



**Mercer County Council on Aging**



Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.



### **Spring Party at Romer's**

Join us Wednesday, May 1 for our annual Spring Party!!! In the attempt to accommodate everyone who is interested, this year's event will be held at Romer's Catering, 1100 South Main Street, Celina. Doors will open at 10:30 am. The meal which will consist of a BBQ pork sandwich, green beans, au gratin Potatoes, garden salad with cake or brownie for dessert will be served at 12 pm.

Spittin' Image will come on stage at 12:45 pm to entertain us for the afternoon! Tickets will be on sale until Wednesday, April 17 at a cost of \$10 each. Stop by the office and get yours today!!

### **Would You Like to Take a Trip?**

We are pleased to announce a new travel option at MCCoA! Trips will be similar to the ones Choice Travel offered.

### **Lunch and Church Basement Ladies Plowin' Thru at LaComedia – May 30**

Buffet lunch followed by matinee performance of "Church Basement Ladies Plowin' Thru." The year is 1975 and your favorite characters are back in the 9th show of the wildly popular Church Basement Ladies. Whether this is your first time, or you've seen them all, you won't want to miss this new show! It's been five years since Pastor left and the church is struggling. As Pastor comes back to fill in as interim, Karin has taken a leadership role in the church and Beverly, now a mother of three, is ready for a larger role in the kitchen. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious new musical.

**Cost: \$118** (Driver's tip not included) **Deposit: \$20** **REGISTRATION DEADLINE 4/30/24**

Prices and deposits are per person - Multi-day trip prices based on double occupancy. Single, triple, and quad rates available. 3% processing fee added to all credit card payments.

Reservations confirmed when deposit is received. Please make checks payable to **MCCoA**.

**Mail to MCCoA Attn Trips 217 Riley Street, Celina, OH, 45822.** Trips, itineraries, & prices subject to change.

Look for more information in future newsletters.



From the Director's Desk:

Happy April Mercer County (and friends of Mercer County,)

Is April a happy time for you? The other day I heard someone mention that they had chosen to be happy. That made so much sense to me. What did you decide for today? Did you even make a decision or did you just let the day take you where ever it went? It has been my observation that if we don't make a conscious decision, the decision is still made, but we have less effect on the outcome. It is my suggestion that you decide every morning that that day is going to be a GREAT day!



At the risk of sounding like a broken record, we just want to remind you one more time of the Eclipse on April 8th. We will not be open at center. Please stay safe. If you are planning on 'watching' it, make sure to get a pair of the glasses that will protect your eyes. There is a lot of information being shared from other locations in the country where they have experienced this. Lets learn from that and keep everyone in Mercer County safe. It is predicted that there will be at least double the amount of people, cars, and traffic here that day. Cellular service, gas stations, and emergency crews will be stretched to their max. Again, if you don't have to go any where, please don't.

Thank you for being part of our world here at MCCoA. Check out all the things we have planed for April. We hope to see you soon. Have a great spring!

Hugs,  
Dawn

### **Mark your May calendar**

- 1 Spring Party
- 6 Garage Sale Set Up
- 15 WISE (6 week class)
- 16 to 19 Garage Sale
- 20 Garage Sale Clean Up
- 20 Craft Class - Cupcakes
- 23 Lunch & Learn
- 27 Office Closed

More information in next month's newsletter.

