

Senior centers, inc

Monday– Friday
8am to 4pm

November 2019



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.

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FOSTER GRANDPARENT PROGRAM

PROGRAM SPOTLIGHT

Our program has two very special Foster Grandparents to celebrate this month:

First is Ms. GENEVA SUTTON, who is celebrating her 100th birthday! She has served as a foster grandparent for 13 years, and her teacher and the students she works with all love her like she was their own grandma. Her teacher, Carey Bryant, says “Geneva is a true gem. She has a very uplifting personality, a smile that will melt your heart, and she would give the shirt off her back if you needed it. She gives each child that she works with extra special attention to their needs and wants. When they make progress, she celebrates right along with them.” Before becoming a foster grandparent, Geneva served as a Girl Scout leader. She just wants to help children wherever and whenever she can. As she told me, “I love children, and I feel like a child myself!”

Some words of wisdom that Geneva has in regards to living a long, productive life are to “keep busy, stay happy, continue to make new friends, and don’t worry about other people’s business, just worry about your own!”

HAPPY BIRTHDAY to the foster grandparent celebrating this month!

- Beverly McGill
- Geneva Sutton
- Marian Waters
- Verdell Lawson
- Melvina Hamilton



Our other very special foster grandma is Ms. MELVINA HAMILTON, who is celebrating 25 years with Foster Grandparents! She started with the program on November 10, 1994, and has remained a dedicated volunteer all these many years.

Melvina believes there is no bad child, and she feels that every child she serves deserves the best that she can give them. Her teacher says of her, “Throughout our many years together, Grandma Hamilton has been an amazing support system, not only for the students, but for the teachers and parents as well. She has an eye-witness point of view of what teachers go through on a daily basis. As a result, she always finds encouraging words to uplift the spirits of the students and staff. When I have difficult class, she tells me, ‘We have some difficult days ahead of us with this class, but God has blessed us and He will get us through.’”



Resources Available

Vicki Goetz, our service coordinator, is available Monday- Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamp and medicaid applications, commodity box applications, Medicare, HEAP applications, House Helpers program, home repair information, TARPS applications, weatherization programs and the Homestead Exemption Program.

Our goal is
to provide
affordable
and
dependable services
that
help seniors
remain
independent
in their homes.

Lunch Menu

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Call <u>419-242-9511</u> 24 hours in advance to make a reservation</p>	<p>Write your choice of menu option <u>A</u> or <u>B</u> on signup sheet</p>		<p>1 A – Pork Chop/Gravy B – Garden Chicken Broccoli Carrots Peaches Rolls</p>
<p>4 A – Beef Cutlet w/ Gravy B – Mac & Cheese Mashed Potatoes California Blend Fresh Orange Rolls</p>	<p>5 A – Swedish Meatballs B – Chicken w/ Gravy Noodles Green & Wax Beans Banana Rolls Cookie</p>	<p>6 A – Salisbury Steak B – Glazed Chicken Mashed Sweet Pots. Asparagus Fruits for Salad Rolls</p>	<p>7 A – Sweet Sour Meatballs B – Baked Pork/Gravy Rice Carrots, Peas Mango Pineapple Rolls Muffin</p>	<p>8 A – Swiss Steak B – Herbed Chicken Mashed Potatoes Scandinavian Blend Fruit Cocktail Rolls</p>
<p>11 A – Mac & Cheese B – BBQ Chicken Red Potatoes Mixed Vegetables Fresh Apple Rolls</p>	<p>12 A – Chicken Salad B – Ham & Swiss Lettuce & Tomato Croissants Potato Salad Coleslaw Fresh Fruit Pudding</p>	<p>13 A – Pork Burger w/ Mushroom Gravy B – Turkey Tetrazzini Roasted Sweet Potato Malibu Blend Mandarin Oranges Rolls</p>	<p>14 A – Beef & Noodles B – Broccoli Quiche Carrots Kyoto Blend Banana Rolls Apple Streusel Cake</p>	<p>15 A – Salisbury Steak B – Smothered Chicken Garlic Mashed Potato Peas Spiced Applesauce Rolls</p>
<p>18 A – Turkey Unstuffed Peppers B – Mac & Cheese Peas & Carrots Tropical Fruit Rolls</p>	<p>19 A – Egg Salad B – Turkey & Cheese Lettuce & Tomato Croissants Bean Medley Banana Cheesecake Dessert</p>	<p>20 A – Lasagna B – Chicken Parmesan Green Beans Tossed Salad Apricots Rolls</p>	<p>21 A – Baked Chicken B – Meatloaf Corn Asian Blend Vegetables Pineapple Chunks Rolls Cookie</p>	<p>22 A – Salisbury Steak B – Sloppy Joes Mashed Potato Asian Blend Vegetables Fresh Orange Rolls</p>
<p>25 A – Pepper Steak B – Sweet Sour Chicken Rice Carrots, Snap Peas Sliced Pears Rolls Graham Crackers</p>	<p>26 A – Turkey & Swiss B – Ham & Swiss Potato Salad Coleslaw Lettuce & Tomato Banana Croissants</p>	<p>27 A – Turkey & Dressing B – Mac & Cheese Sweet Potatoes Green Bean Casserole Rolls Fresh Fruit Pumpkin Pie</p>	<p>28 THANKSGIVING CLOSED</p>	<p>29 CLOSED</p>

