

# Upcoming Trips and Food Events

## **Pancake Breakfast**

**September 13, 9:00 a.m.**

Join us for breakfast! Get all you can eat pancakes and two sausage links. Also included will be juice, coffee, and/or water. Reservations are required. **Cost:** \$3.

## **Growing Together Trip-Scarecrow Paint Stick Craft**

**September 14, 9:45 a.m.**

Meet at the center to go to Sonshine Daycare to participate in a craft with the children. This trip is part of the Growing Together program, which is an intergenerational partnership between Sonshine and the Crawford County Council on Aging that promotes interaction between children and senior citizens. Reservations are required. **Cost:** Free.

## **Hot Dog Bar**

**September 20, 1:00 p.m.**

Come enjoy a hot dog with all of the fixings! Reservations are required. **Cost:** Each hot dog is \$1, chips and soda will available for an additional cost.

## **Out to Breakfast**

**September 21, 9:00 a.m.**

Meet at the center for a bus trip for breakfast at Bob Evans in Bucyrus. Reservations are required. **Cost:** Participants must pay for their own meal.

## **Taco Tuesday**

**September 25, 1:00 p.m.**

Our first Taco Tuesday! Pick your toppings from our taco bar. Reservations are required. **Cost:** \$1 per taco. Drinks will be available for an additional cost.

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# Activities

## Exercises for Balance

September 4,6,11,13,20,25, & 27  
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.**

## Chair Yoga

September 5 & 19, 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.**

## Scrap Booking Class

September 6, 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.**

## Alzheimer's Association Care Consultations (by appointment)

September 7, 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.**

## Movie & Popcorn

September 7 & 14, 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).**

## Gardening

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

Enjoy gardening? Join us to weed and water the Senior Community Garden and get first pick of the produce. All help is appreciated.

## Essentials Bingo

September 10, 2:00 p.m.-3:00 p.m.

Enjoy Bingo while winning household essentials such as toiletries and cleaning supplies. Sponsored by the Crawford County Council on Aging. **Free.**

## Boatlift-An Untold Tale of 9/11 Resilience

September 11, 11:00 a.m.

In remembrance of 9/11, we will be watching this short film about heroism from that day. Tom Hanks narrates the epic story of the 9/11 boatlift that evacuated half a million people from the stricken piers and seawalls of Lower Manhattan. **Free.**

## Blood Pressure Checks

September 11, 11:00 a.m.-12:00 p.m.

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

## Recipe Exchange

September 11, 2:00 p.m.-3:00 p.m.

Bring your favorite recipes to get copies made to exchange with others attending. Share cooking tips. Snacks will be provided. Reservations are recommended. **Free.**

## Grief Support Group

September 12, 3:00 p.m.-4:00 p.m.

(meet at Council on Aging)

September 26, 11:30 a.m.-12:30 p.m.

(meet at Bob Evans)

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. The group will be led by our social worker, Janell Croneis, MSW, LISW-S. Please call Janell at 419-562-3050 to RSVP for your first time attending.

## Alzheimer's Support Group

September 12, 2:00 p.m.

(at the Bucyrus Public Library)

This support group will meet at the Bucyrus Public Library every second Tuesday at 2:00 p.m. Learn about community resources while building a support system with people who understand. This is a place for caregivers, family, and friends of people with dementia to share information, needs, concerns, and to talk through issues and ways of coping. All ages are welcome.

# Activities

## Tech Time

**September 13, 12:00 p.m.-3:00 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.**

## Donuts and a Movie

**September 17, 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.

## Wine Bottle Scarecrow

**September 17, 12:30 p.m.**

Welcome fall with this cute scarecrow craft. Reservations are required.

**Cost: \$5.**



## A Matter of Balance

**September 20 & 27, 9:00 a.m.-10:00 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. This is an eight week class held on Thursdays from September 20th-October 25. Registration is required and limited. **Free.**

## Senior Bingo

**September 20, 2:00 p.m.-3:00 p.m.**

Community members ages 55 and over are welcome to participate in this Bingo. September's Bingo is sponsored by Altercare of Bucyrus. **Free.**

## Ice Cream Social

**September 20, 3:00 p.m.-3:30 p.m.**

Join us for an ice cream sundae while visiting with other seniors in the community. **Cost: \$1** donation appreciated. Reservations are required.

## Adult Coloring

**September 21, 12:30 p.m.-1:30 p.m.**

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

## Trivia Contest

**September 24, 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.**

## Fall Wood Plaque Craft

**September 24, 1:00 p.m.**

Choose from a variety of fall themes and sayings to make your plaque unique. All supplies are provided.

No experience necessary. Reservations are required.

**Cost: \$5.**



## Candy Corn Button Art

**September 28, 9:00 a.m.**

**(R.S.V.P. by the 13th)**

This mixed media craft is a perfect decoration for fall. All supplies are provided. Reservations are required.

**Cost: \$5.**



## Pizza and a Movie

**September 28, 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)

## 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.**

Events with an (\*) require reservations. Some events have limited reservations. Reservations will be available September 4th. Some activities encourage a small donation to participate. Call Candy at (419)562-3050 or stop in the Senior Center.

# Monthly Movies

## Movie and Popcorn Days

Friday, September 7, 1:00 p.m.

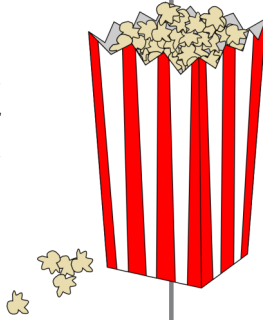
### **'Mama Mia'**

This upbeat musical is about a young woman (Amanda Seyfried) who is about to be married and discovers that any one of three men could be her father— so she invites them all without telling her mother (Meryl Streep).

Friday, September 14, 1:00 p.m.

### **'Rudy'**

Based on a true story. Rudy is about perseverance, never giving up on your dreams, and football. Starring Sean Astin and Jon Favreau.



## Pizza and a Movie

Friday, September 28, 1:00 p.m.

### **'Invincible'**

A 30 year old teacher (Mark Walberg) gets a chance to try out for his favorite football team and becomes one of the oldest rookies in NFL history. Based on a true story.

## Donuts and a Movie

September 17, 9:30 a.m.

### **'Barefoot in the Park'**

This classic 1967 comedy follows Paul, a conservative lawyer, and Corie, a free spirit, as they try to adjust to married life together. Starring Robert Redford and Jane Fonda, with a screenplay wrote by Neil Simon.

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