

Save the Date!



**Reserve Your
Tickets Now!!
Available Oct. 1**

FREE Thanksgiving Feast

WHEN: Thursday, November 21st
WHERE: Trillium Event Center
1650 E. Southern Ave., Bucyrus
TIME: 1:00-3:00 p.m.

Join us for the Second Annual Crawford County Council on Aging Senior Feast. Enjoy a free traditional meal while visiting with other seniors from the community. The meal includes turkey, ham, mashed potatoes, stuffing, gravy, green bean casserole, cranberry salad, dinner roll, pumpkin or apple pie, and a drink. The meal will be catered by Special Occasions catering. The meals are being paid for with a generous donation from the Cathcart Family. This meal is for any senior age 55 and older. Tickets are free, but are required and may be reserved by calling the Senior Center at (419) 562-3050, option 4 or stop in to reserve your ticket. Please R.S.V.P. by November 5th. Reservations are limited!! Deadline to schedule transportation is November 15th.

PORK CHOP DINNER DRIVE THRU-CARRY-OUT!!

Pre-Sale Tickets Only
Cost: \$8/ticket

When: October 24th, 4-6 pm

Where:
Council on Aging, Inc.
200 S. Spring Street,
Bucyrus, OH 44820

**2 Pork Chops, Dinner Roll, Homestyle Green
Beans, Bacon & Cheese Scalloped Potatoes**
Catered by: Special Occasions Catering
Proceeds: Senior Center Activities Program

18th Annual Caregiver Conference

Wednesday, November 6, 2019

10:30 am-1:30 pm

**Because you care so much,
this special day is to celebrate YOU!**

In recognition of National Caregivers Month, the Ohio District 5 Area Agency on Aging Inc. would like to invite you to attend this very special celebration of caregivers.

**FREE for informal & volunteer caregivers
there will be: Information sessions, Buffet
lunch, & Award Winning keynotes speaker**

David Caperton presents....

**Put On Your Own Oxygen Mask:
Healing and Self-Care Caregivers**

Make your reservation today
by calling 419-524-4144 or
visit website: www.aaa5ohio.org

Veteran's Day Luncheon

Orchard Park will be hosting a free luncheon for Veterans on Friday, November 8th. Veteran recognition begins at 11:30 a.m. and will be followed by lunch. Lunch will be spaghetti, salad, breadsticks, and cheesecake. Orchard Park is located at 500 Wedgewood Court in Bucyrus. Please R.S.V.P. by November 3rd by calling (419)562-6080.

Flu Shots

Tuesday, November 12th from 9am-4pm.

Avita Health Systems will be giving flu shots at the Council on Aging by appointment only. You must bring in your Medicare card in order to have the flu shot covered by insurance. Contact the COA to schedule an appointment at 419-562-3050, option 4.

Upcoming Events

AAA (American Automobile Association) Senior Driving Program

October 23 & 24, 9:30 a.m.-2:30 p.m.

This program is for seniors age 60 and older. AAA's state-approved program is designed to keep you up-to-date on the latest risk-reducing driving techniques. Because the course is approved by the state, **insurance companies are required to give a discount to those who successfully complete this course.** Discounts vary by insurance carrier. Please check with your insurance agent to see what your insurance carrier offers. Classes are taught by a AAA certified instructor and lunch will be provided. Attendance is required for both days to be eligi-

ble for insurance discounts and there will also be a test at the end. Please contact Kellie O' Riordan at (614) 431-7882 for more information or to register. This class must have 12 participants in order for us to hold it, so please leave your phone number when calling in your reservation in case we do not reach the 12 participant goal. **Cost:** \$20 for AAA members. \$25 for non-members.

RSVP(s) are being taken immediately.



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Activities

Blood Pressure Checks

October 1, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure for free.

Donuts and a Movie

October 3, 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.

Chair Yoga

October 4 & 18, 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.

Sweet Treats Cooking Class **(Halloween Cake Batter Dip)**

October 7, 10:00 a.m.-11:00 a.m.

Learn how to make this delicious and easy dip. You will go home with your batch and some vanilla wafer cookies to dip in it. Please R.S.V.P. by 10/3. Cost: \$4

Essentials Bingo

October 7, 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.

Medication Reviews

October 8, 9:00 a.m.-4:00 p.m.
(by appointment)

Do you have questions about your medications? Are you unsure why you take some of the pills you have? Would you like to have a pharmacist review your medications with you? Bring your medications in for a free medication review with Cari Fink, a board certified clinical pharmacist with Avita Health System! She will review your medications, answer any questions you have and help you under-

stand how and why you take what you take! Call (419)562-3050, option 4 to make a reservations.

Food for Thought

October 8, 9:30 a.m.

Rise and shine and learn! Food for Thought for September will include 2 biscuits with sausage gravy, a small cheese omelet, juice, and coffee—all for \$3. Candy Yocum will be our speaker and will be giving tips on how to stay active during the colder months. Please R.S.V.P. by October 7 for this program if you would like to attend. Cost: \$3

Harvey and Friends Live Music

October 9, 1:00 p.m.-3:00 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. Harvey and his friends performed here last month and we all had a great time! This event is free, but donations are appreciated to cover the band's travel costs.

Card Making for Caitlin's Smiles

October 11, 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.

Movie & Popcorn

October 11, 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.).

Artist Trading Card Group

October 15, 1:00 p.m.-3:00 p.m.

Join Mona to create, trade, and collect miniature trading card art! Each month will have a different theme. This will be the first meeting of this monthly group. Please plan to attend if you would like to be

Activities

a part of it. Supplies to make the cards will be provided. Feel free to call for more information-(419) 562-3050, option 4. Reservations are required and limited to 20.

Fabrics, Fiber, and Fun

October 15, 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

October 17, 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 be available for an additional cost.

Senior Bingo

October 17, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. The sponsor will be announced on Bingo day. **Free.**

Ice Cream Social

October 17, 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.

Trivia Contest

October 21, 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

October 21, 1:00 p.m.-4:00 p.m.

(R.S.V.P. by 10/15)

Halloween is Candy's favorite holiday! You will have many choices for your painting this month in her class- all Halloween themed. Class size is limited. **Cost:** \$5 donation encouraged. Reservations

are required.

Dried Flower Plaque

October 22, 1:00 p.m.-3:00 p.m.

(R.S.V.P. by 10/14)

Marilyn S. will be here volunteering and showing you how to make dried flower plaques from flowers she dried herself. Reservations are required and limited. **Cost:** \$2 for supplies.

Sunflower Paper Craft

October 28, 1:00 p.m.-2:30 p.m.

Candy will be teaching you some origami basics to create a cute sunflower. This class will be free, but reservations are required.

Pizza and a Movie

October 29, 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!

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. Reservations will be available October 1st. Some activities encourage a small donation to participate.

Programs

Grand Family Support Group

October 8, 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

October 9, 11:30 a.m.-1:00 p.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. if you would like to attend.

(participants must pay for their own lunch).

Fibromyalgia & Sjogren's Syndrome Support Group

October 23, 2:00 p.m.

This group will meet monthly on the fourth Wednesday of every month at the C.C.C.O.A. This group will provide support, education, and the opportunity to meet others that are going through the same experiences.




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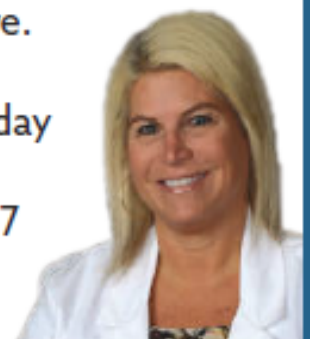
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