

CRAWFORD COUNTY COUNCIL

ON AGING



APRIL 2024 "Your Community Senior Center"

**200 SOUTH SPRING ST.
BUCYRUS, OHIO 44820**

419-562-3050 or 800-589-7853

CENTER HOURS

Monday-Friday 8:30am—5pm

Email: coa@cccoa.org

Crawfordcountyaging.com

Senior Tidings

Meet to Eat



with the Council on Aging

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Newsletter Donations

Donations for the Council on Aging newsletter, Senior Tidings, are always appreciated. The mailing cost for each home is estimated to be \$3.00 per year.

Mail donations to:

Council on Aging,
200 S. Spring St.,
P.O. Box 166,
Bucyrus, OH 44820

**Meet Courtney at 11 a.m. April
18 at The Pickwick Place, 1875
N. Sandusky Ave., Bucyrus
Limited to 15**



**Meet Courtney at 2 p.m. April 25
at Just Jokin Bar and Grill, 602
W. Bucyrus St., Crestline.
Limited to 20**



**Those attending are responsible for their own meal purchases. Must sign up. Call Courtney at 419-562-3050.
Council on Aging activities are for ages 55+**

Council on Aging Info.

CCCOA Senior Commodity Closet

You may have heard about our new effort called the Commodity Closet. The purpose of the Commodity Closet is to help seniors get needed items.

The Commodity Closet runs on community donations of non-perishable food, toiletry and pet items. We make these items available to Crawford County seniors 60+ on open closet days (see activities calendar). On open days, seniors just simply stop by our building (the closet is open in the lunchroom), sign in, grab a bag and Courtney will assist you in getting the items you need. Each open Commodity Closet day has a limit for food and toiletry/pet items so we can serve the most seniors. We've had a great community response to donations and have received many great items like easy-to-prepare meals, juice, canned meats, canned fruits, soup and more. We also have cat food, dog food, laundry detergent, toilet paper and more.

There are no income guidelines. A person must be a Crawford County senior who is age 60 or older.

We are always accepting donations of non-perishable food, toiletry and pet items. Food donations must have a good date and no dented cans.

Newsletter Mailing List

Our Senior Tiding's newsletter reaches over 900 homes throughout Crawford County. It has been a few years since we have tried to condense our newsletter mailing list to those individuals who want to continue to receive the newsletter. We are thrilled to be reaching so many homes but we are finding there are some individuals who no longer wish to receive the newsletter; or some who have moved, etc. If you no longer wish to be on our newsletter mailing list or know of someone who is no longer interested, please contact the Council on Aging by calling 419562-3050, ext. 236, or send an email to coa@cccoa.org.

We appreciate your efforts in helping us to streamline our list so we can better serve the seniors in our county.

Did you know that you can receive our newsletter electronically? This is the fastest way to view our newsletter. Visit www.mycommunityonline.com/organization/crawford-county-council-on-aging to subscribe to our newsletter.

Activities Membership

Our activities membership is optional, but members do receive perks. Our members get early sign up by using their online profiles and may attend member-exclusive activities. We've hosted members-only bingos with larger prizes, members-only socials, a pamper day at pioneer, prize drawings and more. Membership is \$30/year for an individual or \$55/year for a married couple. See Courtney for details.

Area Agency Tech Classes

Instructed by **ES Consulting**

April 10 & 17 from 1 to 3 p.m.



April 10

**Basic Usage of Technology.
Understanding the crossover with
a computer/phone.**

April 17

**Social Media Technology. Geared
toward Telehealth with doctor
appointments, medications, etc.**

Snacks & Water Provided.

Call Courtney to sign up: 419-562-3050 Opt. 4

Keep Space Blank For Ads

Activities

Please pre-register for all activities you want to attend by signing up with Courtney, using the Kiosk in the lobby, or members may sign up early online using their MyActiveCenter profiles.

Sign up is required for accurate planning and preparation. Some activities may have a limited class size. Call 419-562-3050 Ext. 236 or Opt. 4. **Remember to use the kiosk to check-in upon arrival.**

All activities take place at our senior center in Bucyrus unless otherwise noted.

Weekly

Senior Fitness

10 a.m. Mondays and Fridays

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different. Special class April 5 with Kerri Eidson. Line Dancing dates: April 12 and 26.

