

Trips

Growing Together Trip

July 6, 9:45 a.m.

Three new garden beds were planted at Sunshine Day-care as part of the Growing Together Intergenerational Partnership. The toddlers, preschoolers, and school-aged children will learn about gardening and nutrition through hands on experience and knowledge shared with them by older adult volunteers. If you would like to be involved in this program, please call Candy at (419)562-3050. Reservations are required and limited. Free.

Out to Breakfast

July 9, 9:00 a.m.

Join us for breakfast at the Bucyrus Diner. You may either meet us at the center to ride the bus or meet us at the diner. Reservations are required. Cost: Participants must pay for their own meal.

Blueberry Patch Trip

July 16, 9:30 a.m.

It is blueberry season! Buckets to pick are provided and berries are weighed and paid for by the pound. When we are finished picking we will enjoy lunch at Blossoms Café (in the greenhouse) surrounded by flowers and fountains. Next up will be the gift shop attached to the café. Reservations are required and limited. Cost: Participants must pay for own lunch, shopping, and blueberries picked.

Out to Lunch

July 24, 11:00 a.m.

Meet at the center for a bus trip to the China Garden in Galion. Reservations are required. Cost: Participants must pay for their own lunch.

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Activities

Essentials Bingo

July 2, 2:00 p.m.-3:00 p.m.

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

Blood Pressure Checks

July 3, 11:00 a.m.-12:00 p.m.

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

Exercises for Balance

July 5,10,12,17,24, & 26, 10:30 a.m.– 11:00 a.m.

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

Alzheimer's Association Care Conferences

July 6, 10:00 a.m.-1:00 p.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 will be care consultations. **To set up your appointment**, please call (419)562-3050 and ask for Candy. **Free.**

Gardening

July 9 & 31, 2:00 p.m.-3:00 p.m.

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

Tech Time

July 10, 1:30 p.m.-3:30 p.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.**

Chair Yoga

July 11 & 18, 2:00 p.m.-2:30 p.m.

Join Candy, Activities Coordinator, for this class that not only helps relieve stress, but also helps improve strength and flexibility. Reservations are encouraged. **Free.**

Grief Support Group

July 11 & 25, 3:00 p.m.-4:00 p.m.

Everyone has experienced loss in this life, whether it be loss of a spouse, a loved one, a job, loss of a pet, or loss of independence-adjusting to the new reality after a loss is tough. You don't have to walk alone. Join us for a grief support group the second and fourth Wednesday of the month at 3:00 pm at the Council on Aging. The group will be led by our social worker, Janell Croneis, MSW, LISW-S. Please call Janell at 419-562-3050 to RSVP.

Scrap Booking Class

July 12, 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

July 12, 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. **Free.**

Beat the Heat—Summer Tips for Seniors

July 13, 11:00 a.m.– 11:30 a.m.

Summer is here! Learn ways to stay active while staying cool and vital safety tips to keep you safe. Reservations are recommended. **Free.**

Pizza and a Movie

July 13, 1:00 p.m.-3:00 p.m.

Enjoy a movie and popcorn on us! Pizza will also be provided. Reservations are required. Donations are greatly appreciated. **Free. (See page 8 for a list of our featured movies)**

Fair Preparation

July 17, 1:00 p.m.-3:00 p.m.

Senior Day at the Fair is quickly approaching. We would greatly appreciate any help getting decorations prepped for the big day. Call Candy at (419) 562-3050 if you would like to help.

Activities

Adult Coloring

July 20, 10:00 a.m.-11:00 a.m.

Relax by coloring with other seniors. **Free.**

Movie & Popcorn

July 20 & 27, 1:00 p.m.-3:00 p.m./3:20 p.m.

Enjoy a movie and free popcorn. July 20 will be a classic movie. **Free.** (See page 8 for a list of our featured movies).

Wine Glass Lamp

July 23, 10:00 a.m.- 11:30 a.m.

This votive candle lamp is simple to make and will look great in your home- customize it however you like. All supplies are provided. Reservations are required and limited. **Cost:** \$4 donation encouraged.

Painting Class

July 23 or 30, 1:00 p.m.-4:00 p.m.

Join us for our painting class. No experience required. We will be painting a summer evening scene. Both classes will be painting the same picture, you only have to attend one. All supplies are provided. Class size is limited. **Cost:** \$5 donation encouraged. Reservations are required.

Senior Bingo

July 26, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. **Free.**

Ice Cream Social

July 26, 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.

Hot Dog Bar

July 27, 12:30 p.m.-1:00 p.m.

Stop in before the afternoon movie and get a hot dog with your favorite toppings for just a **\$1 donation.** Drinks and chips will also be available for purchase. Reservations are required.

Trivia Contest

July 30, 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.**

Donuts and a Movie

July 31, 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.**



Above pictures include: Growing Together Inter-generational Garden Ribbon Cutting and planting; A Matter of Balance graduating class; and Senior Extravaganza. To view more pictures of our events, please visit our Facebook page-Crawford County Council on Aging.

Monthly Movies

Movie and Popcorn Days

Friday, July 20, 1:00 p.m.

'Move Over Darling'

This classic comedic movie stars Doris Day, whose character is lost at sea and presumed dead for five years and returns home to find her husband (James Garner) newly married .

Friday, July 27, 1:00 p.m.

'Apollo 13'

A movie based on what was to be the third lunar-landing mission. This film shows the trials and tribulations of the Apollo 13 crew, mission control, and families after a near-fatal accident makes it unlikely that the crew will make it home. Starring Tom Hanks, Bill Paxton, and Kevin Bacon.

Pizza and a Movie

Friday, July 13, 1:00 p.m.

'The Pursuit of Happiness'

This inspirational drama, starring Will Smith, is based on a true story of a single father who strives to make a better life for his son.

Donuts and a Movie

Tuesday, July 31, 9:30 a.m.

'Catch Me If You Can'

F.B.I agent (Tom Hanks) pursues Frank (Leonardo Di Caprio) who, before his 19th birthday, had forged millions of dollars of checks while posing as a doctor, prosecutor, and a pilot. Based on a true story.

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