

# SENIOR MOMENTS

Morrow County's Monthly Newsletter

APRIL

**Seniors on Center**

**41 W. Center St.**

**Mt. Gilead, Ohio 43338**

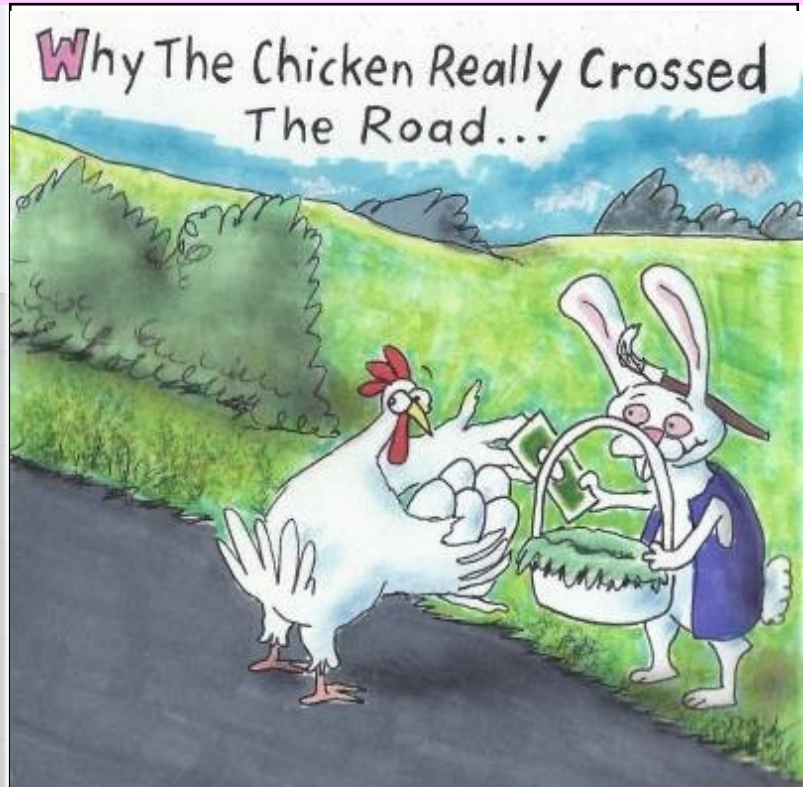
**419-946-4191**

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

**Center Hours**

**Monday—Friday**

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



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HAPPY  
EASTER  
FROM ALL  
OF US  
HERE AT  
SENIORS  
ON CENTER!

## ACTIVITIES TO LOOK FORWARD TO!

### LUNCH AND LEARN

On April 26th, Lunch and Learn will be with Clear Caption Phones. Please make your reservations for lunch by Friday April 25th by 1:00pm

### SCIOTO DOWNS

Back by popular demand, Scioto Downs Trips, will begin the second and fourth Thursday of each month. We will be leaving Kroger at 9:00am, arriving at 10:00am, and leaving Scioto Downs around 3:00pm. We will arrive home around 4:00pm. The cost is \$15.00 for members and \$20.00 for non-members. We hope you will join us.



### SOCK HOP

Hey Daddy-O

Come on down to the Seniors on Center's Sock Hop. We will be having one Jazzed bash. So put on your best threads and come cut a rug and kick it with us. Date: April 29th Time 5:00pm Suggested Donation of \$3.00 for the meal



This will be like a regular Monday night but instead of a band playing we will be playing music from the 50's for all of you cool cats to cut a rug to. Please RSVP for your meal by April 26th by 1:00pm

### FREE SMOKE ALARMS!

Smoke alarms save lives! Did you know that if a fire starts in your home, you may have just two minutes to escape? Call 1-844-207-4509 to request your free home safety visit and smoke alarm installation.



Our partners and volunteers want to help you, your family and our community stay safe. Remember to test your smoke alarms monthly and practice your fire escape plan.

### KINGSTON BINGO AND MEAL

On April 10th, we will be going to go to Kingston in Marion for a fun game of Bingo and a delicious lunch. The cost is \$6.00 for the meal, bingo, and a suggested donation of \$4.00 for transportation. This will need to be paid when you reserve your spot. The bus will be leaving Kroger's at 11:30am and will arrive at Kingston at 12:00pm. We will be leaving Kingston at about 3:30pm and arriving back at Kroger's at roughly 4:00pm. Hurry in and reserve your spot. Seating is limited

### EASTER WREATH



In April, the Craft Club will be making an Easter wreath. Classes will be held on April 1st and April 8th from 10:00-11:30am. The cost will be \$10.00 per person. Deadline to RSVP is March 12th. Payment must be made at the time you RSVP.