Calendar

Random painting

12:30 to 3 p.m. April 2

Variety and limited quantity of individual painting projects. Wood, canvas, rocks and suncatchers. Fee is \$2 to help with paint cost. Limited sign up.

Mermaid in a Jar painting

12:30 p.m. April 4

This is a medium level class. Small detail work required. Traceables will be provided, but you will build your own scene with multiple traceable elements. Participants paint on a flat wooden mason jar shape to create a mermaid in a jar painting. Example will be shown. Limited to 9 participants. Class fee is \$4, members are \$2.

Film Friday

1 p.m. April 5

This 2024 film is rated TV-PG. Maddie's dream guy is days away from marrying her best friend when a wish for true love made on an ancient stone in Ireland magically alters her fate. Stars Lindsay Lohan. Runtime: 1 hr 30 min.

Crafty Companions

1 to 3 p.m. April 9

Bring a project to work on and chat with other crafters. We are not limited to fiber arts. Some have brought diamond art, signs and adult coloring to work on while here.

Area Agency Tech Classes

1 to 3 p.m. April 10 and 17

Sponsored by the Area Agency on Aging, ES Consulting will instruct two classes at our building. The first class will focus on basic device usage education. The second class will focus on wellness apps and social media. Limited to 30. Snacks and water will be provided.

Diamond Art Coasters

12:30 p.m. April 11

*Limited to 18 people.

Each person will make 2 diamond art coasters. Cats and dogs available. First come, first to pick. Class fee is \$6, members are just \$3.

Junk Journals

1 to 3 p.m. April 12

Bring a journal and supplies you want. We will have some supplies on hand including a variety of paper and stamps. Junk journals are like a scrapbook of collages. Pick a theme and create a page.

Activities

Edu Presentation: Primrose

12:30 p.m. April 19

*Rescheduled from March.

Morgan Bell from Primrose Retirement Community will present a program from Spiro 100, focusing on the topic of “brain fog.” She will also provide a snack and drink. Please sign up so we have enough food available.

Bucyrus Bingo

1 to 3 p.m. April 23

Social time begins at 1 p.m. with hot dogs and choice of toppings available for \$1.25 each, while supplies last. Members get a free pop, while supplies last. Bingo to follow. **Prizes sponsored by Legacy Bucyrus**

Make a Mediterranean Meal

1 p.m. April 26

LIMITED to 12. This activity is in partnership with Kerri Eidson, SNAP Educator for Crawford County. Those attending will make a chickpea Greek salad and dressing. Bring a container to take any leftovers home. Each person will make a 2-serving portion. Donations are appreciated.

Birthday Celebration

1 p.m. April 30

Come celebrate April birthdays. All are welcome. Those with April birthdays get dessert first. **Cake sponsor: Trustwell Living at Carlisle Place.**

Offsite Activities

Crestline Bingo

Takes place 1 to 3 p.m. April 16 at the Crestline Public Library, 324 N. Thoman St. Social time begins at 1 p.m. with treat provided; bingo to follow.

Sponsored by Legacy Bucyrus

Meet to Eat: The Pickwick Place

LIMITED to 15. Meet Courtney at 11 a.m. April 18 at 1875 N. Sandusky Ave., Bucyrus. Those attending are responsible for their own meal purchase. After we eat, those interested can explore the market and the stalls for some shopping.

Meet to Eat: Just Jokin


LIMITED to 20. Meet Courtney at 2 p.m. April 25 at 602 W. Bucyrus St., Crestline. Those attending are responsible for their own meal purchase. Check the Just Jokin Facebook page for specials. Thursdays are B1G1 wing day.

Coffee Chat at Bean Daddy

The Council on Aging is celebrating 50 years of serving area seniors. Join us at 10 a.m. April 30 at Bean Daddy, 114 S. Kibler St., New Washington. Open to the public, come learn about our organization and services available to senior citizens.

