

# SENIOR MOMENTS

Morrow County's Monthly Newsletter

JUNE

**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**

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**Happy  
Father's  
Day**



**HAVE A  
HAPPY  
FATHERS DAY,  
FROM ALL OF  
US AT  
SENIORS ON  
CENTER!**

## 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

### HOME DELIVERED MEALS

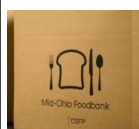


A hot, well-balanced lunch is available daily to shut-ins living in Morrow County that are 60+ years of age. Weekend and Holiday frozen meals are also available upon request. Call the center for assistance at (419)-946-4191 .

### TRANSPORTATION



Handicap accessible transportation for doctor appointments, grocery shopping, therapy, etc.. is available. As well as for medical appointments outside the county. Transportation can usually be arranged with a 48 hour notice. To qualify you must live in the county and be 60+ years of age. Please call the center at (419)-946-4191 if we can accommodate you with your transportation needs



### 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.

### GRAB AND GO MEALS

Seniors on Center offers hot meals daily, or frozen meals by the week. Call the center if you need assistance. Pickup will be at the front of the building and your meals will be delivered to you while you sit in your vehicle.

Meals are on a donation basis. For more information, please call (419)-946-4191. Those 60 and over qualify for this service.

## IMPORTANT INFORMATION!



### VETERANS GRAB & GO MEALS

We would like to take the time to honor our Veterans! If you or someone you know is a Veteran, join us on July 2nd from 11:30AM-12:30PM in the back of the building for a Grab & Go Meal in honor of all Veterans. You don't have to be a Veteran to get the meals, but you do have to be a veteran to participate in the prize giveaway. Call 419-946-4191 by June 23th, by noon to reserve your meal and let us know if you are a Veteran. If you are a member, please bring your meal card and of course donations are always accepted and appreciated.

### MOVIE

Seniors on Center and the Morrow County Capital Theater will be hosting, John Wayne, The Quiet Man. This will be free for our Seniors on Wednesday, July 28th, at 2:00PM. Please come (mask required) 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!



### BINGO

Join us for a fun afternoon of White Elephant Bingo on Friday, June 11th, at 1:00PM at the Morrow County Fairgrounds, Junior Fair Building. Prizes will be furnished by Seniors on Center Staff and Board Members. This event is open to the public and all ages. Please note this is NOT BINGO for MONEY! Call Seniors on Center at 419-946-4191 to reserve your spot by June 4th. Seating is limited and remember masks must be worn.

### SENIOR WALKING GROUP

Join Terri every Wednesday morning starting June 16th, at the River Cliff Union Cemetery in Mt. Gilead from 8:30am-9:30am for a brisk, morning walk to get the blood flowing! You do not have to walk the entire hour, and you can join in at any time. Feel free to walk at your own pace. Be sure to bring water so you can stay hydrated. Please note this activity is subject to cancellation due to adverse weather.



### PICNIC AT THE PARK



We would like to invite you to a meal and entertainment by Country/Gospel singer Bill Adkins, at the State Park on Thursday, July 22nd. Please look for us because we do not reserve a pavilion. We will be having a picnic lunch starting at 12:00pm and entertainment to follow. Seating is limited so call the center today at 419-946-4191 and reserve your spot by Wednesday, July 14th by noon. Please note this activity is subject to cancellation due to adverse weather.

## HAPPY BIRTHDAY

Geraldine Abraham	Sheryl Marx
Rosemary Brown	Luella Powell
David Dorsey	June Shafer
Roxanna Fry	Earlene Skeels
Marguerite Fuqua	Effie Spaulding
Bonny Galleher	Joyce Taylor
Irene Gould	Luella Thomas
Kathy Grooms	Norman Weber
Annetta Johnson	Lillian Whited
George Johnson	Joyce Whitt
Jan Johnson	Beverly Wansor
Becky Kilgour	Johnny Kilgore



### Parmesan Ranch Pasta Salad

12 ounces noodles- what ever shape you like

1/2 cup mayonnaise

1/2 cup sour cream

1/2 cup buttermilk

1 envelope ranch dressing mix

2 teaspoons garlic powder

1/2 bacon chopped– about 6 slices

1 large tomato-diced

1 1/2 cups cherry tomatoes

1 can chopped olives small

1/2 cup shredded parmesan cheese

Salt and pepper to taste



1. In small bowl combine mayo, sour cream, buttermilk and ranch seasoning and whisk well to combine
2. Place in refrigerator while you prepare your other items.
3. Cook pasta to package directions.
4. Drain & rinse under cold water.
5. Transfer to large mixing bowl and add tomatoes, olives and bacon.
6. Pour in your prepared ranch dressing and carefully toss to combine.
7. Add salt, pepper and garlic powder and toss again.
8. Chill in refrigerator until serving.

