

SENIOR MOMENTS

Seniors on Center

41 W. Center Street

Mt. Gilead, OH 43338

419-946-4191

Center Hours

Monday—Friday

8:00AM-4:30PM

MORROW COUNTY'S MONTHLY NEWS- LETTER

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JUST A REMINDER!

Please remember you can now
pick up your 2018 member
packages in the office from
8 to 4

May your
pockets be
HEAVY
and your
heart
be light.
May good
luck
pursue you each
morning and night...

MARCH 2018

March is National Kidney Month, so if
you or someone you know suffers from
Diabetes, High Blood Pressure or has
family history of Kidney failure,
please contact the National Kidney
Foundation and get screened.

614-351-2900

HELPFUL INFORMATION

AARP Tax Aides are ready for you!

We're here on Tuesdays at Mt. Gilead Seniors on Center.

41 W. Center Street
Mt. Gilead, OH 43338

Please call 419-946-4191 to schedule an appointment (REQUIRED)
to have your taxes prepared and e-filed.

Please bring a copy of your last year's return along with a picture ID for the taxpayer(s) on the return.

Social Security cards or ITIN documentation for all.

Income documents – Forms W2, SSA, 1099, 1099R, 1099G, other 1099 forms, or self-employment income along with any other income documents you may have.

Brokerage statements – sale of stocks or bonds.

Healthcare – 1095 A, B, or C: marketplace exemption letters.

Bank check for direct deposit/debit refund/balance due.

Receipts for all deductions to itemize.

Records of federal and state taxes paid.

Educational expenses – Form 1098-T and expense receipts.

Looking forward to helping you!

We are going to be starting a program called Lunch and Learn every fourth Wednesday of every month starting in March at 11:30. So if there is anything you would be interested in learning about or anything you or someone you know would like to teach to our seniors please let us know. We have in mind the following topics, Historical Society, Wildlife, Phone Scams, Drug Dog Program, Taxes, Legal Aid, Fire Safety, Gardening, Small Car Repair, Phone Usage, Genealogy, Pharmaceutical, Relaxation, and Photography. If any of these topics are of any interest to you please let us know. And again if you have anything you would like to share or learn please let us know and we will see what we can get .

The perks of being a member just got better!

This year along with having the newsletter mailed to you we will be adding some member only incentives. You will not only get coupons for discounts at local businesses, discounts on activities, and one free meal at the center a month but you will be entered into a drawing for a free 2019 membership.

So renew or sign up today!

Join the staff from Seniors on Center for Easter Lunch. We will be going to Ponderosa in Marion on March 29th. With Transportation available for a \$5.00 donation, leaving Kroger @12:30PM, Arrive at Ponderosa at 1:00PM, Leave Ponderosa by 4:00PM Meal cost \$7.75 per person includes drink. Gratuity and tax not included. This meal does not include steak that is extra. The Deadline for this event is March 26th

EVENTS

Rummage Sale

We have our Annual Rummage Sale coming up May 3rd and 4th. If you have anything that you would like to donate to our rummage sale please bring it by. Please **NO SHOES OR**

LARGE FURNITURE

Thank you for your contribution.

Beltone at the Senior Center

March 20th

10AM—Noon

No appointment necessary

Angela Schneider,

Hearing Care Practitioner

Don't forget

March 11th is Daylight savings time. So Don't forget to Spring ahead one hour. And remember check your smoke detector batteries.

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

Marionaires Barbershop Chorus Concert

@Marion's Palace Theatre Saturday April 28th

Leaving Kroger @ 4:30 pm

With a stop at Bob Evans for dinner before heading to the Theatre.

Suggested Donation of \$5.00 for transportation.

Tickets are \$12.00 for adults \$6.00 for children

See Al Miller for Advanced Tickets.

Need a minimum of 10 people to make this trip a go. Deadline is April 23rd.

Square dancing season is in full swing again!
Please join us from 7 to 10 pm on March 10th, and April 14th.
Only \$5.00 dollars a person.

On the first, second, and fourth Tuesday of each month we will be having Bingo from 1-3 PM

We hope you will join us!

Also dinner & bingo on the 1st Wednesday of the month will start again March 7th please call to reserve or cancel by 1:00PM the Tuesday before to hold your place for the night.

If you need assistance or have questions about Medicare you can come in and see Marc Follin March 8, 2018 from 1-3pm at Seniors on Center

EUCHRE

Join us for an enjoyable afternoon of progressive Euchre
At Seniors on Center
every Thursday at Noon.