NOVEMBER ACTIVITY CALENDAR

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Don't forget to set your clocks BACK on NOVEMBER 3!</p>			<p>1 Noon– Gratitude Activity</p>
<p>4 10:00 Ceramics 10:30 Exercise All day BPs</p>	<p>5 ELECTION DAY Vote for Issue 8 11:45 Speaker: Recycling</p>	<p>6 10:00-2:00 WISE Class (4 of 6) 12:15 Beach Volleyball</p>	<p>7 11:45 Speaker: Breast Cancer 12:15 Bingo</p>	<p>8 10:30 Cooking Project 11- Out to Lunch Glendale Cafe</p>
<p>11 11– Out to the Movies</p>	<p>12 10:30 Craft w/ Sherri: Grinch Bottles 12:15 Exercise</p>	<p>13 10:00-2:00 WISE Class (5 of 6) 10:30 Therapy Dogs</p>	<p>14 10:30 Exercise 12:15 Bingo with Keith</p>	<p>15 9:00- FGP Mtg. 10:30 Dice Grab Bag All day BPs</p>
<p>18 9:30 Mercy Nurses 10:00 Ceramics 11:30 Speaker: Diabetes 12:15 Carnival Set-up</p>	<p>19 10:30 THANKFUL CARNIVAL Games, prizes, food and fun! 11:45 Jay Gerken</p>	<p>20 10:00-2:00 WISE Class (6 of 6) 12:15 Exercise</p>	<p>21 10:30 Craft with Carol: Holiday Journals</p>	<p>22 10:30 Beach Volleyball 12:15 Cooking Project Board Breakfast Preparations</p>
<p>25 10:30 Craft with Tammy: Nesting Boxes 12:15 Exercise</p>	<p>26 9:30 Commodities & Health Screens (Nov & Dec boxes) 12:15 Movie Pocahontas</p>	<p>27 10:30 Therapy Dogs 12:15 Beach Volleyball</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>



Crafts and Classes

11/6, 11/13, 11/20 WISE classes
Classes 4, 5 and 6 of the six class series.

11/ 8 Cooking project
Michelle will be leading in making an Italian hot pot with salad.

11/12 Craft with Sherri-
Do you believe that Christmas doesn't come from a store? That maybe it's just a little bit more? We will be turning wine bottles into light up Grinches.

11/21 Craft with Carol
Carol will help decorate junk journals with a holiday theme.

11/22 Cooking Project
Muffins for Board Breakfast

11/25 Craft with Tammy-
We have a sweet set of three nesting boxes to decorate as you choose.

EXERCISES

**Nov. 4, Nov. 12, Nov. 20 and Nov. 25-
Exercises**

**Nov. 6, Nov. 14, Nov. 22 and Nov. 27-
Beach Ball Volleyball**

Speakers

Nov. 5 11:45 Adam Cassi
KTLCB (Recycling)
Nov. 7 11:45 YWCA
Breast Cancer Awareness
Nov. 18 11:30 Mercy Nurses
Diabetes
Nov. 19 11:45 Jay Gerken
OH Extension Office

Trips and Special Events

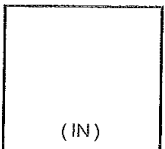
11/1 The Gratitude Project
Think about what you're grateful for and write it on the "I'm Thankful for" circle we'll provide. Those circles will be turned into Thankful Garland to hang here at the center.


11/8 Out to Lunch
We will be going to the Glendale Garden café at their new location in the former Ruby Tuesday's on Glendale.

11/11 Out to the Movies
We'll be watching for the new holiday releases to see this season. Watch the bulletin board posting Friday, 11/8 for the movie and time.


11/19 Thankful Carnival
The carnival is back! There are games, prizes, food and fun planned to celebrate our thankfulness for the blessings we have!


BRAIN EXERCISE


1.  HOUSE

2. 


3. E
D
A
R
G

4. CLOTHES 


5. 


6. 

7. FLOWERS

8. 

9. MAURI

10. CHAIR 

11.  FALL

12. HEAVEN
- PEN-
NIES

- Answers
1. In the White House
 2. Betty White
 3. Upgrade
 4. Clothesline
 5. As the world turns
 6. High jump
 7. Cut flowers
 8. Bagman
 9. Marigold
 10. Rocking chair
 11. Fall off the wagon
 12. Pennies from heaven

