

JULY2025

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

Disaster Preparedness Event

Thursday, July 31, 2025 • 10 am - 12 pm

Mercer County Council on Aging 217 Riley St, Celina, OH 45822

Free event for adults 55 and over!

The first fifty (50) participants will receive a free starter disaster preparedness kit and information packets, and general training for disaster, fire, tornadoes, etc.

Contact the Mercer County Council on Aging at 419-586-1644 to register!



From the Director's Desk:

Hello there Mercer County (and friends of Mercer County,)

Have you ever considered the value of setting a goal?

There are many positive benefits. Goals can help you stay motivated during tough times. You have more clarity deciding which direction to go or what decisions to make. It is easy to be distracted by the many options in today's world. But when you are working with a goal in mind, choices can become clearer. Ask yourself, does this align with my goal (and moral values)? If the answer is "Yes," then consider doing it. If the answer is "No," then maybe don't.



Start
Where you
are
use what
you have.
do what you
can.

Starting small is a great way to build a sense of accomplishment and momentum. Pick one thing you have been wanting to accomplish. Break it down into small steps. Focus on that one part of your bigger picture. When you are successful, look at the next step. Soon you may begin to see the progress you have made.

Please know, I am reminding myself of the importance of setting goals and sticking with them. I invite you to join me on setting a July resolution. Look at your life and your dreams. Set a goal. Start small. If you have questions, feel free to give me a call.

Have a fantastic summer!!

Dawn

GARAGE SALE UPDATE



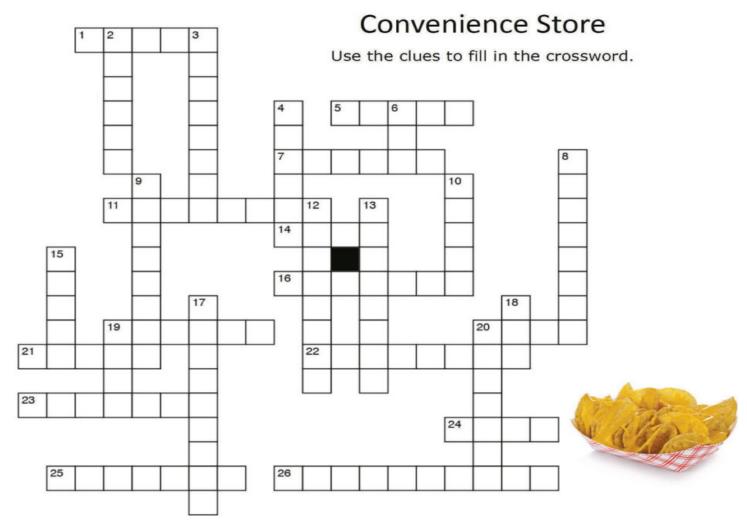
Donations Last Day Thursday, July 3 8:30 to 12
Set Up July 7 to July 11 9:00 to 3
Sale See the chart on right
Clean Up Monday, July 21 9:00
Truck Pick Up Tuesday, July 22 8:30

The last day we will accept donations for the July sale will be Thursday, July 3, 8:30 am to 12:00 pm. Monday, July 7 we will start the set-up process, getting everything organized

Garage Sale Dates / Hours				
Thursday	July 17	8:30	6:30	
Friday	July 18	8:30	4:00	
Saturday	July 19	8:30	4:00	
All Items 1/2 price.				
Sunday	July 20	12:00	4:00	
Bag Day \$1.00 each bag with a second bag FREE. All items included.				

and priced. Sale dates are July 17 - 20. If you would like to help with a checkout during the sale, please give Tash a call or text 567-890-4120.

We will be packing up all the leftovers from the sale on Monday, July 21 beginning at 9:00 am. We will load the truck on Tuesday, July 22 at 8:30 am, help is appreciated that day too. Thanks to everyone that helps in any way with the sale. We could not do garage sales without all of our wonderful volunteers!



ACROSS

- 1. Crunchy potato snacks
- 5. Apple or orange product
- 7. Morning eye-opener
- 11. Latrine, loo, or lavatory
- 14. Fountain drink
- 16. Game of chance
- 19. Yellow fruit
- 20. Almonds and pecans
- 21. Bottled no-cal beverage
- 22. Frozen dessert
- 23. 7/11 ice drink
- 24. Breakfast cereal beverage
- 25. Salty twisted snack
- 26. Dental cleanser

DOWN

- Snack in a bun
- 3. Hoagie
- 4. Cheesy chips
- Portable cooler filler
- 8. Cheez-Its and Saltines
- 9. Hershey's creation
- 10. Dried meat product
- 12. Engine lubricant
- 13. Bakery offerings
- 15. Italian treat served by the slice
- 17. AA and AAA
- 18. Bubble source
- 19. Ale, for one
- 20. Crumb catchers

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Dates of Interest

To register call 419-586-1644.