### **GARAGE SALE UPDATE**

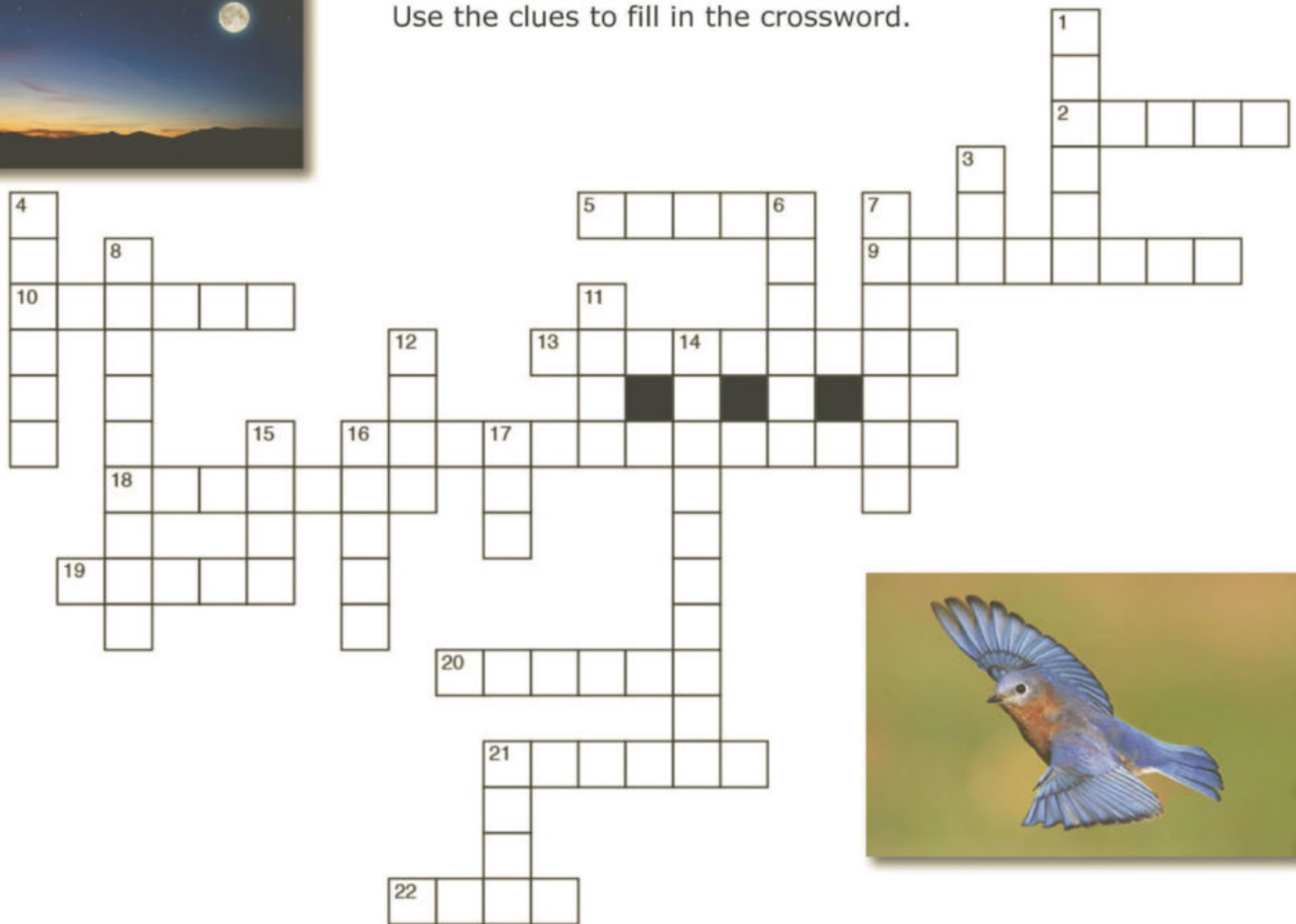


Donations Begin	Tuesday, April 9	12 to 4
Saturday Donations	April 20	9:00 to 1
Last Day Donations	Thursday, May 2	8:30 to 12:00

Thank you to everyone that helped make the March sale a success!!! We will begin accepting donations on Tuesday, April 9. Saturday donations will be April 20 from 9 am to 1 pm. The last day we will be accepting donations is Thursday, May 2. If you would like to help with any part of the garage sale, please give Tash a call 567-890-4120.

# Look Up in the Sky

Use the clues to fill in the crossword.



## ACROSS

2. Jet
5. Goodyear floater
9. Rocky space object
10. The Milky Way is one
13. Natural electric discharge
16. Aries or Orion
18. Sunset location
19. Puffy sky sight
20. NASA projectile
21. Ringed planet
22. The Red Planet

## DOWN

1. Big or Little constellation
3. Nocturnal mammal
4. Aurora borealis; Northern \_\_\_\_
6. Venus or Earth
7. Showery day arch
8. Dark spot in space
11. Wind-borne toy
12. Earth orbiter
14. Aircraft that hovers
15. It's a \_\_\_\_, it's a plane, it's Superman
16. Halley's \_\_\_\_
17. Earth warmer
21. Sirius, for one



# Dates of Interest

To register call 419-586-1644.