Activities

APRIL 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Senior Fitness 10 a.m.</p> <p>Commodity Closet OPEN 12:30-1:30</p>	<p>2</p> <p>Random Painting 12:30 to 3 p.m.</p>	<p>3</p>	<p>4</p> <p>Mermaid in a Jar painting on wood 12:30 p.m.</p>	<p>5</p> <p>Senior Fitness With Kerri Eidson 10 a.m.</p> <p>Film Friday 1 p.m.</p>
<p>8</p> <p>CLOSED</p> 	<p>9</p> <p>Crafty Companions 1 to 3 p.m.</p>	<p>10</p> <p>Area Agency Tech Class 1 to 3 p.m.</p>	<p>11</p> <p>Diamond Art Coasters 12:30 p.m.</p>	<p>12</p> <p>Senior Fitness -Line Dancing 10 a.m.</p> <p>Junk Journals 1 to 3 p.m.</p>
<p>15</p> <p>Senior Fitness 10 a.m.</p> <p>Commodity Closet OPEN 12:30-1:30</p>	<p>16</p> <p>Crestline Bingo 1 to 3 p.m. Sponsored by Legacy Bucyrus</p>	<p>17</p> <p>Area Agency Tech Class 1 to 3 p.m.</p>	<p>18</p> <p>Meet to Eat: Pickwick Place 11 a.m.</p>	<p>19</p> <p>Senior Fitness 10 a.m.</p> <p>Primrose Edu 12:30 p.m.</p>
<p>22</p> <p>Senior Fitness 10 a.m.</p>	<p>23</p> <p>Bucyrus Bingo 1 to 3 p.m. Sponsored by Legacy Bucyrus</p>	<p>24</p>	<p>25</p> <p>Find Courtney at the volunteer fair in Crestline 10 a.m. to 1 p.m.</p> <p>Meet to Eat at Just Jokin 2 p.m.</p>	<p>26</p> <p>Senior Fitness -Line Dancing 10 a.m.</p> <p>Make a Meal: Mediterranean 1 p.m.</p>
<p>29</p> <p>Senior Fitness 10 a.m.</p> <p>Commodity Closet OPEN 12:30-1:30</p>	<p>30</p> <p>Coffee Chat 10 a.m. at Bean Daddy in New Washington</p> <p>Birthday Celebration 1 p.m. Sponsored by Trustwell Living</p>			

APRIL 2024

Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1. Mesquite Chicken Breast **OR** Meatloaf Sweet Potato Sugar Snap Peas Fruit Juice Roll

2. Mini Pancake Wraps **OR** Canadian Bacon McMuffin Redskin Potatoes Baked Apples Fresh Orange

3. Popcorn Chicken **OR** Beef Pot Roast Mashed Potatoes Coined Carrots Pineapple Graham Cracker

4. Vegetable Lasagna **OR** Egg Plant Parmesan Brussel Sprouts Peach Crisp

5. Unstuffed Cabbage Bowl **OR** Homemade Lasagna Soup Tossed Salad Baked Apple Fruit Juice

8. Chicken Lasagna **OR** Mushroom Ravioli Alfredo Sugar Snap Peas Summer Squash Fruit Juice

9. Turkey Burger **OR** BLT Lettuce/Tomato Tomato Basil Soup Juice

10. Turkey Sausage & Waffles **OR** Chicken & Waffles Baked Apples Redskin Potatoes Fresh Orange

11. Salisbury Steak **OR** Sliced Pork Mashed Potatoes Corn Fruit & Jello

12. Turkey Chef Salad With Egg **OR** Santa Fe Chicken Salad With Roasted Corn Crackers

15. Turkey Meatballs **OR** Grilled Chicken Breast Mashed Potatoes Peas Apple Juice

16. Mac & Cheese **OR** Cheese Pizza Bites Cheesy Broccoli Blueberry Crisp Fresh Orange

17. Sliced Turkey **OR** Sliced Ham Sweet Potato Italian Green Beans Fresh Banana Whole Grain Roll

18. Sausage Gravy **OR** Beef Stew Prince Charles Vegetables Peach Crisp Juice Oatmeal Raisin Cookie

19. Chicken Corn Chowder Soup **OR** Cheeseburger Soup Apple Crisp Fiesta Slaw Pretzel Bites

22. Pork Fritter **OR** BBQ Chicken Baked Potato Mixed Vegetables Mandarin Oranges

23. Smothered Pork Chop **OR** Smothered Hamburger Sliced Potatoes Cheesy Cauliflower Juice

24. Broccoli Chicken Stir Fry **OR** Peppered Steak Whole Grain Rice Oriental Vegetables Roasted Sweet Corn Peaches

25. Pizza Burger **OR** White Castle Burgers Stewed Tomatoes & Zucchini Cabbage

26. Egg Salad On Croissant **OR** Buffalo Chicken Salad On Croissant Ambrosia Salad Pineapple Fruit Punch

29. Chicken Pot Pie Over Mashed Potatoes **OR** Chipped Beef Over Mashed Potatoes Corn

30. Cheeseburger Casserole **OR** French Onion Pasta Blueberry Crisp Cinnamon Applesauce

To Receive Your Meal You Must Be Home At Time Of Delivery.