Craft Class

Join Deb Baucher Wednesday, July 9 at 1:00 pm to make one or two Kanzashi Fabric flowers. These cute flowers are very easy to sew by hand. If you know how to sew great! If not, Deb will be happy

to help you learn how easy it is to make these flowers.

Everything you need to create your flower will be provided, but if you have a pair of fabric scissors and a thimble, please



bring them along. This class will be held in building 3 (the annex) Cost is \$5.00 call and register today.

Floral Class

Learn to do Traditional Triangle Design.
Join Charlene Guingrich, Saturday, July
12 at 1:30 pm in building 3. In this session
Charlene will discuss the basics of
competition floral design. Participants will
have an opportunity to do a hands-on
creation to take home and enjoy. Cost is
only \$15.00 and needs to be paid when

you sign up. Last day to purchase a ticket for this class is Monday, July 7. Everything you need will be provided. Space is limited so purchase your ticket today.



Art Class

Join Debby Gregory Monday, July 14 at 2:00 pm, for a pen & wash painting class. Everything you need will be provided. The cost of the class is \$10. Space is limited.



Craft Class

Craft!! Join Lynne Miller and make two (2) greeting cards Thursday, July 10 at 2:00 pm. Everything you need to make these beautiful

cards will be provided. Cost will be \$7.00 call and register today.



FREE Blue Ribbon Class

Join Charlene Guingrich on Monday, July 21 at

2:00 pm as she shares tips on winning a blue ribbon at the Mercer County Fair. Have you ever wondered how to go about entering flowers? This is the place to come and get your questions answered. Bring a flower in a clear vase. Tips will be given on what a judge looks for at a flower show. The class is for anyone interested in showing flowers. This is a free class.





Summer Picnic Meal

Join us for a great meal on Tuesday, July 15 at 11:30. The meal is sponsored by Celina Manor & Heritage Health Care. The first 75 people to call and register will be able to join us! The meal is free but they are asking for a \$2.00 donation to be given to the Alzheimer's Association.



Lunch and Learn at MCCoA on Monday, July 28 join Ryan Schoeder and Chaplain Mark Lovely. Mark has a special way of connecting with people through real stories and experiences and will present the topic for the day which will be "Relief Through Grief."

You won't want to miss this one! Lunch will be served at 11:30 am. The presentation begins at 12:00 pm. Only the first 25 people to register will be able to eat lunch with us but we invite everyone to attend the presentation.

All attendees will receive a free root beer float.









Lunch and Learn at Chickasaw held at the Zahn Marion Twp Branch Library 5 E Franklin St. will be Thursday, July 24 featuring Jennifer Sexton with the Red Cross as she speaks on **The Changing Face of Disaster Relief.** Join us for an

eye-opening presentation with the American Red Cross as we explore how disaster response is evolving in a world of rising temperatures and more frequent disasters. Learn about the vital role of mass care in times of crisis, how the Red Cross is adapting to a new era of continuous response and discover how you can play a part both locally and nationally. Lunch will be served at11:30 am. The presentation begins at 12:00 pm. Only the first 25 people to register will be able to eat lunch with us but we invite everyone to attend the presentation.

Spotlight on Independence

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.





These are some of the most recognizable words from the Declaration of Independence. Words that also reflect on our mission at the MCCoA. To help older people live dignified and independent lives in their own homes for as long as possible.

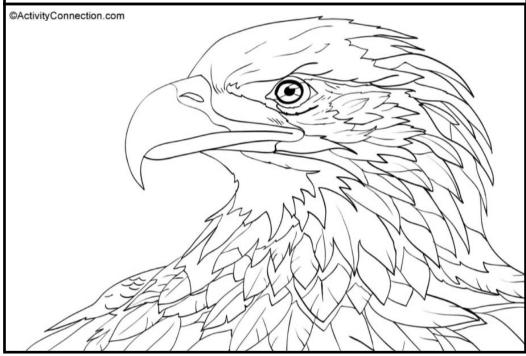
Independence for older Americans often requires physical and mental health or other support. The MCCoA offers chair yoga, line dancing, pickleball, and a fitness center to enhance physical health. We have a

Durable Medical Equipment (DME) Loan program which offers free short-term usage of

DME for mobility and safety. Lunch and learns, cards, bingo, craft classes, puzzles, coffee time, etc., address the need for social engagement that can affect mental health.

