

Trips

Blueberry Patch Trip

August 13, 10:30-2:30 p.m.

Enjoy lunch at Blossoms Café in the greenhouse at the Blueberry Patch surrounded by flowers and fountains then on to the gift shop attached to the café. Reservations are required and limited. This trip is rescheduled from July and priority will be given to people previously signed up for the trip. **Cost:** Participants must pay for own lunch and shopping.

Bible Walk and Living Bible Museum

August 14, 12:15 p.m.

We will be traveling to The Bible Walk and Living Bible Museum in Mansfield. This world renowned life-sized wax museum includes music and narration. We will be doing two tours—The Life of Christ and Christian Martyrs Tour. **Cost:** \$12 to cover the cost of the tours.

Bratwurst Festival Walk

August 17, 12:00 p.m.-2:00 p.m.

Love the Bratwurst Festival but don't enjoy going by yourself? Meet up with Candy and other seniors at the Council on Aging and go together. You may also bring food back to enjoy in our air conditioning, where drinks are also available. This includes extensive walking, perhaps heat, and is weather permitting. Reservations are recommended. Participants must pay for anything they purchase at the Bratwurst Festival.

Out to Breakfast

August 31, 9:00 a.m.

Join us for breakfast at Bob Evans in Bucyrus. You may either meet us at the Center to ride the bus or meet us at the restaurant. Reservations are required. **Cost:** Participants must pay for their own meal.

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Activities

Chair Yoga

August 1, 15, & 29, 2:00 p.m.-2:30 p.m.

Join Candy, Activities Coordinator, for this class that helps relieve stress, but also helps improve strength and flexibility. Reservations are encouraged. **Free.**

Exercises for Balance

**August 2, 7, 9, 14, 21, 23, & 30
10:30 a.m.-11:00 a.m.**

Start your day off right with this class with Candy that will improve your balance and stamina. Reservations are recommended. **Free.**

Alzheimer's Association Program— Effective Communication Strategies

August 3, 10:00 a.m.-11:00 a.m.

Tessa Clark, Program Coordinator for the Northwest Ohio Chapter of the Alzheimer's Association, will be at the Council on Aging the first Friday of every month either doing a program or Care Consultations. This month's program: Communication is more than just talking and listening— it is also about sending and receiving messages through attitude, tone of your voice, facial expressions, and body language. This educational program will help you learn how to better communicate when someone has Alzheimer's. Reservations are appreciated. **Free.**

Essentials Bingo

August 6, 2:00 p.m.-3:00 p.m.

Enjoy Bingo while winning household essentials such as toiletries and cleaning supplies. **Free.**

Blood Pressure Checks

August 7, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure. **Free.**

Farmer's Market

August 8, 9:00 a.m.-10:00 a.m.

Enjoy the fruits of The Growing Together program's labor-mostly vegetables. Growing Together is an intergenerational partnership between Sunshine Daycare and the Crawford County Council on Aging. The toddlers, preschoolers, and school aged children have learned about gardening and nutrition through hands on experience and knowledge shared with them by senior volunteers. There will be produce from the Senior Community Garden and from Sunshine Daycare's gardens available for a donation, as well as, a lemonade stand. The children from Sunshine will be at the Council to help with this market. All proceeds will go to continue this intergenerational program. Any seniors that would like to volunteer to help with this market may call Candy at (419)562-3050. Weather permitting. Open to the community.

Scrap Booking Class

August 9, 9:00 a.m.-10:00 a.m.

Bring in your treasured pictures and learn the basics of scrapbooking. Please bring your own scrapbook or choose from pages available at the Senior Center. Class size is limited. Reservations are required. **Free.**

Euchre and Snacks

August 9, 1:00 p.m.– 3:00 p.m.

Enjoy your afternoon with fellow seniors playing cards and enjoying snacks provided by the Council on Aging. Reservations are recommended. Also, please call the morning of this event to check to make sure we have enough players for a game. **Free.**

Adult Coloring

August 10, 10:00 a.m.-11:00 a.m.

Relax by coloring with other seniors. There will be a variety of pictures to choose from and all supplies are provided. **Free**

Activities

Movie & Popcorn

August 10 & 24, 1:00 p.m.-3:00 p.m.

Enjoy a movie and free popcorn. **Free.** (See page 8 for a list of our featured movies).

Senior Bingo

August 16, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. August's Bingo is sponsored by Home Care Matters. **Free.**

Ice Cream Social

August 16, 3:00 p.m.-3:30 p.m.

Join us for an ice cream sundae while visiting with other seniors in the community. Cost: Donations accepted. Reservations are required.

Tech Time

August 17, 9:00 a.m.-11:30 a.m.

(30 minute classes available by appointment)

Do you need help learning how to use your smart phone, tablet, or laptop? Call to make an appointment for a one on one class. **Free.**

Gardening

August 20, 9:00 a.m.-10:00 a.m.

Enjoy gardening? Join us to weed and water the Senior Community Garden. All help is appreciated.



Sunflower Wreath

August 20, 1:00 p.m.-4:00 p.m.

This rustic sunflower wreath will add some cheer to your home. This wreath contains over 160 clothes pins, so the cost reflects this. Please R.S.V.P. no later than August 6th to allow us time to order supplies. **Cost: \$8.**

Home Safety Program

August 24, 10:30 a.m.-11:30 a.m.

June is National Safe at Home Month. Courtney from Heartland will be at the center to help you identify risk factors and give you tips to keep you safe. Reservations are recommended. **Free.**

Trivia Contest

August 27, 11:00 a.m.-11:30 a.m.

Do you like trivia? The winner of this educational contest receives a gift certificate provided by McDonald's. **Free.**

Painting Class

August 27, 1:00 p.m.-4:00 p.m.



This acrylic painting class will be painting a sunflower. No painting experience required. All supplies are provided, but feel free to bring your favorite paint brushes if you have them. Reservations are required and space is limited. **Cost: \$5 donation.**

Donuts and a Movie

August 28, 9:30 a.m.-11:30 a.m.

Start your morning right with donuts, coffee, and a movie. **Free.** (See page 8 for a list of our featured movies). Reservations are required.

Wood Carving

Wednesdays, 1:00 p.m.-3:00pm

Bring in your wood carving project and supplies for this group that meets weekly to talk about the craft while working on their own projects. **Free.**

Pizza and a Movie

August 31, 1:00 p.m.-3:00 p.m.

Enjoy a movie, pizza, and popcorn. Reservations are required. Donations are appreciated. **Free.** (See page 8 for the movie)

Monthly Movies

Movie and Popcorn Days

Friday, August 10, 1:00 p.m.

'Dear John'

Based on the novel by best-selling author Nicholas Sparks, this is a romantic drama about a young soldier home on leave and a college student he falls in love with during her spring vacation.

Friday, August 24, 1:00 p.m.

'Ocean's Eleven'

Danny Ocean (George Clooney) orchestrates the most sophisticated and elaborate casino heist in history. Also starring Julia Roberts, Brad Pitt, and Matt Damon. This is a remake from the 1960 movie.



Pizza and a Movie

Friday, August 31, 1:00 p.m.

'I Can Only Imagine'

This inspiring movie tells the back story of the song of the same name. Starring Dennis Quaid, J. Michael Finley, and Trace Adkins.

Donuts and a Movie

Tuesday, August 28, 9:30 a.m.

'Cheaper by the Dozen'

Released in April of 1950 and based on the true story of the large Gilbreth family, this film follows Frank Gilbreth (Clifton Webb) and his wife, Lillian (Myrna Loy), as they raise their 12 children.

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