

SENIOR MOMENTS

Morrow County's Monthly Newsletter

NOVEMBER

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM

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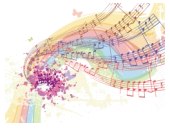
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HAVE A HAPPY
THANKSGIVING,
FROM ALL OF US AT
SENIORS ON CENTER!



Do to a rise in the
pandemic numbers all
activities, are
subject to change or be
canceled. Please call the
center to verify
activities.

UPCOMING EVENTS!



MUSIC

Monday, November 1st, join Country Travelers at 6:00pm, and Monday, November 15th, join Kicking Grass at 6:00pm for a fun evening of live music. Cost on these nights for members \$1.00, non-members \$2.00. Donations for the band are still greatly appreciated. There will be a meal available at 5:00PM. If you are interested in the meal please call by Friday, at noon to reserve your meal. The meal is a suggested donation of \$3.00 or you may use your meal card. We will also be having a 50/50 raffle so come ready to win big!

SHOPPING

We will be starting shopping trips every 1st and 3rd Tuesday of the month to Marion or Mansfield. First Tuesday, November 2nd we will be heading to Marion and Third Tuesday November 16th we will be going to Mansfield. Please contact Brian about where it is you would like to go. We will be leaving the center at 10AM and returning at about 2PM. We will be meeting at the center by 9:30. If you need a ride to the center please call Brian to arrange transportation. Please try to give us 48 hours notice for pickup. Donations are always welcome.



SASSY SENIORS

Exercise? Who Me? "I really need to exercise..." If you have said this or even thought this, this information is for you. Sassy Seniors, a group of older adults, meets every Monday, Wednesday and Friday from 8:30 to 9:30 at Shelter House #2 at the State Lakes for moderate exercise and a whole lot of fun. But we all know, this is Ohio and when September comes, can winter be far behind. Never fear-when the cold winds blow, we will continue exercising indoors at Seniors on Center, following the same schedule from 8:30 to 9:30 Mondays, Wednesdays and Fridays.

Come join us out at the State Lakes and when the weather changes, at Seniors on Center. Improve your balance, strengthen your core and discover that exercising with the Sassy Seniors can make fitness fun! (Due to Covid, we will need to limit our size to 20 and to those who are members of Seniors on Center.)

BINGO

Cash Bingo will be on Tuesday, November 9th at 12:00PM. On Tuesday, November 23rd White Elephant Bingo at 12:00PM. Cash Bingo cost to play is \$2.00. Please bring in a nice prize you would like to donate to the white elephant bingo on the day of the game.



COFFEE, DONUTS & CONVERSATION

If you like to sit and enjoy storytelling or just listening. Come join us on Thursday November 4th at 9:00AM. No age requirement. We do ask that there be NO children. Hope to see and hear from all of you.

EUCHRE

Do you enjoy playing Euchre? Euchre will be played on Friday, November 12th and November 19th at Noon. It is \$1.00 per person to play Euchre. You may bring your own drink and snacks.



UPCOMING EVENTS!

MARC FOLLIN REGARDING MEDICARE MEDICARE 101 SEMINARS



These are educational group seminars to go over Medicare and the supplemental insurance concepts. The Seminar will last about 45 minutes to an hour.

Monday, November 1st, 2:00PM, Tuesday, November 9th, 10:00AM, Thursday, November 18th, 2:00PM, Tuesday, November 23rd, 2:00PM, All are welcome.

MEETING ONE ON ONE

Marc will also be available to meet with you for a 20 minute one on one:

Wednesday, November 3rd, 1:00-4:00PM, Friday, November 12th, 1:00-4:00PM, Tuesday, November 16th, 1:00-4:00PM, Tuesday, November 23rd, 9:00AM-12:00PM

No need to make an appointment. Just walk in.

If you still have questions, you may make a follow up appointment or call Marc at 419-768-2000.



VETERANS DAY GRAB & GO

Wednesday November 10th, 11:30AM-12:00PM join us for a Veterans Day Grab and Go meal. The meal that day will be Beef Pepper Steak, Mashed Potatoes, Cooked Carrots, Pears, Muffin, and Milk. So please call and reserve your meal by Wednesday, November 3rd at Noon. Hope to see you all then.

THANKSGIVING GRAB & GO



Wednesday November 24th, 11:30AM-12:00PM join us for a Thanksgiving Grab and Go meal. The meal that day will be Sliced Turkey, Mashed Potatoes, Prince Charles Veggie Blend, Irish Fluff Pineapple Salad, Roll & Milk. So please call and reserve your meal by Thursday, November 17th, at Noon. Hope to see you all then.



