



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



Cabin Fever Fix Up

Are you feeling cabin fever? Join us on February, 17 at 11:30 am for a free lunch. After lunch, Tracy Hower with Foundations, Marybeth Torsell with the Alzheimer's Association, Emily Upshaw with the W.I.S.E program and Scott Uhlenhank with Mor Rehab will present information. We will play games and everyone gets to take a goodie bag home. Call and reserve your spot today, space is limited to 50 people.

CABIN FEVER

From the Director's Desk:

Hello Mercer County and friends of Mercer County,

With February being the month of love, I have been reading some articles on how to 'love yourself.' There seem to be several actions consistently recommended. Here are a few. If you have additional suggestions, please share them with me!

1. Pay attention to your feelings rather than dismissing or minimizing them. When you feel strong emotions such as rage or anxiety, write your feelings down. Journaling is a great way to release stress.
2. Create a mood-boosting playlist - sort through your music streaming service of choice and create the perfect mix of pump-up songs.
3. Do what is meaningful to you. Make decisions based on what gives you purpose or makes you happy.
4. Create a safe zone that gives you a designated area where you can focus on your needs and emotions instead of other people's.
5. Know when to say no. Having an open slot on your calendar is not the same as having the energy to fill that slot on your calendar. So even if you technically are free, it doesn't mean you are prepared for it mentally. Setting boundaries protects your energy.
6. Say something nice to yourself. Look in the mirror and say something nice about yourself.
7. Schedule mini self check-ins. Do something relaxing when you find you are stressed, sad, or exhausted.
8. Don't judge yourself. Find value in what makes you unique.
9. Be realistic when you are setting new goals and when you are deciding what's doable and what's not doable on your to-do list.
10. Talk about your feelings. Turn to friends and family or come up to the center and make some friends. Find someone to trust who is willing to listen.

HOW TO LOVE YOURSELF

February Edition



OurMindfulLife.com

Happy Valentine's Day!

