

CRAWFORD COUNTY COUNCIL ON AGING



JANUARY 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

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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

Donut you know
we're celebrating

50 years!

Donuts & Coffee Drive-thru

9 to 9:30 a.m. Jan. 4

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

Donuts provided by Tim Hortons

While Supplies Last



Desk of the Director

50 Years of Services

History: The Crawford County Council on Aging was established in 1974. In 1973, a committee with county-wide representation was organized for the purpose of studying and addressing the needs of the elderly. In 1974, the Committee on Aging for Crawford County was incorporated as the Crawford County Council on Aging and was awarded grants under the Older American's Act to provide services for the elderly of Crawford County.

In 1978, the Board of Trustees established a modest Senior Center in a purchased renovated older building in the downtown business district of the City of Bucyrus. This Center became a community focal point for the provisions of services for the elderly.

February 18, 1984, the Senior Center was destroyed by an extensive fire, which was not renovated because the facility no longer accommodated the variety of activities in operation for the growing number of people using the Senior Center. The land for the site we currently occupy was purchased in 1984, the building began in 1985, and the Center opened for business March 1, 1986. Our facility houses the business offices and services of the Council on Aging, and also serves as a Senior Center providing Social-Recreational Services for Senior Citizens. These services are administered and operated out of the multipurpose Senior Center located at 200 S. Spring Street, Bucyrus.

Our Mission: The mission of the Crawford County Council on Aging, Inc. is to be a focal point for the provision of advocacy, and in-home and community-based services which will enhance the quality of life for the older adult population of Crawford County, by facilitating their efforts to maintain maximum independence as they exercise their right to remain living with dignity in the community.

Our Services: The CCCOA provides the following services: Congregate Meals (locations in Bucyrus & Galion); Home Delivered Meals; Transportation; Information & Referral; Chore; Homemaking & Personal Care; and Social Recreational services.

Agency Expansion: The Council on Aging had plans to build a new wing onto the south side of the Senior Center so an Adult Day Care Program could be established. However, these plans were put

on hold in February 2000, when Altercare Nursing Home announced plans to open a Day Care Program in May.

In May 2000, the Council on Aging purchased two properties directly bordering the south side of the Senior Center. In July 2000, Council on Aging constructed a 5000 square foot parking lot on the new properties. Acquisition of these two properties was necessary to allow for future expansion of the Agency's facilities at 200 S. Spring Street, while also addressing the lack of adequate parking space for the Senior Center.

In 2004 the houses, which were being rented, were vacated and demolished. Construction of the parking lot moved forward, which was used to park our fleet of transportation vehicles and employee parking.

On September 30, 2015, the Council on Aging broke ground on the south side of our existing parking lot, and the site we currently occupy was finished for production on April 11, 2016, housing our 2400 sq. ft., fully equipped kitchen, located at 214 S. Spring Street, Bucyrus.

We are so excited to be celebrating 50 years of services. 2024 will be a year of celebration. Be sure to look for our events & celebrations!

—Cassie Herschler,
Executive Director

Free help with technology

Do you struggle with your smartphone or tablet?

Call activities coordinator Courtney Moody
to schedule an appointment: 419-562-3050 Opt. 4

Appointments are for basic operation of smartphones and tablets
to help with issues like:

- Voicemail greeting and checking voicemails
- How to save contacts and send text messages
- How to take photos and find saved photos
- How to download and operate apps (Facebook, Kroger, etc.)

*We cannot help set up your device or fix a broken device.

Please come prepared to your appointment. Write down any questions you have. Bring something to take notes. Make sure your device is charged.



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—You can now use the kiosk to sign up for activities! See Courtney for help.**

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

Weekly

Wood Carvers

12:30 to 3 p.m. Wednesdays

Wood carvers, soap carvers and related craftsmen welcome. Beginners welcome! Bring your supplies and meet at 12:30 p.m. in the congregate lunch area. Those interested in learning are encouraged to attend and check out needed supplies and projects. You are welcome to bring past projects to show the group. If you'd like to attend our congregate lunch prior to the group meeting, please call Nutrition at least one day in advance at 419-562-3050. Lunch is served promptly at 11:30 a.m.

Senior Fitness

10 a.m. Mondays and Fridays (closed Jan. 1 & 15)

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different. Changes coming to Senior Fitness classes soon!

Games & Treats

12:30 to 3 p.m.

