

# Activities

## Alzheimer's Association Program

**February 1, 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 an educational program. **Free.**

## Essentials Bingo

**February 4, 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. **Free.**

## Exercises for Balance

**February 5, 12, 19, & 26, 10:30 a.m.-11:00 a.m.**

Start your day off right enjoying this class with Candy! It will improve your balance and stamina. Reservations are recommended. **Free.**

## Blood Pressure Checks

**February 5, 11:00 a.m.-12:00 p.m.**

Cambridge Home Health will check your blood pressure. **Free.**

## Grief Support Lunch Bunch

**February 6, 11:30 a.m.-1:00 p.m.**

Meet at Bob Evans for lunch and fellowship with other grief survivors. This group will be led by our social worker Janell Croneis, MSW, LISW-S. Participants must pay for their own lunch.

## Adult Coloring (Valentine's Day Cards)

**February 7, 10:00 a.m.-11:00 a.m.**

Relax by coloring with other seniors. **Free.**

## Movie & Popcorn

**February 7, 1:30 p.m.-3:30 p.m. &**

**February 28, 1:30 p.m.-3:45 p.m.**

Enjoy a movie and popcorn. **Free. (See page 8)**

## Scrap Booking Class

**February 8, 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.**

## Board Games

**February 8, 12:30 p.m.-2:30 p.m.**

We have many games to choose from—bring a friend to play or meet some new ones! **Free.**

## Giant Paper Rose

**February 11, 12:30 p.m.-3:30 p.m.**

**(R.S.V.P. by 2/5)**



Join us in making this beautiful pink rose. Each rose petal is unique and it requires a lot of cutting (33 petals) with scissors that must be done by the participant. Bring your favorite scissors, if you like. This class is limited to the first 10 participants. R.S.V.P. **Cost:** \$3 donation appreciated.

## Alzheimer's Caregiver Support Group

**February 13, 2:00 p.m.**

**(at the Bucyrus Public Library)**

This support group will meet at the Bucyrus Public Library basement (Kiwanis Room) 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.

## Movie and Donuts

**February 14, 9:30 a.m.-11:30 a.m.**

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

## Ice Cream/ Therapy Presentation

**February 14, 12:30-1:30 p.m.**

Matt Burton from the physical therapy department of Cambridge Home Health will be here serving up ice cream and explaining the importance of therapy. Please R.S.V.P. **Free.**

# Activities

## Medicare Scam Prevention Seminar

**February 15, 1:00 p.m.-2:00 p.m.**

Know why Medicare fraud is a big industry. Learn how to detect frauds and scams. Understand the tactics that scammers use. This is a free presentation by Pahl Insurance. Please R.S.V.P. if you would like to attend.

## Pizza and a Movie

**February 19, 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)

## Hot Dog Bar

**February 21, 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 available for an additional cost.

## Senior Bingo

**Sponsor: Hospice of Morrow County, Inc.**

**February 21, 2:00 p.m.-3:00 p.m.**

Community members ages 55 and over are welcome to participate in this Bingo. **Free.**

## Ice Cream Social

**February 21, 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

**February 22, 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.**

## Trivia Contest

**February 25, 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.**



## Painting Class

**February 25, 1:00 p.m.- 4:00 p.m.**

**(R.S.V.P. by 2/18)**

We will be painting a fox in the snow. All supplies are provided and no painting experience is needed. You may bring your own brushes if you like, or choose from our supply. Reservations are required.

**Cost:** \$5

## Grief Support Group

**February 27, 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.

## 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 you own projects. **Free.**

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 February 1. If Bucyrus City Schools are closed due to inclement weather, activities at the Council on Aging will be cancelled for the day. WMFD and WBCO will also announce this cancellation.



## Monthly Movies

### Movie and Popcorn Day

Thursday, February 7, 1:30 p.m.

#### **'Roxanne'**

This romantic comedy is about a big nosed fire chief with an even bigger heart (Steve Martin) who falls in love with a beautiful astronomer (Daryl Hannah) and becomes part of an inadvertent love triangle.

