

# SENIOR MOMENTS

MORROW COUNTY'S MONTHLY NEWSLETTER

APRIL 2018

**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**

April is Parkinson's Disease Awareness Month. Every nine minutes there is a new diagnosis of PD, which means that in April alone nearly 5,000 individuals in this country will learn they have PD. Parkinson's disease is a chronic, progressive disease with no treatment, therapy, or drug to slow or halt its progression. Visit [www.apdaparkinson.org](http://www.apdaparkinson.org) every day in April to discover interactive ways to change lives, or make a critical donation to help fund APDA's dual purpose to *Ease the Burden – Find the Cure*.

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## SERVICES PROVIDED THROUGH THE CENTER

### BELTONE

Angela Schneider, Hearing Care Practitioner from Beltone will be at the Seniors on Center March 20th from 10am-Noon. No appointment necessary.



### BLOOD PRESSURE

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



### MEDICARE

Marc Follin will be in to answer any questions about Medicare you may have April 5th from 1-3pm at 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



### AARP TAX AIDE

AARP will be available to do taxes on Tuesday's April 3rd and 10th from 9am to 2pm with lunch from noon to 1pm. Call to make appointment.



### 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

## ACTIVITIES TO LOOK FORWARD TO!

### LUNCH AND OUTINGS

Starting this month we will be hosting a Lunch and Outing to different places here in town.

This will be on the 1st Wednesday of each month starting at 11:30am. Please call by 1pm the day before if not sooner and reserve your spot. If you have any suggestions as to where to go please let us know, and we will see what we can put together.



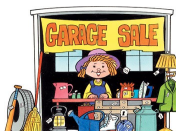
### LUNCH AND CRAFTS

Starting this month we will be hosting a Lunch and Craft with some fun and inventive craft ideas for you to take home. This will be on the 3rd Wednesday of each month starting at 11:30am. Please call by 1pm the day before if not sooner and reserve your spot. If you have a craft you would like to share please let us know.

### LUNCH AND LEARN

Don't forget to join us for our next Lunch and Learn. We will be enjoying a great lunch and learning about some exciting topics or demonstrations, this will be on the 4th Wednesday of each month starting at 11:30am. Please call by 1pm the day before if not sooner and reserve your spot. If you have a topic you would like to learn about please let us know.

### RUMMAGE SALE



We are having our annual Rummage Sale coming up on May 3rd from 9am-3pm and May 4th from 9am to Noon. If you have anything you would like to donate please bring it by. Thank you in advance for your contribution.

**PLEASE NO SHOES OR LARGE FURNITURE.**

### MARIONAIRES

We will be going to see the Marionaires Barbershop Chorus @ The Marion Palace Theater on Saturday, April 28th. We will be leaving Kroger @ 4:30pm with a stop at Bob Evans for dinner. There is a Suggested Donation of \$5.00 for Transportation. Please see Al Miller for Advanced Tickets. Deadline is April 23rd.



### PATSY CLINE

We will be going to lunch and a show at the Der Dutchman Restaurant in Plain City. Kathleen Bressler will be delighting us with her heartfelt tribute to the late Patsy Cline. This event takes place on July 12th and we will be leaving Kroger's @9:30am. Tickets are \$60.00 for members and \$65.00 for non-members. A non-refundable deposit of \$10.00 is due at the time you make your reservations.



### COLUMBUS CLIPPERS

Join us June 25th for Dime A Dog Night at the Columbus Clippers Game. We will be leaving Kroger at 5:30pm and arriving at 7:00pm. Tickets are \$20.00 for members and \$25.00 for non-members. Hope to catch you there.



### SCIOTO DOWNS

Our Casino trips are starting back up. Join us on the second and fourth Thursday of each month for a trip to Scioto Downs. We will be leaving Kroger at 9am, arriving at 10am and will be leaving Scioto Downs at 3pm and arriving home around 4pm. \$15.00 for members \$20.00 non-members. We hope you will join us.

