

Senior Moments



Merry Christmas
From the staff and board of
Seniors on Center

MORROW COUNTY'S MONTHLY NEWSLETTER

December 2017
Issue

Like Us on...



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 crack-
sesame bread sticks, oatmeal cookies.

Fruits and Vegetables

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



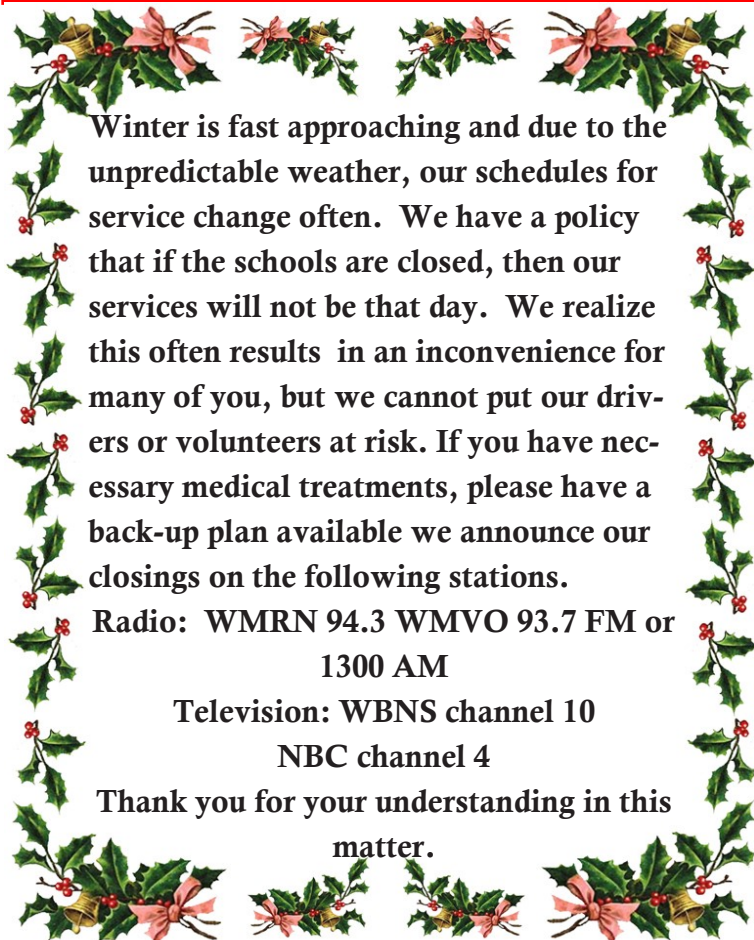
ers,

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, in-
stant pudding mix.



Winter is fast approaching and due to the unpredictable weather, our schedules for service change often. We have a policy that if the schools are closed, then our services will not be that day. We realize this often results in an inconvenience for many of you, but we cannot put our drivers or volunteers at risk. If you have necessary medical treatments, please have a back-up plan available we announce our closings on the following stations.

Radio: WMRN 94.3 WMVO 93.7 FM or
1300 AM

Television: WBNS channel 10
NBC channel 4

Thank you for your understanding in this
matter.

**The perks of being a member
just got better!**

**This year along with the having
the newsletter mailed to you we
will be adding some member only
incentives. You will not only get
coupons for discounts at local
businesses, discounts on activi-
ties, and one free meal at the cen-
ter a month but you will be en-
tered into a drawing for a free
2019 membership.**

So renew or sign up today!

MONDAY NIGHT MUSIC

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

Monday, December 4

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, December 11

Meal 5-6PM

Music by The Ramblers 6-8PM

Monday, December 18

Meal 5-6PM

Music—Open Mic 6-8PM

Monday, December 25

CLOSED

You must make reservations for the meals!

Band donations encouraged



Commodities will be in on the 18th and 19th this month you can pick them up from 12 to 4 on the 18th and from 9 to 12 on the 19th.



This month we will have candy sales on the 4th 11th and 18th here at the center so stop in and get yourself some of Judy Jones wonderful chocolates and support your senior center.