Thursday, February 28th, 1:30 p.m.

#### **'The Bridges of Madison County'**

Clint Eastwood and Meryl Streep star in this powerful romance about a chance encounter that gives them both a love that will sustain them for a lifetime.

### Donuts and a Movie

Thursday, February 14, 9:30 a.m.

#### **'Valentine's Day'**

Follow the star-studded ensemble cast as they find or lose love on Valentine's Day.

### Pizza and a Movie

Tuesday, February 19, 1:00 p.m.

#### **'Ghost'**

When Sam (Patrick Swayze) is murdered, he is left to roam the earth as a powerless spirit and needs to protect the love of his life Molly (Demi Moore). Sam finds a psychic (Whoopi Goldberg) that can see him and asks for help to keep Molly safe.

Keep Space Blank For Ads

# For Your Information

## Thank you Sponsors!

When attending Council on Aging Activities this year, you will see an addition to the table settings. Placemats with advertising sponsored by local organizations and businesses will be displayed during certain activities affiliated with the Crawford County Council on Aging. Look for the placemats while attending Senior Day at the Crawford County Fair; during Older Americans Month; Holiday Dinners and other special events.

Throughout the year these placemats will be used during the serving of our congregate and some home delivered meals, as well. All proceeds benefit the Council on Aging Activities Department. **Thank you to the following Sponsors!**

- A-1 Printing Inc.
- Adult Protective Services
- Bucyrus Historical Society
- Community Counseling Services
- Contact Crawford County
- Crawford County Community Concert Assoc.
- Firelands Federal Credit Union
- Heartland of Bucyrus
- Hord Family Farms
- J&F Construction & Development, Inc.
- Lee's Comfort Shoes
- My Floors by Prints & Paints
- North Central State College
- OD5 Area Agency on Aging
- Ohio Eye Optometric
- Ohio Health
- Ridgewood Senior Villas
- RSVP
- Wise Funeral Home
- WBCO/WQEL Radio Spotlight

### A Matter of Balance Classes

Sign-ups available now

Classes are March 20-April 17;

Every Wednesday from 12:30 p.m.-1:30 p.m.

A Matter of Balance is a nationally recognized class designed to reduce risk of falls and increase activity levels in seniors. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercises to increase strength and balance. Pre-registration is required and encouraged. This is a free five week class. Seniors that participate in the class will receive a certificate of completion.

### 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.

All donations can be sent to

Council on Aging  
200 S. Spring Street  
Bucyrus, OH 44820



### PLACEMAT



**CRAWFORD COUNTY COUNCIL ON AGING, INC.**

<b>OHIO EYE OPTOMETRIC, LLC</b> 175 South Walnut Street, Bucyrus, OH 44820 419-566-7079 • 800-623-0694	<b>OHIO HEALTH</b> Providing Central Ohio's finest care for over 100 years. We're here to listen!
<b>JEFF REZER, L.Ped., L.O.</b> Licensed Podiatrist 129 S. Broadway Ave. Bucyrus, Ohio 44820	<b>HORD</b> 50th Anniversary Bucyrus Historical Society Member
<b>J&amp;F CONSTRUCTION &amp; DEVELOPMENT, INC.</b> 1-800-819-1088 www.jandfconstruction.com	<b>LET'S TALK CONTACT</b> 419-562-9010 • 419-468-9081
<b>OHIO EYE OPTOMETRIC, LLC</b> 175 South Walnut Street, Bucyrus, OH 44820 419-566-7079 • 800-623-0694	<b>OHIO HEALTH</b> Providing Central Ohio's finest care for over 100 years. We're here to listen!
<b>ADULT PROTECTIVE SERVICES</b> Do you know a vulnerable older person who may be experiencing abuse or neglect?	<b>SPOTLIGHT</b> 4th Day Book Turn into WBCO 1540 AM or 92.7 FM
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**PROUDLY SUPPORTING ACTIVITIES FOR SENIORS IN CRAWFORD COUNTY**