OGLEBAY

Want to go see the beautiful Christmas lights at Oglebay? If you said yes then join us Monday, November 29th, for a fun filled day of lunch, mansion tour and lights. We will be leaving the Fredericktown Police Department at 9:00AM and returning around 11:00-11:30PM. The cost for this trip is \$105.00 for members and \$120.00 for non-members money must be paid at time of reservations **NO** exceptions. They told us this trip is filling up fast so if you would like to go please call us as soon as possible to reserve your spot.

LUNCH AND SHOPPING

Join us Thursday, December 2nd, 11:30AM for lunch here at Seniors on Center then we will be going shopping at Meijer's and Kohl's on State Route 36. Please call Wednesday, November 24th, by noon to reserve your spot. The cost of this trip is a



CRAFT

Join us November 17th at 12:00PM for a fun afternoon of creating fall pumpkin door hangers. Please reserve your spot for this craft no later than November 12th by noon. The cost will be \$10.00 per person.

SENIOR GROUPS

MARENGO/FULTON SENIORS

BREAKFAST AT LEGACY

TUESDAY, NOVEMBER 2ND AT 9AM

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, NOVEMBER 15TH AT 12 NOON,

JOYCE TAYLOR 419-253-0727

CARDINGTON SENIORS

FRIDAY NOVEMBER 19TH, AT NOON

RESERVATION REQUIRED—\$3.00 SUGGESTED
DONATION

SENIORS ON CENTER,

41 W. CENTER ST., MT. GILEAD

MARIE CHRISTIANO 419-751-7579



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

TRANSPORTATION



Transportation for Morrow County residents that are 60+ years of age to medical appointments, grocery shopping, banking, etc. is available Monday thru Friday. Out of county medical transportation is available with a 48-hour notice, and the availability of a driver and vehicle. Handicapped accessible vehicles are also available. Please call the center at 419-946-4191 to set up your transportation. Donations are accepted.

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 .



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.

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
1 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 2:00PM Medicare 101 w/ Marc Follin 5:00PM Evening Meal 6:00PM County Travelers	2 9:00AM Marengo/Fulton Group Breakfast @ Legacy 10:00AM Shopping trip to Marion 11:30AM Lunch @ Center	3 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Deadline for Veterans Day Grab and Go 1:00-4:00PM Medicare one on one w/ Marc Follin
8 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	9 10:00AM Medicare 101 w/ Marc Follin 11:30AM Lunch @ Center 12:00PM Bingo (Cash)	10 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 11:30AM-12:00PM Veterans Day Grab and Go
15 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Marengo/Fulton Group Lunch @ Legion 5:00PM Evening Meal 6:00PM Music Kicking Grass	16 10:00AM Shopping trip to Mansfield 11:30AM Lunch @ Center 1:00-4:00PM Medicare one on one w/ Marc Follin	17 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM Deadline for Thanksgiving Day Grab and Go 12:00PM Craft: Decorating Pumpkins
22 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 12:00PM-3:00PM Commodities Pickup	23 9:00AM-12:00PM Commodities Pickup 9:00AM-12:00PM Medicare one on one w/ Marc Follin 11:30AM Lunch @ Center 12:00PM Bingo (White Elephant) 2:00PM Medicare 101 w/ Marc Follin	24 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center 11:30AM-12:00PM Thanksgiving Day Grab and Go
29 8:30-9:30AM Sassy Seniors 9:00AM Leaving for Oglebay Trip 11:30AM Lunch @ Center	30 9:00AM-12:00PM Medicare one on one w/ Marc Follin 11:30AM Lunch @ Center	

EVENTS AND IMPORTANT DATES

Thursday	Friday
<p>4</p> <p>9:00AM Coffee Donuts and Conversation</p> <p>11:30AM Lunch @ Center</p>	<p>5</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Euchre</p>
<p>11</p> <p>Closed in Observation of Veterans Day</p> 	<p>12</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Euchre</p> <p>1:00-4:00PM Medicare one on one w/ Marc Follin</p>
<p>18</p> <p>11:30AM Lunch @ Center</p> <p>2:00PM Medicare 101 w/ Marc Follin</p>	<p>19</p> <p>8:30-9:30AM Sassy Seniors</p> <p>11:30AM Lunch @ Center</p> <p>12:00PM Cardington Senior Group</p>
<p>25</p> <p>Closed in Observation of Thanksgiving Day</p> 	<p>26</p> <p>Closed in Observation of Thanksgiving</p> 