EVENING BINGO

Evening Meal and Bingo

Suggested Donation of \$4.00

Be sure to come out for our evening Bingo on Wednesday evening December 6th from 4:30-6:30PM.

A special "Thank You" is expressed to Seniors on Center for sponsoring this months Bingo!



MEDICARE

Open Enrollment

Marc Follin will be at the Seniors on Center from 1—4 PM Tuesday, December 5

UPCOMING SENIOR EVENTS

- Tuesday, December 5 Lunch/Malabar Trip
- Wednesday, December 6 Christmas Bingo
- Tuesday, December 12 Trains & Train Stations 7PM Free
- Thursday, December 14 Meal/ Christmas Lights - Upper Sandusky
- Tuesday, December 19 Christmas Party and 3\$ gift exchange.

Events

BINGO

On the first, second, and fourth Tuesday of each month we will be having Bingo from 1-3 PM
Hope you will join us!

EUCHRE

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday and Thursday at 12 Noon. We would love to see new faces.

We will be closed on the following dates:

**December 25 - Christmas
December 26 - Christmas Holiday
January 1 - New Year's Day**

Beltone at the Senior Center
December 19 10AM—Noon
No appointment necessary
Angela Schneider,
Hearing Care Practitioner

Birthdays & Anniversaries

Join Us on Tuesday, December 12th at Noon to Celebrate our December Birthdays! Happy Birthday to each and everyone!

Betty Wilson
Sherley Black
Janet Tesack
Clayton Brandum
Jean Straley
David Reppart
Pat Cochran
Margaret Dewolf
Violet Rexroad
Carla Hankins
Charlotte Elrod
Marie Bennett
Judith Hess



Carol Bridges
Nancy Reed
Carl Cook
Becky Kunze
Dorothy Barnes
Lynda Morris
Shirley Biederman
Charles Ditty
Patricia Pennington
Marie Christiano
Inez Puttick
Doris Dronebarger

December Anniversaries

Happy Anniversary!!
Thomas & Patti Ray
William & Wilma Reed



If you are a member or get home delivered meals and have an anniversary and would like to put it in our newsletter, please call us at 419.946.4191.

New Members

Roger Smith
Judy Daniels
Ann Arnett



Menu

DECEMBER 2017

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
1 thru 1 Egg Salad/ Cottage Cheese Applesauce Fresh Fruit Grape Juice Bun					1 Honey Mustard Chicken Brown Rice Beets Peaches Bread
4 thru 8 Chicken Salad House Salad Fresh Broccoli Mandarin Or- anges Bread	4 Chicken Strips Ranch Fries Tossed Salad Pears Bread	5 Meatloaf Mac & Cheese Corn Mandarin Oranges	6 Chicken Noodle Casserole Peas Applesauce Cranberry Juice	7 Lasagna Broccoli Banana Bread	8 Roast Beef Mashed Potatoes Carrots Orange Juice Roll
11 thru 15 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Bread	11 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Roll	12 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Bread	13 Chili Tossed Salad Peaches Apple Juice Cornbread Oyster Crackers	14 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Bread	15 Pork Chops Baked Potato Malibu Veg- etables Ap- plesauce Bread Stick
18 thru 22 Tuna Salad/ Cheese Cubes Grapes Pears Pineapple Juice Wheat Bun Crackers	18 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Bread	19 Pulled Pork Carrot Raisin Salad Corn Orange juice Bun Jello	20 Spaghetti Green Beans Hot Apple Slices Cranberry Juice Bread Stick	21 Turkey Burger Lettuce & Tomato Peaches Apple Juice Bun Crackers	22 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Bread
25 thru 29 Egg Salad/ Cottage Cheese Applesauce Fresh Fruit Grape Juice Bun	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS HOLIDAY	27 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick	28 Salisbury Steak Mashed Pota- toes Succotash Apple Juice Bread	29 Honey Mustard Chicken Brown Rice Beets Peaches Bread