Come play board games and cards with friends.

We'll also have some adult coloring supplies. We had a great turnout last time! Some treats provided but you are welcome to bring something to share.

Donuts & Coffee

9 to 9:30 a.m. Jan. 4

"Donut" you know we're celebrating 50 years? The Crawford County Council on Aging is celebrating serving area seniors for 50 years in 2024. We are giving away donuts and coffee to the first 50 people. Feel free to park, grab a donut and drink and head to our congregate lunch area to catch up with friends. Thank you Tim Hortons for donating donuts for this event!

Edu Presentation: Grocery & Rebate Apps

1 p.m. Jan. 4

Learn how to utilize grocery apps like Kroger, Walmart and Meijer. Learn the benefits of rebate apps. Smartphone or tablet required. Come with your device charged.

Adult Coloring

2 p.m. Jan. 8

Come chat with friends and take time to relax. All supplies provided, including new pages. New markers purchased for this activity.

Meet to Eat: Mi Cerrito in Crestline

4 p.m. Jan. 9

Do you love Mexican food? Have you tried the newer restaurant in Crestline, Mi Cerrito? Here is your perfect excuse to eat a good meal! Sign up is limited to 11 so the restaurant can accommodate our group. Those attending are responsible for their own meal purchase. Come have a meal and make some new friends or catch up with old ones.

Activities

Diamond Painting Valentines

1 p.m. Jan. 11

Come make valentines to give to friends and family. Limited to 14 and each person will be given 2 kits to make 2 valentines. Designs vary. If you've ever wanted to try diamond painting this is an easy start for a beginner. Class donation is \$2.

Crestline Bingo

1 to 3 p.m. Jan. 16

Takes place at the Crestline Community Center—former Golden Age Center—located on the corner of Thoman (RT 61) and Bucyrus Streets. Free to play. Please sign up so enough seating is available. Social time starts at 1 p.m. with light refreshments provided by the Activities Program. Donations are appreciated. Bingo starts closer to 2 p.m. but we tend to start early. This bingo is open to all seniors who are 55 and older, you do not have to be a Crestline resident to attend.

Meet to Eat: Old 30 BBQ in Bucyrus

11:30 a.m. Jan. 18

Need an excuse to go out for lunch? Here is the perfect opportunity! Meet Courtney at Old 30 BBQ at 11:30 a.m. Sign up is limited to 11 and those attending are responsible for their own meal purchases. Come have a meal and make some new friends or catch up with old ones.

Crafty Companions

2 to 4 p.m. Jan. 23

Calling all crafters. Do you crochet or knit? Join our Crafty Companions group. Bring your project and supplies and work on it while chatting with other crafters. Bring previous completed projects to share with the group. Share patterns.

Bucyrus Bingo

1 to 3 p.m. Jan. 25

Social time starts at 1 p.m. Soup will be served for a donation, while supplies last. Bingo will begin closer to 2 p.m. but we tend to start early. Prizes provided by the Activities Department.

Birthday Celebration

2 p.m. Jan. 30

We are celebrating January birthdays. Come enjoy a piece of cake and socialize with friends. You're welcome to play cards, work on the puzzle or play a board game.

Film Fridays: 1 p.m.

Jan. 5: This special aired in December. This is a concert featuring various musical artists celebrating Willie Nelson's 90th birthday.


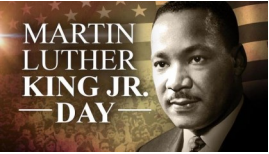


Jan. 12: **Movie will start at 12:30 p.m. ** A legendary hero is back in this highly anticipated final installment of an iconic franchise. 2023 action-adventure, 2 hrs 37 min PG-13

Jan. 19: This 2023 National Geographic Documentary focuses on how citizens join forces to track and protect the endangered Florida panther. TV-PG, 1 hr 25 min

Jan. 26: This 2023 comedy is a family-sized version of "Freaky Friday." When a chance encounter with an astrological reader causes the Walkers to wake up to a full body switch, can they unite to land a promotion, college interview, record deal and soccer tryout? PG 1 hr. 46 min

