



# Senior Moments



MORROW COUNTY'S MONTHLY NEWSLETTER

## FEBRUARY 2018

February is the American Heart Month, wherein awareness of heart diseases is

your taxes.

Then contact us here at the Seniors on Center  
419-946-4191 and we can get you set up with an  
appointment with AARP.

They are going to be here Tuesday's  
February 6th, 13th, 20th, 27th  
March 6th, 13th, 20th, 27th and  
April 3rd, 10th,

Appointment times are from 9 to 2:30 with lunch  
from noon to 1.

If you need assistance or have questions about Medicare  
you can come in and see Marc Follin February 1st, 2018  
from 1-3pm at Seniors on Center

just got better!

This year along with the  
having the newsletter mailed  
to you we will be adding  
some member only incen-  
tives. You will not only get  
coupons for discounts at lo-  
cal businesses, discounts on  
activities, and one free meal  
at the center a month but you  
will be entered into a draw-  
ing for a free 2019 member-  
ship.

So renew or sign up today!

### Sermons We See

I'd rather see a sermon, than hear one any day, I'd rather one should  
walk with me, than merely tell the way. The eye's a better pupil and,  
more willing than the ear; Fine counsel is confusing, but example's al-  
ways clear. And the best of all the preachers, are the one's who live  
their creeds, For to see good deed in action, is what everybody needs.  
I soon can learn to do it, if you'll let me see it done. I can watch your  
hands in action, but your tongue too fast may run. And the lecture  
you deliver, may be very nice and true; But I'd rather get my lessons,  
by observing what you do. For I might misunderstand you, and the  
high advice you give, But there's no misunderstanding, how you act  
and how you live. One good person teaches many, for we believe  
what we behold. One deed of kindness noticed, is worth forty that are  
told. Who stands with folks of honor, learns to hold his honor dear..  
For right living speaks a language, which to everyone is clear. Though  
an able speaker charms me, with his eloquence I say. I'd rather see a

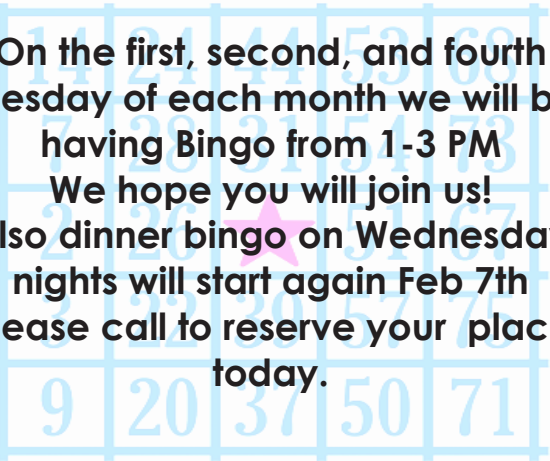
**CALLING ALL PIE BAKERS!**

We are looking for anyone who would like to make a pie or two for pie day February 26th. Please bring your pie in by 11am the 26th Thank You!! Pies will be sold by the slice through out the day for \$1.00 per slice.

**February 20th  
10AM—Noon  
No appointment necessary  
Angela Schneider,  
Hearing Care Practitioner**

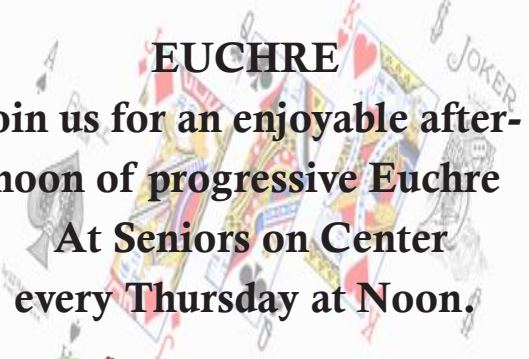
**B I N G O**

**On the first, second, and fourth Tuesday of each month we will be having Bingo from 1-3 PM We hope you will join us! Also dinner bingo on Wednesday nights will start again Feb 7th please call to reserve your place today.**



*Sheryl Morris will be here every other Wednesday to perform blood pressure checks at 1 pm*

**EUCHRE**  
**Join us for an enjoyable afternoon of progressive Euchre At Seniors on Center every Thursday at Noon.**



**Valentines Party February 12th**

Meal starts at 4:30 with Music to follow. Please R.S.V.P and Pay by February 7th. Payment is \$8.00 for members, \$10.00 for non-members. Please keep your receipt and bring it with you that night. The meal for the evening is Salisbury Steak, Mashed Potatoes, Broccoli, Applesauce, Roll & Dessert Please join us for an evening of music and dancing We will also be naming our King and Queen for the evening!

Square dancing season is in full swing again! Please join us from 7 to 10 pm on February 10th, March 10th, and April 14th. Only \$5.00 dollars a person. Also in February we will be Doing a Chili Dinner. Meal will start at 5pm and is \$4.00 per person. The Meal will be Chili, Cornbread, Dessert and Drink. So come on down and have a great meal and a wonderful evening of Dancing to





been an easy transition with the meals. Just some things to keep in mind.