## Lunch & Learn

Lunch & Learn for April will feature Ryan McMichael. Ryan is the Mercer County Agriculture and Natural Resource Educator for OSU Extension and will share resources and expertise as folks prepare for Spring gardens. Topics of the talk include choosing the best plants at the garden center, understanding plant tags and seed labels, frost and planting dates, and other spring gardening tips & tricks. L&L is scheduled for Monday, April 1 with lunch at 11:30 am and the program starting at 12 pm. Everyone is invited to the program portion of the event, but only the first 25 people to register can join us for lunch. Call to register today.



Lunch & Learn for April will feature Ryan McMichael. Ryan is the Mercer County Agriculture and Natural Resource Educator for OSU Extension and will share resources

### Craft Class



Join Lynne Miller and create these beautiful cards! Monday, April 15 at 1:00 pm. You will create 3 cards, a Birthday, Thinking of You, cow and a book mark. Everything you need will be provided. Cost is \$12.00.

Space is limited so call and sign up today!



### Art Class

Art class with Debby Gregory on Monday, April 15 at 2 pm for a pen & wash color



art class. All supplies will be furnished. Cost is only \$10. Registration is required.

### We need your HELP!!

Come one come all it's button sorting time. We have several different crafts coming up that we will be using buttons on and it will make the craft so much easier if the buttons are sorted out by color and size. We will be sorting buttons on Thursday, April 4 starting at 10 am. Come for an hour or stay till we are done.



## REGULARLY SCHEDULED ACTIVITIES

Please register for all activities so we can notify you in the case of unexpected schedule changes. Thank you.

Check the calendar on page 7 for exceptions.

### Bingo

Wednesdays at 12:30 pm.  
Reusable cards and chips are 2 for \$1 with additional cards costing 50¢ each. The same cards are used for every game.

### Blood Pressure Checks (FREE)

The first Thursday each month from 9 am to 10 am, provided by Heritage Health Care.

### Cards

**Bridge** on Tuesdays at 12:30 pm; **Euchre** on Thursday and Sunday evenings at 6:30 pm; **Bid Euchre, Pinochle, and Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** on the second and fourth Thursday at 6:30 pm. Cost \$1.

### Chair Yoga

Chair Yoga on Mondays at 10:00 am and Thursdays at 1:00 pm. Cost is \$3 per person.

### Coffee Time (FREE)

Thursdays from 8:00 am to 10:00 am. Join us for coffee, juice, donuts and some great chatting time. Stop in for 5 minutes or stay for a while. Everyone is welcome. Donations are appreciated.

### Crochet Club (FREE)

Crochet club meets monthly in Bldg 3. See calendar for specific date and time. Everyone is welcome.

### Fitness Class

On Tuesdays at 9:30 am join us for a FREE Video lead exercise class (picked out by Kathy G.) The last Tuesday every month at 9:30 am Kathy G will lead a 45 minute fitness class that focuses on muscle strengthening and increasing range of movement for daily life activities. Wear comfortable shoes (like gym shoes) and loose-fitting clothing. The cost is \$3 per person.

### Line Dancing (FREE)

Tuesdays at 1:00 pm. Everyone is welcome. Come join the fun, enjoy some music, and get some great exercise. If you are new to dancing, we will be glad to show you how.

### Lunch

Tuesdays, Wednesdays, and Thursdays 11:30 am \$4/meal. Reservations are required by noon one day before. Space is limited.

### Pickleball

Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219 from 9:00 am to 11:30 am. Cost is \$3 per person. No experience required.

### Toe Nail Trimming

The first Wednesday each month at 1:00 pm in Bldg 3. Cost is \$15. First come, first served. Provided by CHP.



