

# CRAWFORD COUNTY COUNCIL ON AGING



APRIL 2025 "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](mailto:coa@cccoa.org)

[Crawfordcountyaging.com](http://Crawfordcountyaging.com)

## Senior Tidings

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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

### 4th Annual

## Easter Bake Sale

11 a.m. to 3 p.m.

Friday, April 18

at the Council on Aging  
200 S. Spring St., Bucyrus



*Proceeds benefit the Senior Activities Program*

**Some items may have a suggested price  
but most are by donation.**



Organizations are welcome to donate items for  
the sale. Contact Courtney at 419-562-3050



# Desk of the Director

## OLDER AMERICANS MONTH



### FLIP THE SCRIPT ON AGING: MAY 2025

#### Senior Spring Spectacular

##### “Flip the Script on Aging”

In celebration of Older Americans Month we are going to “**Flip the Script on Aging**” and celebrate at the Trillium Event Center, 1630 E. Southern Ave., Bucyrus with a **Senior Spring Spectacular** on Thursday, May 22nd, 2025.

Our **BIG** celebration will be in May this year instead of celebrating at the Crawford County Fair on Senior Citizens Day. The Trillium Event Center is a better location and a better time of year for seniors to navigate parking and weather.

**The event will feature live game shows, free boxed lunch provided by Unger Park Post Acute Skilled Nursing, resource fair, hat contest, door prizes and live performance by “In A Jam Band”!**

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 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, May 16th by 5:00 p.m.

Lunch tickets and transportation reservations are on a first come first served basis and are limited to the number of seats and vehicles available.

**Call to reserve your ticket on Monday, May 5th!  
419-562-3050, Option 1.**

#### Older Americans Month 2025

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM), a time to recognize older Americans’ contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This year, join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. 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.”

# HAPPY EASTER to Every Bunny

The Easter Bunny came by today  
and left surprises along his way.

Colorful eggs are all around.

With baskets in hand we search the ground.

Hiding in places here and there...

Easter Eggs are everywhere!



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 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

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different.

### **Wood Carvers**

Wednesdays

Wood carvers, soap carvers and related craftsmen welcome. Meet in the congregate lunch area. This group is led by Connie Kennedy.

### **Senior Walking Group**

This group meets Thursdays at Aumiller Park. Those interested in attending may contact Judy Frey or call Courtney to be put in contact with Judy.

### **Cardio Drumming**

10 a.m. Fridays

### **No class April 18**

This class is full, but we will take people for a contingent list. If someone drops out of this class or is unavailable for a certain date we will call someone on the contingent list to fill the seat.

## Calendar

### **Tiny Painting**

1 p.m. April 1

Class is LIMITED. We have small canvases, paint, traceables and everything you need for this project. Class is \$2, **members** are \$1.

### **Stepping On Program begins**

1 to 3 p.m. Wednesdays April 2-May 14

**Must have pre-registered to attend.** This program has limited attendance. We are partnering with the Area Agency on Aging and local health experts. Attendees are expected to attend all classes.

### **Meet to Eat: Pepe's Mexican Bar & Grill**

11:30 a.m. April 3

We are restarting this fun series where we meet at different restaurants around the county. Must sign up to sit with our group. Those attending are responsible for their own meal purchase.

### **Easter Crafts & Crafty Companions**

1 to 3 p.m. April 4

Variety of free crafts. You may also use this time to work on your Easter basket for the contest.

### **Pressed Flower Bookmarks**

1 to 2 p.m. April 7

We're using transparent plastic jar shapes, dried flowers and tassels to create these beautiful book-marks. Class is \$4, members are \$2.

### **Lunch & Learn**

1 to 3 p.m. April 10

**MUST** sign up by April 4 to receive a lunch. We will enjoy a boxed lunch and watch a documentary.

**Sponsored by: Devoted Health.**

# Activities

## Easter Basket Decorating Contest.

1 p.m. April 11

See page 8 for details.

## Edu: Alzheimer's Association

1 p.m. April 14

Jennifer Miller with the Alzheimer's Association will present on the 10 Warning Signs of Alzheimer's. Door prize drawing at end of program.

