

Message from COA

A Matter of Balance Classes

Sign-up available now

Classes are March 6-April 24;

Every Tuesday from 9:30 a.m.-11:30 a.m.

A Matter of Balance is a nationally recognized class designed to reduce risk of falls and increase activity levels in seniors. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercises to increase strength and balance. Pre-registration is required and encouraged. This is an eight week class. Seniors that participate in the class will receive a certificate of completion. **Free.**



Fabrics, Fiber & Fun

Classes start March 20th

Every Third Tuesday of the Month

Are you interested in sewing and quilting classes? If so, come and join a group of ladies who will be gathering together to share projects and talent the third Tuesday of every month, from 7-9 p.m. , at the Council on Aging Senior Center. The cost to join Fabrics, Fiber & Fun will be a \$20 membership fee. Reservations required—please call or come into the Senior Center to sign up for this class to help us determine how many are interested in the class.

Newsletter Donations

Donations for the Council on Aging newsletter, Senior Tidings, are always appreciated. The number of newsletters printed monthly has greatly increased over the past year. The mailing cost for each home is estimated to be \$5.00 per year.

All donations should be sent to:

Council on Aging
200 S. Spring St.
P.O. Box 166
Bucyrus, OH 44820

Trips

2018 Trips

The Wyandot County Council on Aging has invited us to join them on their travels. The following trips will be available to seniors of Crawford County. For brochures giving more information on each individual trip, you may call Candy Yocum, Activities Coordinator, at (419) 562-3050.

March 27-Spring Food Tour-
\$90.00

April 21-Mystery Tour- \$89.00

May 21-23-West Virginia Train Adventure- \$554.00

June 16-23-Discover New England- \$1249.00

June 6-Cleveland Indians Game-
\$98.00

July 19- Shipshewana Dinner Theatre- \$135.00

July 31-Ohio State Fair- \$42.00

August 8 & 9-Explore Indianapolis- \$290.00

September 28-October 1- Washington, D.C.- \$557.00

October 2-9-Canyon Country Adventure- \$2,912.00

Trips & Special Occasions

Out to Lunch

March 6, 11:30 a.m.



Meet at the Center to depart on our bus. We will be dining at Old 30 BBQ in Bucyrus. Reservations are limited and required. Participants must pay for their own lunch.

Out to Lunch

March 20, 11:30 a.m.

Enjoy a lunch with other seniors. We will be dining at Miller's Drive In in Bucyrus. Meet at the center and depart on our bus. Reservations are limited and required. Participants must pay for their own lunch.



Breakfast with the Easter Bunny

March 30, 9:00-10:00a.m.

Come enjoy breakfast with us, then get your picture taken with the Easter Bunny! This is the second year for this annual event. We will be serving pancakes and a breakfast casserole. Pictures will be available for pick up from 2:00-4:00pm. On the day of the event, or arrangements can be made to pick them up the following week. This event is open to the community and for all ages. A \$3 donation to our activities department is encouraged for participation in this event, and includes the picture.

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Activities

Scrap Booking Class

March 1, 9:00 a.m.-11:00 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. Cost: **Free**. Reservations are required.

Adult Coloring

March 2 & 16, 10:00 a.m.-11:00 a.m.

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

Movie & Popcorn

March 2 & 16, 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).

Essentials Bingo

March 5, 2:00 p.m.-3:00 p.m.

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

Blood Pressure Checks

March 6, 11:00 a.m.-12:00 p.m.

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

Chair Yoga

March 7, 14, 21, & 28, 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**.

Services for Seniors

March 8, 10:30 a.m.-12:30 p.m.

The Area Agency on Aging will be at the Senior Center for an educational program that will help

seniors find available resources for assistance with heating bills and home repair. Help will be available to fill out forms during these hours. Reservations are required and certain forms will need to be brought with you to help determine possible eligibility for different programs. Call the center for more information. **FREE**.

Painting Class

March 8, 1:00 p.m.-3:00 p.m.



Come and enjoy doing a spring flower painting by instructor Gerri Scarbro. No previous painting experience necessary. All supplies are provided. Class size is limited.

Cost: \$5 donation encouraged. Reservations are required.

Easter Paper Wreath

March 9 (Galion) 10:30 a.m.-11:30 a.m. &

March 22 (Bucyrus) 2:00 p.m.-4:00



p.m.

Decorate for the season by joining us to make this festive wreath. Choose from different papers to make yours unique. The class held on March 9 will be at the Galion Golden Age Club and reservations for the Galion class can be made by calling (419) 468-5152. No previous painting experience necessary. All supplies are provided. Class size is limited. Registration is required. Cost: \$1 donation encouraged.

St. Patrick's Day Party

March 12, 1:30 p.m.- 3:00 p.m.

You are invited to join our festivities! There will be refreshments followed by live musical entertainment by Mark Staicer on the guitar. Reservations are required. Cost: \$3 donation appreciated.

Activities

Tech Time

March 13, 12:00 p.m.-4:00 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.**

Trip to Japan

March 14, 10:15a.m.-11:15a.m.

Japan is more than temples and shrines, sushi and noodles, pampered pets and Ferris wheels. Come and join Pam Ballard while she talks about her experience of spending almost a month in Japan last fall.

Senior Bingo

March 15, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo sponsored by Heartland of Bucyrus for March. **Free.**

Ice Cream Social

March 15, 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.

Painting Class

March 9 (Galion) 1:00 p.m.-3:30 p.m.

March 19 & 26, 1:00 p.m.-4:00 p.m.



We will be doing a painting of an angel silhouette. You may choose the colors for the background to personalize your painting. No previous painting experience necessary. All supplies are provided. The class held on March 9 will be at the Galion Golden Age Club and reservations for the Galion class can be made by calling (419) 468-5152. Class size is limited. Cost: \$5 donation encouraged. Reservations are required.

Video Games

March 22, 10:00 a.m. –11:30 a.m.

Come pick from various sports themed games to play on our Wii with other seniors. Candy will be here to help beginners learn the games. **Free.**

Donuts and a Movie

March 23, 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)

Trivia Contest

March 26, 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.**

Sock Bunny

March 27 1:00 p.m.-3:00 p.m.



Spring is just around the corner! Come make this adorable yet simple bunny to celebrate. The class held on March 9 will be at the Galion Golden Age Center-reservations for the Galion class may be made by calling (419) 468-5152. Class size is limited. Cost: \$2 donation encouraged. Reservations are required.

Pizza and a Movie

March 30, 2:00 p.m.-4:00 p.m.

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

Cards

Mondays & Thursdays, 12:15-2:15pm

Euchre is played twice a week. Come in and enjoy a friendly game and meet other seniors from the community. **There will be no cards on March 12. Free.**

Monthly Movies

Movie and Popcorn Days

Friday, March 2, 1:00 p.m.

'La La Land'

Join us for this musical romantic comedy-drama about a jazz pianist and an aspiring actress who meet and fall in love in Los Angeles while pursuing their dreams.



Friday, March 16, 1:00 p.m.

'Waking Ned Devine'

When a lottery winner dies of shock from winning, his fellow townsfolk attempt to claim the money. This delightful movie is set in Ireland.

Donuts and a Movie

Friday, March 23, 9:30 a.m.

'The Last Song'



The Last Song stars Miley Cyrus and follows a troubled teenager as she reconnects with her estranged father and falls in love during a summer in a quiet Southern United States beach town.

Pizza and a Movie

Friday, March 30, 2:00 p.m.

'Get Low'



This movie is equal parts folk tale, fable, and real-life legend about the mysterious 1930's Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

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