

Trips

Area Agency on Aging Spring Spectacular Trip

May 9, 10:30 a.m.

Join us for this trip to the Renaissance Theatre in Mansfield to enjoy the music of vocal impressionist Randy Valez. This is Richland County's annual event celebrating Older Americans Month. Doors open at 11:30 a.m., show starts at noon. Our bus will be departing the center at 10:30 a.m. Please keep in mind that we will not be stopping for lunch -you are welcome to pack one. Space on the bus is limited, reservations are required. Cost: \$3-includes snacks, entertainment, and a chance to win door prizes.

Kingwood Center/Late Lunch Trip

May 11, 9:30 a.m.-3:00 p.m.

May 11th is National Public Garden Day and Kingwood Center has free admission on this day to celebrate! This trip involves lots of walking through the gardens and will be followed by a late lunch at Mansfield Family Restaurant. Reservations are required and limited. Participants must pay for their own lunch.

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Activities



Blood Pressure Checks

May 1, 11:00 a.m.-12:00 p.m.

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

Scrap Booking Class

May 3, 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. Reservations are required. **Free.**

Alzheimer's Association Care Consultations

May 4, 10:00 a.m.-1:00 p.m. (by appointment)

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. She will be available by appointment on May 4th at our location. This is a free service that provides personalized information and ongoing support related to the care of a person with Alzheimer's **Free.**

Movie & Popcorn

May 4, 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

May 7, 2:00 p.m.-3:00 p.m.

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



Cuba Travel Presentation

May 8, 10:15 a.m.-11:15 a.m.

Pam Ballard will be here speaking of her trip to Cuba. Learn about Cuba's culture while looking at pictures Pam took. Reservations are encouraged. **Free.**

Ice Cream/ Therapy Presentation

May 14, 12:30 p.m.



Matt Burton from the physical therapy department of Cambridge Home Health will be here serving up ice cream and explaining the importance of therapy by comparing it to your ice cream cone. Reservations are required. **Free.**

Garden Prep

May 14, 1:00 p.m.

It's that time of year again! We will be prepping the garden beds of the C.O.A. Senior Community Garden for upcoming plantings. All help is appreciated.



Dementia Support Presentation

May 15, 11:00 a.m.-11:30 a.m.

Hospice of Morrow County, Inc. will be here presenting this educational program. Reservations are recommended. **Free.**

Adult Coloring

May 18, 10:00 a.m.-11:00 a.m.

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

Trivia Contest

May 21, 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.**

Activities

Painting Pavers

May 21, 1:00 p.m.-4:00 p.m.

Join us for our painting class! No experience required. We will be painting pavers to be used as outdoor decorations. All supplies are provided. Class size is limited. Cost: \$5 donation encouraged. Reservations are required.



Tech Time

May 22, 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.**

Chair Yoga

May 23, 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.**

Snack and Social

May 24, 1:30 p.m.-2:00 p.m.

In celebration of Older Americans month, Heartland of Bucyrus is not only sponsoring our Senior Bingo-they are also providing snacks before! Spend some extra time with friends before the bingo fun begins. Reservations are appreciated. **Free.**

Senior Bingo

May 24, 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 May. **Free.**

Ice Cream Social

May 24, 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.

Pizza and a Movie

May 25, 1:00 p.m.-3:00 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)

Donuts and a Movie

May 29, 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.**

Growing Together

Starting in June

Piloted through a partnership between the Crawford County Council on Aging and Sonshine Child Care and Preschool, "Growing Together" is a new intergenerational effort in our community. Supported by the Crawford Partnership's Quality of Life Team, Growing Together will plant the seeds for enrichment, education, and intergenerational interaction between older adults in our community and children from 18 months old to elementary school. 3 new garden beds will be installed at Sonshine Child Care. Through the Council on Aging, older adult volunteers will work with the kids from Sonshine throughout the summer to help them care for their gardens, among other activities. The Council on Aging is looking for seniors to volunteer for this innovative program. For more information, call Candy at (419)562-3050.

Monthly Movies

Movie and Popcorn Days

Friday, May 4, 1:00 p.m.

'The Queen'

This is a 2006 British fictional drama depicts the British Royal Family's response to the death of Princess Diana and stars Helen Mirren. **Free.**

Tuesday, May 8, 15, 22, & 29, 1:00 p.m.

'The Crown'

Join us on Tuesday afternoons through May and the first week of June to watch the first season of this show. This historical drama series is a biographical story about the reign of Queen Elizabeth II of the United Kingdom. **Free.**

Pizza and a Movie

Friday, May 25, 1:00 p.m.

'The Last Showman'

Join us for pizza and to watch this musical film that is inspired by the story of P. T. Barnum's creation of the Barnum & Bailey Circus and the lives of its star attractions. **Free.**

Donuts and a Movie

Tuesday, May 29, 9:30 a.m.

'The Notebook'

Start your morning right by joining us for coffee, donuts, and a movie! This is a love story set in the pre- and post-World War II era and based on a book by Nicholas Sparks. This movie stars Ryan Gosling and Rachel McAdams. **Free.**

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