## NUTRITION NEWS & TRANSPORTATION

We are pleased to have Seneca County as our new meal Caterer. We feel as though it has 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 1:00pm 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 cannot leave a meal if you are not home.

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

One of our drivers is in Mansfield for Dialysis on Mondays, Wednesdays and Fridays at 11:00am. One of our drivers is in Marion for dialysis on Mondays, Wednesdays, and Fridays at 11:00am. On Tuesdays and Thursdays, we have a driver in Marion for Dialysis at 9:00am. If you need transportation, please try to plan your trips to these places for around the same time. Thank You.

**Please note if you are calling for a meal you will need to call the day before by 1:00pm. If you are calling for a meal for music on Monday night you need to call on Friday by 1:00pm. Thank You**



# MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

## CARDINGTON SENIORS

FRIDAY, APRIL 27TH @ 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, APRIL 10TH, @ 12 NOON  
SELOVER LIBRARY, CHESTERVILLE  
31 STATE ROUTE 95  
SUZI LYLE 419-768-3431



## SPARTA GOOD TIMES SENIORS

TUESDAY, APRIL 17TH @12:30PM  
HIGHLAND PIZZA—YOUR OWN COST  
6530 STATE ROUTE 229, SPARTA  
DICK SEARS 419-768-2050

## MT GILEAD SENIORS CLUB

TUESDAY, APRIL 17TH @12 NOON  
@ SENIORS ON CENTER,  
RESERVATIONS NEEDED. BRING DESSERT  
MARILYN SIPES 419-468-3500

## MARENGO/FULTON SENIORS

BREAKFAST @ FARMSTEAD APRIL 2ND @9AM  
MONDAY, APRIL 16TH  
CARRY IN LUNCH @ 12 NOON  
AMERICAN LEGION POST 710,  
1549 W. C.R. 26, MARENGO  
JOYCE TAYLOR 419-253-0727



## EUCHRE

EVERY THURSDAY STARTING AT NOON, JOIN US  
FOR A PROGRESSIVE GAME OF EUCHRE.

## SILVER SNEAKERS



THIS EXERCISE CLASS IS HELD EVERY  
MONDAY, WEDNESDAY, AND FRIDAY FROM 9-  
10AM

## CRAFT CLUB

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



## MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MONDAY OF EACH  
MONTH, WE HAVE A MEAL WITH MUSIC TO FOL-  
LOW THIS STARTS AT 5:00PM PLEASE CALL FRI-  
DAY BY 1:00PM TO RESERVE YOUR SPOT.

## BINGO



COME IN ON THE 1st, 2nd, & 4th TUESDAYS  
FROM 1-3PM FOR A FANTASTIC GAME OF  
BINGO



## BIBLE STUDY

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

## DINNER AND BINGO


THE FIRST WEDNESDAY OF EACH MONTH WE  
WILL BE DOING DINNER WITH A GAME OF BINGO  
TO FOLLOW. SO CALL BY 1:00PM ON TUESDAY  
AND RESERVE YOUR SPOT

