

# CRAWFORD COUNTY COUNCIL

ON AGING



MAY 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](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



## Birthday Party

for the Crawford County Council on Aging

1 p.m. May 23

All are welcome to join us for this open house event

Come enjoy a cookout and birthday cake with Council on Aging staff at 200 S. Spring St. in Bucyrus. Learn about our services and how we've been serving seniors for the past 50 years. Features reverse presents - a prize drawing of wrapped gifts for seniors in attendance. We'll also have a short, 5 special rounds of Birthday Bingo.



# Desk of the Director

## 50 Years of Service Established in 1974

The Crawford County Council on Aging is a non-profit organization that has spent 50 years, providing Home & Community based services to seniors aged 60 and older in Crawford County. Our services assist seniors to remain safe, healthy, and independent in their own homes. We administer services such as Home Delivered Meals, Congregate Meals located in Bucyrus & Galion, Grab & Go meals available in Bucyrus, Crestline, & Galion, Transportation, Homecare Services, Information and Referral, and an Activities Program.

Eligibility is not based on income, but rather the need for services, regardless of income or assets. All services are a donation, and no one is refused service if unable to donate. Senior services make a difference for family members caring for older loved ones. And for those seniors who have no family nearby, it makes a difference in their quality of life.

### How do we celebrate the Old American Month?

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. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

### Older Americans Month

May is officially recognized as Older Americans Month (OAM) in the United States. This month-long observance has a rich history dating back to the 1960s and has served as a way to honor and appreciate older Americans for their contributions to society.

### What is the History of Older Americans Month?

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.”

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.

Ohioans, ages 60 and older, will make up 26.3% of Ohio’s total population. The proportion of Ohio’s total population, ages 85 and older, is projected to steadily increase from 2.2% in 2020 to 3.8% in 2050.

### What is the theme of Older Americans Month?

Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Exploring the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.



POWERED BY CONNECTION: MAY 2024

# *Crawford County Fair*

Our Senior Day at the Crawford County Fair is coming up July 18. We are currently accepting donations of door prizes for this event, which will seat 250 seniors in attendance. Those who donate door prizes will be recognized on our Facebook page and at the event. We are also accepting promotional items for our goodie bags, given to each senior at the door. Interested in getting your business recognized? Call Courtney at 419-562-3050 opt. 4 or email [cmoody@cccoa.org](mailto:cmoody@cccoa.org). This year's theme is Glitz & Glamour in honor of our golden, 50th year!



**Seniors packed the building and had a blast at our beach-themed Senior Day in 2023!**

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 & Fridays

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different. **Line Dancing:** May 3, 17, 31. **NO CLASS:** May 24 & 27.

### Wood Carvers

12:30 to 3 p.m. Wednesdays

\*Starting May 8\*



Carving class for beginners. Open to 6 participants. Connie Kennedy leads this class and has made kits available for participants to create wooden flower and eagle shapes that can be made into pins or magnets. Those attending will need a knife such as a pocket, x-acto or carving knife. You will also need

gloves like garden gloves with rubber coating, a pencil and apron.

### Stepping On

1 to 3 p.m. Wednesdays May 1 to June 12

This free program provided by the Area Agency on Aging is grounded in behavior change, preventative framework, and principles of adult education with a focus on 4 critical domains: balance and strength exercises, medication review, vision review and home modifications. SIGN UP at the kiosk, contact Courtney or call Karen at the Area Agency on Aging: 567-247-6487.

## Calendar

### Film Friday

1 to 3 p.m. May 3

This 2023 Comedy/Drama stars Maggie Smith and Kathy Bates. In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes and navigate unexpected revelations along the way.

### Bucyrus Bingo

1 to 3 p.m.

Hot dogs with choice of toppings will be served at 1 p.m. for \$1.25 each, while supplies last. Bingo will follow. Prizes provided by our Activities Program.

### Strawberry Herb Vinegar

Part 1: May 10 at 1 p.m.