### Happy Anniversary

Mary & John  
Scheiderer  
6/4

Nathan Kindt &  
Anna Vorkavich  
6/10

Mary Ann & Vernon  
Trimmer  
6/12

Joanne & Jim  
Trainer  
6/14

Velma Hampton &  
Ernie Hickok  
6/23

Al & Linda  
Miller  
6/24

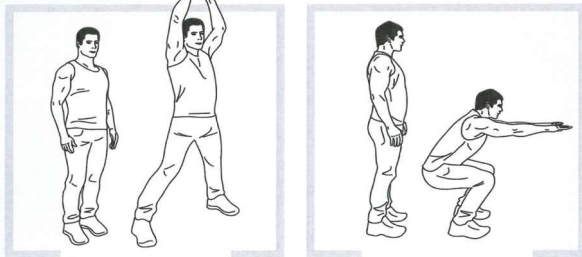


KEEP MOVING!

# Cardio Prime

DAREBEE HIIT WORKOUT @ darebee.com

advanced



10sec jumping jacks

10sec squats

10sec jumping jacks

10sec squats

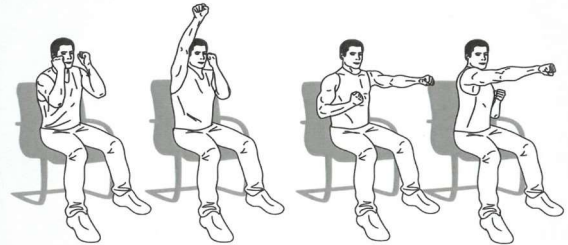
10sec jumping jacks

10sec squats

done

# seated boxer

DAREBEE OFFICE WORKOUT @ darebee.com



10 overhead punches

10 punches

10 overhead punches

10 punches

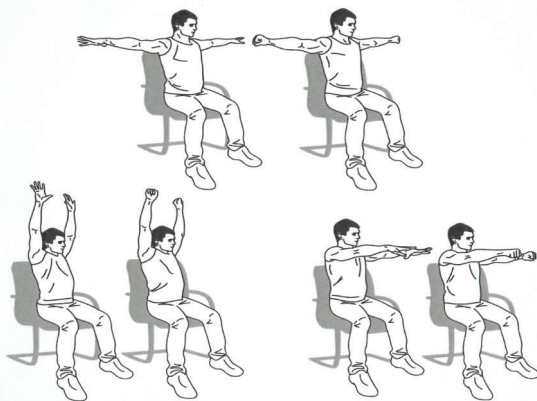
10 overhead punches

10 punches

done

# STAPLER

DAREBEE OFFICE WORKOUT @ darebee.com



20 arms to the side clench / unclench

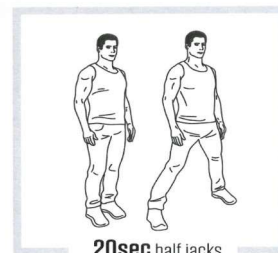
20 arms overhead clench / unclench

20 arms to the front clench / unclench

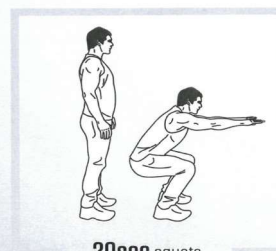
rest & repeat

# Cardio Mixer

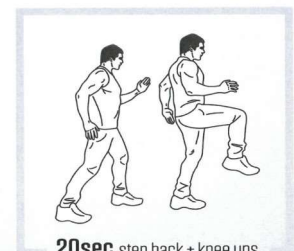
DAREBEE HIIT WORKOUT @ darebee.com



20sec half jacks



20sec squats



20sec step back + knee ups

## QUOTEFALLS

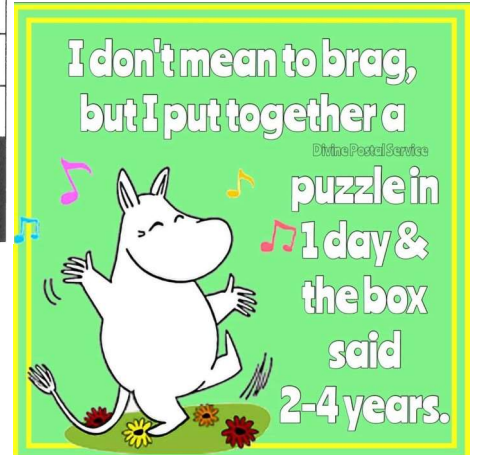
The letters in each vertical column go into the squares directly below them, but not necessarily in the order they appear. A black square indicates the end of a word. When you have placed all the letters in their correct squares, you will be able to read a quotation across the diagram from left to right.