# APRIL 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Meatloaf Corn Mashed Potatoes Applesauce WG Cheddar Goldfish WW Bread Milk</p>	<p>3</p> <p>Chicken Breast Scalloped Potatoes Green Beans Peaches WG Roll Chocolate Chip Cookie Milk</p>	<p>4</p> <p>Cabbage Rolls String Cheese V8 Juice Mashed Potatoes Sliced Apples Graham Cracker WW Bread Milk</p>	<p>5</p> <p>Burger Corn Chowder Tossed Salad Pears &amp; Blueberries WW Bun Milk</p>	<p>6</p> <p>Macaroni &amp; Cheese- Mixed Vegetables Grapes Pineapple WW Bread Milk</p>
<p>9</p> <p>Breakfast Sausage Hash Browns Apple Juice Strawberries WG French Toast Graham Crackers Milk</p>	<p>10</p> <p>Beef Stroganoff Broccoli Strawberry Kiwi Juice Grapes WW Bread Milk</p>	<p>11</p> <p>Ham Sweet Potatoes Cauliflower &amp; Peas Pineapple WG Roll Milk</p>	<p>12</p> <p>Sliced Turkey Breast Tossed Salad Chix Noodle/Veg Soup Peaches WW Bun Milk</p>	<p>13</p> <p>Pork Cutlet Roasted Potatoes Succotash Applesauce WW Bread Animal Crackers Milk</p>
<p>16</p> <p>Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail Roll Graham Cracker Milk</p>	<p>17</p> <p>Stuffed Pepper String Cheese Potatoes V8 Juice Pears WG Bread Oatmeal Cookie Milk</p>	<p>18</p> <p>Turkey Breast Sliced Potatoes Succotash Tropical Fruit Pudding WG Bread Milk</p>	<p>19</p> <p>Veal Cutlet Chicken Pot Pie Soup Tossed Salad Frozen Peaches WW Bun Milk</p>	<p>20</p> <p>Roast Pork Mashed Sweet Potatoes Applesauce WG Bread Animal Crackers Milk</p>
<p>23</p> <p>BBQ Riblet Herb Potatoes California Blend Vegetables Kiwi WW Bun Milk</p>	<p>24</p> <p>Hungarian Goulash Very Berry Juice Peas Pears Muffin Milk</p>	<p>25</p> <p>Roast Beef Mashed Potatoes Green Beans Applesauce WG Bread Animal Crackers Milk</p>	<p>26</p> <p>Sliced Ham Split Pea Soup Tossed Salad Pineapple WW Bun Milk</p>	<p>27</p> <p>Chicken &amp; Noodles Cole Slaw Carrots Peaches WG Bread Milk</p>
<p>30</p> <p>Meatloaf Mashed Potatoes Corn Oranges WG Bread Animal Crackers Milk</p>				