PRESENTED BY:

Alzheimer's Association of Northwest Ohio

Meetings are held on the second Wednesday of every month

3:00 pm to 4:00 pm

**Mercer County Council on Aging  
Annex Building**  
217 Riley Street, Celina

Call 419.419.5858 with questions or to register for the group

Visit [alz.org/nw ohio](http://alz.org/nw ohio) to learn more about caregiver programs and resources

The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues
- Share feelings, needs and concerns
- Learn mindfulness techniques to bring some balance to challenging days

800.272.3900

ALZ.ORG





# April 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 - Chair Yoga* 11:30 - Lunch & Learn - Spring Gardens - OSU Extension Office	<b>2</b> 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	<b>3</b> 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	<b>4</b> 8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 2:00 - OSHIIP (at Celina Manor) 2:30 - Alzheimer's Talk - New Treatment 6:30 - Cards*	<b>5</b> 12:30 - Cards*	<b>6</b>
<b>7</b> 6:30 - Cards*	<b>8</b> TOTAL ECLIPSE  OFFICE CLOSED  Please stay home and be safe.	<b>9</b> 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12 to 4 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>10</b> 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Wii Bowling Tournament Awards</u> <u>3:00 - Alzheimer's Support Group</u>	<b>11</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	<b>12</b> 12:30 - Cards*	<b>13</b>
<b>14</b> 6:30 - Cards*	<b>15</b> 10:00 - Chair Yoga* 1:00 - Craft Class - Greeting Cards* 2:00 - Art Class - Pen & Wash*	<b>16</b> 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	<b>17</b> 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u>	<b>18</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*	<b>19</b> 12:30 - Cards*	<b>20</b> 9 to 1 - Donations (bldg. 6)
<b>21</b> 6:30 - Cards*	<b>22</b> 10:00 - Chair Yoga*  STAFF TRAINING  OFFICE CLOSSES AT NOON	<b>23</b> 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>24</b> 11:30 - Lunch* 12:30 - Bingo* 5:30 - Game Night - Yahtzee*	<b>25</b> 8:00 - 10:00 Coffee Time 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	<b>26</b> 12:00 - Q&A - Dominion Energy 30% Rate Increase 12:30 -	<b>27</b>
<b>28</b> 6:30 - Cards*	<b>29</b> 10:00 - Chair Yoga*	<b>30</b> 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<i>Italicized and underlined</i> activities are in Building 3. Activities marked with an * have a fee. Activities marked with ( ) are off campus. (MSC) - Montezuma Spiritual Center.			



**JOIN US for a  
FREE Six-week  
wellness program for  
people 55 and over.**

**6-week Session Begins  
May 15th, 2024**

**Wednesdays, 10 AM - 11:30 AM**

To register call 419-586-1644.

Week 1	May 15	Understanding the Changes Associated with Aging
Week 2	May 22	Aging Sensitivity
Week 3	May 29	Valuing Cultural and Generational Diversity
Week 4	June 5	Medication and the Older Adult
Week 5	June 12	Substance Abuse, Addiction, and Older Adults
Week 6	June 26	An Enhanced Quality of Life

***Participants will receive TWO \$25 gift cards and grocery goodie bags throughout the program!***

The **WISE program** is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

### **LOCATION**

Mercer County Council on Aging  
217 Riley Street  
Celina, Ohio

Please plan to attend all six sessions.

Space is limited.





# Alzheimer's Association Northwest Ohio Chapter

*Join us for a free program!*

## NEW ADVANCES IN ALZHEIMER'S TREATMENTS

Learn more about new advancements in Alzheimer's treatments. This program will provide an overview on how these drugs were designed to work, who may be a candidate for treatment, potential benefits and side effects and availability and pathways for access.

Thursday, April 4, 2024

2:30 pm

**Mercer County Council on Aging**

217 Riley Street, Celina



Call 419-419-5858 or  
email [matorsell@alz.org](mailto:matorsell@alz.org)  
with questions or to  
register.

## Game Night

Game Nights are back!!! Join us Wednesday, April 24 for Yahtzee Night! The evening will begin at 5:30 pm with a meal that includes sloppy joe, chips, salad, water, coffee, or ice tea followed by some great Yahtzee fun! Yahtzee is a simple dice game. The objective is to score points by rolling five dice to make certain combinations. We will play several rounds and the high score and one random draw person will win a gift card. Everyone who plays will receive a MCCoA coupon that can be used at the center for one of our activities. The cost for this evening of fun is only \$5.00. Call and register today 419-586-1644.



## Mark Your Calendar

Do you have questions about Dominion Energy wanting to have a 30% rate increase? Then mark your calendar and stop in Friday, April 26 at 12 pm and speak with Amy Carles with the Office of the Ohio Consumers' Counsel. She will have the latest information.

