

# 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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HAVE A  
HAPPY EASTER,  
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

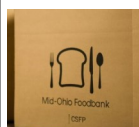


A hot, well-balanced lunch is available daily to shut-ins living in Morrow County that are 60+ years of age. Weekend and Holiday frozen meals are also available upon request. Call the center for assistance at (419)-946-4191 .

### 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!

### Ladies Day Grab & Go Meals

Join us in celebrating all the ladies in our lives on May 7th for a Ladies Day Grab and Go Meal. Pickup will be at the rear of the center from 11:30AM-12:30PM. Call 419-946-4191 by April 28th by Noon to reserve your meal.

If you are a member, please bring your meal card and of course donations are always accepted and appreciated.



Having a great time at the St. Patty's Day Grab and Go!

## HAPPY BIRTHDAY

Mary Ackerman

Sarah Adams

Jean Baughman

Helen Bowersmith

Ray Brenneman

Dorothy Burggraf

Helen Collins

Paul Collins

Terri Conner

Bonnie Counts

Mike Drake

Wilma Fulk

Carl Grose

Paul Hinkle

Joan Jagger

Karen Lashley

Janet Miller

Clara Morgan

Norbert Neutzling

Juanita Piercy

June Raney

Doyle Rogers

Lois Rogers

Mary Scheiderer

John Scroggins

Joyce Stutler

Deborah Utt



## Sheet Pan Chicken Sausage and Pepper Dinner

### Ingredients

- 1 package al fresco all natural chicken sausage
- 1 large onion
- 3 bell peppers
- Olive oil
- Italian Seasoning
- Foil



### Instructions

1. Preheat the oven to 400 degrees
2. Line 2 sheet pans or cookie sheets with foil
3. Stick the pans in the oven as it is preheating
4. Slice the onions and peppers in large slices.
5. Drizzle olive oil over the heated pan.
6. Evenly spread the peppers, onions and chicken sausage over the heated foil covered pans. Be sure the cut side of the al fresco all natural sausage is in full contact with the pan.
7. Drizzle with olive oil again and sprinkle with Italian seasoning.
8. Bake for 20 minutes.
9. After 20 minutes, rotate the pans and stir the peppers, onions and sausage.
10. Bake an additional 10 minutes until the vegetables are tender.
11. Serve in your favorite hoagie roll or over a bed of rice.

## Happy Anniversary

Luella & Lowell  
Powell  
4/11

Lyn & Terri  
Conner  
4/13

Cam & Joyce  
Taylor  
4/22



KEEP MOVING!

# cardio chair

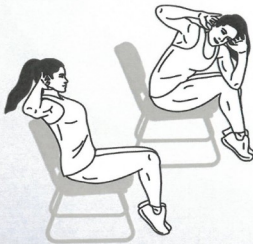
DAREBEE WORKOUT  
© darebee.com



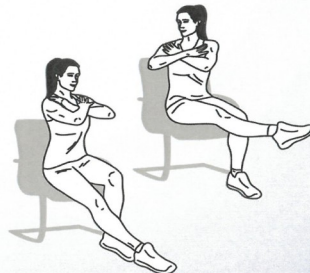
10 chair jacks



10 cycling crunches



10 knee-to-elbow twists



10 leg raises with a twist

# Catch & Release

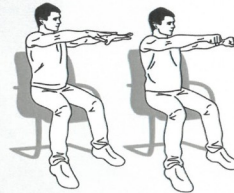
DAREBEE WORKOUT  
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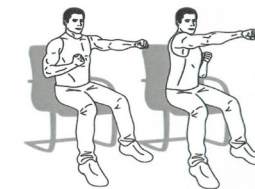
overhead clench  
20