Happy Anniversary

**PAUL & WILMA
HINKLE
11/1**

**NANCY & ROBERT
GIESIGE
11/15**

**DAN & KATHY
ROGERS
11/20**

**JENNIE & DON
CAIN
11/26**

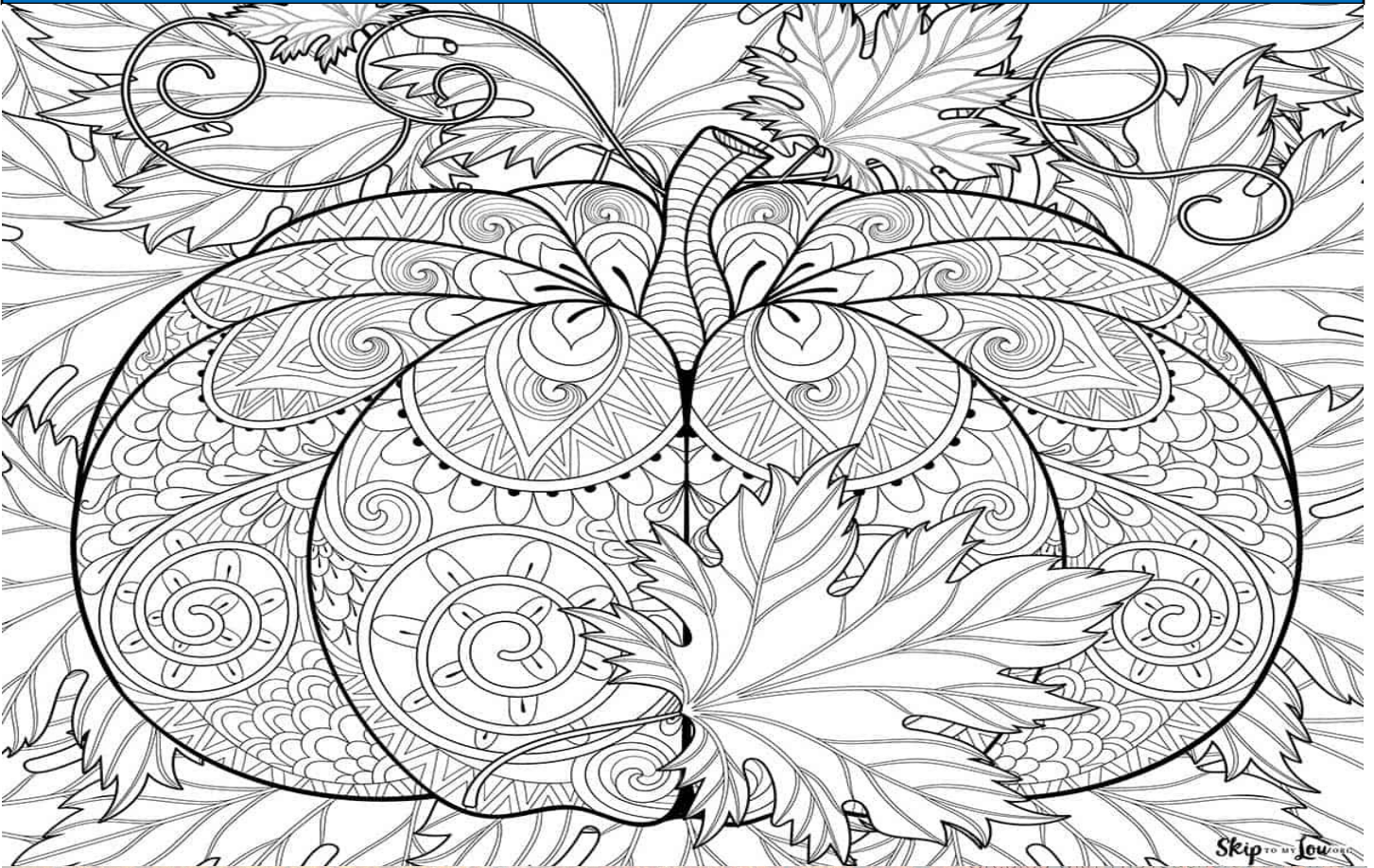
**GROVE & PAT
RINEHART
11/30**



HAPPY BIRTHDAY!