## Soap Carving Class

12:30 to 3 p.m. April 22

Bring your own bar of soap. We recommend Ivory or Irish Spring. Must be a softer soap for ease of carving. We will use plastic knives, pencils, paper clips and toothpicks. You are welcome to bring other tools. Connie Kennedy, who leads our wood carving group, will assist at this activity.

## SFMNP Registration help

Noon to 3 p.m. April 23

Come by the Council on Aging any time between noon and 3 p.m. for assistance in registering for the Senior Farmers Market Nutrition Program through Ohio Department of Aging. Eligible participants receive a \$50 voucher for use at participating farmers markets. Both past and new applicants must apply through an online application each year. **Each individual applicant will need an email address to complete the application. Please come prepared.** You may have to wait in the lobby for your turn. Can't attend on April 23? Make an appointment with Amie for a different day.

## Bucyrus Bingo

1 to 3 p.m. April 24

Free to play! Win prizes! Social time begins at 1 p.m. with hot dogs and root beer floats. Prizes and

food provided by **Unger Park Post Acute.**

## Film Friday

1 p.m. April 25

Rated PG-13, Runtime 1 hr 45 min

Based on Judy Blume's groundbreaking novel, this timeless coming of age story has insightful humor and candid exploration of life's biggest questions.

## Birthday Celebration

1 to 3 p.m. April 29

Come celebrate April birthdays, enjoy cake and play cards and games. Sponsored by Altercare of Bucyrus.

## Offsite Activities

The purpose of activities offered in Crestline is to reach more seniors around the county. Therefore, we may have limited seating available to those who are not Crestline or Galion residents.

Priority registration given to residents of Crestline and Galion.

**April 8: Crestline Diabetes Bingo from 1 to 3 p.m. at the Crestline Library.** Sponsored by Center Street Community Health Center. Must Sign up as space is limited! Call 419-562-3050 opt. 4.

**April 15: Crestline Bingo from 1 to 3 p.m. at VFW Post 2920.** Free to play! Win Prizes! Sponsored by Ohioans Home Healthcare. Must sign up! Call 419-562-3050 opt 4.