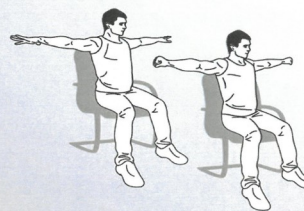
overhead punches  
20



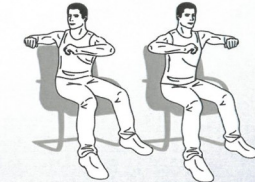
extended clench  
20



punches  
20



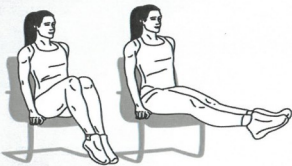
side extended clench  
20



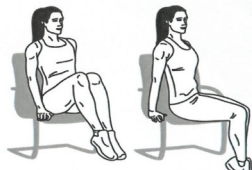
torso twists  
20

# chair abs

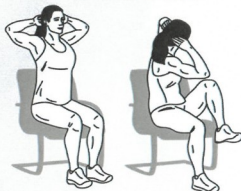
DAREBEE WORKOUT © darebee.com



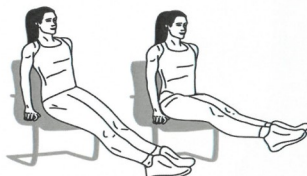
10 crunch kicks



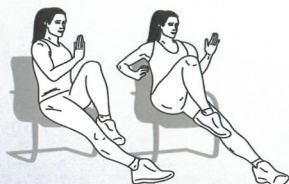
10 side-to-side knee sweeps



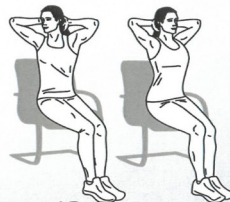
10 knee-to-elbows



10 leg raises



10 cycling crunches



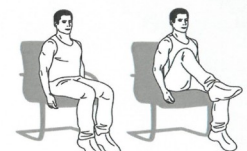
10 sitting twists

# chair cycle

DAREBEE WORKOUT © darebee.com



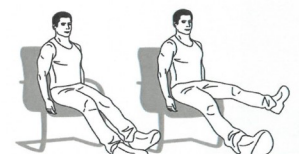
20 cycling



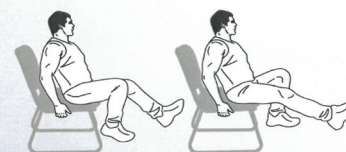
10 knee-ins



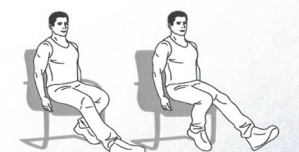
20 cycling



10 leg extensions



20 cycling



10 slow kicks

## FUN AND GAMES

### Happy Easter

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

BUNNY  
 CELEBRATE  
 CHOCOLATE  
 COLORFUL  
 CROSS  
 DECORATE  
 DINNER  
 EASTER  
 FAMILY  
 HUNT  
 LAMB  
 LILY  
 PEEPS  
 SPRING  
 SUNDAY  
 TULIPS

### “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 square, you will be able to read a quotation across the diagram from left to right.

Answer key page 8

N	O	T	P	B	Y	E	C	S	O	N	C	E
H	U	P		I	N		C	H	A	I	S	E
B	A	T		B	Y		S	H		I	C	

# ANSWER KEY

## Happy Easter

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

BUNNY  
 CELEBRATE  
 CHOCOLATE  
 COLORFUL  
 CROSS  
 DECORATE  
 DINNER  
 EASTER  
 FAMILY  
 HUNT  
 LAMB  
 LILY  
 PEEPS  
 SPRING  
 SUNDAY  
 TULIPS

## "QUOATFALLS"

N	O	T	P	B	Y	E	C	S	O	N	C	E
H	U	P		I	N		C	H	A	I	S	E
B	A	T		B	Y		S	H		I	C	
H	A	P	P	I	N	E	S	S		I	S	
N	O	T		B	Y		C	H	A	N	C	E
B	U	T		B	Y		C	H	O	I	C	E

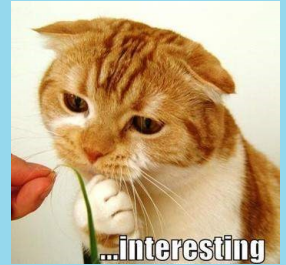


# MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</b>	<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>		1 Pulled BBQ Pork Bun Corn Chowder Cucumber Salad Mixed Fruit Milk	2 Ham & Cheese Bun Lettuce & Tomato Potato Salad Apple Crisp Milk
5 Burger Bun Potato Rounds Brussel Sprouts Fruit Cocktail Milk	6 Sliced Turkey Sweet Potatoes Green Beans Pineapple Roll Milk	7 Lasagna Cooked Spinach Wax Beans Michigan Mixed Fruit Chocolate Chip Cookie Milk	8 Turkey & Cheese Bun Black Bean Soup Carrot Raisin Salad Peaches Milk	9 Chicken Tenders Scalloped Potatoes Cooked Carrots Malibu Fruit Mix Roll Milk
12 Hot Dog Bun Baked Beans Redskin Potatoes Malibu Fruit Mix Milk	13 Chicken & Noodles Peas & Onions Cooked Carrots Pineapple Roll Milk	14 Italian Chicken Sausage Mashed Potatoes Green Beans Pears Roll Milk	15 Breaded Pollock Bun Potato Soup Cole Slaw Sliced Apples Milk	16 Cheese Quesadillas Corn Broccoli Mandarin Oranges Graham Crackers Milk
19 Breaded Veal Bun Sweet Potato Puffs Corn Mixed Fruit Milk	20 Taco Meat Lettuce Pinto Beans Taco Shell Pineapple Milk	21 Chicken Alfredo Cooked Carrots Cooked Spinach Fruit Cocktail Milk	22 Shredded Beef Bun Tomato Basil Soup Hawaiian Salad Malibu Fruit Mix Milk	23 Chicken Chunks Redskin Potatoes Mixed Veggies Peaches Pita Flatbread Milk
26 BBQ Riblet Bun Green Beans Cooked Carrots Mixed Fruit Milk	27 Chicken Breast Corn Broccoli Mandarin Oranges Blueberry Muffin Milk	28 Roast Beef Mashed Potatoes Lima Beans Cinnamon Apples Roll Milk	29 Chicken Patty Bun Vegetable Soup Tossed Salad Applesauce Milk	30 Mas & Cheese w/ Meatballs Peas & Carrots Green Beans Peaches Milk

## FUN FACTS!

1. Doggerland is the area of land connecting Great Britain to continental Europe. It was flooded by rising sea-levels (6500-6200BC), turning Great Britain into an island.
2. Peaches are the third most popular fruit grown in America.
3. Hershey's Kisses are named that after the kissing sound the deposited chocolate makes as it falls from the machine on the conveyor belt.
4. Geomelophagia is someone who has the urge to eat raw potatoes.
5. Ladybugs bleed from their knees when threatened.
6. The Bagheera kiplingi spider was discovered in the 1800's and is the only species of spider that has been classified as vegetarian.
7. If your throat tickles, scratching your ear can make it go away.
8. April 12th is known as "Grilled Cheese Sandwich Day".
9. Facebook causes you to overestimate how happy your friends are and, in turn, makes you more depressed.
10. In the original Psycho movie, the blood in the famous shower scene was actually chocolate syrup.



**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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**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.