[illegible]

Seniors on Center would like to thank everyone that came out and helped us celebrate all the wonderful women in our lives.

# ANSWER KEY

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





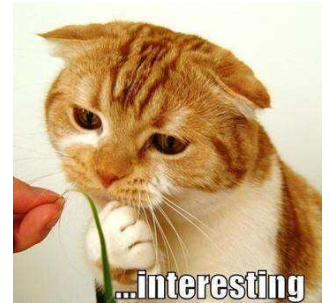
© Egle Stripeikiene

# MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Beef Pepper Steak Mashed Potatoes Sugar Snap Peas Applesauce Muffin Milk</p>	<p>2</p> <p>Chicken &amp; Dumplings Garden Veggie Blend Cooked Spinach Pears Milk</p>	<p>3</p> <p>Sloppy Joe Bun Vegetable Soup Beet Salad Grapes Milk</p>	<p>4</p> <p>Pork Cutlet Scalloped Potatoes Brussel Sprouts Fruit Cocktail Roll Milk</p>
<p>7</p> <p>Corned Beef Bun Broccoli Corn Mandarin Oranges Milk</p>	<p>8</p> <p>Turkey Sausage Links Diced Hash Browns Pancakes Prince Charles Veggie Blend Orange Juice Milk</p>	<p>9</p> <p>Chicken Breast Mashed Potatoes Cauliflower Watermelon/ Cantaloupe Pasta Salad Milk</p>	<p>10</p> <p>Shredded Beef Bun Minestrone Soup Cucumber Salad Peaches Milk</p>	<p>11</p> <p>Egg Salad Bun Cooked Carrots Green Beans Strawberries Milk</p>
<p>14</p> <p>Chicken Patty Bun Mashed Sweet Potatoes Wax Beans Pineapple Milk</p>	<p>15</p> <p>Hamburger Bun Corn Broccoli Mandarin Oranges Milk</p>	<p>16</p> <p>Lasagna Cooked Spinach Cooked Carrots Hawaiian Delight Salad Milk</p>	<p>17</p> <p>Breaded Pollock Bun Potato Soup Cole Slaw Tropical Fruit Salad Milk</p>	<p>18</p> <p>Roast Beef Mashed Potatoes Peas &amp; Onions Fruit Cocktail Roll Chocolate Chip Cookie Milk</p>
<p>21</p> <p>Veal Patty Bun Baked Beans Scalloped Potatoes Watermelon/ Cantaloupe Milk</p>	<p>22</p> <p>Stuffed Pepper w/ Marinara Sauce Mashed Potatoes Pineapple Roll Milk</p>	<p>23</p> <p>Chicken Drumstick Seasoned Redskin Po- tatoes Brussel Sprouts Tropical Fruit Mix Roll Milk</p>	<p>24</p> <p>Ham &amp; Swiss Bun Tomato Basil Soup Tossed Salad Malibu Fruit Mix Milk</p>	<p>25</p> <p>Chicken Parmesan Pasta w/ Marinara Sauce Green Beans Carrot Raisin Salad Kiwi Milk</p>
<p>28</p> <p>Hot Dog Bun Scalloped Potatoes Green Beans Peaches Milk</p>	<p>29</p> <p>Taco Meat Lettuce Pinto Beans Corn Taco Shell Pineapple Milk</p>	<p>30</p> <p>Hungarian Goulash Scandinavian Veggie Blend Peas Sliced Apples Roll Cookie Milk</p>	<p><b>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</b></p>	<p><b>In the event that you are in need during this time of crisis, please call and let us know if we can assist you with frozen meal options.</b></p>

## FUN FACTS!

1. The scientific term for brain freeze is “sphenopalatine ganglioneuralgia”.
2. Canadians say “sorry” so much that a law was passed in 2009 declaring that an apology can’t be used as evidence of admission to guilt.
3. Back when dinosaurs existed, there used to be volcanoes that were erupting on the moon.
4. The only letter that doesn’t appear on the periodic table is J.
5. Calling “shotgun” when riding in a car comes from the term “shotgun messenger”. This term which was used to refer to the guard who sat next to the Stagecoach driver. The guards would use a shotgun to keep robbers and criminals away. It made its way into society due to Hollywood’s love of Western flicks.
6. The famous line in Titanic from Leonardo DiCaprio, “I’m king of the world!” was improvised.
7. A single stand of spaghetti is called a “Spaghetto”
8. At birth, a baby panda is smaller than a mouse.



**This Newsletter is published by:**

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Older Citizens, Inc.  
dba Seniors on Center  
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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**

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.