

Older Americans Month

S.H.A.R.E.

(Senior Health and Resource Expo)

May 16, 8:00 a.m. –11:00 a.m.

In honor of Older Americans Month, we will be holding a **Senior Health and Resource Expo (S.H.A.R.E)**. *Sponsored by United Bank*, this **FREE** event will be held at the Crawford County Fairgrounds, Youth Building. S.H.A.R.E. will include over 30 health related booths, educational speakers every 15 minutes, door prizes, and a **FREE BREAKFAST** *provided by Altercare of Bucyrus*. **FREE health screenings** will include blood sugar, balance, grip strength, and blood pressure testing by various vendors.

Biometric finger stick testing will also be available by appointment during S.H.A.R.E. (call 419-562-3050, option 4 for an appointment by May 2nd). **Provided by Avita, the cost of this testing is \$20 and will provide results in four minutes. Testing will include Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Lipids, Triglycerides, and Glucose.**

Anyone in need of transportation can make a reservation—the deadline to schedule a ride for this event is Friday, May 10th by 5:00p.m. Breakfast and reservations for transportation are on a first come first served basis and are limited to the number of seats, vehicles, and breakfasts available. Please contact the Council on Aging at 419-562-3050 or 1-800-589-7853 for your transportation needs.

Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. Interest in older Americans and their concerns was growing. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every

President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

It's State of the Sandwich time!



State of the Sandwich Food Truck will be in the COA parking lot on **May 9, 2019**, from 11am-2pm.

The State of the Sandwich, is a restaurant on wheels selling a variety of freshly made sandwiches on a bun and specializes in fried side dishes and desserts. Location: Council on Aging parking lot.

Advance ordering is encouraged for large orders (four or more) by calling 740-244-7917.

Percentage of the proceeds to benefit the Council on Aging's Activity Department. Call 419-562-3050 for more information.



Upcoming Events

Cookout, Cornhole Tournament, and Outdoor Games

May 10, 12:30 p.m.

Join us for our first cookout of the year! **For \$4, you will get a hot dog off of the grill, baked beans, a bag of potato chips, a cookie, and a bottle of water.** This cookout will be open to all ages and is a rain or shine event (there will be spaces available to eat indoors). Students from Bucyrus Middle and High School will be here to assist as part of their Community Service Day. Following the cookout, there will be a cornhole tournament and other outdoor games (weather permitting, will be changed to indoor board games if necessary).

Please R.S.V.P. by 5/7.

Senior Spring Spectacular Trip

May 14, 10:00 a.m.

May is Older Americans month. The Area Agency on Aging Ohio District 5 always throws a great celebration. Meet at the Crawford County Council on Aging for a bus trip to their Senior Spring Spectacular at the Renaissance Theatre in Mansfield. Enjoy entertainment, a snack, and door prizes! Bus space is limited, reservations are required. Please keep in mind that we will not be stopping for lunch— you are welcome to pack one to eat on the bus if you would like to. **Tickets are \$3.**



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Activities

Out to Lunch

May 2, 11:00 a.m.- 1:00 p.m.

Meet at the Center to depart on our bus. We will be dining at Los Arrieros in Bucyrus. Reservations are limited and required. Participants must pay for their own lunch.

Alzheimer's Association Care

Consultations

May 3, 10:00 a.m.-1:00 p.m.

(by appointment)

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. Please call for an appointment. **Free.**

Chair Yoga

May 3 & 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.

Surprise Prize Essentials Bingo

May 6, 1:00 p.m.-2:00 p.m.

Enjoy Bingo while winning household essentials such as toiletries and cleaning supplies, with some other fun items thrown in. Items will be wrapped or in a bag so you will not know what you are getting. We thought this would be a fun way to celebrate Older Americans Month. Sponsored by the Crawford County Council on Aging. **Free.**

Exercises for Balance

May 7, 21, & 28, 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.**

Blood Pressure Checks

May 7, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure.

Movie & Popcorn

May 7, 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.).**

Alzheimer's Caregiver

Support Group

May 8, 2:00 p.m.-3:00 p.m.

(at the Bucyrus Public Library)

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

Tech Time

May 17, 9:00 a.m.-12:00 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.**

Trivia Contest

May 20, 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

May 20, 1:00 p.m.-3:00 p.m.

(R.S.V.P. by 5/13)



We will be doing this fun and simple painting for May. You may choose different colors to customize it to your liking. No previous painting experience necessary. All

supplies are provided. Class size is limited. **Cost: \$5 donation encouraged. Reservations are required. Free.**

Activities

Movie and Donuts

May 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.**

Memorial Day Celebration

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

Join us for a celebration in honor of Memorial Day. Mark Staicer will be here performing patriotic songs. Refreshments will be served. Reservations are required. **Free.** Donations accepted.

Fabrics, Fiber, and Fun

May 21, 7:00 p.m.

This group gathers together to share (quilting, sewing, various) projects and talent the third Tuesday of every month from 7-9p.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.

Planting Flower Pots

May 22, 9:00 a.m.-10:00 a.m.

Choose a pot and flowers to plant and bring home. **Cost: \$3** donation encouraged. Reservations are required and limited.

Hot Dog Bar

May 23, 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

May 23, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo sponsored by Magnolia Terrace Assisted Living for May. **Free.**

Ice Cream Social

May 23, 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.

Monarch Habitat Planting

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

We will be planting a monarch habitat at the C.C.C.O.A. Join us to learn about milkweeds, monarchs, and other pollinators.

Pizza and a Movie

May 28, 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. so we know the amount of pizza we need. Donations are appreciated.

Senior Community Garden Planting

May 29, 9:00 a.m.-11:00 a.m.

It's that time of year again! We will be planting the garden here at the C.C.C.O.A. All of the produce from this garden will be available to seniors as we harvest it. All help is 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! If this program grows we plan to include themes, prizes, and tournaments in the future.

Programs

Food for Thought

May 6, 9:00 a.m.

This program will be held on the first Monday this month instead of the second Tuesday at 9:00 a.m.

Food for Thought for May will include two whole grain pancakes, a fruit and yogurt parfait, juice, and coffee— **all for \$3**. The guest speaker will be from Anytime Fitness and is a nutritionist that will be speaking about healthy eating habits. Please R.S.V.P. by May 3 for this program if you would like to attend.

Grand Family Support Group

May 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. These meeting will be on the 2nd Thursday of every month (please look at

monthly schedule as date may be changed periodically due to special events) at 2:00 p.m.

Grief Support Group

May 8, 11:30 a.m. -Lunch Bunch at Bob Evans

May 22, 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 May 8, this group will be meeting at 11:30 a.m. at Bob Evans for their Lunch Bunch (participants must pay for their own lunch). May 22nd the group will meet at the Crawford County Council on Aging at 3 p.m.

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