



Senior Moments



MORROW COUNTY'S MONTHLY NEWSLETTER

FEBRUARY 2018

February is the American Heart Month, wherein awareness of heart diseases is

your taxes.

Then contact us here at the Seniors on Center
419-946-4191 and we can get you set up with an
appointment with AARP.

They are going to be here Tuesday's
February 6th, 13th, 20th, 27th
March 6th, 13th, 20th, 27th and
April 3rd, 10th,

Appointment times are from 9 to 2:30 with lunch
from noon to 1.

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

just got better!

This year along with the
having the newsletter mailed
to you we will be adding
some member only incen-
tives. You will not only get
coupons for discounts at lo-
cal businesses, discounts on
activities, and one free meal
at the center a month but you
will be entered into a draw-
ing for a free 2019 member-
ship.

So renew or sign up today!

Sermons We See

I'd rather see a sermon, than hear one any day, I'd rather one should
walk with me, than merely tell the way. The eye's a better pupil and,
more willing than the ear; Fine counsel is confusing, but example's al-
ways clear. And the best of all the preachers, are the one's who live
their creeds, For to see good deed in action, is what everybody needs.
I soon can learn to do it, if you'll let me see it done. I can watch your
hands in action, but your tongue too fast may run. And the lecture
you deliver, may be very nice and true; But I'd rather get my lessons,
by observing what you do. For I might misunderstand you, and the
high advice you give, But there's no misunderstanding, how you act
and how you live. One good person teaches many, for we believe
what we behold. One deed of kindness noticed, is worth forty that are
told. Who stands with folks of honor, learns to hold his honor dear..
For right living speaks a language, which to everyone is clear. Though
an able speaker charms me, with his eloquence I say. I'd rather see a

CALLING ALL PIE BAKERS!

We are looking for anyone who would like to make a pie or two for pie day February 26th. Please bring your pie in by 11am the 26th Thank You!! Pies will be sold by the slice through out the day for \$1.00 per slice.

**February 20th
10AM—Noon
No appointment necessary
Angela Schneider,
Hearing Care Practitioner**

B I N G O

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 Wednesday nights will start again Feb 7th please call to reserve your place today.

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

EUCHRE

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

Valentines Party February 12th

Meal starts at 4:30 with Music to follow. Please R.S.V.P and Pay by February 7th. Payment is \$8.00 for members, \$10.00 for non-members. Please keep your receipt and bring it with you that night. The meal for the evening is Salisbury Steak, Mashed Potatoes, Broccoli, Applesauce, Roll & Dessert Please join us for an evening of music and dancing We will also be naming our King and Queen for the evening!

Square dancing season is in full swing again! Please join us from 7 to 10 pm on February 10th, March 10th, and April 14th. Only \$5.00 dollars a person. Also in February we will be Doing a Chili Dinner. Meal will start at 5pm and is \$4.00 per person. The Meal will be Chili, Cornbread, Dessert and Drink. So come on down and have a great meal and a wonderful evening of Dancing to

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 1:00 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.
4. We can not leave a meal if you are not home.

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

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.

Janet Burns
Donald Helman
Sandy Snyder
William Goodman
Dorothy Meltzer
Helen Young
Darrell Levings
Irene Doolittle
Mary Wilson
Christy Parsons
Robert Quinn
Fred Williamson

Barbara Ronk
Evelyn Barnett
Audrey Swango
Jeannette Warwick
Marilyn Weiler
Wilma Hinkle
Janice Miller
Nancy Cooper
Ralph Hawk
Gertrude Arnold
Pam Lyons

10 fun facts

- 1 It is physically impossible for pigs to look up at the sky.
- 2 Most lipstick contains fish scales.
- 3 Hot water is heavier than cold.
4. Sunset on Mars are blue
- 5 It is impossible to lick your elbow (busted)
- 6 A group of twelve or more cows is called a flink
7. The brain is our fattiest organ, being composed of nearly 60% fat.
8. Ketchup was sold in the 1830's as medicine



New members

**Maria Taylor
Pamela Dettra
Charlotte Elrod
Pat Fruth
Marguerite Fuqua
Ralph Hawk
Pat Nesbitt
Fred Williamson
Nancy Maslar
Clara Hilton**