DOMINION ENERGY  
ASKS THE PUCO FOR A  
30 PERCENT RATE  
INCREASE AND MORE

**CONSUMER  
ALERT**

## Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 per meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!

## April 2024 Lunch Menu

Tuesday	Wednesday	Thursday
2 Creamy Potato Soup/Crackers Fried Bologna Sandwich Onion & Pickle Double Chocolate Chip Cookie	3 BBQ Bacon Cheeseburger Bun Seasoned Green Beans Ice Cream	4 Hotdog/Bun Baked Beans Ketchup & Mustard Chilled Mandarin Oranges
9 Mushroom Swiss Burger/Bun Potato Triangles Ketchup & Mustard Fresh Grapes	10 Bratwurst Mashed Potatoes Sauerkraut Snickerdoodle Cookie	11 Beef Stew Biscuit Ice Cream
16 Stuffed Pepper Casserole Mashed Potatoes Dinner Roll Reese's Brownie	17 Creamy Potato Soup Fried Bologna Sandwich Onion & Pickle Chilled Peaches	18 Homemade Pizza Tossed Salad/Dressing Pineapple
23 Ham & Bean Soup Cottage Cheese Cornbread/Butter Chilled Peaches	24 Stuffed Shells & Sauce Broccoli Florets Garlic Bread Chilled Pineapple	25 Creamed Chipped Beef Biscuit Seasoned Green Peas Chilled Fruit Cocktail
30 Brat/Bun Creamy Cole Slaw Onion & Ketchup Pumpkin Cookie	May 1 Garden Vegetable Soup Hot Ham & Swiss/Bun Crackers Chilled Peaches	May 2 Tater Tot Casserole Tossed Salad/Dressing Salsa & Sour Cream Rice Krispy Bar



# Deep-Dish Pizza

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BELL PEPPERS

CHEESE

CHICAGO

CHUNKY

CORNMEAL

EDGE

FLOUR

MOZZARELLA

MUSHROOMS

OLIVE OIL

ONION

OREGANO

PARMESAN

PEPPERONI

SAUSAGE

THICK

TOMATO SAUCE

YEAST



# Famous Sisters

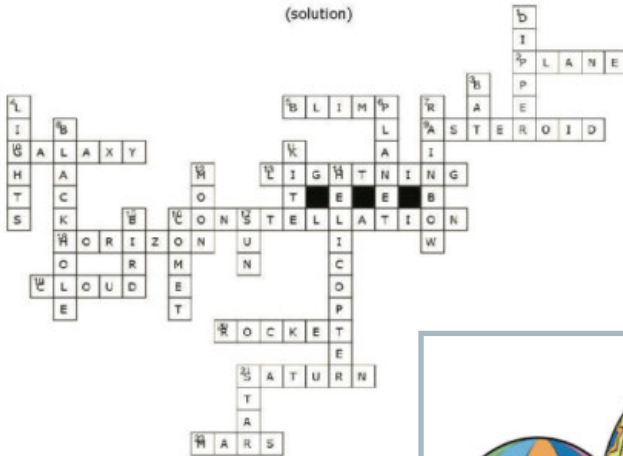
Match the famous sisters' first names to their last names.

1. Venus and Serena \_\_\_\_\_
  2. Pippa and Kate \_\_\_\_\_
  3. Wynonna and Ashley \_\_\_\_\_
  4. Olivia and Joan \_\_\_\_\_
  5. Sasha and Malia \_\_\_\_\_
  6. Emily and Elizabeth \_\_\_\_\_
  7. Abby and Anne \_\_\_\_\_
  8. Jacqueline and Caroline \_\_\_\_\_
  9. Betty and Rosemary \_\_\_\_\_
  10. Anne and Mary \_\_\_\_\_
  11. Zsa Zsa and Eva \_\_\_\_\_
  12. Maxene, Patty, and LaVerne \_\_\_\_\_
  13. Mary and Elizabeth \_\_\_\_\_
  14. Charlotte, Anne, and Emily \_\_\_\_\_
  15. Yvonne, Annette, Cécile, Émilie, and Marie \_\_\_\_\_
- A. Brontë
  - B. Bouvier
  - C. Williams
  - D. Van Buren, Landers
  - E. Obama
  - F. Blackwell
  - G. Middleton
  - H. Tudor
  - I. Gabor
  - J. Dionne
  - K. Judd
  - L. Boleyn
  - M. Andrews
  - N. Clooney
  - O. de Havilland, Fontaine