Activities

JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1 Closed 	2 Games & Treats 12:30 to 3 p.m.	3 Wood Carvers 12:30 to 3 p.m.	4 Donuts & Coffee 9 to 9:30 a.m. Edu Presentation 1 p.m.	5 Senior Fitness 10 a.m. Film Friday 1 p.m.
8 Senior Fitness 10 a.m. Adult Coloring 2 p.m.	9 Meet to Eat: Mi Cerrito in Crestline 4 p.m.	10 Wood Carvers 12:30 to 3 p.m.	11 Diamond Painting Valentines 1 p.m.	12 Senior Fitness 10 a.m. Film Friday 1 p.m.
15 Closed 	16 Crestline Bingo 1-3 p.m.	17 Wood Carvers 12:30 to 3 p.m.	18 Meet to Eat: Old 30 BBQ in Bucyrus 11:30 a.m.	19 Senior Fitness 10 a.m. Film Friday 1 p.m.
22 Senior Fitness 10 a.m.	23 Crafty Companions 2 to 4 p.m.	24 Wood Carvers 12:30 to 3 p.m.	25 Bucyrus Bingo 1 to 3 p.m. 	26 Senior Fitness 10 a.m. Film Friday 1 p.m.
29 Senior Fitness 10 a.m.	30 Birthday Celebration 2 p.m. 	31 Wood Carvers 12:30 to 3 p.m.	Woodcarver, Barb Swihart, carved a beautiful cane while working with the Woodcarvers. Come join the fun!	

Monday	Tuesday	Wednesday	Thursday	Friday
1. CLOSED - HAVE A SAFE & HAPPY NEW YEAR!	2. Country Fried Steak <u>OR</u> Salisbury Steak Mashed Potatoes Corn Fruit Punch	3. Cheese Tortellini Alfredo <u>OR</u> Veal Parmesan Cheesy Broccoli Peach Crisp Banana	4. Mini Pancake Wraps <u>OR</u> Canadian Bacon McMuffin Redskin Potatoes Baked Apples Fresh Orange	5. Sliced Pork <u>OR</u> Bratwurst Mashed Potatoes Sauer Kraut Peaches & Cottage Cheese
8. Peppered Steak <u>OR</u> Diced Chicken Oriental Vegetables Veggie Egg Rolls Fried Rice	9. Smothered Hamburger <u>OR</u> Smothered Pork Chop Potatoes Cheesy Cauliflower Fruit Juice	10. Chicken Patty <u>OR</u> Sliced Turkey Italian Blend Baked Apples Mandarin Oranges	11. Chili Over A Baked Potato <u>OR</u> BBQ Pulled Pork Over A Sweet Potato Tropical Fruit	12. Chicken Salad On A Croissant <u>OR</u> PB&J Cucumber Salad Blueberry Fluff Juice
15. CLOSED	16. Grilled Chicken <u>OR</u> Turkey Meatballs Served Over Noodles Peas Peach Crisp	17. Homemade Marzetti <u>OR</u> Chicken Cavatappi Pasta Cheesy Cauliflower Spinach Tropical Fruit	18. Meatloaf <u>OR</u> Chicken Nuggets Broccoli Cinnamon Applesauce Graham Cracker	19. Homemade Lasagna Soup <u>OR</u> Unstuffed Cabbage Bowl Tossed Salad Baked Apples Garlic Bread
22. Vegetable Lasagna <u>OR</u> Chicken Alfredo Coined Carrots California Blend Tropical Fruit	23. Turkey Burger <u>OR</u> BLT Lettuce/Tomato Tomato Basil Soup Pineapple/Orange Juice	24. Beef & Gravy Over Mashed Potatoes <u>OR</u> Chicken & Gravy Over Mashed Potatoes Apple Sauce	25. Stuffed Pepper <u>OR</u> Cheesy Chicken Broccoli & Rice Casserole Bake Apples Italian Blend	26. Ham & Bean Soup <u>OR</u> Italian Sausage/Tortellini Soup Tossed Salad Raisin Carrot Salad Cornbread
29. Chicken Leg <u>OR</u> Baked Pork Chop Mashed Potatoes Green Beans Applesauce	30. King Ranch Chicken Bake <u>OR</u> Macaroni & Cheese Corn Peach Crisp Juice	31. Meatloaf <u>OR</u> Chicken Cordon Bleu Cinnamon Apples Broccoli Fruit & Jello	To Receive Your Meal You Must Be Home At Time Of Delivery.	Menu Subject To Change At Anytime Without Notice.

