

# 2018 - Activities Year in Review

What a year 2018 was for activities here at the Crawford County Council on Aging! We continued with annual large events such as our Senior Extravaganza celebrating Older Americans Month, Senior Day at the Fair, Volunteer Recognition Dinner, and the Golden Years Hall of Fame.

In the last few years we have also added Valentine's Day, St. Patrick's Day, Thanksgiving, and Christmas celebrations.

This year was our first Thanksgiving celebration serving a free catered Thanksgiving Dinner to 100 seniors, which we hope to make an annual event. Other popular activities for the year included crafts, painting, movies, and local trips.

Our Senior Community Garden had a successful second year and provided free produce and a place to garden for local senior citizens.

This was the first year for Growing Together, an intergenerational partnership between the Council on Aging and Sunshine Child Care & Preschool (at Bucyrus Nazarene Church). Growing Together promotes enrichment, education, and intergenerational interaction between older adults in our community and children. We look forward to helping this program grow in the coming year.

We began offering the Matter of Balance class in 2018. This program is designed to prevent falls and increase activity and physical fitness levels in participating seniors. We will be offering this FREE 8 week program again in 2019.

The Activities department is a self-funded program derived from fundraisers, donations, and support from local organizations and businesses. We are thankful for the community's help, and also for everyone that participates in the activities programs.

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# Activities

## Movie & Popcorn

January 3, 1:00 p.m.-3:00 p.m. &  
January 10, 1:00 p.m.-3:00 p.m.

Enjoy a movie and popcorn. Free. (See page 8 for a list of our featured movies).

## Alzheimer's Association Care Consultations (by appointment)

January 4, 10:00 a.m.

Tessa Clark, Program Coordinator for the Northwest Ohio Chapter of the Alzheimer's Association, will be at the Council on Aging the first Friday of every month, either doing a program or Care Consultations. This month will be care consultations. Reservations are encouraged. Free.

## Winter Safety Tips

January 7, 11:00 p.m.-11:30 p.m.

Candy will be teaching this class that covers not only at home winter tips, but also driving safety. Free.

## Essentials Bingo

January 7, 1:00 p.m.-2:00 p.m.

Enjoy Bingo while winning household essentials such as toiletries and cleaning supplies. Sponsored by the Crawford County Council on Aging. Please note that this Bingo time has been changed. Free.

## Senior Health and Wellness

January 8, 11:00 a.m.-11:30 a.m.

Join us for this educational and informative program presented by the Galion Health Department. Reservations appreciated. Free.

## Blood Pressure Checks

January 8, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure. Free.

## Alzheimer's Caregiver Support Group

January 9, 2:00 p.m.

(at the Bucyrus Public Library)

This support group will meet at the Bucyrus Public Library every second Tuesday at 2:00 p.m. Learn about community resources while building a support system with people who understand. This is a

place for caregivers, family, and friends of people with dementia to share information, needs, concerns, and to talk through issues and ways of coping. All ages are welcome.

## Grief Support Group

January 9 & 23, 3:00 p.m.

Everyone has experienced a loss in this life, whether it be the loss of a spouse, a loved one, a job, loss of a pet, or loss of independence-adjusting to the new reality is tough. You don't have to walk alone. This group will be led by our social worker Janell Croneis, MSW, LISW-S. Please call Janell at (419)562-3050 to R.S.V.P. for your first time attending.

## Scrap Booking Class

January 10, 9:00 a.m.-10:00 a.m.

Bring in your treasured pictures and learn the basics of scrapbooking. Please bring your own scrapbook or choose from pages available at the Senior Center. Reservations are recommended. Free.

## Ohio Owls

January 14, 1:00 p.m.-2:00 p.m.

Take a closer look at Ohio owls and learn all about these interesting nocturnal raptors. Topics covered will be species differences, feathers, vision, hearing, habitat, and many other great facts. The Crawford Soil & Water Conservation District will be presenting this program. Reservations are appreciated. Free.

## Exercises for Balance

January 15, 22, & 29, 10:30 a.m.-11:00 a.m.

