE A MEAL WITH
MUSIC TO FOLLOW THIS STARTS AT 5:00PM
PLEASE CALL FRIDAY BY 1:00PM TO RESERVE
YOUR SPOT.

BINGO

COME IN ON THE 1st, 2nd, & 4th TUESDAYS
FROM 1-3PM FOR A FANTASTIC GAME OF BINGO

BIBLE STUDY

EVERY FRIDAY YOU CAN COME IN A LEARN MORE
ABOUT THE BIBLE WITH OUR BIBLE
STUDY GROUP @ 12:30



DINNER AND BINGO

THE FIRST WEDNSDAY OF EACH MONTH FROM
4:30-6:30PM WE WILL BE DOING DINNER WITH A
GAME OF BINGO TO FOLLOW. SO CALL BY
1:00PM ON TUESDAY AND RESERVE YOUR SPOT

JULY 2018 MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAM SWEET POTATOES GREEN BEANS PINEAPPLE ROLL MILK	3 WALKING TACO LETTUCE, TOMATOES & CORN ORANGES DORITOS MEXICAN BROWN RICE MILK	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 BURGER CHILI PEACHES SALAD BUN MILK	6 CHICKEN LEG SLICED POTATOES COLE SLAW BLUEBERRY MIX ROLL MILK
9 BBQ RIBLET RED SKIN POTATOES CALIFORNIA BLEND KIWI BUN MILK	10 MEATLOAF MASHED POTATOES CORN ORANGES BREAD ANIMAL CRACKERS MILK	11 CHICKEN BREAST SLICED POTATOES SUCCOTASH SLICED APPLES MUFFIN MILK	12 PEANUT BUTTER AND JELLY STRING CHEESE CHICKEN NOODLE SOUP MIXED FRUIT SALAD MILK	13 BEEF STEW CAULIFLOWER AND PEAS ORANGE JUICE BREAD MILK
16 MACARONI AND CHEESE MIXED VEGETABLES SLICED BEETS PEACHES BREAD MILK	17 PANCAKE WRAP HASH BROWNS PEARS APPLE JUICE GRAHAM CRACKERS MILK	18 MANICOTTI MEATBALLS GRAPE JUICE ITALIAN BLEND VEGETABLES APPLESAUCE BREAD MILK	19 PIZZA PATTY POTATO SOUP SALAD MIXED FRUIT BUN MILK	20 BURRITO DICED TOMATOES CORN TROPICAL FRUIT BROWN RICE ANIMAL CRACKERS MILK
23 CHIPPED BEEF OVER TEXAS TOAST COTTAGE CHEESE CORN PEAS AND CARROTS PINEAPPLE MILK	24 CHICKEN ALA KING LIMA BEANS FRUIT JUICE BISCUIT MILK	25 CABBAGE ROLL STRING CHEESE MASHED POTATOES SLICED APPLES GRAHAM CRACKERS BREAD MILK	26 SLOPPY JOES TOMATO SOUP SALAD BUN MILK	27 CHICKEN BREAST OVER BROWN RICE SCALLOPED POTATOES GREEN BEANS PEACHES ROLL MILK
30 CHICKEN LEG AUGRAITIN POTATOES CORN PINEAPPLE GRAHAM CRACKERS BREAD MILK	31 CHEESE OMELET DICED HASH BROWNS APPLE JUICE STRAWBERRIES FRENCH TOAST GRAHAM CRACKERS MILK			
6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.				

JULY EVENTS AND IMPORTANT DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVERLS TO FOLLOW	3 9AM ROUND TABLE 1-3PM BINGO FINAL PAYMENT FOR PATSY CLINE TRIP IS DUE	4 CLOSED IN OBSERVATION OF INDEPENDENCE DAY	5 NO EUCHRE WE WILL BE CLOSING AT NOON NATIONAL APPLE TURNOVER DAY	6 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES
9 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY MONDAY NIGHT RAMBLERS TO FOLLOW NATIONAL SUGAR COOKIE DAY	10 9AM ROUND TABLE 1-3PM BINGO NOON BIRTHDAY PARTY NOON CHESTERVILLE SENIORS MEET @ THE SELOVER LIBRARY DON'T STEP ON A BEE DAY	11 9-10AM SILVER SNEAKERS FINANCE MEETING 11:00 BOARD MEETING 12:30 11:30 LUNCH AND OUTING TO BENT AND DENT STORES 1:30 GAMES	12 NOON EUCHRE PATSY CLINE TRIP LEAVING KROGER @ 9:30AM	13 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES INTERNATIONAL PUZZLE DAY
16 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB NOON MARENGO CARRY IN @AMERICAN LEGION 5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW	17 9AM ROUND TABLE 11:30 LUNCH AND OUTING TO THE STATE PARK WITH DAVE AND ETHEL SMITH 12:300M SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA	18 9-10AM SILVER SNEAKERS 1:30 GAMES	19 9AM SCIOTO DOWNS CASINO TRIP NOON EUCHRE NATIONAL DAIQUIRI DAY	20 9-10AM SILVER SNEAKERS NOON CARDINGTON SENIORS MEET @ SENIORS ON CENTER 12:30PM BIBLE STUDY GAMES
23 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB NOON-4PM COMMODITIES 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVERLS TO FOLLOW	24 9AM ROUND TABLE 1-3PM BINGO 9-NOON COMMODITIES NATIONAL TEQUILA DAY	25 9-10AM SILVER SNEAKERS 11:30 LUNCH AND LEARN WITH HOSPICE 1:30 GAMES	26 NOON EUCHRE 9AM SCIOTO DOWNS CASINO TRIP NATIONAL COFFEE MILK SHAKE DAY	27 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES HULA-HOOP DAY
30 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB INTERNATIONAL DAY OF FRIENDSHIP	31 9AM ROUND TABLE OHIO STATE FAIR TRIP LEAVING KROGER @ 9:00AM NATIONAL MUTT DAY			