NUTRITION NEWS:

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. They offer home style frozen meals as well, we would need 1 week notice for these.
2. It is also very important that you cancel your meal by 1:00 pm 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.
3. We can not leave a meal if you are not home.

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

Some items to have on hand for winter.

Meat and Meat Substitutes

Tuna fish, canned chicken, beef stew, macaroni & cheese, spaghetti and meatballs, canned soups, peanut butter.

Cereals, Breads, Pasta

Hot or cold cereal, rice, noodles, spaghetti, corn muffin mix, crackers, , oatmeal cookies.

Fruits and Vegetables

Canned vegetables Canned fruit , tomato, and vegetable juice, bean salad, beets.

Milk and Milk Products

Non-fat dried or evaporated milk.

Pasteurized cheese spread.

Please keep your drive ways and walk ways clear so our delivery drivers can safely reach you.



HAPPY BIRTHDAY!

Join Us on Tuesday March 13th, at Noon to Celebrate this months Birthdays!

Shirley Hoffman
Don Barker
Pam Eastep
Tim Walter
Geri Park
Shirley Robinson
Floyd Payne
Mary Brandum
Larry Spaulding
Patricia Arrington
Eva Kehrer
Anna Mae Pursley
Mary Nitzburg
Sally Sayer
Bill Steinhausser Sr.
Sandra Carte

Daten Barnett
Maggie Clark
Dorene Davis
Virginia Thompson
Lindia Shearer
James Osborn
James Stritmatter
Linda Hardman
Dorothy Hochstetler
Margaret Miller
Fanny Arther
Irma Shelton
Roger Smith
Ann Lombardi
Patty Bailey

10 fun facts

- 1 More people have been killed by Molasses than by Coyotes
- 2 If cars drove upward you could drive to space in an hour.
- 3 Scotland's national animal is the unicorn.
4. Banging your head against a wall burns 150 calories an hour
- 5 The 20th of March is known as the snowman burning day.
- 6 A sneeze travels about 100 miles per hour
7. Honey never spoils
8. Mountain lions can whistle
9. An ostrich's eyes are bigger than its brain
- 10 You can not snore and dream at the same time.

WELCOME

New members

Ernest Bowersmith
Patty Bailey
Shelby Morr
Mary Jo Baxter
Sally Bailey

Don't forget! If the roads are bad we may not be able to reach you for transportation. Please be sure you have a back up plan.

MENU MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="font-size: 2em; font-weight: bold; color: green;">St. Patrick's Day</p>				
			1 Veal Cutlet, Corn Chowder Tossed Salad Applesauce Bun & Milk	2 Cheese Omelet Diced Hash Browns, Apple Juice, Strawberries, French Toast, Graham Crackers, & Milk
5 Chicken Breast Mashed Potato Sliced Beets Oranges, Bran Muffin, & Milk	6 BBQ Riblet, Red Skin Potato, Corn, Kiwi, Bun, & Milk	7 Stuffed Pepper String Cheese, Pears & Blueberries, Bread, Graham Crackers, & Milk	8 Pulled Pork, Tomato Basil Soup, Tossed Salad, Tomatoes, Strawberries, Bun, & Milk	9 Macaroni & Cheese, Green Beans, California Blend, Orange Juice, Bread, & Milk
12 Roast Beef, Mashed Potatoes, Corn, Applesauce, Vanilla Pudding, Bun, & Milk	13 Pancake Wrap, Diced Hash Browns, Strawberries, Tropical Fruit , Graham Crackers, & Milk	14 Shredded Chicken, Red Skin Potatoes, Peas & Carrots, Grape Juice, Biscuit & Milk	15 Shredded Beef, Garden Vegetable Soup, Tossed Salad, Peaches, Bun, & Milk	16 Manicotti, Asparagus, Mixed Vegetables, Pineapple, Bread, & Milk
19 Ham, Green Beans, Sweet Potatoes, Mix Fruit, Animal Crackers, Bread, & Milk	20 Sausage Gravy & Biscuit, String Cheese, Hash Browns, Grape Juice, Oranges, Graham Crackers, & Milk	21 Chicken Breast, Spudsters, Succotash, Apples, Bran Muffin, & Milk	22 Walking Taco's, Pineapple, Fritos, Mexican Brown Rice, & Milk	23 Pasta Bake, Broccoli, Corn, Grapes, Garlic Bread, & Milk
26 Beef Stroganoff, Grape Juice, Mixed Vegetables, Pears & Blueberries, Bread, & Milk	27 Chicken Leg, Broccoli, Garlic Roasted Potatoes, Fruit Cocktail, Bread, Cookie & Milk	28 Lasagna, Spinach, Corn, Apple Juice, Garlic Bread, & Milk	29 Chicken Patty, Tomato Basil Soup, Tossed Salad, Pineapple, Bun & Milk	30 Deli Meal Or Frozen Meal

Lunch served daily from 11:30 to 12:30. Please note this menu may be subject to change.