Part 2: May 17 at 1 p.m.

**\*Must commit to both sessions! Limited to 12 people\*** For Part 1, we will be chopping ingredients and adding to a jar. Jars will be labeled with your name and remain at the COA to infuse. We will then enjoy strawberry ice cream sundaes. At Part 2, we will use the strained, infused vinegar to make a

# Activities

salad dressing and try it out on a salad. Cost of this 2-part class is \$10 and includes mason jar and all ingredients for the vinegar, strawberry sundae at Part 1 and small salad at Part 2.

## Commodity Closet

Open 12:30 to 1:30 p.m. May 13 & 20

Open to any Crawford County senior citizen 60+. No income requirements. You will be given a bag for your items. The closet is open in the lunchroom. Item limits will be posted in the lunchroom.

## Hot Dog Social

1 to 3 p.m. May 16

Hot dogs with choice of toppings will be sold for \$1.25, while supplies last. Meal deals will be offered. Cards and games will be available to play. Prize drawing for activities members in attendance.

## Monthly Birthday Celebration

1 p.m. May 28

We'll celebrate May birthdays with dessert. You do not have to have a birthday this month to attend. Those with May birthdays get their dessert first.

## Fairy Garden

1 p.m. May 30

**\*Limited to 8 people\***

All supplies provided. Cost is \$6.

## Crafty Companions

1 to 3 p.m. May 31

*Junk Journals now part of Crafty Companions*

Bring your project to work on. Not limited to fiber arts. Junk Journal supplies will be brought out for those working on their journals.

## Offsite Activities

### Meet to Eat: Little Athens Greek

#### Noon May 2

Limited Sign Up. **MUST SIGN UP.** Meet Courtney at noon at Little Athens Greek restaurant, 308 N. Sandusky Ave., Bucyrus. Those attending pay for their own meals. Please note that this restaurant does have steps to access the indoor seating area.

### Crestline Diamond Art

#### 1 to 3 p.m. May 7 at the Crestline Library

Limited to 16 people. Sign up required. Come make 2 diamond art butterfly garden stakes. Cost is \$6, members are \$3.

### Crestline Bingo

#### 1 to 3 p.m. May 14 at the Crestline Library

**MUST SIGN UP TO ATTEND!** Bingo will take place in the room on the main floor. We can only seat 24 people so you must sign up to attend or you will not be able to play. Free to play. Treat served at 1 p.m. with bingo to follow. Sponsored by Trustwell Living at Carlisle Place.

### Crestline Ice Cream Social & Rock Painting

#### 1 to 3 p.m. May 21 at the Crestline Library

Enjoy ice cream and socialize with friends. Donations appreciated. Rock painting will be provided by Otherwordly Oasis—a group that is promoting creativity and kindness through art.