Start your day off right with this class with Candy that will improve your balance and stamina. Reservations are recommended. Free.



## Crystal Snowflake

January 15, 1:00 p.m.-2:00 p.m.

(R.S.V.P. by 1/7, pick up on 1/16)

Make this fun and beautiful "crystal" snowflake out of pipe cleaners and household goods. This project will need to sit for the night at the C.O.A. after making it and be picked up the next afternoon. Reservations are required. Cost: \$2.

# Activities

## Hot Dog Bar

January 17, 1:00 p.m.

Come enjoy a hot dog with all of the fixings! Reservations are required. **Cost:** Each hot dog is \$1, chips and soda will be available for an additional cost.



## Senior Bingo

January 17, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. January's Bingo is sponsored by CR Smiles. **Free.**

## Ice Cream Social

January 17, 3:00 p.m.-3:30 p.m.

Join us for an ice cream sundae while visiting with other seniors in the community. **Cost:** \$1 donation appreciated. Reservations are required.

## Tech Time

January 18, 1:00 p.m.-3:00 p.m.

(30 minute classes available by appointment)

Do you need help learning how to use your smart phone, tablet, or laptop? Call to make an appointment for a one on one class. **Free.**

## Movie and Donuts

January 24, 9:30 a.m.-11:30 a.m.

Enjoy a movie and donuts. Reservations are required. Donations are appreciated. **Free. (See page 8 for the movie)**

## Sock Penguin

## Trivia Contest

January 28, 11:00 a.m.-11:30 a.m.

Do you like trivia? The winner of this educational contest receives a gift certificate provided by McDonald's. **Free.**

January 25, 1:00 p.m.-3:00 p.m.

(R.S.V.P. by 1/14)

This no sew sock penguin is easy to make and will make an adorable winter decoration. Reservations are required.

**Cost:** \$3.



## Painting Class

January 28, 1:00 p.m.- 4:00 p.m.  
(R.S.V.P. by 1/14)

We will be painting a penguin. All supplies are provided and no painting experience is needed. Reservations are required.

**Cost:** \$5

## Pizza and a Movie

January 29, 1:00 p.m.-3:00 p.m.

Enjoy a movie, pizza, and popcorn. Reservations are required. Donations are appreciated. **Free. (See page 8 for the movie)**

## Wood Carving

Wednesdays, 1:00 p.m.-3:00pm

Bring in your wood carving project and supplies for this group that meets weekly to talk about the craft while working on their own projects. **Free.**

Purchase a Crawford County Council on Aging "From Our Kitchen to Yours" Cook Book for \$9. All proceeds benefit the Activities Department.

Call 419-562-3050, option 4 or stop by 200 S. Spring Street, Bucyrus



Some events have limited reservations. To make a reservation or if you have any questions, you may call (419)562-3050 and ask for Candy or stop in the Center. Some activities encourage a small donation to participate; when traveling, we require an entrance fee to a place we are visiting and you must pay for your own lunch. Reservations will be available January 2nd. If Bucyrus City Schools are closed due to inclement weather, activities at the Council will be cancelled for the day. WMFD will also announce this cancellation.



## Monthly Movies

### Movie and Popcorn Day

Thursday, January 3, 1:00 p.m.

#### **'Cool Runnings'**

This inspirational comedy sports film stars Doug E. Doug and John Candy. It is based on the true story of a bobsledding team from Jamaica making it to the Olympics.



Thursday, January 10, 1:00 p.m.

#### **'8 Below'**

Inspired by a true story, this heart warming adventure film focuses on sled dogs that are left to survive after members of an expedition are forced to leave them behind for the winter due to an accident.



### Donuts and a Movie

Thursday, January 24, 9:30 a.m.

#### **'Little Women'**

Based on the book by Louisa May Alcott, this movie stars Susan Sarandon and Wynona Ryder.

### Pizza and a Movie

Tuesday, January 29, 1:00 p.m.

#### **'Ocean's 8'**

Debbie Ocean spends her five years she is sentenced to prison planning the heist of the century. Once she is out, she assembles an all star female crew. This movie stars Sandra Bullock and Kate Blanchett.

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