

CRAWFORD COUNTY COUNCIL ON AGING



MARCH 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

Crawfordcountyaging.com

Senior Tidings

St. Patrick's Day Social



2 p.m. March 17

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

Potato Soup will be served for a donation.

Paper and felt crafts will be available.

Must sign up: 419-562-3050 or use the kiosk in the lobby.

Ohioans Home Healthcare is providing
dessert and a door prize.

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



Crawford County
Council on Aging
Your Community Senior Center

Medicare Info.

Medicare Enrollment Opportunities Underway

Medicare's annual open enrollment period concluded on Dec. 7, but other enrollment opportunities for Medicare coverage are underway.

Ohioans on Medicare who did not sign up for Part A (hospital insurance) and/or Part B (medical insurance) during their initial enrollment period, and do not qualify for a special enrollment period, can sign up for Medicare during the Jan. 1 to March 31 general enrollment period. Coverage begins on the first day of the month after signing up.

The Medicare Advantage open enrollment period also runs from Jan. 1 to March 31. During this time, individuals in a Medicare Advantage plan can switch to another Medicare Advantage plan or return to Original Medicare. For Ohioans impacted by network disruptions with Medicare Advantage plans, this enrollment period is another opportunity for Medicare Advantage plan enrollees to review their provider networks and determine if their current plan is adequate or if another plan (or Original Medicare) would be a better alternative. Any changes made during this period will take effect on the first day of the month after the new plan receives the request.

Additionally, two new special enrollment periods started on Jan. 1. One is for individuals who are eligible for both Medicare and Medicaid, and the other is for those who qualify for Extra Help, a low-income subsidy for prescription drug costs.

For more information, call 419-562-3050, ext. 234. Amie Caldwell, Volunteer Coordinator, for the Ohio Senior Health Insurance Information Program to answer any questions.

Avoid Late Enrollment Penalties

How can late enrollment penalties be avoided? It's important to sign up for Medicare coverage during the initial enrollment period unless other coverage similar in value to Medicare (like from an employer) is secured, otherwise, a late enrollment financial penalty could be incurred.

Late enrollment penalties:

- Are added to the monthly premium.

- Are not a one-time late fee.
- Are usually charged for as long as the individual has that type of coverage (for most people, that's a lifetime penalty). The Part A penalty is different.
- Go up the longer the enrollment wait without coverage similar to Medicare.

Activity Program Membership

This year marks the 4th year of offering Senior Activities memberships. These memberships help the activities department and provides funds ahead of events and activities to help make them possible.

Discounts: During the year, members receive a discount on activity fees.

Exclusive: Members-only events and bonus crafts are scheduled exclusively for members.

First to know: Members may view and sign up for activities before the newsletter arrives using their online Senior Space profiles.

Key tag: Members receive a key tag for fast check in at our Senior Space kiosk in the lobby.

Membership FAQs:

1. Is membership required to attend activities? -Unless an activity is listed as "members-only" all of our activities are open to seniors 55+. There are a few events that are for ages 60+.

Activity Membership & COA Services

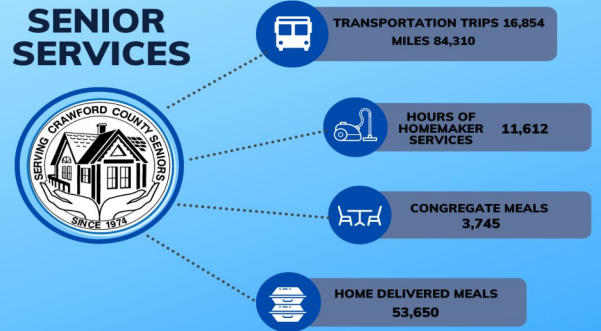
2. How much does it cost? -Cost is \$30 for an individual and \$55 for a married couple. Memberships are rolling and annual. For example, if you start your membership in March 2025, you are due to renew in March 2026.

Crawford County Senior Services

The Council on Aging is recognized by the Older Americans Act (OAA) as a Community Focal Point Senior Center. Senior Centers have become one of the most widely used services among America's older adults.