1. If you would like a Deli Meal option instead of the Hot Meal, we need a 3 day notice.
2. They offer home style frozen meals as well, we would need 1 week notice for these.
3. It is also very important that you cancel your meal by 1:00 pm 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.
4. We can not leave a meal if you are not home.

Please feel free to call if you have any issues or concerns.

#### **Meat and Meat Substitutes**

Tuna fish, canned chicken, beef stew, macaroni & cheese, spaghetti and meatballs, canned soups, peanut butter.

#### **Cereals, Breads, Pasta**

Hot or cold cereal, rice, noodles, spaghetti, corn muffin mix, crackers, , oatmeal cookies.

#### **Fruits and Vegetables**

Canned vegetables Canned fruit , tomato, and vegetable juice, bean salad, beets.

#### **Milk and Milk Products**

Non-fat dried or evaporated milk.

Pasteurized cheese spread.



**Please keep your drive ways and walk ways clear so our delivery drivers can safely reach you.**

Janet Burns  
Donald Helman  
Sandy Snyder  
William Goodman  
Dorothy Meltzer  
Helen Young  
Darrell Levings  
Irene Doolittle  
Mary Wilson  
Christy Parsons  
Robert Quinn  
Fred Williamson

Barbara Ronk  
Evelyn Barnett  
Audrey Swango  
Jeannette Warwick  
Marilyn Weiler  
Wilma Hinkle  
Janice Miller  
Nancy Cooper  
Ralph Hawk  
Gertrude Arnold  
Pam Lyons

### 10 fun facts

- 1 It is physically impossible for pigs to look up at the sky.
- 2 Most lipstick contains fish scales.
- 3 Hot water is heavier than cold.
4. Sunset on Mars are blue
- 5 It is impossible to lick your elbow (busted)
- 6 A group of twelve or more cows is called a flink
7. The brain is our fattiest organ, being composed of nearly 60% fat.
8. Ketchup was sold in the 1830's as medicine



## New members

**Maria Taylor  
Pamela Dettra  
Charlotte Elrod  
Pat Fruth  
Marguerite Fuqua  
Ralph Hawk  
Pat Nesbitt  
Fred Williamson  
Nancy Maslar  
Clara Hilton**