There are many volunteer opportunities available at MCCoA, such as assisting with garage sales. We offer transportation to individuals over 60 who cannot drive. We also offer trips that provide travel opportunities without having to plan for all the details. Attending any of these events gives an opportunity to connect with others who share similar interests.

So this independence day we invite you to enjoy your freedom and right to pursue happiness.



August look ahead

- 20 Game Night Yahtzee
- 18 L&L MCCoA Neighbor Link
- 28 L&L Chickasaw Navigating Senior Care

Bus Trips

July

17 Hamilton/Columbus

28-31 Noah/Lancaster PA

August

17 Happy Together/Dinner

The Play/LaComedia

September

4 Snooty Fox

8-17 California Wonders

October

1-4 Noah/Lancaster PA10 Legally Blonde/

Legally Blonde/ LaComedia

14-17 West Virginia Trains

23-24 Four Winds/Fannie's

Biscuits

24 Miss Fannie's Biscuits

November

7 Doo Wop Project

9-12 Smoky Mountain/

Dollywood

December

2-3 Elf, Scrooge, Lights,

Casino

4 Scrooge/LaComedia

10-11 Gaither's & Dean Z

11 Amish Lunch & Dean Z

February 2026

2/26-3/8 Hawaiian Land &

Cruise

Chicago White Sox

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.





BLACK
CARLTON FISK
COMISKEY PARK
EDDIE COLLINS
GO-GO SOX
HAROLD BAINES

JOE JACKSON
LUKE APPLING
MINNI MIÑOSO
NELLIE FOX
OZZIE GUILLÉN

RATE FIELD
SOUTHPAW
SOUTH SIDERS
SILVER
TONY LA RUSSA
WHITE

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 pages 9 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 12:30 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. This group is open to anyone that likes to crochet. We make a variety of items to give to people in nursing homes. Join us for a fun afternoon of crocheting. Everyone is welcome.

Fitness Class

Tuesdays at 9:30 am join us for a FREE video lead exercise class. The last Tuesday each month at 9:30 am Kathy G leads a 45 minute class that focuses on muscle strengthening and increasing range of movement for daily life activities. 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 **\$5 per 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

Once again, this year Community Health Professionals will be at MCCoA the first Wednesday of each month beginning at 1:00 pm to do toenail clipping. The cost for this service is \$20 per person and will take place in Building 3 on a first come, first served basis.

ALZHEIMER'S ASSOCIATION

FREE Care Consultations

Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning, communication, finances, and safety issues.

FREE Support Group

Meetings are held on the second Wednesday of every month from 3 pm to 4 pm in building 3. The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia.

FREE Alzheimer's Talk
Monthly Alzheimer's talk with

Yvonne will start again the first Wednesday of each month at 10:00 am.

Understanding Alzheimer's and Dementia

Wednesday, July 2, 2025

10:00 am

Mercer County Council on Aging

217 Riley Street

Celina

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for us all. We will discuss the difference between Alzheimer's and dementia, the risk factors of Alzheimer's, the stages of the disease and current FDA approved treatments. Additionally, you will learn about how scientists are working to advance research.