Menu Subject To Change At Anytime Without Notice.



Crawford County
Council on Aging

Coffee Chat with the COA

10 a.m. April 30 at Bean Daddy,
114 S. Kibler St., New Washington

The Crawford County Council on Aging is a private non-profit organization established in 1974 for the purpose of providing services to age 60 and older.



Keep Space Blank For Ads

STEPPING ON PROGRAM

Stepping On has been researched and proven to reduce falls by 30%.

Join us for a free **Stepping On** program that is grounded in behavior change, preventative framework, and principles of adult education with a focus on four critical domains: balance and strength exercises, medication review, vision review, and home modifications.

WHERE: CRAWFORD COUNTY COUNCIL ON AGING
200 SOUTH SPRING STREET
BUCYRUS, OH 44820

WHEN: WEDNESDAYS
MAY 1 – JUNE 12, 2024

TIME: 1:00 PM – 3:00 PM



To register, call Karen
at **567-247-6487**

 **AREA AGENCY ON AGING**
Ohio District 5 | Serving North Central Ohio
419-524-4144 | 800-860-5799 | www.aaa5ohio.org

SteppingOn
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Spring

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A C C A S B O O Q I S E C K G N

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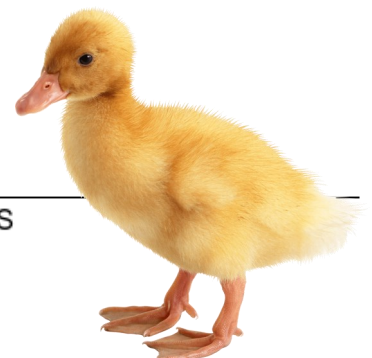
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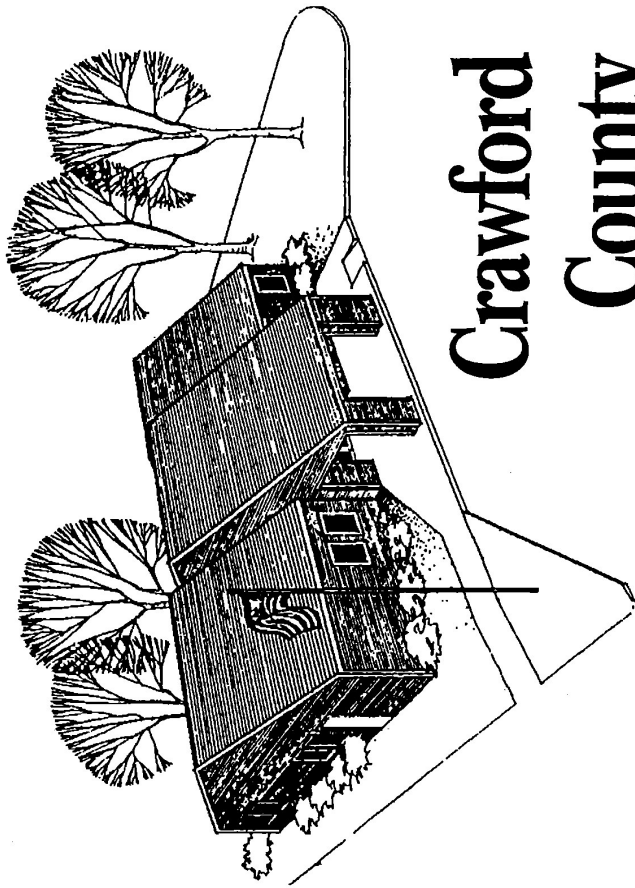
W P R U



SPRING
BASEBALL
SUNSHINE
UMBRELLA

APRIL
GREEN
SHOWERS
EASTER

FLOWERS
GRASS
RAIN
BIRDS



Crawford County Senior Center

200 S. Spring Street
P.O. Box 166
Bucyrus, Ohio 44820

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