### BENT AND DENT

Seniors on Center will be taking a trip to the Morrow County Bent and Dent Stores on April 30th. We will be leaving Kroger's at 9:00am and returning to Kroger's at roughly 2:00pm. Lunch will be fast-food on your own. Seats are limited so please call and reserve your spot soon. A suggested donation of \$5.00 is for transportation. Deadline for this event will be Friday April 26th.

### PATRIOTIC CENTERPIECE

Keith's Flowers will be coming in on May 22nd and doing a Patriotic Centerpiece with us to make and take home. The time for this event is 3:30pm. Cost is \$15.00 per person. Please RSVP and pay by May 20th.

### 4TH OF JULY WREATH

In June, the craft club will be making 4th of July Wreaths. Classes will be held on June 17th and 24th from 10:00-11:30am. The cost will be \$10.00 per person. Deadline to RSVP is May 28th. Payment must be made at the time you RSVP.

### SENIOR DAY

Senior Day will be held on May 9th at the Morrow County Fairgrounds Junior Fair Building. 11:00am-3:00pm. Call to reserve your spot by May 1st. Seating is limited.

### PERSONAL NEEDS PANTRY (CAPOFFICE)

Our second quarter sponsor is going to be the personal needs pantry at the CAP Office. They are looking for items such as soap, shampoo, conditioner, and other toiletries. We will be sponsoring them for the month's of April May and June. If you have any items you would like to donate, please bring them by the center. Thank you in advance.

### BRANSON MISSOURI TRIP

The Seniors are taking a trip to Branson Missouri. Please call in and talk to Chris Willford for more information.

## MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Salisbury Steak Mashed Potatoes Succotash Fruit Cocktails Bread</p>	<p>2</p> <p>Chicken Leg Peas and Carrots Mashed Sweet Potatoes Mandarin Oranges Bread</p>	<p>3</p> <p>Roast Beef Broccoli Butter Beans Pineapple Bread</p>	<p>4</p> <p>Veal Patty Tomato Basil Soup Potato Rounds Peaches Bun</p>	<p>5</p> <p>Manicotti with Sauce Italian Blend Cooked Spinach Applesauce Texas Toast</p>
<p>8</p> <p>Chicken Patty Fruit Mix Green Beans Cauliflower Corn Bun</p>	<p>9</p> <p>Ham Sweet Potatoes Green Beans Pineapple Cornbread</p>	<p>10</p> <p>Meatloaf Mashed Potatoes Broccoli Peaches Roll</p>	<p>11</p> <p>Sliced Turkey Breast Heart Healthy Chili Tossed Salad Mandarin Oranges Bun</p>	<p>12</p> <p>Mini Pierogis Green Peas Pears Grape Juice Muffin</p>
<p>15</p> <p>Chicken Breast Asparagus Corn Strawberries Muffin</p>	<p>16</p> <p>Spaghetti W/ Meat Sauce Green Beans Mandarin Oranges Grapes Garlic Bread</p>	<p>17</p> <p>Roast Pork Redskin Potatoes Cooked Carrots Cinnamon Apple Crisp Bread</p>	<p>18</p> <p>Hamburger Potato Rounds Peaches Tossed Salad Bun</p>	<p>19</p> <p>Cold Deli Meal</p>
<p>22</p> <p>Chicken Nuggets Sliced Beans Maui Vegetable Blend Pears Bread</p>	<p>23</p> <p>Beef Stroganoff California Blend Corn Pineapple Bread</p>	<p>24</p> <p>Pork Cutlet Diced Sweet Potatoes Green Beans Peaches Roll</p>	<p>25</p> <p>Sloppy Joes Potato Asparagus Soup Tossed Salad Fruit Cocktail Bun</p>	<p>26</p> <p>Hungarian Goulash Broccoli Cauliflower Cinnamon Apples Bread</p>
<p>29</p> <p>Shredded Beef Broccoli Scalloped Apples Applesauce Bun</p>	<p>30</p> <p>Chicken Breast Corn and Black Bean Mix Pears Strawberries Roll</p>	 <p>THIS ISN'T EXACTLY WHAT I HAD IN MIND WHEN I ASKED YOU TO PAINT THE WALLS "EGGSHELL..."</p>		

**LUNCH IS SERVED MON.-FRI. 11:30-12:30**

**MORROW COUNTY SENIOR MOMENTS 3**

## VOLUNTEER OF THE MONTH



The Staff of Seniors on Center and all the people he serves would like to thank Norman Wilcox for his many years of dedication to his community. For the past five years, Norman has volunteered at the center helping with Silver Sneakers and Monday night music setting up and tearing down the chairs and opening the door for all the people that come into the center.