Darlene Andrick	Diane McKee	Betty Sliger
Jim Cole	Mildred Osborne	Evelyn Foster
Shirley Dendinger	Ralph James Pauley	Barbara Etgen
Ray Dietz	Marlene Renz	Maureen Schroeder
Ray Fulk	Grove Rinehart	Cindy Fidler
Robert Gale	Bill Ronk	
Linda Hill	Linda Ruehrmund	
Sandra Linton	John Scheiderer	
Ramona Littell	Bennie Shafer	
Nancy Maslar	Marilyn Sipes	
Pat Maxwell	William Snyder	
Brenda Monk	Sarah Storer	
Dottie Cooper McAvoy	Pat Tolbert	





FALL

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

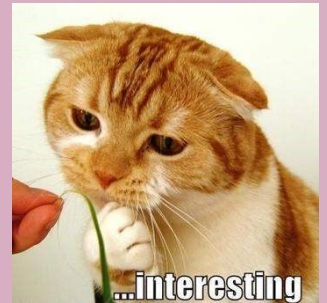
ACORNS
APPLES
AUTUMN
BLESSED
BONFIRE
CIDER
HARVEST
LEAVES
PINECONE
PUMPKINS
SCARECROWS
SCARVES
SNUDDLING
SWEATERS
THANKFUL
TURKEY

MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Sausage Gravy over Biscuit Seasoned Red Skin Potatoes Corn Rio Citrus Salad Milk</p>	<p>2</p> <p>Taco Meat Lettuce Pinto Beans Taco Shell Pineapple Milk</p>	<p>3</p> <p>Salisbury Steak Mashed Potatoes Cooked Carrots Cinnamon Apples Roll Milk</p>	<p>4</p> <p>Pulled Chicken Tomato Basil Soup Cole Slaw Peaches Bun Milk</p>	<p>5</p> <p>Cheese Pizza Corn Broccoli Mandarin Oranges Graham Crackers Milk</p>
<p>8</p> <p>BBQ Riblet Sweet Potatoes Lima Beans Mixed Fruit Bun Milk</p>	<p>9</p> <p>Chicken Lasagna Wax Beans California Blend Veggies Peaches Milk</p>	<p>10</p> <p>Beef Pepper Steak Mashed Potatoes Cooked Carrots Pears Muffin Milk</p>	<p>11</p> <p>Closed in Observation of Veterans Day</p> 	<p>12</p> <p>Cheese Omelet Diced Hash Browns Pancake Cooked Spinach Applesauce Milk</p>
<p>15</p> <p>Chicken Tenders Scalloped Potatoes Broccoli Pineapple Roll Milk</p>	<p>16</p> <p>Roast Beef Mashed Potatoes Cooked Carrots Fruit Cocktail Roll Chocolate Chip Cookie Milk</p>	<p>17</p> <p>Chicken Parmesan w/ Pasta & Marinara Sauce Cucumber Salad Malibu Fruit Mix Animal Crackers Milk</p>	<p>18</p> <p>Ham & Swiss Black Bean Soup Red Skin Potato Salad Mandarin Oranges Bun Milk</p>	<p>19</p> <p>Beef Stroganoff w/ Pasta Peas & Carrots Green Beans Sliced Apples Milk</p>
<p>22</p> <p>Philly Beef Steak Corn Capri Veggie Blend Mixed Fruit Hot Dog Bun Milk</p>	<p>23</p> <p>Hungarian Goulash Garlic Rosemary Potatoes Scandinavian Veggie Blend Peaches Roll Cookie Milk</p>	<p>24</p> <p>Sliced Turkey Mashed Potatoes Prince Charles Veggie Blend Irish Fluff Pineapple Salad Roll Milk</p>	<p>25</p> <p>Closed in Observation of Thanksgiving Day</p> 	<p>26</p> <p>Closed in Observation of Thanksgiving</p> 
<p>29</p> <p>Hamburger Potato Rounds Peas & Carrots Rio Citrus Salad Bun Milk</p>	<p>30</p> <p>Pork Cutlet Mashed Sweet Potatoes Corn Mixed Fruit Roll Milk</p>		<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>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.</p>

FUN FACTS!

1. Octopuses and squids have beaks. The beak is made of keratin-the same material that a bird's beak, and our fingernails are made of.
2. An estimated 50% of all gold ever mined on Earth came from a single plateau in South Africa: Witwatersrand.
3. 75% of the world's diet is produced from just 12 plant and five different animal species.
4. The British government coined the slogan, "Keep Calm and Carry on" during World War 2 in order to motivate citizens to stay strong.
5. Apple paid a couple 1.7 million dollars for their plot of land, which was only worth \$181,700. While Apple was building a huge data center in the middle of North Carolina, they wanted to occupy the area of the couple that lived there for 34 years. When the couple refused to leave, Apple paid them 1.7 million dollars for their land.
6. Tirana, the capital of Albania has a lot of things in common with other European capitals-except one. It's one of two capitals without a McDonald. The second is Vatican City.
7. Herring fish communicate by using flatulence.



...interesting

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.