The Crawford County Council on Aging provided the following services for seniors aged 60 and older in 2024. Eligibility is for any senior who is a resident of Crawford County. Call 419-562-3050 for more information.

CRAWFORD COUNTY SENIOR SERVICES



**Services provided to
Crawford County
Council on Aging Seniors
aged 60 & older in 2024**

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 weights, medicine balls, balloons and more. Each class is different.

Wood Carvers

3 to 4:30 p.m. Wednesdays

Wood carvers, soap carvers and related craftsmen welcome. Beginners welcome! Bring your supplies and meet at 3 p.m. in the congregate lunch area. Those interested in learning are encouraged to attend and check out needed supplies and projects. 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

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

Members Only Mardi Gras

1:30 to 3 p.m. March 4

Enjoy hot dogs provided by Altercare of Bucyrus, dessert provided by Gentiva Hospice, and other treats on this Fat Tuesday. Masks and hats will be available for decorating. This activity is only open to current paid members. Must sign up! Donations appreciated!

Avoiding Utility Scams and Unnecessary Charges

1 to 2 p.m. March 6

National Consumer Protection Week (NCPW) is the first full week of March. This educational activity will help you understand your consumer rights and avoid frauds and scams. For NCPW 2025, the Office of the Ohio Consumers' Counsel (OCC) wants you to know that not only are consumer scams prevalent, but your utilities can be used to scam you. Knowing your rights and how to protect yourself from unscrupulous practices is a must! Learn to identify scams, effectively say "no," and reduce unwanted solicitations. The latest utility scams will be discussed.

Fraud Bingo with ProSeniors

1 p.m. March 7

Susan Marshall with ProSeniors and the Senior Medicare Patrol will give a presentation and host an educational bingo game called Fraud Bingo. Sign up will be limited. Must sign up to attend.

Easter Doormat Craft

12:30 to 2:30 p.m. March 13

LIMITED Sign up. All supplies and coir doormat provided. Inspiration pages and traceables will be available. Class fee is \$10 and you MUST pre-pay by March 7.

Activities

Film Friday

1 p.m. March 14

We are showing “Classic TV Bloopers: Uncensored,” which is a compilation of television’s biggest starts caught in hilarious moments. You’ll see blooper moments from hits like “I Love Lucy,” “the Dick Van Dyke Show,” “Happy Days,” “The Andy Griffith Show,” and many more. This is a nonstop marathon of outtakes, goofs, blunders and gag reels. This film is rated 18+ and will have ads. If time allows, we’ll also show some classic commercials from the Golden Age of TV featuring many of the same stars as the bloopers.

St. Patty’s Social

2 p.m. March 17

Must sign up to attend! Our activities program is providing potato soup. Cost is a donation. Ohioans Home Healthcare is providing dessert and a door prize. Paper and felt crafts will be available.

Film Friday

1 p.m. March 25

We’re showing the 2022 special celebration of the 30th anniversary of the Beauty and the Beast. This blends animation & live-action. Stars H.E.R., Josh Groban, Martin Short, Rita Moreno & more. You’ll see parts of the original animated film with new live performances of the songs & more.

Monthly Birthday Celebration

1 to 3 p.m. March 25

Come celebrate March birthdays, enjoy cake and play cards and games. Cake provided by Kingston Residence of Marion.

Bucyrus Bingo

1 to 3 p.m. March 27

Free to play! Social time begins at 1 with bingo to follow. Sponsored by CenterWell Home Health & Gentiva Hospice.

Crafty Companions

1 to 3 p.m. March 31

Bring your supplies and work on your project while chatting with other crafters. Basic crafting supplies like glue, scissors, markers, etc. are available.

Offsite Activities

March 11: Crestline Dementia Bingo, 1 to 3 p.m. at Crestline Library.

LIMITED. Must sign up to attend. Priority Sign Up for Crestline & Galion residents. Jennifer from the Alzheimer’s Association will lead this event. After the bingo, we will enjoy a snack and play cards and games.

