

Activities

Gardening

July 8, 9:00 a.m.-10:00 a.m.

Join us at the C.C.C.O.A. to help weed and water the Senior Community Garden.

Essentials Bingo

July 8, 1:00 p.m.-2:00 p.m.

(date change due to holiday week)

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

Blood Pressure Checks

July 9, 11:00 a.m.-12:00 p.m.

(date change due to holiday week)

Cambridge Home Health will check your blood pressure for free.

Alzheimer's Caregiver Support Group

July 10, 3:00 p.m.-4:00 p.m.

(at the Bucyrus Public Library)

This support group will meet in the Bucyrus Public Library basement (Kiwanis Room) every second Wednesday at 3:00 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.

Hikes and Health

July 11, 1:30 p.m.-3:45 p.m.

Studies show that hiking in nature can be linked to better moods, decreased chance of depression, reduced stress levels, and improved cognitive function for seniors. Join us for this new summer program that the Crawford Park District will host. We will meet at the C.C.C.O.A. to take our bus to Sears Woods and have a guided hike with a naturalist. There will be uneven terrain (rocks, tree roots on the path), hiking up and down inclines, possible

mud, and we will be walking over a mile. Please wear appropriate shoes and clothing. Also, please note that this will be strenuous. This trip will be cancelled if there is adverse weather. Please R.S.V.P. if you would like to attend— spaces are limited.

Movie and Donuts

July 11, 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. **Free.**

Card Making for Caitlin's Smiles

July 12, 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.**

Tech Time

July 12, 12:30 p.m.-2:30 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.**

Movie & Popcorn

July 16, 1:00 p.m.-3:15 p.m.

July 23, 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.).

Fabrics, Fiber, and Fun

July 16, 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.

Activities

Trivia Contest

July 22, 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.**

Hot Dog Bar

July 25, 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.

Senior Bingo

July 25, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo sponsored by Orchard Park for July. **Free.**

Ice Cream Social

July 25, 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. Reservations are required.

Pizza and a Movie

July 30, 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.

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!

Growing Together Program

Growing Together is an intergenerational program in our community with the goal to plant the seeds for enrichment, education, and intergenerational interaction between older adults in our community and children. It started last year with a partnership between the C.C.C.O.A. and Sunshine Childcare and Preschool, and expands this year to include the Galion Y.M.C.A. daycare. This program is supported and funded by the Crawford Partnership's Quality of Life Team. **We are currently looking for seniors to volunteer for this innovative and rewarding program. Please call (419)562-3050, option 4 to be involved in this and for program dates.**

Growing Together Bucyrus Picnic at Aumiller Park

July 9, 10:15 a.m.-12:45 p.m.

Meet at the center to go to Aumiller Park with the children from Sunshine Daycare and Preschool. Enjoy outdoor games and a picnic lunch. This trip is dependent on the weather—please leave your phone number at the front desk when you sign up in case of a cancellation. Please R.S.V.P. by 7/5, because space on the bus is limited. **Free.**

Growing Together Galion YMCA

Garden Trip

July 16, 9:30 a.m.-11:30 a.m.

Meet at the center for a bus trip to the Galion Y.M.C.A., or meet us there. The children will be showing us the progress the garden has made and we will be helping weed and water it. Please R.S.V.P., as space on the bus is limited.

Programs

Food for Thought

July 15, 9:00 a.m.

Rise and shine and learn! Food for Thought for July will include 2 pancakes, two sausage links, juice, and coffee—all for \$3. The guest speaker will be Cortney Hartline from Heartland speaking about their services, statistics, volunteer opportunities, and other victim of crime services. Please R.S.V.P. by July 8 for this program if you would like to attend.

Grand Family Support Group

July 9, 2:00 p.m.

Join us to meet others who share similar experiences, learn valuable information, and build a support system with other grandparents (or extended family

members) raising children.

Grief Support Group

July 10, 11:30 a.m. -Lunch Bunch at Bob Evans

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. Please call Janell at (419) 562-3050 to R.S.V.P. for your first time attending. On July 10, this group will be meeting at 11:30 a.m. at Bob Evans for their Lunch Bunch (participants must pay for their own lunch).

Keep Space Blank For Ads