**Please remember you
can now pick up your
new member packages**



1
Walking Tacos
Tropical Fruit Salad
Fritos
Mexican Brown Rice
Milk

2
Chicken Breast
Augratin Potatoes
Cole Slaw, Straw-
berries, Mini Sand-
ies, WW Bread
& Milk

5
Grilled Chicken
Breast, Mashed
Potato, Broccoli,
Grape Juice
WW Bread, Mini
Sandies
& Milk

6
Chicken Alfredo
w/Pasta, Corn,
California Blend
Vegetables
Orange
WG Roll
& Milk

7
Sliced Turkey
Breast, Mashed
Potatoes, Succo-
tash, Cinnamon
Apples, Vegetable
Stuffing, WG Bread
& Milk

8
Pizza Patty,
Potato Soup,
Tossed Salad
Malibu Mix Fruit
WW Bun
Gold Fish Crackers
& Milk

9
Hungarian
Goulash,
Broccoli,
Carrots, Pears &
Blueberries
Bran Muffin
& Milk

12
Salisbury Steak
Mashed Potatoes
Broccoli,
Applesauce
WG Yeast Roll
& Milk

13
Roast Pork, Scal-
loped Potatoes,
Maui Blend Vege-
tables, Tropical
Fruit, WG Roll
& Milk

14
Macaroni &
Cheese
Green Beans
California Blend
Orange Juice
WW Bread
& Milk

15
Shredded Chicken
Vegetable Beef
Barley Soup
Mixed Fruit
Tossed Salad
WG Bun & Milk

16
Cheese Omelet
Diced Hash
Browns, Apple
Juice, Strawber-
ries, WG French
Toast, Graham
Crackers & Milk

19
Closed
In observation of
Presidents Day

20
Beef Stroganoff W/
WG Pasta, Califor-
nia Blend Vegeta-
bles, Ckd Spinach,
Apple, WG Yeast
Roll & Milk

21
Chicken Leg
Augratin Potatoes
Roasted Zucchini
Pineapple, Gra-
ham Crackers
WW Bread & Milk

22
Sloppy Joe
Potatoes, Aspara-
gus Soup, Tossed
Salad, Fruit Cock-
tail, WG Bun
Milk

23
Lasagna
Pears
Broccoli
Apricots
WW Bread
Milk

26
Stuffed Pepper/
String Cheese
Mashed Potatoes
Pears & Blueberries
WG Bread, Gra-
ham Crackers & Milk

27
Roast Beef
Mashed Potatoes
Peas, Applesauce
Vanilla Pudding,
WG Bread & Milk

28
Pork Cutlet
Mashed Sweet Po-
tatoes, Green
Beans, Pineapple
WG Roll & Milk



			1 Noon Euchre National Candy Making Day	2 9-10 Silver Sneakers 12:30 Bible Study Games
5 9-10 Silver Sneakers 10 Craft Club 4:30 Meal, Music to Follow	6 9am Round Table 1-3 Bingo National Frozen Yogurt Day	7 9-10 Silver Sneakers 1 pm Free Blood Pressure Check 1:30 pm Cards 4:30-6:30pm Bingo Hosted by Jeff Slicker Hospice	8 Noon Euchre National Kite Flying Day	9 9-10 Silver Sneakers 12:30 Bible Study Games Read in the Bathtub Day
12 9-10 Silver Sneakers 10 Craft Club Valentine's Party: 4:30Meal, Music 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 Organ Donor Day	15 Noon Euchre National Hippo Day	16 9-10 Silver Sneakers 12:30 Bible Study Games National Almond Day
19 Closed in observance of Presidents' Day NO Marengo Carry In	20 9am Round Table Chesterville Seniors meet at the Selvoer Library Mt. Gilead Seniors meet @ Seniors on Center	21 9-10 Silver Sneakers Noon Flower Arranging with Jean from Keith's 1pm Free Blood Pressure Check 1:30 Cards	22 Noon Euchre National Chili Day	23 9-10 Silver Sneakers 12:30 Bible Study Games National Banana Bread Day
26 9-10 Silver Sneakers 10 Craft Club Pie Day Party: 4:30 Meal, Music to Follow Pie \$1.00 per slice	27 9am Round Table 1-3 Bingo International Polar Bear Day	28 9-10 Sliver Sneakers 1:30pm Cards National Chocolate Souffle Day		

Lunch served daily from 1130 to 12 30

Fun Fact about February:



Join us for one of our events and you too could be Morrow County famous!



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CANDY
 CHOCOLATE
 CUPID
 FEBRUARY
 FLOWERS
 FRIEND
 HEART
 HUGS
 KISSES
 LOVE
 PINK
 RED
 SWEET
 VALENTINE

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

Sweet BellBanks©

Happy Valentine's Day

Friday, February 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, Feb. No Meeting@12 Noon

Selover Library, Chesterville

31 State Route 95

Suzi Lyle 419.768.3431

Sparta Good Time Seniors

Tuesday, February 20th @12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419.768.2050

Mt. Gilead Seniors Club

Tuesday, February 20th @12 Noon

At Seniors on Center. Reservations
needed. Bring dessert.

Marilyn Sipes 419.468.3500

Marengo/Fulton Seniors

Breakfast @ Farmstead Feb. 5th

Monday, January 15th

Carry-in Lunch @12 Noon

American Legion Post 710

1548 W.C.R. 26, Marengo

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.** The Center will be
closed under a level 3 snow emergen-
cy. Clients should listen to any of the
following stations for closing an-
nouncements:

Radio:

WMRN 94.3, WMVO 93.7 FM, 1300 AM

Television: WBNS channel 10

NBC channel 4

**Seniors on Center is excited for our
New Hot Shot Truck! We Would like to
give a Big Thank You to Leclerc Char-
ity Fund for there wonderful donation
that helped us in the purchase of the**





Brian Johnson to our staff as a new driver and meal delivery man. He has lived in Morrow County most of his life graduating from tri rivers career center . He enjoys watching and playing foot ball Supporting Ohio state and the Pittsburgh stealers. If he could be any super hero he would like to be the flash. His favorite color is green.

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.

Older Americans Center
41 West Center Street
Mt. Gilead, OH 43338

MT. GILEAD, OH
43338
PERMIT #14



Board of Directors

Mike Warwick (Pres.)	Mike Gale	Dixie Shinaberry	Janet Johnson
Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Shirley Robinson
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Dan Rogers
Linda Ruehrmund (Sec.)		Wilma Hinkle	Pat Rinehart
		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-