

41 W. Center St. Mt. Gilead, OH | (419.946.4191)



Senior Moments



MORROW COUNTY'S MONTHLY NEWSLETTER

FEBRUARY 2018

February is the American Heart Month, wherein awareness of heart diseases is raised, prevention measures are taken, and those suffering are treated.

Are you looking for someone to help you with 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

The perks of being a member just got better!

This year along with the 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!

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 always 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 sermon, than hear one any day.



Events

HIP! HIP! HORRAY! IT'S PIE DAY!!! 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 throughout the day for \$1.00 per slice.

**Beltone at the Senior Center
February 20th
10AM—Noon
No appointment necessary
Angela Schneider,
Hearing Care Practitioner**

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!

BINGO

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.

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 Roger Cole and the Hickory Run Band

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. 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.

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 February 13th, at Noon to Celebrate this months Birthdays!

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 in the office from 8 to 4

Menu

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Walking Tacos Tropical Fruit Salad Fritos Mexican Brown Rice Milk</p>	<p>2 Chicken Breast Augratin Potatoes Cole Slaw, Strawberries, Mini Sandies, WW Bread & Milk</p>
<p>5 Grilled Chicken Breast, Mashed Potato, Broccoli, Grape Juice WW Bread, Mini Sandies & Milk</p>	<p>6 Chicken Alfredo w/Pasta, Corn, California Blend Vegetables Orange WG Roll & Milk</p>	<p>7 Sliced Turkey Breast, Mashed Potatoes, Succotash, Cinnamon Apples, Vegetable Stuffing, WG Bread & Milk</p>	<p>8 Pizza Patty, Potato Soup, Tossed Salad Malibu Mix Fruit WW Bun Gold Fish Crackers & Milk</p>	<p>9 Hungarian Goulash, Broccoli, Carrots, Pears & Blueberries Bran Muffin & Milk</p>
<p>12 Salisbury Steak Mashed Potatoes Broccoli, Applesauce WG Yeast Roll & Milk</p>	<p>13 Roast Pork, Scalloped Potatoes, Maui Blend Vegetables, Tropical Fruit, WG Roll & Milk</p>	<p>14 Macaroni & Cheese Green Beans California Blend Orange Juice WW Bread & Milk</p>	<p>15 Shredded Chicken Vegetable Beef Barley Soup Mixed Fruit Tossed Salad WG Bun & Milk</p>	<p>16 Cheese Omelet Diced Hash Browns, Apple Juice, Strawberries, WG French Toast, Graham Crackers & Milk</p>
<p>19 Closed In observation of Presidents Day</p>	<p>20 Beef Stroganoff W/ WG Pasta, California Blend Vegetables, Ckd Spinach, Apple, WG Yeast Roll & Milk</p>	<p>21 Chicken Leg Augratin Potatoes Roasted Zucchini Pineapple, Graham Crackers WW Bread & Milk</p>	<p>22 Sloppy Joe Potatoes, Asparagus Soup, Tossed Salad, Fruit Cocktail, WG Bun Milk</p>	<p>23 Lasagna Pears Broccoli Apricots WW Bread Milk</p>
<p>26 Stuffed Pepper/ String Cheese Mashed Potatoes Pears & Blueberries WG Bread, Graham Crackers Milk</p>	<p>27 Roast Beef Mashed Potatoes Peas, Applesauce Vanilla Pudding, WG Bread & Milk</p>	<p>28 Pork Cutlet Mashed Sweet Potatoes, Green Beans, Pineapple WG Roll & Milk</p>	<p>Happy Valentines Day</p> 	

Please note this menu may be subject to change.

FEBRUARY		Events and Important dates		
Monday	Tuesday	Wednesday	Thursday	Friday
			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:

***Once every six years, February is the only month that has four, full seven day weeks.**

Our visit to Malabar Farm



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



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JUST FOR FUN



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

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MORROW COUNTY SENIOR CLUBS

Cardington Seniors

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
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.** 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

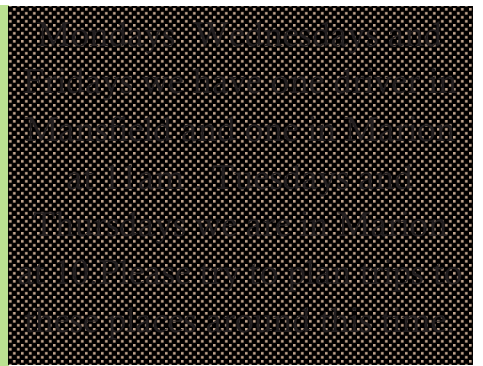
Seniors on Center is excited for our New Hot Shot Truck! We Would like to give a Big Thank You to Leclerc Charity Fund for there wonderful donation that helped us in the purchase of the



Transportation



We would like to welcome 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.

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

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.