

# Upcoming Trips & Special Events

## Out to Breakfast

March 7, 9:00 a.m.

Meet at the Center to depart on our bus. We will be dining at LuLu's Kitchen in Bucyrus. Reservations are limited and required. Participants must pay for their own breakfast.

## Out to Lunch

March 29, 11:30 a.m.

Enjoy a lunch with other seniors. We will be dining at the Pelican Coffee House. Meet at the center and depart on our bus. Reservations are limited and required. Participants must pay for their own lunch.



**April 12**—Antiques and Appraisals by Castle Auctions and Appraisals

**April 19**—Breakfast with the Easter Bunny (all ages, open to the public)

**April 24**—Chicken BBQ Fundraiser

**May 10**—Cookout, Cornhole Tournament

**May 14**—Area Agency on Aging Spring Spectacular

**May 16**— S.H.A.R.E. Health Fair

**July 18**— Senior Day at the Fair

**September 24**—Area Agency on Aging Positive Aging Expo

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# Activities

## Alzheimer's Association Care Consultations

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

Tessa Clark, Program Coordinator for the North-west 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. Please call Tessa at (419) 522-5050 to make an appointment. **Free.**

## Essentials Bingo

March 4, 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.**

## Exercises for Balance

March 5, 19, & 26, 10:30 a.m.-11:00 a.m.

Start your day off right with this class instructed by Candy to help improve your balance and stamina. Reservations are recommended. **Free.**

## Blood Pressure Checks

March 5, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will be available to check your blood pressure.

## Movie & Popcorn

March 7 & 19, 1:30 p.m.-3:30 p.m.

Enjoy a movie and free popcorn. **Free.**  
(Movie titles are posted at the Center.)

## Scrap Booking Class

March 8, 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. Cost: **Free.** Reservations are required.

## Board Games

March 8, 12:30 p.m.-2:30 p.m.

We have many games to choose from— bring a friend to play or meet some new ones! **Free.**

## Chair Yoga

March 8, 15, 22, & 29, 10:30 a.m.-11:00 a.m.

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



## St. Patrick's Day Wreath

March 11, 12:30 p.m.-2:30 p.m.  
(R.S.V.P. by 3/4)

You can decorate for the holiday by joining us to make this festive wreath. Reservations are required. **Cost: \$5.**

## St. Patrick's Day Party

March 12, 2:00 p.m.-3:00 p.m.

You are invited to join our festivities! There will be refreshments and live musical entertainment by Mark Staicer on the guitar. Refreshments are provided by Hospice of Morrow County, Inc. Reservations are required. **Free.**

## Alzheimer's Caregiver

### Support Group

March 13, 2:00 p.m.

(at the Bucyrus Public Library)

This support group will meet in the Bucyrus Public Library basement (Kiwanis Room) the second Tuesday of the month 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

## Cupcake Decorating

March 13, 10:00 a.m.-11:00 a.m.

(R.S.V.P. by 3/4, class limited to 10)

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

## Donuts and a Movie

March 14, 9:30 a.m.-11:30 a.m.

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

## Rescued Rollers Wheelchairs for Dogs

March 15, 1:00 p.m.-2:00 p.m.

Learn about this amazing non profit and the work they do. You will hear inspiring success stories about dogs they have helped all across the country. Laura is one of the dogs they helped and she will be at the Center. **Free.**

## Trivia Contest

March 18, 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

March 18, 1:00 p.m.-4:00 p.m.

(R.S.V.P. by 3/11)

We will be doing a painting of a spring scene. No previous painting experience necessary. All supplies are provided. Class size is limited. **Cost: \$5** donation encouraged. Reservations are required.

## A Matter of Balance

March 20 & 27, 12:30 p.m.-1:30 p.m.

A Matter of Balance is a class designed to reduce risk of falls and increase activity levels in seniors. Learn to view the fear of falling as controllable, increase activity, and change your environment to reduce fall risk factors. This is a five week class held on Wednesdays in March and April. Registra-

tion is required. **Free.**

## Hot Dog Bar

March 21, 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

March 21, 2:00 p.m.-3:00 p.m.

Community members aged 55 and older are welcome to participate in this Bingo sponsored by Hospice of North Central Ohio. **Free.**

## Ice Cream Social

March 21, 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.

## Tech Time

March 22, 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.**

## International Waffle Day Celebration

March 25, 9:00 a.m.-10:00 a.m.

Let's celebrate International Waffle Day with fresh made waffles with your choice of toppings. Reservations are required. **Cost: \$1** per waffle. Drinks will also be available for purchase.

## Pizza and a Movie

March 26, 1:00 p.m.-3:00 p.m.

Enjoy a movie on us! Pizza will also be provided. Reservations are required so we know the amount of pizza needed. **Movie titles are posted at the Center.**

## Adult Coloring

March 28, 2:00 p.m.-3:00 p.m.

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

## Wood Carving

Wednesdays, 1:00-3:00pm

# Activity Programs

## Food for Thought

The Council on Aging will be hosting a new program on the second Tuesday of each month from 9am-10am (please look at the monthly schedule as date may be changed periodically due to special events). *Food for Thought* for March will include all you can eat pancakes, a side of sausage, juice, and coffee— all for \$3. There will be a guest speaker at every breakfast holding an educational program about topics pertaining to senior health and wellness, local issues, or resources for seniors. Courtney from Heartland will be presenting a program on therapy.

## Grand Family Support Group

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 grand-children. These meetings

will be on the 2nd Thursday of every month from 2pm-3pm (please look at the monthly schedule as date may change periodically due to special events). Month of March guest speaker will be Cindi Wallis, Executive Director, from Community Counseling.

## Grief Support Group

Everyone has experienced a loss in their 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 is 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 March 6, this group will meet at 11:30 am at LuLu's Kitchen in Bucyrus for their *Lunch Bunch* (participants must pay for their own lunch). March 20th, the group will meet at the Crawford County

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