**6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.**

# APRIL EVENTS AND IMPORTANT DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9-10 SILVER SNEAKERS</p> <p>10 CRAFT CLUB</p> <p>5:00 MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>3</p> <p>9AM ROUND TABLE</p> <p>1-3 BINGO</p> <p>NATIONAL FIND-A-RAINBOW DAY.</p>	<p>4</p> <p>9-10 SILVER SNEAKERS</p> <p>11:30 LUNCH AND OUTING TO GRILL AND CHILL</p> <p>1PM FREE BLOOD PRES-SURE CHECK</p> <p>1:30PM CARDS</p> <p>4:30-6:30PM BINGO HOSTED BY WOODSIDE</p>	<p>5</p> <p>NOON EUCHRE</p> <p>NATIONAL CARAMEL DAY</p>	<p>6</p> <p>9-10 SILVER SNEAKERS</p> <p>12:30 BIBLE STUDY GAMES</p> <p>FRESH TOMATO DAY</p>
<p>9</p> <p>9-10 SILVER SNEAKERS</p> <p>10 CRAFT CLUB</p> <p>5:00 MEAL, MUSIC BY MONDAY NIGHT RAMBLERS TO FOLLOW</p>	<p>10</p> <p>9AM ROUND TABLE</p> <p>NOON BIRTHDAY PARTY</p> <p>1-3 BINGO</p> <p>SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA</p>	<p>11</p> <p>9-10 SILVER SNEAKERS</p> <p>11 BOARD MEETING</p> <p>DANDELION DAY</p>	<p>12</p> <p>NOON EUCHRE</p> <p>9AM SCIOTO DOWNS CASINO TRIP</p> <p>NATIONAL LICORICE DAY</p>	<p>13</p> <p>9-10 SILVER SNEAKERS</p> <p>12:30 BIBLE STUDY GAMES</p>
<p>16</p> <p>9-10 SILVER SNEAKERS</p> <p>10 CRAFT CLUB</p> <p>5:00 MEAL, MUSIC BY OPEN MIC TO FOLLOW</p>	<p>17</p> <p>9AM ROUND TABLE</p> <p>CHESTERVILLE SENIORS MEET A@THE SELOVER LIBRARY</p> <p>MT. GILEAD SENIORS MEET @ SENIORS ON CENTER</p>	<p>18</p> <p>9-10 SILVER SNEAKERS</p> <p>11:30 LUNCH AND CRAFT HATS FOR SENIOR DAY</p> <p>1PM FREE BLOOD PRES-SURE CHECK</p> <p>1:30 CARDS</p>	<p>19</p> <p>NOON EUCHRE</p> <p>NATIONAL AMARETTO DAY</p>	<p>20</p> <p>9-10 SILVER SNEAKERS</p> <p>12:30 BIBLE STUDY GAMES</p>
<p>23</p> <p>9-10 SILVER SNEAKERS</p> <p>10 CRAFT CLUB</p> <p>NOON-4PM COMMODITIES</p> <p>5:00 MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>24</p> <p>9AM ROUND TABLE</p> <p>9AM-NOON COMMODITIES</p> <p>1-3 BINGO</p>	<p>25</p> <p>9-10 SILVER SNEAKERS</p> <p>9AM VOLUNTEER BREAKFAST</p> <p>11:30 LUNCH AND LEARN WITH PHYLIS MILLER M.C. HISTORICAL SOCIETY</p> <p>1:30 CARDS</p>	<p>26</p> <p>NOON EUCHRE</p> <p>9AM SCIOTO DOWNS CASINO TRIP</p> <p>NATIONAL BIRD DAY</p>	<p>27</p> <p>9-10 SILVER SNEAKERS</p> <p>12:30 BIBLE STUDY GAMES</p>
<p>30</p> <p>9-10 SILVER SNEAKERS</p> <p>10 CRAFT CLUB</p> <p>NATIONAL OATMEAL COOKIE DAY</p>			<p>Can the April shower's bring the May am so done</p>  <p>hurry up and flowers. I with the cold!</p>	

## OTHER INFORMATION

### Too Much Sitting

Too much time spent in a chair could shorten our lives, even if we exercise, according to a study that finds the links between lengthy sitting time and death among middle-aged and older adults. The study also suggests that we might be able to reduce our risks by taking a few steps every half-hour or so. Being seated and unmoving all day is unhealthy. The longer people sit on a daily basis, the likelier they are to develop various diseases, including obesity, diabetes and heart disease. The men and women who sat for the most hours every day had the highest risk for early death, especially if this sitting often continued for longer than 30 minutes at a stretch. Try setting an alert on your phone or computer to ping every half hour and remind you that now is time to get up and move.

### ANTHEM HAS WHAT!!!

Anthem Medicare Advantage Plan members now have a hearing aid benefit. This means you can get a FREE set of hearing instruments, or choose to upgrade to our premiere technology at a fraction of the cost. Contact Angela Thomas at Beltone today to discuss your options  
740-389-5566





## PHOTOS



Enjoying a delicious meal at the Seniors on Center



Thank you to Kroger's manager Bobby for always going above and beyond when we need help with items for our activities. Thank you to Kroger's Bakery Manager Leann for coming in and showing us how to decorate beautiful cupcakes.



Thank you to Janet from Keith's Flowers for showing us how to put together a beautiful flower arrangement.

