

Self-Care Ideas

- Spend time in nature
- Spend time with friends
- Journal
- Read
- Meditate, reflect, self awareness
- Exercise or stretch
- Proper nutrition
- Swim or try water aerobics
- Practice hobbies or try a new one
- Go for a walk



Strategic Plan

A strategic plan is a document that outlines steps that an organization will take to achieve an overall goal or vision. Creating a strategic plan is consciously choosing to be clear about the center’s direction. Your input, insight, and suggestions are requested to help us create a strategic plan. Fill out the 11-question survey available at the Senior Center by January 13th. Let us know your thoughts.



Winter Cheer

- What do you call a snowman in the summer?
A puddle!
- What did the monkey sing for the holidays?
Jungle Bells!
- What do snowmen eat for breakfast?
Frosted Flakes!
- What do you get when you cross a snowman and a vampire?
Frostbite!



Food of the Month Avocados



Think winter is the worst time for produce? Think again. A bountiful array of fruits and vegetables are at their most flavorful in the colder months of the year, and many of the fruits and veggies that we typically associate with fall continue their seasons well into winter.

Avocados are a popular winter fruit imported from Mexico, where peak growing season extends from November to February. This is when dark-skinned Hass avocados are at their creamiest, and prices for the sought-after produce go down. Try them in wraps, salads, and, of course, dips. To find ripe avocados in the pile, look for those that have a little give when gently squeezed and feel soft near the stem end. Avoid avocados with sagging skin, brownish spots, or dents.

Leave under-ripe avocados on the counter to ripen at room temperature, then store the ripe in the fridge for up to a week. Cut avocados should be placed cut-side down on a plate or wrapped in plastic wrap to prevent browning. Avocados are unique for their healthy monounsaturated fats, potassium, fiber, and folate, which benefit cholesterol and fullness.



Services Offered

The Senior Center offers Adult Day Services, Nutrition – Home Delivered Meals and Congregate Meals, Transportation, and Home Care – Personal Care, Respite Sitting, and House Cleaning. Please call 740-446-7000 for more information.

WINTER FUN



The crossword puzzle grid is 15 columns wide and 12 rows high. The starting points for the clues are marked with numbers in black circles:

- 1: Down, starting at row 1, column 10.
- 2: Down, starting at row 2, column 7.
- 3: Down, starting at row 2, column 11.
- 4: Down, starting at row 2, column 15.
- 5: Across, starting at row 2, column 4.
- 6: Across, starting at row 3, column 8.
- 7: Across, starting at row 4, column 7.
- 8: Across, starting at row 4, column 10.
- 9: Across, starting at row 5, column 10.

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ACROSS

- 5. WINTERY SURFING
- 6. MOVING IMAGES
- 7. LENGTHS OF WARMING FABRIC
- 8. INTERPRETING SYMBOLS FOR MEANING
- 9. EXPOSING TO DRY HEAT FOR CONSUMPTION

DOWN

- 1. SNOWY FIGURE
- 2. CRAFT OF CREATING INTERCONNECTED LOOPS
- 3. SOURCE OF WARMTH
- 4. DESIGNED TO SOLVE
- 7. MOVING ON FLAT RUNNERS



Events and Happenings

Gallia County Senior Resource Center

Special Events This Month

CLOSED January 1st for New Year's Day

Movie and Hot Chocolate Day – January 2nd

Community Rock Painting - January 5th from 10-2 – Join us to paint rocks and spread happiness!

National Glazed Donut Day – January 12th at 12:30 PM – Join us to enjoy glazed donuts!

Senior Night Out – January 12th at 5:30 PM - Menu: Chicken breast, au gratin potatoes, green beans, cole slaw, roll, carrot cake

Movie and Hot Chocolate Day – January 16th

CLOSED January 19th for Martin Luther King Jr. Day

National Pie Day – January 23rd at 12:30 PM – Join us to enjoy pie!

Talk it Up – January 26th at 10:30 AM – See page 2 for more information.

Movie and Hot Chocolate Day – January 30th

Upcoming Events

Stained Glass Class – February 6th at 1 PM – See page 2 for more details

CLOSED February 16th for President's Day

Local Happenings

Traveling Bricks at the Bossard Memorial Library from January 17th through April 19th – Exhibition made of Lego Bricks that reimagines the history of human transportation and technological advancement!