Norman was born on January 5, 1939 in Morrow County. He attended school and graduated from Chesterville. He resides in Mt. Gilead and is a widow to his late wife Martha Brown with whom he married on January 26, 1963. They have four children and six grandchildren.

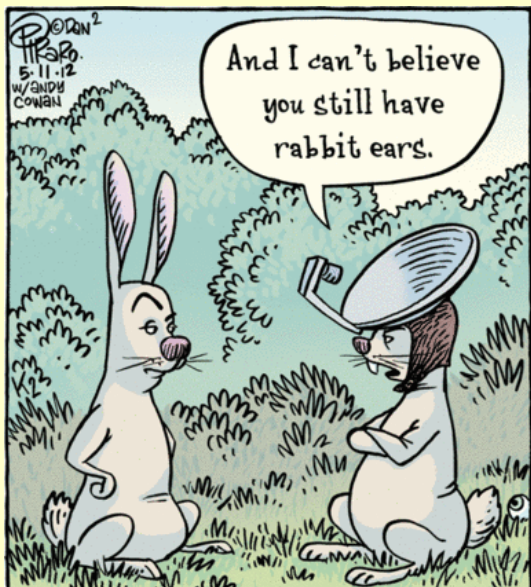
Norman was the owner and operator of a truck that he drove for 51 years. He was also part of the Ohio Air National Guard for 6 years (Thank you for your service!). In his spare time, he likes to play cards, work out and work on old cars. We look forward to seeing Normans' smile and his generosity certainly did not go unnoticed. A special Thank You for all of the things he does to serve others.

## PHOTOS

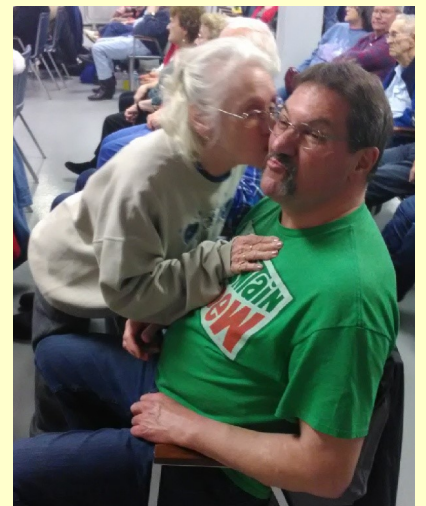


Our Senior ladies  
working hard on  
there beautiful St.  
Patricks' Day  
Wreathes.

Chris Willford and  
one of our clients  
supporting the  
Seniors on Center  
at the United Way  
Radiothon.