OTHER INFORMATION



We at the Seniors on Center and all the people he serves would like to thank Floyd Hawk for his many years of dedication to his community. For the past fourteen years, Floyd has volunteered at the center delivering meals to the people of Morrow County.

Floyd was born on May 14, 1937, in Prospect, Ohio. He attended school in Edison, Ohio, where he resides to this day. December 26, 1955, he married June his wife of 63 years. They have two sons, two daughters, seven grandchildren, and five great-grandchildren.

In 1956-1957, Floyd served in the US Army stationed in Germany for a year and a half. On behalf of everyone thank you for your service. After his time in the military, Floyd worked at the Big Bear as assistant manager for 11 years, at Geyers market as manager for 11 years, as a plant foreman for Mar-Zane Inc. an asphalt plant for 20 years, and has recently retired from his church as janitor.

Along with his dedication to service and community, Floyd is a member of the Edison United Methodist Church, Williamsport Grange, Gleaners and the Chester Arbor.

In his spare time, Floyd enjoys nature, gardening, cutting wood, and mowing his lawn.

Floyd has done a great service to Seniors on Center and we appreciate his devotion and selfless support.

PHOTOS



Senior Citizen Day was a huge successes. Thank you to the Country Travelers for putting on such a wonderful performance. And congratulations to our winners of our hat contest.



HAPPY BIRTHDAY

JOIN US ON TUESDAY JULY 10TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Barbara Cole	Lawrence Richards	Shirley Klaiber
Bonnie Belden	Marnie Buckel	Vicky Cornell
Donald McHenry	Mary Jo Baxter	Wayne Arnold
Ernest Bowersmith	Mary Buening	
Francis McPeek	Mary Graham	
Geraldine Bean	Mike Warwick	
Guy Colflesh	Paul Stoutemyer	
Jennie Cain	Richard Dowalter	
Joy Johnson	Robert Meltzer	
Joyce Jones	Ruth Mosher	
June Hawk	Sheree Graham	
June Patterson	Shirley Furr	

NEW MEMEBERS

JOHN FRIEND

KATHY GROOMS

SONDRA CAREY

SHIRLEY MORRIS

MARY JO BOWMAN

1. Russia has a larger surface area than Pluto.

2. A lion’s roar can be heard from 5 miles away

3. A crocodile can’t poke its tongue out.

4. Squirrels forget where they hide about half there nuts.

5. Each year there are roughly 40,000 toilet related injuries in the US

6. A pound of houseflies contains more protein than a pound of beef

7. The male seahorse carries the eggs until they hatch instead of the female.

8. Bolts of lightning can shoot out of an erupting volcano.

9. In 1907, an ad campaign for Kellogg’s Corn Flakes offered a free box of cereal to any woman who would wink at her grocer.

JUST FOR FUN!

Star Spangled Banner

B	E	E	R	F	Z	F	D	E	R	E	X	P	G	T	BANNER
U	N	D	E	L	G	N	A	P	S	A	A	N	A	I	BLUE
R	V	L	H	A	D	V	E	T	E	Y	E	U	L	B	BRAVE
S	D	Y	L	E	T	I	H	W	L	R	Z	Y	L	Z	BRIGHT
T	K	F	P	Q	H	G	P	R	R	A	D	N	A	K	BROAD
I	Z	K	E	C	I	A	A	R	D	V	N	K	N	N	BURSTING
N	Q	Q	R	L	B	E	J	L	O	A	Q	B	T	B	DAWNS
G	G	N	I	M	A	E	L	G	L	U	O	W	L	R	EARLY
R	O	W	L	H	E	V	A	R	B	L	D	R	Y	G	FLAG
R	T	V	O	L	E	A	T	S	R	D	M	L	B	Z	FREE
W	E	D	U	S	M	V	S	L	I	E	A	O	Y	O	GALLANTLY
H	D	X	S	T	A	R	S	M	G	V	N	W	Y	Z	GLEAMING
J	O	P	Y	X	B	L	I	G	H	T	M	N	N	S	LIGHT
S	R	A	M	P	A	R	T	S	T	G	Y	C	A	S	PERILOUS
S	P	I	R	T	S	N	M	A	M	P	S	C	N	B	PROUDLY

This Newsletter is published by:
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dba Seniors on Center
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43338
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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.
419.946.4191 * 419.946.1037 facsimile
Website:

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