# Activities

# APRIL 2025

Mon	Tue	Wed	Thu	Fri
	<p>1 <b>Tiny Painting</b> 1 p.m.</p> <p>9 ppl \$2, M \$1</p>	<p>2 <b>Stepping On Pro-gram begins</b> 1 to 3 p.m. Pre-registration re-quired. <b>Wood Carvers</b> 3 to 4:30 p.m.</p>	<p>3 <b>Meet to Eat: Pepe's Mexican Bar &amp; Grill</b> 11:30 a.m.</p>	<p>4 <b>Cardio Drumming</b> 10 a.m.</p> <p><b>Easter Crafts &amp; Crafty Companions</b></p>
<p>7 <b>Senior Fitness</b> 10 a.m.</p> <p><b>Pressed Flower Bookmarks</b> 1 to 2 p.m.</p>	<p>8 <b>Crestline Diabetes Bingo</b> At the Crestline Li-brary 1 to 3 p.m. <b>Sponsored by Center Street Community Health Center</b></p>	<p>9 <b>Wood Carvers</b> 3 to 4:30 p.m.</p>	<p>10 <b>Lunch &amp; Learn</b> 1 to 3 p.m. <b>Sponsored by De-voted Health</b> <b>Sign up by April 4 to receive a lunch.</b></p>	<p>11 <b>Cardio Drumming</b> 10 a.m.</p> <p><b>Easter Basket Decorating Contest</b> 1 p.m.</p>
<p>14 <b>Senior Fitness</b> 10 a.m.</p> <p><b>Edu: Alzheimer's Association</b></p>	<p>15 <b>Crestline Bingo</b> 1 to 3 p.m. Sponsored by <b>Ohioans Home Healthcare</b></p>	<p>16 <b>Wood Carvers</b> 1 to 3 p.m. *Back to regular time*</p>	<p>17</p>	<p>18 <b>No drumming</b></p> <p><b>Easter Bake Sale</b> 11 a.m. to 3 p.m.</p>
<p>21 <b>Senior Fitness</b> 10 a.m.</p>	<p>22 <b>Soap Carving Class</b> 12:30 to 3 p.m. Bring your own soap bar.</p>	<p>23 <b>SFMNP Registration Help</b> Noon to 3 p.m.</p> <p><b>Wood Carvers</b></p>	<p>24 <b>Bucyrus Bingo</b> 1 to 3 p.m.</p> <p><b>Sponsored by Un-ger Park Post</b></p>	<p>25 <b>Cardio Drumming</b> 10 a.m. <b>Film Friday</b> 1 p.m.</p>
<p>28 <b>Senior Fitness</b> 10 a.m.</p>	<p>29 <b>Birthday Celebration</b> 1 to 3 p.m. <b>Sponsored by Altercare</b></p>	<p>30 <b>Wood Carvers</b> 1 to 3 p.m.</p>	<p><b>MAY Sneak Peek</b> <b>1</b> <b>Apron or Tote Craft</b> <b>Session A: 10 a.m.</b> <b>Session B: 1 p.m.</b></p>	<p><b>2</b> <b>Cardio Drumming</b> 10 a.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Subject To Change Without Notice. Bolded Items Are High Sodium</b></p>	<p>1. Breaded Veal <b>OR</b> Chicken Alfredo Cheesy Cauliflower Redskin Potatoes Apple Juice</p>	<p>2. Pork Fritter <b>OR</b> BBQ Chicken Breast Brussel Sprouts Peach Crisp Banana</p>	<p>3. Orange Chicken <b>OR</b> Stuffed Pepper Succotash Pickled Beets Orange/ Pineapple Juice</p>	<p>4. Lasagna Soup <b>OR</b> Unstuffed Cabbage Bowl Tossed Salad Baked Apples Fruit Juice</p>
<p>7. Salisbury Steak <b>OR</b> Chicken Leg Green Beans Mashed Potatoes Fruit Punch</p>	<p>8. French Toast Bake <b>OR</b> Egg &amp; Sausage Casserole Baked Apples Redskin Potatoes Fresh Orange</p>	<p>9. Mac &amp; Cheese <b>OR</b> Cheese Pizza Bites Cheesy Broccoli Blueberry Crisp Apple Juice</p>	<p>10. Smothered Hamburger <b>OR</b> Smothered Pork Chop Sliced Potatoes Snap Peas Fruit &amp; Veggie Juice</p>	<p>11. Egg Salad <b>OR</b> Buffalo Chicken Salad Pineapple Ambrosia Salad Fruit Punch <b>Both served W/ Croissant</b></p>
<p>14. Sweet &amp; Sour Chicken <b>OR</b> Cabbage Roll Pickled Beets Succotash Fresh Orange</p>	<p>15. Turkey Pot Roast <b>OR</b> Breaded Egg Plant Brussel Sprouts Warm Cinn. Apple Sauce Fruit Juice</p>	<p>16. Sloppy Joe <b>OR</b> Shredded Chicken Sandwich Cheesy Cauliflower Mixed Veggie Orange/ Pineapple Juice</p>	<p>17. Chicken &amp; Noodles <b>OR</b> Beef &amp; Noodles Green Beans Mashed Potatoes Banana</p>	<p>18. Ham &amp; Bean Soup <b>OR</b> Italian Sausage Soupe W/ Tortellini Tater Tots Ambrosia Salad Apple Juice</p>
<p>21. Meatloaf <b>OR</b> Chicken Fried Steak Mashed Potatoes Corn Fruit Juice</p>	<p>22. Meat Lasagna <b>OR</b> Chili Mac &amp; Cheese Winter Blend Peas Grape Juice</p>	<p>23. Turkey Burger <b>OR</b> Crispy Chicken Sandwich Cheesy Broccoli Redskin Potatoes Apple Juice</p>	<p>24. BBQ Pulled Pork <b>OR</b> Chili Coleslaw Baked Potato Tropical Fruit <b>Both Served Over Baked Potato</b></p>	<p>25. Cream of Potato Soup <b>OR</b> Broccoli Cheddar Soup Apple Crisp Banana Fruit &amp; Veggie</p>
<p>28. Pizza Burger <b>OR</b> White Castle Cheeseburgers Steamed Cabbage Okra &amp; Stewed Tomatoes Fruit Juice</p>	<p>29. Cheese Stuffed Shells <b>OR</b> Cheesy Taco Pasta Zucchini &amp; Stewed Tomatoes Pears &amp; Blueberries Fruit Juice</p>	<p>30. Popcorn Chicken Bowl <b>OR</b> Beef Pot Roast Mashed Potatoes Corn Pineapple Betty</p>	<p><b>Major Food Allergens:</b> Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy &amp; Sesame.</p>	<p><b>To Receive Your Meal You Must Be Home At Time Of Delivery.</b></p>