Dawn

GARAGE SALE UPDATE

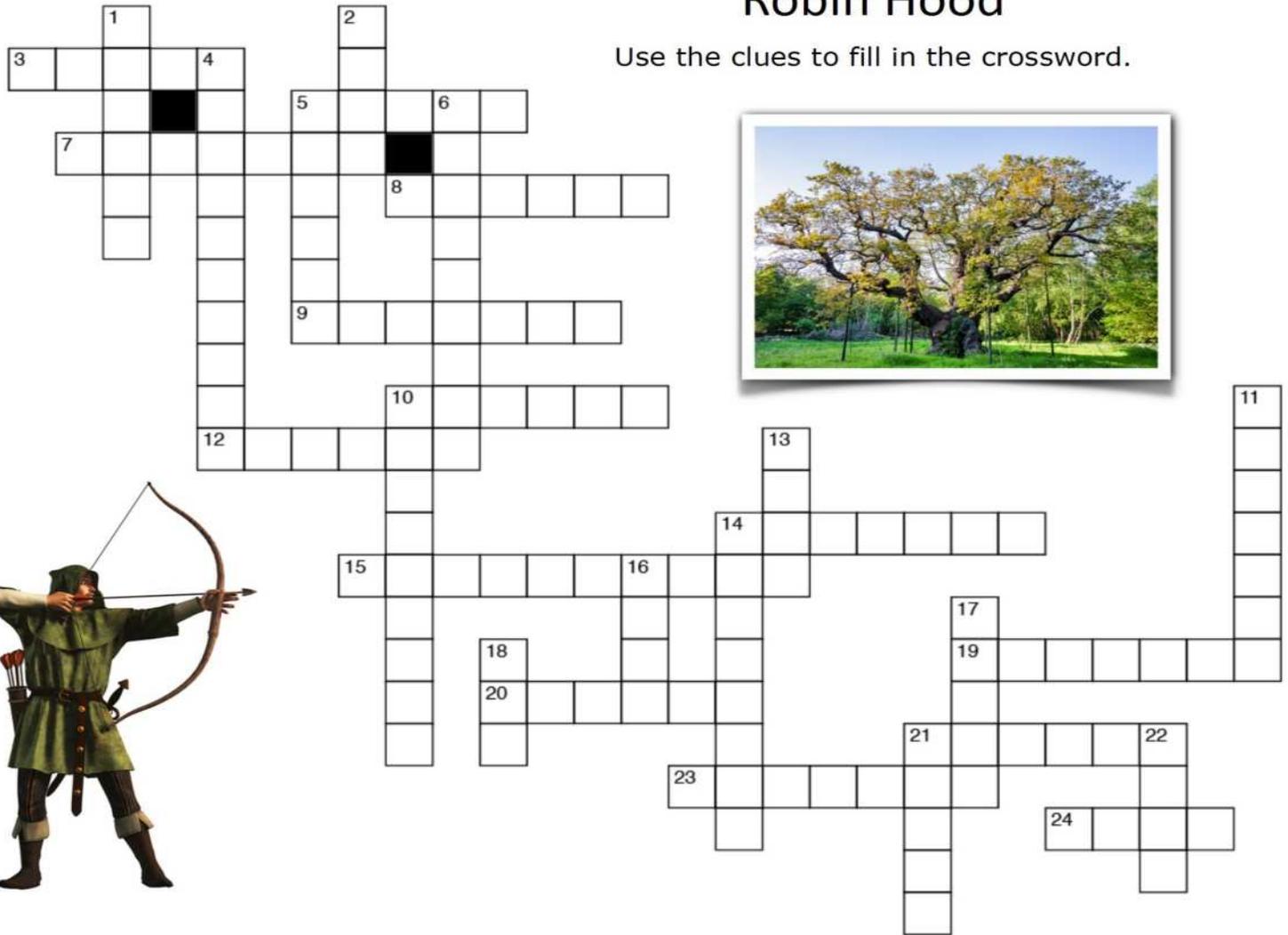


Donations First Day	Tuesday, Feb 10	12:00 to 4:00
Saturday Donations	Saturday, Feb 21	9:00 to 1:00
Donations Last Day	Thursday, Mar 5	8:30 to 12:00

It is time to start up our 2026 garage sale season! We will begin accepting donations on Tuesday, February 10. Times for donations are Tuesday's 12:00 pm to 4:00 pm, Thursday's 8:30 am to 12:00 pm and one Saturday between each sale from 9:00 am to 1:00 pm. Scheduled donation days are listed on the back of the blue garage sale card. If you don't have a blue garage sale card, stop in the office and pick one up or check out our website MCCoA.net.

Robin Hood

Use the clues to fill in the crossword.



ACROSS

3. Color associated with Robin Hood
5. Steed
7. Embellishment on Robin Hood's hat
8. Large wooded area
9. Religious expedition that the king joined
10. Fortified residence of a lord or monarch
12. Robin Hood's lady love; Maid _____
14. Legal official that chases the outlaws
15. Robin Hood's towering companion
19. Country where Robin Hood is from
20. Fugitive who remains at large
21. Bow user
23. Burglary; theft
24. Friar _____

DOWN

1. Story passed down through generations
2. Opposite of rich
4. Town ruled by an evil sheriff
5. Brave and noble in deed
6. Skilled fighter with a blade
10. Vehicles used by nobles
11. The lionhearted monarch Robin Hood supports; King _____
13. Power-hungry brother of the king; Prince _____
14. Name of Robin Hood's forest refuge
16. Place where criminals are confined
17. Robin Hood's loyal band of outlaws; _____ men
18. One of Robin Hood's weapons
21. Projectile from a bow
22. The targets of Robin Hood's thefts

Dates of Interest

To register call 419-586-1644.

Craft Class - Button Bouquet

Join Tash and Kelli and create a cute button bouquet. Everything you need will be provided. (if you have a small needle-nose pliers feel free to bring them along.) Class will be on Monday, February 9 at 1:00 pm. Cost is only \$5.00. Call and register today.



Art Class

Join Debby Gregory Monday, February 2 at 2:00 pm, for an acrylic painting class. Everything you need will be provided. The cost of the class is \$10.00. Space is limited.