Senior Activities 2024

Here's what is new for the program in 2024

Monthly Birthday Celebration

Starting this month, we will have a monthly birthday celebration. The COA will provide cake/dessert and bottles of water. Those attending are welcome to bring something to share, if they desire.

Cardio Drumming

We've had a lot of interest in offering cardio drumming. We previously offered through another business. We are ordering supplies and Courtney is working on routines to offer this fitness option at our building. Supplies are limited so we are offering this class to the first 11 seniors who sign up to join the COA Cardio Crew, which will have an annual fee to help with the equipment costs.

Return of Educational Series

We will be adding programs from the Area Agency, local health presentations, etc. on topics of interest to you. Interested in a specific learning topic? Drop a note in our suggestion box in the lobby.

Crafty Companions

Crocheters and knitters are welcome to come chat with friends, work on their projects, share patterns, bring in creations to show off, etc. If there is interest, we can show tutorial videos on basic and new stitches. Bring your own supplies. Dates and times will vary for this activity.

There is sure to be more in store for 2024. The COA turns 50 this year so watch your newsletter for related events and celebrations.

Keep Space Blank For Ads



B J Y
 J R U P K E F I H
 Q J W I E A R U X P D O Y
 Q M Y K Y I N W N D M F Z O M C D
 K T M J I A A S F G J E A E X A E U A
 I Z H T V A P C N X O P C T M F D A C V Z
 Z A M C S X D D G K T R R Z V P N I Q A M
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AGING
 MEALS
 INFORMATION
 CRAFTS

SENIOR
 HOMECARE
 ACTIVITIES
 MOVIES

TRANSPORTATION
 MEDICARE
 BINGO
 FITNESS



COA Commodity Closet

NOW accepting donations!

We need donations of:

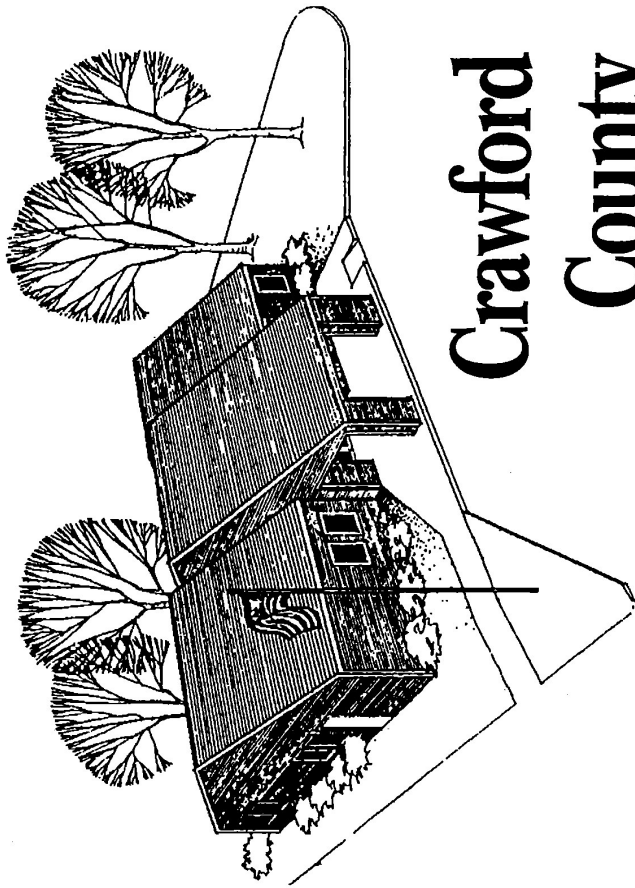
Nonperishable Food items like: canned fruit, vegetables, beans and meat; pasta; rice; peanut butter; jams/jellies; individually wrapped snacks.

- We do NOT accept expired foods, open foods or items missing packaging.

Toiletry and pet items like: toilet paper, toothpaste, dish soap, shampoo, dog and cat food (can or dry), etc.



The Commodity Closet will be open to senior citizens 55+ who obtain vouchers from our organization. We hope to start offering this in February.



Crawford County Senior Center

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

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200 S. Spring Street
Bucyrus, Ohio 44820

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PLEASE DELIVER PROMPTLY!

Sponsored by Title III grant under the Older Americans Act administered through The Ohio Department of Aging, and the District #5 Area Agency on Aging and by local funding from municipal governments, townships and private donors.