March Events and Important Dates

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Noon Euchre World Compliment Day	2 9-10 Silver Sneakers 12:30 Bible Study Games
5 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music by Country Travelers to Follow	6 9am Round Table 1-3 Bingo National White Chocolate Cheese-cake Day	7 9-10 Silver Sneakers 1 pm Free Blood Pressure Check 1:30 pm Cards 4:30-6:30pm Bingo Hosted by Kingston	8 Noon Euchre National Peanut Cluster Day	9 9-10 Silver Sneakers 12:30 Bible Study Games Barbie's Birthday 1959
12 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music by Monday Night Ramblers to Follow	13 9am Round Table Noon Birthday Party 1-3 Bingo Sparta Good Time Seniors meet @ Highland Pizza	14 9-10 Silver Sneakers 11 Annual Board Meeting National Potato Chip Day	15 Noon Euchre National Peanut Lovers Day	16 9-10 Silver Sneakers 12:30 Bible Study Games National Panda Day
19 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music by Open Mic to Follow	20 9am Round Table Chesterville Seniors meet at the Selover Library Mt. Gilead Seniors meet @ Seniors on Center	21 9-10 Silver Sneakers 1pm Free Blood Pressure Check 1:30 Cards	22 Noon Euchre National Goof Off Day	23 9-10 Silver Sneakers Noon join the Cardington Seniors for Safe Medication Avoiding Medicine and Related Problems 12:30 Bible Study Games
26 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music by Country Travelers to Follow	27 9am Round Table 1-3 Bingo American Diabetes Association Alert Day	28 9-10 Silver Sneakers 11:30 Lunch & learn with Marilyn Weiler and learn about Headwaters 1:30pm Cards	29 NO Euchre 1-4pm Easter Outing National Lemon Chiffon Cake Day	30 9-10 Silver Sneakers 12:30 Bible Study Games Take a Walk in the Park Day

COLOR ME HAPPY



WE WOULD LIKE TO GIVE A SPECIAL THANK YOU TO THE MORROW COUNTY SHERIFFS DEPARTMENT FOR VOLUNTEERING TO HELP SERVE OUR SENIORS FOR OUR VALENTINE DINNER AND DANCE.



DON'T FORGET TO JOIN US FOR A WONDERFUL MEAL AND MUSIC ON MONDAY NIGHTS AT 4:30PM. ALSO JOIN US FOR OUR NEXT SQUARE DANCE MARCH 10 FROM 7:00PM-10:00PM



MORROW COUNTY SENIOR CLUBS

Cardington Seniors

Friday, March 23rd @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 12, @12 Noon
Selover Library, Chesterville
31 State Route 95
Suzi Lyle 419.768.3431

Sparta Good Time Seniors

Tuesday, March 20th @12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419.768.2050

Mt. Gilead Seniors Club

Tuesday, March 20th @12 Noon
At Seniors on Center. Reservations needed. Bring dessert.
Marilyn Sipes 419.468.3500

Marengo/Fulton Seniors

Breakfast @ Farmstead March 5th
Monday, March 19th
Carry-in Lunch @12 Noon
American Legion Post 710
1549 W C.R. 26, Marengo
Joyce Taylor 419.253.0727

INCLEMENT WEATHER

Morrow County Seniors on Center may close due to weather related emergencies. **If all schools in the county are closed due to inclement weather, Seniors on Center will cancel services and activities.** The Center will be closed under a level 3 snow emergency. Clients should listen to any of the following stations for closing announcements:
Radio:
WMRN 94.3, WMVO 93.7 FM, 1300 AM
Television: WBNS channel 10
NBC channel 4

Our Valentine King and Queen is
Charles Ditty and Joyce Whitt



St. Patrick's Day Puzzle

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

BLARNEY SAINT
CHARMS SHAMROCK
CLOVER SMALL
GOLD SMOKE
GREEN STONE
GREETING TRADITION
HAT
IRISH
KISS
LEPRECHAUN
LUCK
MONEY
PIPE
POT
RAINBOW



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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		Warren Davis	

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.