March 18: Crestline Bingo from 1 to 3 p.m. at VFW Post 2920.

Sponsored by Trustwell Living at Carlisle Place. Priority Sign Up for Crestline & Galion residents.



Activities

MARCH 2025

Mon	Tue	Wed	Thu	Fri
<p>3 Senior Fitness 10 a.m.</p>	<p>4 Members Only Mardi Gras Social 1:30 to 3 p.m. Sponsors: Altercare, Gentiva Hospice</p>	<p>5 Wood Carvers 3 to 4:30 p.m.</p>	<p>6 Avoiding Utility Scams 1 to 2 p.m.</p>	<p>7 Cardio Drumming 10 a.m. Fraud Bingo With ProSeniors 1 p.m.</p>
<p>10 Senior Fitness 10 a.m.</p>	<p>11 Crestline Dementia Bingo With the Alz Assoc. 1 to 3 p.m.</p>	<p>12 Wood Carvers 3 to 4:30 p.m.</p>	<p>13 Easter Doormat Craft 12:30 to 2:30 p.m.</p>	<p>14 Cardio Drumming 10 a.m. Film Friday 1 p.m.</p>
<p>17 Senior Fitness 10 a.m. St. Patty's Social 2 p.m. Sponsored by Ohioans Home Healthcare</p>	<p>18 Crestline Bingo 1 to 3 p.m. Sponsored by Trustwell Living at Carlisle Place</p>	<p>19 Wood Carvers 3 to 4:30 p.m.</p>	<p>20 See you at the Health & Wellness Fair 7-10 a.m. at Real Life Naz, 777 Fairview Ave, Galion</p>	<p>21 Cardio Drumming 10 a.m. Film Friday 1 p.m.</p>
<p>24 Senior Fitness 10 a.m.</p>	<p>25 Monthly Birthday Celebration 1 to 3 p.m. Sponsored by Kingston Residence</p>	<p>26 Wood Carvers 3 to 4:30 p.m.</p>	<p>27 Bucyrus Bingo 1 to 3 p.m. Sponsored by CenterWell & Gentiva</p>	<p>28 Cardio Drumming 10 a.m.</p>
<p>31 Senior Fitness 10 a.m. Crafty Companions 1 to 3 p.m.</p>	<p>APRIL Preview 1 Tiny Painting 1 p.m. Limited \$2, Members \$1</p>	<p>2 Stepping On Program begins 1 to 3 p.m. Pre-registration required. Wood Carvers 3 to 4:30 p.m.</p>	<p>3 Meet to Eat: Pepe's Mexican Bar & Grill 11:30 a.m.</p>	<p>4 Cardio Drumming 10 a.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
3. French Toast Bake OR Egg & Sausage Casserole Baked Apples Redskin Potatoes Fresh Orange	4. Broccoli Chicken Stir Fry OR Peppered Steak Corn Okra & Stewed Tomatoes Fruit & Jello	5. Pizza Burger OR White Castle Burgers Steamed Cabbage Oriental Vegetables Pineapple/ Orange Juice	6. Cheese Tortellini OR Breaded Veal Cheesy Broccoli Peach Crisp Banana	7. Taco Soup OR Fajita Chicken Tossed Salad Tomato Apple Juice
10. Salisbury Steak OR Country Fried Steak Peas & Pearl Onions Coined Carrots Fruit Vegetable	11. Spaghetti W/ Meat Sauce OR Chicken Alfredo Brussel Sprouts Banana Pineapple	12. Cabbage Roll OR Teriyaki Bites Italian Green Beans Blueberry Crisp Apple Juice	13. Macaroni & Cheese OR King Ranch Chicken Corn Peach Crisp Fruit Vegetable Juice	14. Beef Pot Roast OR Chicken Pot Pie Mashed Potatoes Cheesy Broccoli Apple
17. Chicken Leg OR Pork Chop Mixed Vegetables Baked Potato Mandarin Oranges	18. Marzetti OR Chicken Cavatappi Pasta Cheesy Cauliflower Spinach Tropical Fruit	19. Chicken & Gravy OR Beef & Gravy Warm Cinnamon Apple Sauce Mashed Potatoes	20. Sausage Pizza OR Mozzarella Double Stuff Crust Pizza Tossed Salad Tomato	21. Egg Salad OR PB&J Sandwich Blueberry Fluff Apricots Orange/Pineapple Juice
24. Broccoli Cheddar Chicken OR Meatloaf Green Beans Mashed Potatoes Orange Juice	25. Chicken Enchilada OR Beef Meatballs Brussel Sprouts Corn Pickled Beets + Egg	26. Chicken Tenders OR Turkey Sausage Both Served w/ Waffles Baked Apples Redskin Potatoes Fresh Orange	27. Swedish Meatballs OR Turkey Tetrazzini Capri Blend Peach Crisp Fruit Punch Potato Roll	28. Sub In A Tub Deli Turkey +Prov. OR Ham + Swiss Lettuce/ Tomato Red Onion/Banana Peppers Orange Juice
31. Turkey Burger OR Crispy Chicken Patty Cheesy Cauliflower Redskin Potatoes Apple Juice	<p>Check out our in-person lunches! Served at 11:30 a.m. at our senior center in Bucyrus, 200 S. Spring St., and in Galion at First United Church of Christ. Call 419-562-3050 to reserve a meal.</p>		<p>Menu Subject To Change At Anytime Without Notice.</p>	<p>To Receive Your Meal You Must Be Home At Time Of Delivery.</p>