## HAPPY BIRTHDAY

JOIN US ON TUESDAY APRIL 10TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Helen Bowersmith

Dorothy Burggraf

Jean Raney

Paul Hinkle

Harry Day

Lola Elzey

Virginia Webb

Lois Rogers

Joan Jagger

Doyle Rogers

Janet Miller

Mary Ackerman

Esther Hudnell

Bonnie Counts

Juanita Piercy

Jesse Spaulding

Ray Brenneman

Norbert Neutzling

Joyce Levering

Wilma Fulk



### NEW MEMBERS

Marlene Renz

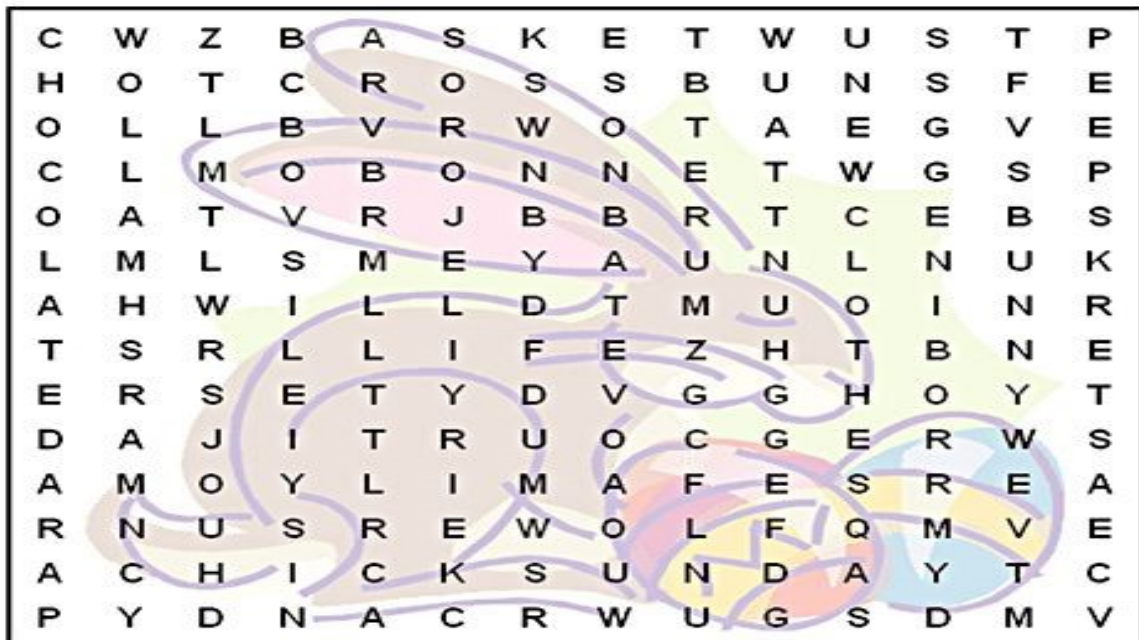
Luella Thomas

Martha Kubbs

1. You are twice as likely to be killed by a vending machine as by a shark.
2. There are more stars in space than there are grains of sand on every beach in the world.
3. Recycling one glass jar can produce enough energy to watch TV for 3 hours.
4. Pirates wore earrings because they believed it improved their eyesight.
5. Coca –Cola would be green if coloring was not added to it.
6. Kleenex tissues were originally used as filters on gas masks.
7. Drying fruit depletes it of 30-80% of its vitamin and antioxidant content.
8. The word “gorilla” is derived from a Greek word meaning, “A tribe of hairy women.”
9. A male ostrich can roar just like a lion.
10. There are 60,000 miles of blood vessels in the human body.



# JUST FOR FUN!



**Parade**  
**Tradition**  
**Candy**  
**Chicks**  
**Sunday**

**Bonnet**  
**Daffodils**  
**Basket**  
**Peeps**  
**Chocolate**

**Easter**  
**Family**  
**Flowers**  
**Jelly Beans**  
**Egg Hunt**

**Games**  
**Bells**  
**Bunny**  
**Lamb**  
**Lily**

**Colored Eggs**  
**Marshmallow**  
**Hot Cross Buns**  
**New Clothes**  
**Robin Eggs**

**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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43338  
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**MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.**

**419.946.4191 \* 419.946.1037 facsimile**

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