

Save the Date

Senior Day at the Crawford County Fair

Crawford County Council on Aging, Heartland of Bucyrus, and Crawford County Fair Board will be sponsoring the 36th Annual Senior Citizens Day at the Crawford County Fair. The day of scheduled events will take place on Thursday, July 18th, 2019, in the Youth Building. Doors will open at 9:00 a.m., entertainment will begin at 10:00 a.m., lunch will be served at 12:00 noon, and door prizes will be awarded periodically throughout the program (you must be present to win a door prize.)

Senior Citizen admission into the fairgrounds will cost \$2.00. Lunch will be **FREE** of charge, but a ticket must be obtained at the Council on Aging, 200 S. Spring St., Bucyrus, in order to reserve a seat and a box lunch. Tickets will be available starting Monday, June 17th, 2019.

In an attempt to eliminate waiting at the door, all tickets must be picked up at the Senior Center before Thursday, July 18th. If you are unable to pick up your ticket, you may send a self addressed stamped envelope to CCCOA-Fair Tickets, P.O. Box 166, Bucyrus, Ohio, 44820. Only individuals 60 years of age and older with a ticket will be guaranteed a seat and a lunch.

Anyone in need of transportation can make a reservation at the same time ticket reservations are made; the deadline to schedule a ride is Friday, July 12th by 5:00 p.m. Lunch and transportation reservations are on a first come first served basis and are limited to the number of seats and vehicles available. Please contact the Council on Aging at 419-562-3050 or 1-800-589-7853.

Crawford County Council
on Aging presents:

"A Star Spangled Day"
July 18th, 2019

Senior Day at
the Crawford
County fair
10am-2pm

Tickets available Monday, June 17th

Upcoming Events

Cookout and Cornhole

June 10, 1:00 p.m.

Join us for our second cookout of the year! **For \$4, you will get a hot dog off of the grill, baked beans, potato chips, a cookie, and a bottle of water.** This cookout is a rain or shine event (there will be spaces available to eat indoors). Following the cookout we will be playing cornhole (weather permitting; will be changed to indoor board games if necessary). **Please R.S.V.P. by 6/6.**

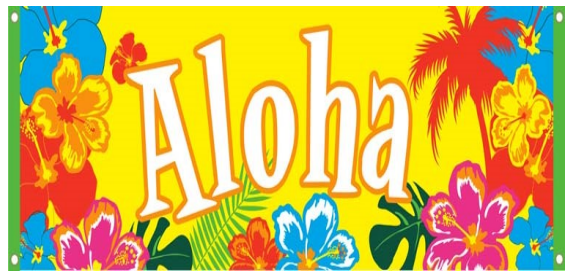


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Aloha Summer!

June 21, 2:00 p.m.

Celebrate the first day of Summer with us here at the C.C.C.O.A. We will be having the *Michael Rose Show* here as Elvis Presley and lunch. Lunch includes a pulled pork sandwich, potato chips, coleslaw, a cookie, and a water. The theme is Blue Hawaii.– feel free to dress for the occasion. **Admission is a \$5 donation and must be reserved by 6/14.**



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Activities

Essentials Bingo

June 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.**

Blood Pressure Checks

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

Cambridge Home Health will check your blood pressure.

Healthy U

June 5, 12, 19, & 26, 9:30 a.m.-11:30 a.m.

July 10 & 17 from 9:30 a.m.-11:30 a.m.

Healthy U is a **FREE** community based, six week workshop, that helps participants learn proven strategies to manage chronic health conditions and feel healthier. Please call (419)562-3050, option 4 for more information if you would like to enroll in this **FREE** workshop or with any questions you might have.

Movie & Popcorn

June 6, 1:00 p.m.-3:00 p.m.

June 13, 9:30 a.m.-11:30 a.m.

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

Chair Yoga

June 7 & 14, 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.

Tech Time

June 7, 12:30 p.m.-2:30 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.**

Alzheimer's Association Program

(New Day)

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

Tessa Clark, Program Coordinator for the Northwest Ohio Chapter of the Alzheimer's Association, will be at the Council on Aging the second Wednes-

day of every month, either doing a program or Care Consultations. This month will be a program. **Free.**

Alzheimer's Caregiver Support Group

(New Time)

June 12, 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

June 13, 1:30 p.m.-3:30 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 Lowe-Volk Park and have a guided hike with a naturalist. There will be some uneven terrain, hiking up and down inclines, and we may be walking up to a mile. Please wear appropriate shoes and clothing. This trip will be cancelled if there is adverse weather. Please R.S.V.P. if you would like to attend- spaces are limited.

Card Making for Caitlin's Smiles

June 14, 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.**

Exercises for Balance

June 18, & 25, 10:30 a.m.-11:00 a.m.

Start your day off right with this class. Candy will improve your balance and stamina. Reservations are recommended. **Free.**

Activities

Pizza and a Movie

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

Enjoy a movie and popcorn on us! Pizza will also be provided. Reservations are required. Movie being shown is posted at the Center. Please R.S.V.P. Donations are appreciated.

Fabrics, Fiber, and Fun

June 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.

Hot Dog Bar

June 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.

Senior Bingo

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

Community members ages 55 and over are welcome to participate in this Bingo sponsored by Council on Aging for June. **Free.**

Ice Cream Social

June 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. Reservations are required.

Movie and Donuts

June 21, 9:30 a.m.-11:30 a.m.

Start your morning right with donuts, coffee, and a movie. Movie title is posted at the Center. Please R.S.V.P. **Free.**

Gardening

June 24, 9:00-10:00 a.m.

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

Trivia Contest

June 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

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

(R.S.V.P. by 6/17)

Join us for this tropical themed summer painting. No experience required, all supplies will be provided. Class size is limited. **Cost:** \$5 donation.

Cupcake Decorating

June 25, 1:00 p.m.-3:00 p.m.

(R.S.V.P. by 6/12)

Cindy and Jan will be teaching a class on cupcake decorating. You will receive four cupcakes and you will also go home with the set of tips you used to decorate. Reservations are required and limited. **Cost:** \$12

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! If this program grows we plan to include themes, prizes, and tournaments in the future.

Growing Together

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 Sonshine 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 get involved and for program dates.**



Programs

Food for Thought

June 11, 9:00 a.m.

Rise and shine and learn! "Food for Thought" for June will include a Belgian waffle with your choice of toppings from our waffle bar, two sausage links, juice, and coffee— all for \$3. The guest speaker will be HelpLine. They will be speaking about their services, statistics, volunteer opportunities, and other victim of crime services. Please R.S.V.P. by June 7 for this program if you would like to attend.

Grand Family Support Group (Day/Date has changed)

June 11, 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

June 5, 11:30 a.m. -Lunch Bunch at Bob Evans

June 19, 3:00 p.m.— at the C.C.C.O.A.

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 June 5, this group will be meeting at 11:30 a.m. at Bob Evans for their Lunch Bunch (participants must pay for their own lunch). June 19 the group will meet at the Crawford County Council on Aging at 3 p.m.

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