July 2025

217 Riley Street Celina, Ohio 45822 419-586-1644

Mercer County Cour	ncil on Aging	il on Aging			419-586-1644			
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Italicized a in the Anne * = has a fe () = off ca (MSC) = M Spiritual Ce	ee. Impus. Iontezuma	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	10:00 - ALZ Talk - Understanding Alzheimer's & Dementia 11:30 - Lunch* 12:30 - Bingo* 1:00 - Toenail Clipping (bldg. 3)*	8:00 - 10:00 Coffee Time 8:30 - 12:00 Last Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*	July 4th Office Closed 12:30 - Cards*	5		
6:30 - Cards*	Garage Sale Set Up 10:00 - Chair Yoga* LAST DAY TO BUY TICKETS FOR FLORAL CLASS	Garage Sale Set Up 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	Garage Sale Set Up 11:30 - Lunch* 12:30 - Bingo* 1:00 - Craft - Kanzashi Fabric Flowers* 3:00 - Alzheimer Support Group	Garage Sale Set Up 8:00 - 10:00 Coffee Time 10:30 - Board Mtg. 11:30 - Lunch* 12:30 - Ladies Cards* 12:30 - Chair Yoga* 2:00 - Craft - Greeting Cards* 6:30 - Cards & Texas Hold 'Em*	Garage Sale Set Up 12:30 - Cards*	1:30 - Floral Class - Traditional Triangle Design by Charlene Guingrich - Tickets required (bldg. 3)*		
6:30 - Cards*	14 10:00 - Chair Yoga* 2:00 - Art - Pen & Wash* 2:00 - Crochet Club	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - PICNIC LUNCH - by Celina Manor/HHC* 12:30 - Ladies Cards* 12:30 - Bridge* 1:00 - Line Dancing	16 11:30 - Lunch* 12:30 - Bingo*	17 GARAGE SALE 8:30 to 6:30 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*	18 GARAGE SALE 8:30 to 4:00 12:30 - Cards*	GARAGE SALE 8:30 to 4:00		
20 GARAGE SALE 12:00 to 4:00 6:30 - Cards*	Garage Sale Clean Up 10:00 - Chair Yoga* 2:00 - FREE "Blue Ribbon Flower" Class - by Charlene	8:30 - Garage Sale Truck Pickup 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness with Kathy* 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	23 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 11:30 - L&L - Be Red Cross Ready - Emergency Preparedness & Tornado Safety - Chickasaw Library 12:30 - Ladies Cards* 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	25 12:30 - Cards*	26		
27 6:30 - Cards*	10:00 - Chair Yoga* 11:30 - L&L - Legacy Hospice & Root beer Floats	9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	30 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 10:00 - Disaster Preparedness Event 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*				

C.A.L.L. Ministry

C.A.L.L. Ministry's mission is to reduce the financial burdens of the low-income citizens of Mercer County. Did you know C.A.L.L. has a "Work 4 Program" in addition to their main mission, the food pantry?



The "Work 4 Program" allows clients to donate hours at the pantry in exchange for a donated appliance. When an appliance is donated, it is cleaned, inspected, and stored until a request for one comes from a client. The client then works at the pantry, usually 5 to 8 hours to 'earn' the item. Once it has been earned they can take the item home.

In addition to appliances, C.A.L.L. also accept vehicles. The vehicle is inspected and verified to be roadworthy. Clients in need of a vehicle are required to fill out an application. Applications are reviewed for situations that are the most beneficial for clients in need. Chosen applicants must agree to donate eighty (80) hours of volunteer work at the pantry. At the completion of this work, the title is transferred to the new owner.

These programs have a profound impact on our community. If you would like more information or have any questions, please contact C.A.L.L at 419-586-3574 or callfoodpantry@gmail.com.

Searching for Opposites

Find the 10 words in the first grid. Then find each word's opposite in the second grid. Words can be found vertically, horizontally, diagonally, forward, and backward. One answer is given (annual, yearly).

Q	U	E	S	Т	I	0	N	I	W
Þ	\mathbf{Z}	L	\mathbf{E}	0	\mathbf{T}	X	\mathbf{Z}	I	N
A	D	N	\mathbf{E}	I	R	F	S	W	R
R	Y	E	Q	N	W	E	0	U	L
K	\mathbf{E}	W	L	C	D	N	0	H	Y
Ĺ	0	V	\mathbf{E}	T	K	S	K	C	I
X	A	W	Y	N	\mathbf{T}	F	W	H	В
V	0	0	U	T	V	I	M	U	D
Y	0	L	H	Q	A	F	L	I	J
J	V	S	M	P	В	R	Y	Ι	X



dark _	light	friend _		lend		little
	love		question _		slow _	
	sour		wise		unknown _	



Bus Trip Updates

Many trips are already sold out! These trips still have seats remaining!





