

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 SENIOR MOMENTS



FEBRUARY 2016 ISSUE

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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.

SENIORS ON CENTER SERVICES



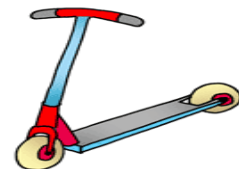
Home delivered meals

A hot, well-balanced lunch is available daily to senior shut-ins living in Morrow County. Weekend and holiday frozen meals are also available upon request. A suggested donation of \$3.00 per meal is accepted.



Lunch at Seniors on Center

A hot lunch is served daily at 11:45 a.m. Reservations are required by calling the Center at least 24 hours in advance. A suggested donation of \$3.00 is accepted for those 60+ and a charge of \$5.00 for those under 60.



Transportation

Handicapped accessible transportation and escort service to work, doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc. is available. A suggested donation of \$3.00 is accepted. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice.



Homemaker

Light housekeeping for those unable to perform some of their home making chores. Charge is \$5.00 per hour.

Scioto Downs Casino Columbus, Ohio



Casino trips are put on hold for the 2016 winter months due to unpredictable weather. We will let you know when we will begin them.

The first tax appointments here at the Center will be February 4, 2016. We have begun to set up the appointments, so be sure to call in and get your time slot filled. The times fill up quickly.



OFFICE
CLOSED

February 15th – Presidents Day

MONDAY, FEBRUARY 8TH

MONDAY NIGHT MUSIC AND
VALENTINES PARTY
WE WILL SELECT A KING AND QUEEN
FOR THE EVENING.
6:00 to 8:00 PM



FEBRUARY 2, 2016

FAQ

1. Yes, Punxsutawney Phil is the only true weather forecasting groundhog. The others are just imposters.
2. There has been only one Punxsutawney Phil. Punxsutawney Phil gets his longevity from drinking "groundhog punch" (a secret recipe). One sip, which is administered every summer at the Groundhog Picnic, gives him seven more years of life.
3. On February 2nd, Phil comes out of his burrow on Gobbler's Knob, in front of thousands of faithful followers from all over the world, to predict the weather for the rest of the winter.
4. According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.
5. No, Punxsutawney Phil's forecasts are not made in advance by the Inner Circle. After Phil emerges from his burrow on February 2nd, he speaks to the Groundhog Club President in Groundhogese. His proclamation is then translated for the world.
6. The celebration of Groundhog Day began with the Germans, Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states "For as the sun shines on Candlemas day, so far will the snow swirl in May...". The settlers found that groundhogs were plentiful and were the most intelligent and sensible animal to carry on the legend of Candlemas Day.
7. Punxsutawney held its first Groundhog Day in the 1800's. The first official trek to Gobbler's Knob was made on February 2nd, 1887.
8. So the story goes, Punxsutawney Phil was named after King Phillip. Prior to being called Phil, he was called Br'er Groundhog

Candle Light

Cards

Chocolate

Cupid

Date

Dinner

First Kiss

Memories

Movie

Pink

Poem

Proposal

Red

Romance

Roses

St. Valentine

Sweetarts


Teddy Bear

True Love

Happy Valentine's Day

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

Chicken Scratch NY





MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, February 26th @ 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, March 15th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, February 1st @9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, February 15th @12PM
Carry-In Lunch
American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, February 16th @12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, February 16th @12 Noon
At Seniors on Center. Reservations needed. Bring dessert.
Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
April 4th @ 11:30 AM Lunch
provided by Trinity UMC for \$10.00
75 E. High St, Mt. Gilead
Ann Campbell 419-946-7666



Join us on Tuesday, February 9th
at noon to celebrate our February
birthdays! Wishing the following a
Very Happy Birthday:

Janet Burns
Martha Kubbs
Sandy Snyder
Katherine Corwin
William Goodman
Vera Marie Hinkle
Chester Baxter
James Lanham
Dorothy Meltzer

Ralph Stettler
Evelyn Barnett
Naomi Gorman
Audrey Swango
Pam Keckler
Jeannette Warwick
Marilyn Weiler
Wilma Hinkle
Pam Lyons

MONDAY NIGHT MUSIC

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

Monday, February 1st

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, February 8th

Meal 5-6PM

Music by Dick Starcher 6-8PM

Valentine Party – King & Queen Crowned

Monday, February 15th

Closed for President's Day

Monday, February 22nd

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, February 29th

Meal 5-6PM

Music Open Mic 6-8PM

You must make reservations for the meals!

**** Band donations accepted ****

EUCHRE AND BINGO

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday and Thursday at 11:30. We would love to see new faces.