MEMBERS ONLY
Mardi Gras!
Social

1:30 TO 3 P.M. MARCH 4
AT THE COUNCIL ON AGING
200 S. SPRING ST., BUCYRUS

MUST be a current paid activities member to attend.

Enjoy hot dogs provided by Altercare of Bucyrus along with other treats for Fat Tuesday!

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
APRIL 2 – MAY 14, 2025

TIME: 1:00 PM – 3:00 PM



To register, call
Courtney at
419-562-3050 ext. 236



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



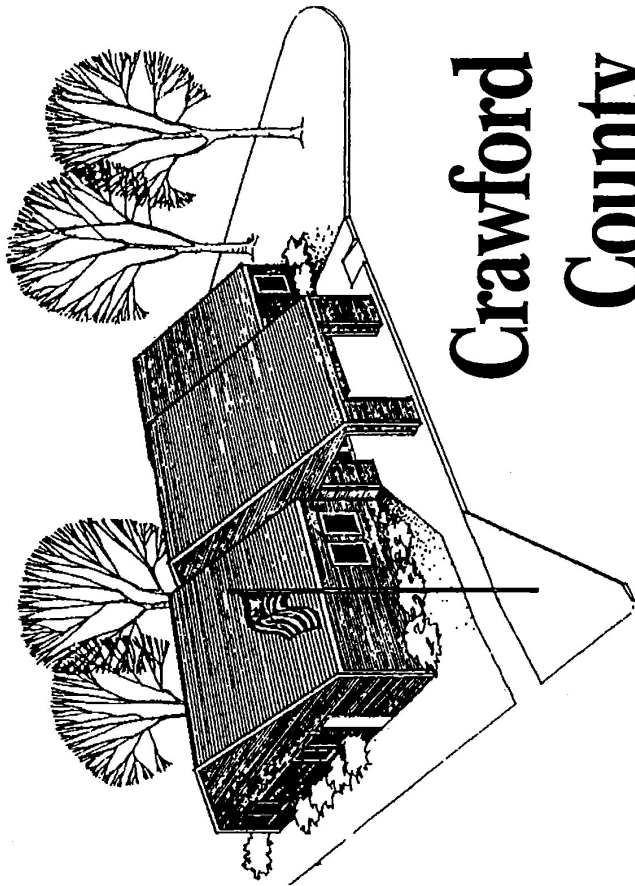
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CARNIVAL
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Bucyrus, Ohio 44820

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