Legally Blonde at LaComedia – October 10 – limited seats! - Buffet lunch and matinee performance of Legally Blonde. A fabulously fun, award-winning musical based on the adored movie starring Reese Witherspoon

Amish Cooking & History Lessons – Four Winds Casino – Rise and Fall of Miss Fannie's Biscuits Musical at Shipshewana – October 23-24 - Amish style lunch and cooking class. Visit the Menno-Hof Center to learn the history and heritage of the Amish, Mennonites, and Hutterites. Spend the night at Four Winds Casino in South Bend IN. Day 2 enjoy an Amish lunch and afternoon performance of Bluegate's new musical "The Rise and Fall of Miss Fannie's Biscuits"

Lunch & Rise and Fall of Miss Fannie's Biscuits Musical at Shipshewana – October 24 – limited seats

Dinner and Doo Wop Project Performance – November 7 – very limited seats - Buffet dinner in Wabash IN prior to evening performance. Featuring stars from the Broadway hits Jersey Boys & Motown: The Musical, The Doo Wop Project featuring tunes from Smokey Robinson, The Temptations, The Four Seasons & more.

Elf and Scrooge Musicals, Lights Under Louisville & Belterra Casino – December 2-3 - Buffet lunch at Derby Dinner Playhouse near Louisville prior to matinee performance of "Elf the Musical. Visit Lights Under Louisville with over 7 million lights. Overnight at Belterra Casino. Day 2, go to LaComedia for buffet lunch and matinee performance of "Scrooge – the Musical" and visit Grandpa Joe's Candy Shop.

"Scrooge – the Musical" at LaComedia & Holiday Lights – December 4 - Buffet lunch and matinee performance of "Scrooge." Also visit Grandpa Joe's Candy Shop and "Light Up Middletown" holiday drive thru light display.

Gaither Vocal Band & Dean Z "Ultimate Elvis" Holiday Performances and Amish Country Holiday Activities – December 10 -11 - Tour Ruthmere, the "Gilded Age" house built by Alka – Seltzer! Enjoy Amish dinner at Blue Gate and evening "Gaither Vocal Band" holiday performance. Day two visit an Amish wood crafter to make your own holiday decoration, a Amish toy maker, enjoy an Amish style lunch and a Dean Z – Ultimate Elvis Holiday Show!

Amish Style Lunch & Dean Z "Ultimate Elvis" Holiday Performance – December 11 – Taking names for possible 2nd bus - Amish style lunch and afternoon performance of one of the world's greatest tribute artist!

July 2025 Lunch at the MCCoA

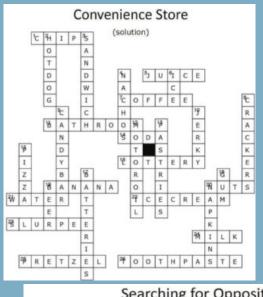
Please join us for a congregate lunch on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$5 per meal.

Reservations and cancellations must be made by calling the MCCoA at 419-586-1644 prior to noon the day before. If you have ordered a meal are unable to attend we need to be notified. Thank you for understanding.



Tuesday	Wednesday	Thursday
1	2	3
Sweet n Sour Chicken California Blend Cookie	Cream of Chicken Macaroni Salad Brownie	Beef & Noodles Mashed Potatoes Roll with Butter
8	9	10
Pizza Tossed Salad Brownie	Taco Salad Cherry Cobbler	Chicken Quesadilla Cheesy Potatoes Cookie
15	16	17
Summer Picnic by Celina Manor & HHC (\$2 per person)	Lasagna Breadstick Cottage Cheese	Grilled Cheese Tomato Soup Fruit
22	23	24
Cheeseburger French Fries Brownie	Vegetable Soup Tossed Salad Pudding	Lunch and Learn in Chickasaw
29	30	31
Tuna Salad on Croissant Cucumber Salad Peach Cobbler	Meatloaf Corn "July" Birthday Cake	Breaded Chicken Wrap Macaroni Salad Cookie





SOLUTIONS



Chicago White Sox

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sour_sweet

dark light friend enemy love hate

lend borrow little large

question answer slow fast wise foolish unknown famous





Josh Carrasquillo

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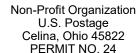
- Love your home, but worried about getting older? We specialize in aging-in-place renovations that enhance safety and accessibility without sacrificing comfort or style.
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 - Wheelchair ramps and widened doorways
 - Improved lighting for better visibility
 - Lowered countertops and cabinets
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- Peace of mind for you and your family: Knowing your home is secure allows you to age with confidence.
- · Schedule your free consultation today! Call, email or visit our website for more information.



BEFORE AFTER



www.21ckofcelina.com / 419-586-2121 / matt@kore-cs.com





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Return Service Requested

Place label over this box

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217 Riley Street Celina, Ohio 45822



419-586-1644





www.mccoa.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

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Find us at www.mccoa.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**.