The first, second & fourth Tuesday of each month we are having Bingo from 1-3 PM

**Beltone at the Senior Center
February 16th 10am - Noon**

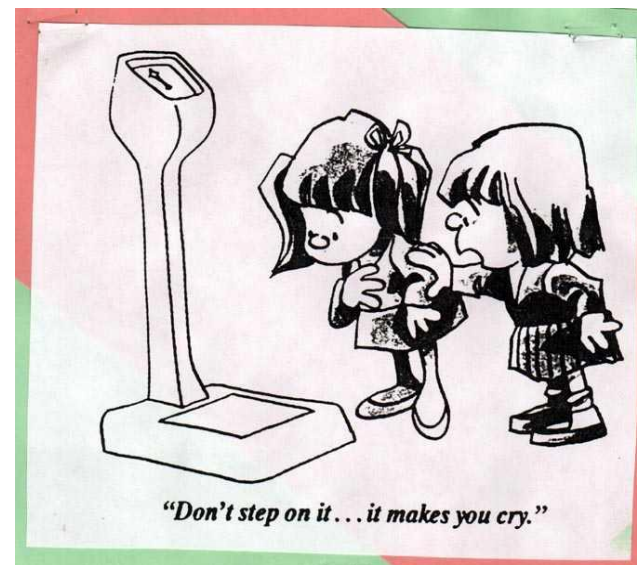
No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

A BIG thanks to the Cardington Market and Morrow County Hospital for providing the delicious food for our annual board meeting last month. The food was a huge success.

Medicare Questions?

Marc Follin will be at the Senior Center from 1 to 3 p.m. the first Thursday of February to answer any question you may have about Medicare. Don't miss this opportunity to have all of your questions answered and be ahead of the game if you are nearing that time in your life that you will be needing Medicare and you are not sure about what you will actually need.



In 2016, Ohioans will go to the polls to elect the President of the United States, a U.S. Senator, members of Congress, the General Assembly and local leaders, and will weigh in on important public policy issues, all of which will have a great impact of the future of our state and our Nation.

Your Morrow County Senior Center is pleased to announce that this year we will be able to provide you with voter registration and change of address forms. You can also receive absentee ballot applications and instruction brochures.

We along with your local election officials and the Secretary of State's Office are working to ensure that every Ohioan who is eligible and wants to vote, may do so easily and with trust and confidence in the results.

This is another way your Morrow County Senior Center is here to provide assistance for our senior population.



GROCERIES FOR SENIORS

Your are eligible for a monthly box of groceries if you:

- Are age 60 or older
- Live in Morrow County
- Meet income guidelines

For details contact:
Morrow County Seniors on Center
Shirley Furr at 419-946-4191



Mid-Ohio Foodbank
OPERATION FEED

Lauren was frustrated. She had complained dozens of times to her daughter about her newest gag of kissing the bathroom mirror immediately after applying lipstick, but it was all to no avail. Finally, one day after spending a half hour scrubbing the mirror, only to find another kiss mark an hour later, Lauren had enough. "Lizzy!" she hollered, "What?" came her daughter's reply through her bedroom door. I can't find the toilet brush that I've been using to clean the bathroom mirror. Do you have any idea where it is?"

After hearing the gagging from behind the bedroom door, Lauren knew her days of cleaning kiss marks off of mirrors were over



Beef Stew with Roasted Winter Vegetables

"Seasonal vegetables, strong flavors and ingredients that are both lean and low in salt make for a delicious twist on a traditional winter meal."

Ingredients

4 cups cubed winter vegetables (cut into 1/2-inch pieces), such as carrots, butternut squash, parsnips, or sweet potatoes

1 medium onion, cut into 1/2-inch pieces

2 tablespoons olive oil, divided

1 1/2 pounds boneless beef sirloin steak, cut into 1-inch cubes

3/4 cup chicken broth

3 Bay Leaves

1/2 teaspoon Thyme Leaves

1/2 teaspoon Black Pepper, Coarse Grind

1/2 teaspoon salt

1/4 cup dry red wine or apple juice

3 cups prepared mashed potatoes

Directions

Preheat oven to 425 degrees F. Toss vegetables and onion with 1 tablespoon olive oil on large baking sheet. Roast 20 minutes or until vegetables are golden.

Meanwhile, cook and stir beef in remaining 1 tablespoon olive oil in large skillet on medium-high heat 5 minutes or until beef is browned. Add roasted vegetables, chicken broth, bay leaves, thyme, pepper, salt and wine. Bring to boil. Reduce heat to low; simmer 10 minutes or until sauce is slightly thickened. Remove bay leaves from stew before serving. Serve stew over mashed potatoes.



Don't forget your sweetheart on Valentine's Day, February 14th.....**B U T**, if you don't have a special someone, what is a better way to find him or her than by attending our singles night, Friday, February 12th?