Tim Walters  
receiving some  
Birthday love  
from Mary Slone



## EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
<p>1</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>9:00AM</b> MARENGO/FULTON SENIORS MEETING AT FARMSTEAD  <b>10:00AM</b> CRAFT CLUB EASTER WREATH CLASS 1 OF 2  <b>5:00PM</b> MEAL, MUSIC BY THE COUNTRY TRAVELERS, REFRESHMENTS TO FOLLOW SPONSORED BY MORROW COUNTY HEALTH CENTER</p>	<p>2</p> <p><b>1:00-3:00PM</b> BINGO WITH KINGSTON</p> <p>INTERNATIONAL CHILDREN'S BOOK DAY</p>	<p>3</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>11:00PM</b> GAMES BREAK FOR LUNCH 12:00-12:30PM  <b>4:30-6:30PM</b> BINGO</p> <p>NATIONAL FIND A RAINBOW DAY</p>
<p>8</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>10:00AM</b> CRAFT CLUB EASTER WREATH CLASS 2 OF 2  <b>5:00PM</b> MEAL, MUSIC BY THE MONDAY NIGHT RAMBLERS TO FOLLOW</p>	<p>9</p> <p><b>9:00AM</b> ROUND TABLE  <b>NOON</b> BIRTHDAY /ANNIVERSARY PARTY  <b>12:30-2:00PM</b> WII BOWLING</p> <p>NATIONAL FORMER PRISONER OF WAR DAY</p>	<p>10</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>11:30AM</b> FINANCE MEETING  <b>12:30PM</b> BOARD MEETING  <b>11:30AM</b> KINGSTON BINGO AND MEAL \$6.00 FOR MEAL AND BINGO LEAVING KROGER AT 11:30AM RETURNING 4:00PM RSVP AND PAY BY APRIL 8TH.</p>
<p>15</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>10:00AM</b> CRAFT CLUB  <b>NOON</b> MARENGO/FULTON SENIORS MEETING AT AMERICAN LEGION  <b>5:00PM</b> MEAL, OPEN MIC MUSIC, REFRESHMENTS TO FOLLOW SPONSORED BY MORROW COUNTY HEALTH CENTER</p>	<p>16</p> <p><b>12:30PM</b> SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA  <b>1:00-3:00PM</b> BINGO</p>	<p>17</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>11:00AM</b> GAMES BREAK FOR LUNCH 12:00-12:30PM  <b>3:00PM</b> LETS TALK ABOUT SEWING MEETING</p> <p>BAT APPRECIATION DAY</p>
<p>22</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>10:00AM</b> CRAFT CLUB  <b>5:00PM</b> MEAL, MUSIC BY THE COUNTRY TRAVELERS</p> <p>EARTH DAY</p>	<p>23</p> <p><b>9:00AM</b> ROUNDTABLE  <b>12:00-1:30PM</b> BRAIN GAMES WITH CHRIS</p> <p>NATIONAL CHERRY CHEESECAKE DAY</p>	<p>24</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>11:00AM</b> GAMES BREAK FOR LUNCH 12:00-12:30PM</p> <p>NATIONAL PIGS –IN-A-BLANKET DAY</p>
<p>29</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS  <b>10:00AM</b> CRAFT CLUB  <b>NOON-4:00PM</b> COMMODITIES  <b>5:00PM</b> MEAL, SOCK HOP TO FOLLOW</p> <p>NATIONAL SHRIMP SCAMPI DAY</p>	<p>30</p> <p><b>9:00AM-NOON</b> COMMODITIES  <b>BENT AND DENT TRIP LEAVING KROGER'S AT 9:00AM</b></p> <p>NATIONAL OATMEAL COOKIE DAY</p>	

## EVENTS AND IMPORTANT DATES

Thursday	Friday	<h3>Happy Anniversary</h3> <p>Ann &amp; Louie Lombardi 4/15</p> <p>Cam &amp; Joyce Taylor 4/22</p> <p>Kay &amp; Earl Todd 4/2</p> <p>Lyn &amp; Terri Conner 4/13</p> <p>Luella &amp; Lowell Powell 4/11</p> 
<p>4</p> <p><b>11:00AM</b> EUCHRE BREAK FOR LUNCH 12:00-12:30PM</p> <p>NATIONAL CORDON BLUE DAY</p>	<p>5</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS <b>12:30PM</b> BIBLE STUDY <b>1:00PM</b> SENIORS CHOIR MEETING-GAMES</p> <p>NATIONAL WALK TO WORK DAY</p>	
<p>11</p> <p><b>9:00 AM</b> SCIOTO DOWNS <b>11:00AM</b> EUCHRE BREAK FOR LUNCH 12:00-12:30PM <b>1:00-3:00PM</b> MARC FOLLIN MEDICARE</p> <p>NATIONAL COMPANION ANIMAL DAY</p>	<p>12</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS <b>12:30PM</b> BIBLE STUDY <b>12:30-2:00PM</b> Wii BOWLING/GOLF GAMES</p> <p>WALK ON YOUR WILD SIDE DAY</p>	
<p>18</p> <p><b>11:00AM</b> EUCHRE BREAK FOR LUNCH 12:00-12:30PM <b>12:00PM</b> MARENGO/FULTON SENIORS MEETING AT AMERICAN LEGION <b>DEADLINE FOR COLORING CONTEST</b></p>	<p>19</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS <b>12:30PM</b> BIBLE STUDY GAMES <b>3:00-4:00PM</b> TRAVEL CLUB MEETING</p> <p>FULL MOON</p>	
<p>25</p> <p><b>9:00 AM</b> SCIOTO DOWNS <b>11:00AM</b> EUCHRE BREAK FOR LUNCH 12:00-12:30PM</p> <p>NATIONAL ZUCCHINI BREAD DAY</p> 	<p>26</p> <p><b>8:45-10:00AM</b> SILVER SNEAKERS <b>NOON</b> CARDINGTON SENIORS MEET @ SENIORS ON CENTER <b>NOON</b> LUNCH AND LEARN WITH CLEAR CAPTION PHONES</p> <p>NATIONAL PRETZEL DAY</p>	
		<h3>NEW MEMBER</h3> <p>Linda Hill</p> <p>Iva (Peggy) Freeman</p> <p>Floyd McKee</p> <p>Diane McKee</p> <p>Linda Ullom</p> 
		<p><b>APRIL 2019 NEWSLETTER 7</b></p>