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Stepping On</b> 1 to 3 p.m.	<b>2</b> <b>Meet to Eat: Little Athens Greek</b> Noon	<b>3</b> <b>Senior Fitness -Line Dancing</b> 10 a.m.  <b>Film Friday</b> 1 p.m.
<b>6</b> <b>Senior Fitness</b> 10 a.m.	<b>7</b> <b>Crestline Diamond Art</b> 1 to 3 p.m.	<b>8</b> <b>Wood Carvers</b> 12:30 to 3 p.m.  <b>Stepping On</b> 1 to 3 p.m.	<b>9</b> <b>Bucyrus Bingo</b> 1 to 3 p.m.	<b>10</b> <b>Senior Fitness</b> 10 a.m.  <b>Strawberry Herb Vinegar, part 1</b> 1 p.m.
<b>13</b> <b>Senior Fitness</b> 10 a.m.  <b>Commodity Closet</b> 12:30 to 1:30 p.m.	<b>14</b> <b>Crestline Bingo</b> 1 to 3 p.m. Sponsored by Trustwell Living at Carlisle Place	<b>15</b> <b>Wood Carvers</b> 12:30 to 3 p.m.  <b>Stepping On</b> 1 to 3 p.m.	<b>16</b> <b>Hot Dog Social</b> 1 to 3 p.m.	<b>17</b> <b>Senior Fitness -Line Dancing</b> 10 a.m. <b>Strawberry Herb Vinegar, part 2</b> 1 p.m.
<b>20</b> <b>Senior Fitness</b> 10 a.m.  <b>Commodity Closet</b> 12:30 to 1:30 p.m.	<b>21</b> <b>Crestline Ice Cream Social &amp; Rock Painting</b> 1 to 3 p.m.	<b>22</b> <b>Wood Carvers</b> 12:30 to 3 p.m.  <b>Stepping On</b> 1 to 3 p.m.	<b>23</b> <b>OAM: Happy 50th Birthday Council on Aging Party</b> 1 p.m.  	<b>24</b> <b>NO Fitness</b>
<b>27</b> <b>CLOSED</b>  	<b>28</b> <b>Birthday Celebration</b> 1 p.m.	<b>29</b> <b>Wood Carvers</b> 12:30 to 3 p.m.  <b>Stepping On</b> 1 to 3 p.m.	<b>30</b> <b>Fairy Garden</b> 1 p.m.	<b>31</b> <b>Senior Fitness -Line Dancing</b> 10 a.m. <b>Crafty Companions</b> 1 to 3 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>To Receive Your Meal You Must Be Home At Time Of Delivery.</b></p>	<p><b>Menu Subject To Change At Anytime Without Notice.</b></p>	<p>1. Sloppy Joe <b>OR</b> Shredded Chicken Steamed Cabbage Succotash Pineapple/Orange Juice</p>	<p>2. Turkey Sausage On A Bagel <b>OR</b> Ham Slice On A Bagel Hash Browns Peaches &amp; Cottage Cheese Fresh Orange</p>	<p>3. Beef Spaghetti <b>OR</b> Chicken Cavatappi Pasta Tossed Salad Peach Crisp Garlic Bread</p>
<p>6. Meatloaf <b>OR</b> Chicken Fried Steak Mashed Potatoes Corn Banana</p>	<p>7. Turkey Pot Roast <b>OR</b> White Cheddar Mac &amp; Cheese Peas &amp; Onions Cheesy Cauliflower Tropical Fruit</p>	<p>8. Turkey Ham <b>OR</b> Broccoli Cheddar Chicken Scalloped Potatoes Green Beans Fresh orange</p>	<p>9. Homemade Marzetti <b>OR</b> Cheese Stuffed Shells Cheesy Cauliflower Peas &amp; Onions Cantaloupe</p>	<p>10. Beef Taco Salad <b>OR</b> Chicken Taco Salad Corn &amp; Bean Blend Club Crackers</p>
<p>13. Chicken Leg <b>OR</b> Pork Chop Broccoli Peach Crisp Tropical Fruit</p>	<p>14. Sliced Roast Beef <b>OR</b> Ham Slice Maple Sweet Potatoes Green Beans Fresh Orange Roll</p>	<p>15. Chicken Bacon Ranch Sub <b>OR</b> Meatball Marinara Sub Potato Salad Blueberry Crisp</p>	<p>16. Chili Over A Baked Potato <b>OR</b> BBQ Pork Over A Baked Potato Brussel Sprouts Ambrosia Salad</p>	<p>17. Chicken Salad On Croissant <b>OR</b> PB&amp;J Blueberry Fluff Watermelon Grape Juice</p>
<p>20. Chicken Parmesan <b>OR</b> White Vegetable Lasagna Broccoli Peaches</p>	<p>21. Cheesy Taco Pasta <b>OR</b> Penne Ala Vodka Zucchini &amp; Stewed Tomatoes Peach Crisp Pears &amp; Blueberries</p>	<p>22. Hotdog <b>OR</b> Cheeseburger Baked Beans Coleslaw Fresh Cantaloupe</p>	<p>23. Salisbury Steak <b>OR</b> Country Fried Steak Baked Apples Fruit &amp; Jello Corn</p>	<p>24. Turkey &amp; Cheese Sandwich <b>OR</b> Ham &amp; Cheese Sandwich Cucumber Salad Watermelon Banana</p>
<p>27. <b>CLOSED - IN OBSERVANCE OF MEMORIAL DAY!</b></p>	<p>28. Beef &amp; Gravy Over Mashed Potatoes <b>OR</b> Chicken &amp; Gravy Over Mashed Potatoes Applesauce</p>	<p>29. Chicken Nuggets <b>OR</b> Sliced Pork Mashed Potatoes Green Beans Pears &amp; Blueberries</p>	<p>30. Turkey Burger <b>OR</b> Spicy Chicken Sandwich Baked Apples Succotash Apple Juice</p>	<p>31. Three Bean Chili <b>OR</b> Beef Vegetable Soup Peach Crisp Green Beans</p>