For details, call  
Courtney at the  
Council on Aging:  
419-562-3050 opt. 4

# Easter Basket Decorating Contest

**Baskets MUST be dropped off by April 10**

**Contest will take place April 11 at 1 p.m.**

Light refreshments, cards and games available.

→ **Must be present to win.** ← *For ages 55+*

There will be 2 winners:

- \*People's Choice (via voting of those in attendance)
- \*Courtney's Choice.

After the contest you may take your basket  
or donate it to our Easter Bake Sale.



Keep Space Blank For Ads





# Happy Easter

D Y B E J S R B R Q C A W D J C Z S Q F N Y N C T M Q K W U  
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 BONNET  
 BASKET  
 CHICKS

DAFFODILS  
 EASTER  
 HYACINTH  
 SPRING  
 EGGS

LAMBS  
 IRIS  
 JELLYBEANS  
 RABBIT  
 CHOCOLATE



Crawford County Council on Aging presents

# Senior Spring Spectacular



Save the Date!

May 22

Registration  
begins May 5  
Call 419-562-3050  
Opt. 1

at Trillium Event Center  
1630 E Southern Ave, Bucyrus,

Features live game shows, free boxed lunch provided by Unger Park Post Acute, resource fair, hat contest, door prizes and live performance by In A Jam Band!



**UNGER PARK**  
POST ACUTE  
Skilled Nursing Bucyrus  
419-562-9907

1170 W. Mansfield St., Bucyrus  
WWW.UNGERPARKPA.COM



**DevotedHealth**



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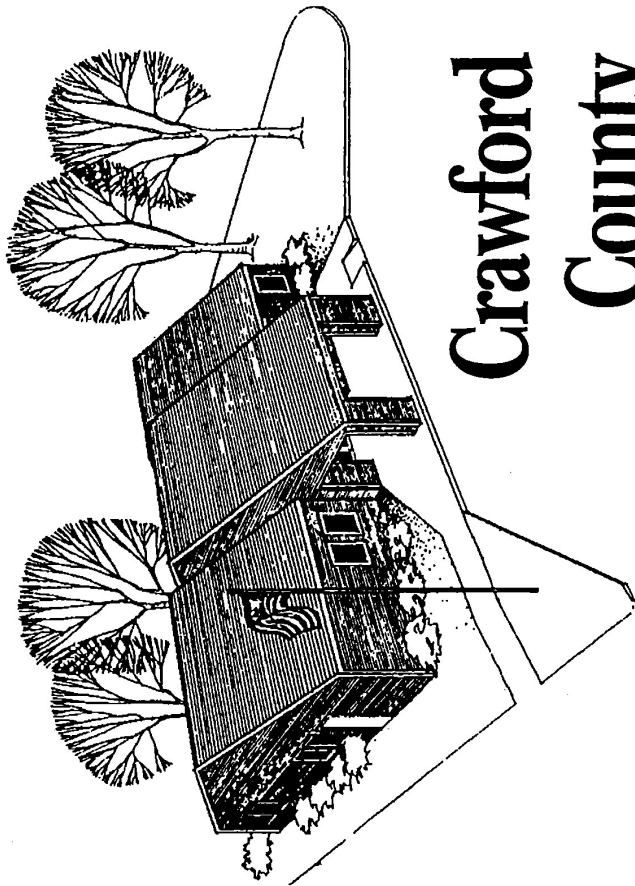
**gentiva**  
HOSPICE



Crawford County  
Council on Aging  
Your Community Senior Center



**Park**  
NATIONAL BANK



# Crawford County Senior Center

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

**Crawford County Council on Aging**  
200 S. Spring Street  
Bucyrus, Ohio 44820

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