Lunch is served 11:30 until 12:30

Suggested \$3.00 Donation - One day advance reservations required

MENU IS SUBJECT TO CHANGE

DECEMBER 2017

Events

Monday	Tuesday	Wednesday	Thursday	Friday
Birthstone Turquoise	Flowers Narcissus	Colors Indigo And Green		1 9-10A Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study Games
4 9A Marengo/Fulton Srs Breakfast 9-10A Silver Sneakers 10A Crafters' Corner 5-6PM Meal 6-8PM Music Country Travelers	5 9AM Roundtable 11:30—12:30 Lunch 1-4PM Marc Follin 1—3 Bingo 	6 9-10A Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 4:30 Meal Bingo 	7 11:30-12:30 Lunch 12 Noon Euchre 	8 9-10A Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study Games 
11 9-10A Silver Sneakers 10A Crafters' Corner 11:30—12:30 Lunch 5-6PM Meal 6-8PM Music The Ramblers	12 9AM Roundtable 11:30—12:30 Lunch 12 Noon Chesterville Srs Carry-In 1—3 Bingo	13 9-10A Silver Sneakers 11:30-12:30 Lunch 12:30 Board Meeting 	14 9AM Casino 11:30-12:30 Lunch 12 Noon Euchre 	15 9-10A Silver Sneakers 11:30-12:30 Lunch 12 Noon Cardington Srs Lunch 12:30PM Bible Study Games
18 9-10A Silver Sneakers 10A Crafters' Corner 11:30—12:30 Lunch 12 Noon Marengo/ Fulton Srs Carry-In 5-6PM Meal 6-8PM Music Open Mic	19 9AM Roundtable 11:30—12:30 Lunch 12 Noon Mt. Gilead Srs Lunch with dessert carry-in 12:30 Sparta Srs Highland Pizza	20 9-10A Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 	21 11:30-12:30 Lunch 12 Noon Euchre 	22 9-10A Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study Games 
25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY	27 9-10A Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 	28 9AM Casino 11:30-12:30 Lunch 12 Noon Euchre 	29 9-10A Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study Games

Halloween



Veterans day



Christmas

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

JACK FROST
 ANGEL
 CHRISTMAS
 SNOWFLAKE
 GIFTS
 PRESENTS
 FAMILY
 SCROOGE
 MERRY
 NATIVITY
 MANGER
 CRACKERS
 GRINCH
 JOLLY
 FRIENDS
 TREE
 CANDY CANES

Exercise For People Over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

(I'm at this level.)

After you feel confident at that level, put a potato in each of the sacks...

Cardington Seniors

Friday, December 15th @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, December 12th @12 Noon
Selover Library, Chesterville
31 State Route 95
Suzi Lyle 419.768.3431

Sparta Good Time Seniors

Tuesday, December 19th @12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419.768.2050

Mt. Gilead Seniors Club

Tuesday, December 19th @12 Noon
At Seniors on Center. Reservations
needed. Bring dessert.
Marilyn Sipes 419.468.3500

Morrow Co. Retired Teachers

Monday, December 4th @11:30 AM
Lunch provided by Trinity UMC for
\$10.00 75 E. High St., Mt. Gilead
Janet Johnson 419.362.6903

Marengo/Fulton Seniors

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

Monday, December 18th
Carry-in Lunch @12 Noon
American Legion Post 710
1549 W C.R. 26, Marengo
Joyce Taylor 419.253.0727



Malabar Farms

Tuesday,
December 5 11:30AM
Eat Lunch at
Seniors on Center
Tour of Louis Bromfield home
Decked out for Christmas
Suggested donation for Lunch
& Transportation
\$8.00 for Members
\$10.00 for Non Members
\$4.50 at the door for Tour

Shopping!! Shopping!! Shopping!!

In preparation for the holidays, we will be having a regularly scheduled shopping day. Every Tuesday in December we will offer transportation to the store(s) of your choosing. All you have to do is call in and tell us where you want to go. So get your friends together and pick a destination! We suggest a 3 dollar donation for local trips but if you feel rich we are worth a million dollars. Happy holidays and we hope to hear from you soon.



SCIOTO DOWNS CASINO
In December we will be going to Scioto Downs in Columbus on December 14th and December 28. We will be leaving Kroger @9AM and returning to Mt. Gilead around 4PM. Be sure to sign up as the bus fills up quickly! We will not be going again until April because of the weather.



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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MT. GILEAD, OH 43338
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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.