# Drive-Thru Grab & Go Meals



Crawford County  
Council on Aging

Funding provided  
by the Healthy  
Aging Grant.

**Are you a senior citizen aged 60 and older in need of meals? Call the Council on Aging to sign up for Grab & Go meals. Must call to register!**



DAYS OF  
WEEK

MONDAY-FRIDAY



BUCYRUS,  
CRESTLINE & GALION

CALL 419-562-3050

DRIVE THRU



Keep Space Blank For Ads



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

CRAWFORD  
TRANSPORTATION  
MEALS

AGING  
ACTIVITIES  
VOLUNTEER

HEMOCARE  
INFORMATION  
SENIORS

# 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



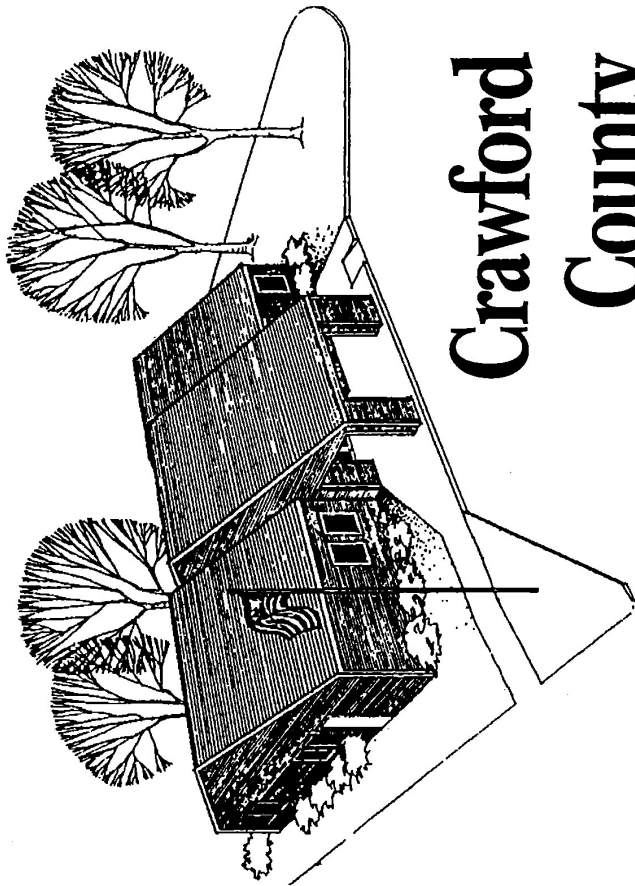
To register, call Karen  
at 567-247-6487



 **AREA AGENCY ON AGING**  
Ohio District 5 | Serving North Central Ohio  
419-524-4144 | 800-860-5799 | [www.aaa5ohio.org](http://www.aaa5ohio.org)

**SteppingOn**  
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FUNDED IN PART BY A TITLE III GRANT UNDER THE OLDER AMERICANS ACT ADMINISTERED THROUGH THE OHIO DEPARTMENT OF AGING



# 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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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.