### Look Up in the Sky

(solution)



### Famous Sisters

(solution)

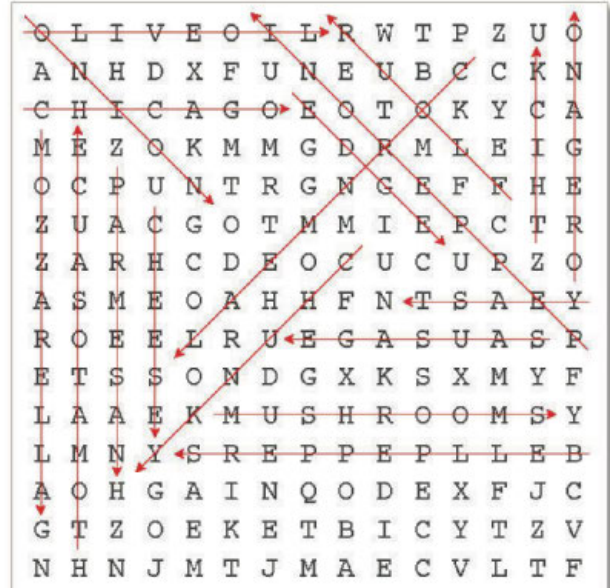
- |  |                           |
|--|---------------------------|
| 1. Venus and Serena                            | C. Williams               |
| 2. Pippa and Kate                              | G. Middleton              |
| 3. Wynonna and Ashley                          | K. Judd                   |
| 4. Olivia and Joan                             | O. de Havilland, Fontaine |
| 5. Sasha and Malia                             | E. Obama                  |
| 6. Emily and Elizabeth                         | F. Blackwell              |
| 7. Abby and Anne                               | D. Van Buren, Landers     |
| 8. Jacqueline and Caroline                     | B. Bouvier                |
| 9. Betty and Rosemary                          | N. Clooney                |
| 10. Anne and Mary                              | L. Boleyn                 |
| 11. Zsa Zsa and Eva                            | I. Gabor                  |
| 12. Maxene, Patty, and LaVerne                 | M. Andrews                |
| 13. Mary and Elizabeth                         | H. Tudor                  |
| 14. Charlotte, Anne, and Emily                 | A. Brontë                 |
| 15. Yvonne, Annette, Cécile, Émilie, and Marie | J. Dionne                 |



## SOLUTIONS

### Deep-Dish Pizza

(solution)



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522 Western Ave. St. Henry, OH 45883

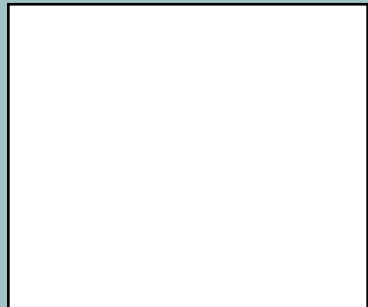
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14-1730



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## STAY IN TOUCH

 217 Riley Street  
Celina, Ohio 45822

 419-586-1644

 mcco@bright.net

 www.mcco.net

 Mon-Fri: 8 am-4:30 pm  
Sat & Sun: Closed

 **Like us on Facebook!**

## THE MERCER COUNTY COUNCIL ON AGING

is a non-profit organization serving the needs of residents aged 60 and over. We offer a variety of services and programs designed to assist our seniors in maintaining as much independence as possible.

Funding for these services is provided by a county-wide levy, the Mercer County Health Fund, the Mercer County Civic Foundation, the PASSPORT program, Combined Drives, quarterly garage sales, client donations and the hard work of our volunteers.

### OFFICE HOURS

Monday through Friday  
8:00 am to 4:30 pm

### PHONE

419-586-1644

The MCCOA serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer.

Find us at [www.mcco.net](http://www.mcco.net)



To reduce unnecessary postal costs, please inform us if you are going to be moving, going out of town for an extended period or no longer wish to receive the newsletter. We also have the ability to email newsletters. **Thank you.**