**Please remember you  
can now pick up your  
new member packages**



1  
Walking Tacos  
Tropical Fruit Salad  
Fritos  
Mexican Brown Rice  
Milk

2  
Chicken Breast  
Augratin Potatoes  
Cole Slaw, Straw-  
berries, Mini Sand-  
ies, WW Bread  
& Milk

5  
Grilled Chicken  
Breast, Mashed  
Potato, Broccoli,  
Grape Juice  
WW Bread, Mini  
Sandies  
& Milk

6  
Chicken Alfredo  
w/Pasta, Corn,  
California Blend  
Vegetables  
Orange  
WG Roll  
& Milk

7  
Sliced Turkey  
Breast, Mashed  
Potatoes, Succo-  
tash, Cinnamon  
Apples, Vegetable  
Stuffing, WG Bread  
& Milk

8  
Pizza Patty,  
Potato Soup,  
Tossed Salad  
Malibu Mix Fruit  
WW Bun  
Gold Fish Crackers  
& Milk

9  
Hungarian  
Goulash,  
Broccoli,  
Carrots, Pears &  
Blueberries  
Bran Muffin  
& Milk

12  
Salisbury Steak  
Mashed Potatoes  
Broccoli,  
Applesauce  
WG Yeast Roll  
& Milk

13  
Roast Pork, Scal-  
loped Potatoes,  
Maui Blend Vege-  
tables, Tropical  
Fruit, WG Roll  
& Milk

14  
Macaroni &  
Cheese  
Green Beans  
California Blend  
Orange Juice  
WW Bread  
& Milk

15  
Shredded Chicken  
Vegetable Beef  
Barley Soup  
Mixed Fruit  
Tossed Salad  
WG Bun & Milk

16  
Cheese Omelet  
Diced Hash  
Browns, Apple  
Juice, Strawber-  
ries, WG French  
Toast, Graham  
Crackers & Milk

19  
Closed  
In observation of  
Presidents Day

20  
Beef Stroganoff W/  
WG Pasta, Califor-  
nia Blend Vegeta-  
bles, Ckd Spinach,  
Apple, WG Yeast  
Roll & Milk

21  
Chicken Leg  
Augratin Potatoes  
Roasted Zucchini  
Pineapple, Gra-  
ham Crackers  
WW Bread & Milk

22  
Sloppy Joe  
Potatoes, Aspara-  
gus Soup, Tossed  
Salad, Fruit Cock-  
tail, WG Bun  
Milk

23  
Lasagna  
Pears  
Broccoli  
Apricots  
WW Bread  
Milk

26  
Stuffed Pepper/  
String Cheese  
Mashed Potatoes  
Pears & Blueberries  
WG Bread, Gra-  
ham Crackers & Milk

27  
Roast Beef  
Mashed Potatoes  
Peas, Applesauce  
Vanilla Pudding,  
WG Bread & Milk

28  
Pork Cutlet  
Mashed Sweet Po-  
tatoes, Green  
Beans, Pineapple  
WG Roll & Milk



			1 Noon Euchre National Candy Making Day	2 9-10 Silver Sneakers 12:30 Bible Study Games
5 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music to Follow	6 9am Round Table 1-3 Bingo National Frozen Yogurt Day	7 9-10 Silver Sneakers 1 pm Free Blood Pressure Check 1:30 pm Cards 4:30-6:30pm Bingo Hosted by Jeff Slicker Hospice	8 Noon Euchre National Kite Flying Day	9 9-10 Silver Sneakers 12:30 Bible Study Games Read in the Bathtub Day
12 9-10 Silver Sneakers 10 Craft Club Valentine's Party: 4:30Meal, Music to Follow	13 9am Round Table Noon Birthday Party 1-3 Bingo Sparta Good Time Seniors meet @ Highland Pizza	14 9-10 Silver Sneakers 11 Annual Board Meeting National Organ Donor Day	15 Noon Euchre National Hippo Day	16 9-10 Silver Sneakers 12:30 Bible Study Games National Almond Day
19 Closed in observance of Presidents' Day NO Marengo Carry In	20 9am Round Table Chesterville Seniors meet at the Selvoer Library Mt. Gilead Seniors meet @ Seniors on Center	21 9-10 Silver Sneakers Noon Flower Arranging with Jean from Keith's 1pm Free Blood Pressure Check 1:30 Cards	22 Noon Euchre National Chili Day	23 9-10 Silver Sneakers 12:30 Bible Study Games National Banana Bread Day
26 9-10 Silver Sneakers 10 Craft Club Pie Day Party: 4:30 Meal, Music to Follow Pie \$1.00 per slice	27 9am Round Table 1-3 Bingo International Polar Bear Day	28 9-10 Sliver Sneakers 1:30pm Cards National Chocolate Souffle Day		

Lunch served daily from 1130 to 12 30

Fun Fact about February:





Join us for one of our events and you too could be Morrow County famous!



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CANDY  
 CHOCOLATE  
 CUPID  
 FEBRUARY  
 FLOWERS  
 FRIEND  
 HEART  
 HUGS  
 KISSES  
 LOVE  
 PINK  
 RED  
 SWEET  
 VALENTINE

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

*Sweet BellBanks©*

Happy Valentine's Day

Friday, February 23rd @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, Feb. No Meeting@12 Noon

Selover Library, Chesterville

31 State Route 95

Suzi Lyle 419.768.3431

### **Sparta Good Time Seniors**

Tuesday, February 20th @12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419.768.2050

### **Mt. Gilead Seniors Club**

Tuesday, February 20th @12 Noon

At Seniors on Center. Reservations  
needed. Bring dessert.

Marilyn Sipes 419.468.3500

### **Marengo/Fulton Seniors**

Breakfast @ Farmstead Feb. 5th

Monday, January 15th

Carry-in Lunch @12 Noon

American Legion Post 710

1548 W.C.R. 26, Marengo

Morrow County Seniors on Center may  
close due to weather related  
emergencies. **If all schools in the  
county are closed due to inclement  
weather, Seniors on Center will  
cancel services.** The Center will be  
closed under a level 3 snow emergen-  
cy. Clients should listen to any of the  
following stations for closing an-  
nouncements:

Radio:

WMRN 94.3, WMVO 93.7 FM, 1300 AM

Television: WBNS channel 10

NBC channel 4

**Seniors on Center is excited for our  
New Hot Shot Truck! We Would like to  
give a Big Thank You to Leclerc Char-  
ity Fund for there wonderful donation  
that helped us in the purchase of the**





Brian Johnson to our staff as a new driver and meal delivery man. He has lived in Morrow County most of his life graduating from tri rivers career center . He enjoys watching and playing foot ball Supporting Ohio state and the Pittsburgh stealers. If he could be any super hero he would like to be the flash. His favorite color is green.

Don't forget! If the roads are bad we may not be able to reach you for transportation. Please be sure you have a back up plan.

Older Americans Center  
41 West Center Street  
Mt. Gilead, OH 43338

MT. GILEAD, OH  
43338  
PERMIT #14



**Board of Directors**

Mike Warwick (Pres.)	Mike Gale	Dixie Shinaberry	Janet Johnson
Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Shirley Robinson
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Dan Rogers
Linda Ruehrmund (Sec.)		Wilma Hinkle	Pat Rinehart
		Warren Davis	

**MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.**

**419.946.4191 \* 419.946.1037 facsimile**

**Website:**

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-