## INFORMATION

### EUCHRE

EVERY THURSDAY STARTING AT 11:00AM, JOIN US FOR A PROGRESSIVE GAME OF EUCHRE. LUNCH BREAK WILL BE FROM 12:00-12:30PM

### SILVER SNEAKERS

THIS EXERCISE CLASS IS HELD EVERY MONDAY, WEDNESDAY, AND FRIDAY FROM 8:45-10AM

### CRAFT CLUB

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

### BINGO

COME IN ON THE 1ST AND 3RD TUESDAY FROM 1-3PM FOR A FANTASTIC GAME OF BINGO

### MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MONDAY 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!

### BIBLE STUDY

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

### DINNER AND BINGO

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

## SERVICES PROVIDED AND CLUBS



### MEDICARE

Marc Follin will be in for Medicare April 11th 1-3pm. You can stop in on this day to see her here at the 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

### CARDINGTON SENIORS

FRIDAY, APRIL 26TH, AT 12 NOON  
NEED RESERVATION—\$3.00 SUGGESTED  
DONATION

SENIORS ON CENTER,  
41 W. CENTER ST., MT. GILEAD  
MARIE CHRISTIANO 419-751-7579

### CHESTERVILLE SENIORS

TUESDAY, APRIL 9TH, AT 12 NOON  
SELOVER LIBRARY, 31 STATE ROUTE 95,  
CHESTERVILLE

SUZI LYLE 419-768-3431



### SPARTA GOOD TIMES SENIORS

TUESDAY, APRIL 16TH, AT 12:30PM  
YOUR OWN COST  
HIGHLAND PIZZA  
6530 STATE ROUTE 229, SPARTA  
DICK SEARS 419-768-2050

### MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD  
MONDAY APRIL 1ST, AT 9AM,  
AMERICAN LEGION HALL  
1549 COUNTY RD 26, MARENGO, OH  
MONDAY APRIL 18, AT 12 NOON  
JOYCE TAYLOR 419-253-0727

## HAPPY BIRTHDAY

Mary Ackerman	Esther Hudnell	Virginia Webb
Jean Baughman	Joan Jagger	John Wicker
Helen Bowersmith	Fran Lentz	
Ray Brenneman	Janet Miller	
Dorothy Burggraf	Clara Morgan	
Helen Collins	Norbert Neutzling	
Paul Collins	Juanita Piercy	
Terri Conner	June Raney	
Bonnie Counts	Doyle Rogers	
Wilma Fulk	Lois Rogers	
Don Galleher	John Scroggins	
Paul Hinkle	Joyce Stutler	

## FUN FACTS

1. All polar bears are left handed.
2. An eagle can kill a young deer and fly carrying it.
3. The Katydid bug hears through holes in its hind legs
4. Dolphins sleep with one eye open.
5. A hippo can open its mouth wide enough to fit a 4 foot tall child inside.
6. The sixth sick sheik's sixth sheep's sick is said to be the toughest tongue twister in the English language.
7. The dot that appears over the letter I is called a "tittle".
8. Armadillo shells are bulletproof In fact, one Texas man was hospitalized when a bullet he shot at an armadillo ricocheted off the animal and hit him in the jaw.
9. Octopuses lay 56,000 eggs at a time The mother spends six months so devoted to protecting the eggs that she doesn't eat. The babies are the size of a grain of rice when they're born.
10. Blue whales eat half a million calories in one mouthful

## JUST FOR FUN

Created with TheTeachersCorner.r

### EASTER

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

EASTER  
BASKET  
BUNNY  
HIDE  
EGGS  
JELLYBEAN  
CELEBRATION  
CHOCOLATE  
FLOWERS  
SPRING  
CANDY  
HUNT  
BONNET  
PEEPS  
HOLIDAY

*Happy Easter*

**This Newsletter is published by:**

Morrow County Services for  
Older Citizens, Inc.  
dba Seniors on Center  
41 West Center Street  
Mt. Gilead, OH 43338

NON-PROFIT STD.  
U.S. POSTAGE PAID  
MT. GILEAD, OH  
43338  
PERMIT #14

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Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Dan Rogers
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Warren Davis
Linda Ruehrmund (Sec.)		Pat Rinehart	Marie Christiano

**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-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.