You will be having refreshments, a round of speed-dating and even try your hand at the dating game. Who knows what a fun evening with other singles may bring your way in the future? Your evening will begin at 6:30 and last until 8:00.



IN THE WORKS

Thursday, April 14th - Vera Bradley Outlet Annual Sale. 60% off all merchandise. \$75.00 with \$10.00 food voucher.

May 19th - Senior Citizen Day at the Cardinal Center. Better than ever.

June - Ladies Night Out.

Thursday, July 21st. Tecumseh Outdoor Theater, buffet and transportation. \$50.00 for members and \$53.00 for non-members. **MUST** have 25 to go.

A day of art and/or craft.

Trip to Sandusky Islands

Trip to Amish Theater - "Josiah for President"


July Corn Festival - Pancake breakfast

A day for men only

Senior Day at the Fair

These are a few of the events and trips that we are working on. Keep watching your newsletters and newspapers for more information concerning these and more things that we are working on for your enjoyment.

FEBRUARY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30-10AM Silver Sneakers 11:45 AM Lunch 9AM Marengo/Fulton Breakfast @Farmstead 5-6PM Meal 6-8PM Music	2 11:45 AM Lunch 1:00-3:00PM Bingo GROUNDHOG DAY!	3 8:30-10AM Silver Sneakers 11:45 AM Lunch 11:30 AM Euchre	4 11:45 AM Lunch 11:30 AM Euchre	5 8:30-10AM Silver Sneakers 11:45 AM Lunch 12:30PM Bible Study
8 8:30-10AM Silver Sneakers 11:45 AM Lunch 5-6PM Meal 6-8PM Valentine Party	9 9AM Roundtable 11:45 AM Lunch 1:00-3:00PM Bingo	10 8:30-10AM Silver Sneakers 11:45 AM Lunch 11:30 AM Euchre	11 11:45 AM Lunch 11:30 AM Euchre	12 8 AM-4:30 PM Inside walking 8:30-10AM Silver Sneakers 11:45 AM Lunch 12:30PM Bible Study 6:30-8:00PM Singles Party
15 CLOSED PRESIDENTS DAY	16 9AM Roundtable 10AM-12Noon Beltone 11:45 AM Lunch 12 Noon Mt. Gilead Sr. Lunch 12:30 Sparta Lunch	17 8:30-10AM Silver Sneakers 11:45 AM Lunch 11:30 AM Euchre	18 11:45 AM Lunch 11:30 AM Euchre	19 8:30-10AM Silver Sneakers 8AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
22 8:30-10AM Silver Sneakers 11:45 AM Lunch Noon-4PM Commodities 5-6PM Meal 6-8PM Music	23 9:00 AM Roundtable 11:45 AM Lunch 9AM-Noon Commodities	24 8:30-10AM Silver Sneakers 11:45 AM Lunch 11:30 AM Euchre	25 11:45 AM Lunch 11:30 AM Euchre	26 8:30-10AM Silver Sneakers 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study 12 Noon Cardington Lunch
29 8:30-10AM Silver Sneakers 11:45 AM Lunch 5-6PM Meal* 6-8PM Music Open mic				

FEBRUARY MENU

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef & Noodle Casserole Peas & Carrots Mixed Fruit Orange Juice	2 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce	3 Cabbage Roll Cheese Cubes Parsley Potatoes Apple Juice	4 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit	5 Deli Ham Tossed Salad Peaches Apple Juice
8 Hamburger with Lettuce & Tomato Wedge Fries Pineapple	9 Shredded Chicken Sandwich Green Beans Pears Pineapple Juice	10 Sloppy Joe's Sandwich Carrots Hot Apple Slices Cranberry Juice	11 Beef & Noodle Casserole Peas & Carrots Mixed Fruit Orange Juice	12 Pork Fritter Baked Potatoes Broccoli Peaches
15 CLOSED PRESIDENTS DAY	16 Chicken Breast Mashed Potatoes Carrots Grape Juice	17 Spaghetti Green Beans Peaches Cranberry Juice	18 Salisbury Steak Mashed Potatoes Succotash Apple Juice	19 Chicken Strips Hash Browns Beets Orange Juice
22 Pot Roast Red Skin Potatoes Carrots Orange Juice	23 Chicken Patty Sweet Potatoes Corn Mandarin Oranges	24 Chicken Noodle Casserole Peas Applesauce Cranberry Juice	25 Vegetable Lasagna Tossed Salad Fresh Orange	26 Meatloaf Baked Potato Brussel Sprouts Pears
29 Beef & Noodle Casserole Peas & Carrots Mixed Fruit Orange Juice	<div>MENU IS SUBJECT TO CHANGE</div>			

*Weather permitting – If services are closed, Music Night will be cancelled!