

Activities

Chair Yoga *

February 3, 10, & 24, 10:30 a.m.-11:00 a.m.

Join Candy for this class that helps relieve stress while improving strength and flexibility. Reservations are recommended.

Essentials Bingo

February 3, 1:00 p.m.-2:00 p.m.

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

Senior Aerobics *

February 4, 18, & 25, 10:00 a.m.-10:30 a.m.

This low impact aerobics class will be led by Candy. Please R.S.V.P. if you would like to attend.

Blood Pressure Checks

February 4, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure for free.

Movie & Popcorn

February 4 & 25, 1:00 p.m.-3:00 p.m.

Enjoy a movie and free popcorn. Free. (Movies are posted at the C.C.C.O.A.).

Card Making for Caitlin's Smiles *

February 7, 9:00 a.m.-10:30 a.m.

Caitlin's Smiles is a program to help children with chronic and life-threatening illnesses by giving them hope, laughs, and smiles. We will be making cards to donate to this program to deliver to these children. Free.

Adult Coloring

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

Did you know that coloring helps with stress relief? Come choose from a variety of cards to color. Free.

Tech Time *

February 10, 2:00 p.m.-4:00 p.m.

(30 or 60 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.

Food for Thought *

February 11, 9:30 a.m.

Rise and shine and learn! Food for Thought for February will be biscuits and gravy, scrambled eggs, orange juice, coffee, and water—all for \$3. The pro-

gram will be Heart Healthy Habits for Seniors. Please R.S.V.P. by February 7 for this program if you would like to attend.

Pizza and a Movie *

February 11, 1:00 p.m.-3:00 p.m.

Enjoy a movie and popcorn on us! Pizza will also be provided. Reservations are required. (Movies are posted at the C.C.C.O.A.). Please R.S.V.P. Donations are appreciated.

Grief Support Group Lunch Bunch at Bob Evans

February 12, 11:30 a.m.-1:00 p.m.

Everyone has experienced a loss in this life, whether it be the loss of a spouse, a loved one, a job, loss of a pet, or loss of independence- adjusting to the new reality is tough. You don't have to walk alone. This group will be led by our social worker Janell Croneis, MSW, LISW-S. Participants must pay for their own lunch.

Harvey and Friends Live Music *

February 12, 1:00 p.m.-2:00 p.m.

Join us for some great live music! Harvey and his friends will be performing old country, rockabilly, and other types of music here at the C.C.C.O.A. This event is free, but donations are appreciated to cover the band's travel costs.

Valentine's Day White Chocolate and M&M Popcorn Recipe

February 13, 9:30 a.m.-10:30 a.m.

This sweet treat is fun and easy to make. Make your own batch to bring home. Cost: \$3 donation for supplies.

Exercises for Balance *

February 14 & 21, 10:30 a.m.-11:00 a.m.

This class helps with balance and stamina. Please call the center if you are interested.

Artist Trading Cards

February 18, 1:00 p.m.-3:00 p.m.

Join Mona to create, trade, and collect trading card sized art. Each month has a different theme. February's theme is Valentine's Day. This class is \$2 if you use the supplies provided here. Reservations are required.

Activities

Fabrics, Fiber, and Fun

February 18, 7:00 p.m.

This group gathers together to share (quilting, sewing, various) projects and talent the third Tuesday of every month from 7-9 p.m. The annual cost to join Fabrics, Fiber, and Fun is a \$20 membership fee. Feel free to join us for a meeting to see if you enjoy it.

Alzheimer's Caregiver Support Group

February 19, 2:00 p.m.-3:00 p.m.

This support group lead by a trained facilitator will meet at the Crawford County Council on Aging every third Wednesday at 2:00p.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.

Hot Dog Bar *

February 20, 1:00 p.m.

Come enjoy a hot dog with all of the fixings! We will also have shredded chicken while it lasts. Reservations are required. **Cost:** Each hot dog or shredded chicken sandwich is \$1, chips and soda will be available for an additional cost. R.S.V.P.

Senior Bingo

February 20, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. February's Bingo is sponsored by the Crawford County Council on Aging. **Free.**

Ice Cream Social *

February 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 recommended. R.S.V.P.

Trivia Contest

February 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.**

Painting Class *

February 24, 1:00 p.m.-4:00 p.m.

(R.S.V.P. by 2/14)

Class size is limited. This month's theme is spring. No experience necessary, all supplies are provided. **Cost:** \$5 donation encouraged. Reservations are required.

Fibromyalgia & Sjogren's Syndrome Support Group

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

This volunteer led group meets monthly on the fourth Wednesday of every month at the C.C.C.O.A.

Meet and Greet-

Donuts with the C.C.C.O.A. Staff

February 27, 10:00 a.m.-11:00 a.m.

Start the morning with free coffee and donuts with Cassie Herschler (Executive Director), Ruth Culver (Transportation Coordinator), Jennifer Morgan (Homecare Coordinator), Brittany Locker (Nutrition Coordinator), and Candy Yocum (Activities Coordinator). Learn about the different departments and services available at the Crawford County Council on Aging.

Donuts and a Movie *

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

Start your morning right with donuts, coffee, and a movie. (Movies are posted at the C.C.C.O.A.). Please R.S.V.P. Donations are appreciated.

Wood Carving

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

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.**

"A Brand New Deck" Card Group

Fridays, 1:00 p.m.-3:00 p.m.

This group will gather in our front lobby to play euchre. Please join us and invite your friends! The more, the merrier. Coffee will be provided.

Events with an * require a reservation. Some events have limited reservations. To make a reservation or for more information, you may call (419) 562-3050, option 4 or stop at the Center to sign up for events. Some activities encourage a small donation to participate.

Upcoming Events

Crawford County Council on Aging's 3rd Annual

SENIOR VALENTINE'S DAY PARTY

at the C.C.C.O.A. - 200 S.Spring St., Bucyrus
Must R.S.V.P. by calling (419)562-3050, option 4

Karaoke!
(with Ron)

Door Prizes!

Lunch!
(chili, grilled cheese, & drink)

February 14th
2:00 p.m.

Only \$4

Deadline to reserve transportation is 2/7

Senior Bingo

FREE! **FUN!**

REFRESHMENTS!
February 25, 2:00 p.m.
at the
Crestline Community Center
120 N. Thoman Street, Crestline

Refreshments provided by
Crestline Nursing Home

Prizes provided by
Crawford County Council on Aging

For seniors age 55 and over.
Please call the C.C.C.O.A. for transportation if needed or with any questions-
(419)562-3050.
Deadline for transportation requests is February 18.

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FRI, FEB 14 @ 7:30PM MARION PALACE THEATRE

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