CABIN FEVER

fix up

TUESDAY, FEBRUARY 17, 2026

**LUNCH SERVED AT 11:30
PROGRAM TO FOLLOW**

Feeling the "Winter Blues"?
Getting a case of "Cabin Fever"?

Join us for an afternoon of companionship and fun as you learn various methods to stay active and keep the winter blues away. Each participant receives a free lunch and a fabulous swag bag!

SEATING IS LIMITED, SO REGISTER EARLY!

Call 419.586.1644 to register

If inclement weather occurs, program will be held on Monday, February 23.



March look ahead dates

- 5 Last Day Garage Sale Donations
- 9 Garage Sale Set Up Begins
- 19 Garage Sale 8:30 to 6:30 Full Price
- 20 Garage Sale 8:30 to 4:00 Full Price
- 21 Garage Sale 8:30 to 4:00 Half Price
- 22 Garage Sale 12:00 to 4:00 Bag Day
- 25 WISE Class Begins
- 30 L&L - Mercer County Historical Society



2026 Bus Trips

February

- 13 Murder on the Orient Express / LaComedia
- 2/26-3/8 Hawaiian Land & Cruise

March

- 19-20 Irish Traditions & Gaming Fun
- 27 Singin' in the Rain / LaComedia

April

- 16 Jesus Christ Superstar/LaComedia
- 19-25 Savannah, Charleston, Jekyll & St Simon Islands

May

- 14 Reds Ballgame
- 14-15 Reds Game, Belterra Casino & The Wedding Singer / LaComedia
- 19-20 Niagara Falls – Canada (passport required)
- 19-20 Niagara Falls – USA (no passport required)

June

- 4-5 Zehnders Pure AM Gold/Soaring Eagle & Turkeyville or Firekeepers
- 10 Celebrate America's Birthday Shipshewana
- 18 The Wedding Singer/ LaComedia

July

- 13-15 Ohio 250 Celebration

August

- 17-20 Gettysburg & Joshua at Sight & Sound

September

- 11-18 America 250/Philadelphia & DC

October

- 10-19 Balloon Fiesta & Canyonlands

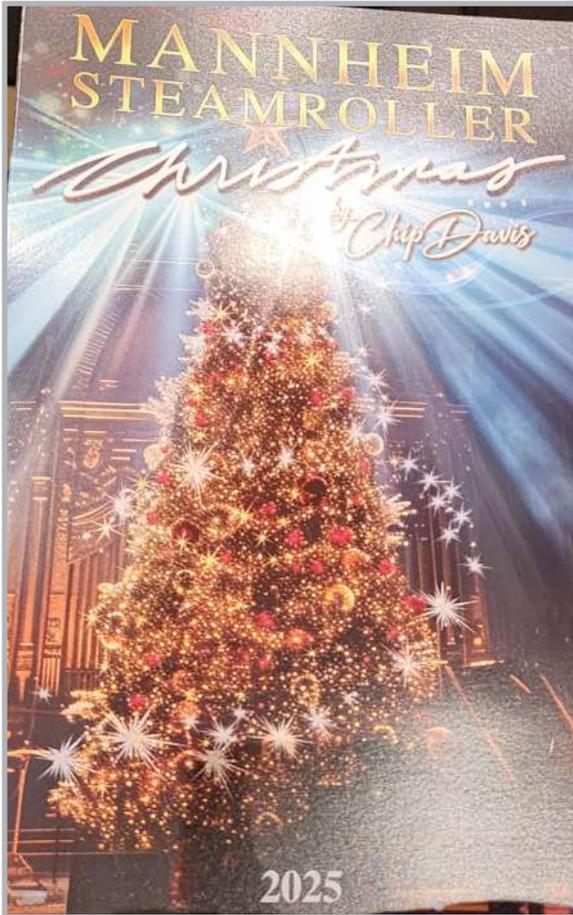
February Lunch at the MCCoA

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 and are unable to attend we need to be notified. Thank you.



Tuesday	Wednesday	Thursday
3	4	5
Cheeseburger French Fries Cottage Cheese	Lasagna Garlic Bread Green Beans	Breaded Chicken Wrap Macaroni Salad Brownie
10	11	12
Mushroom Swiss Burger Au gratin Potatoes Fruit	Roast Beef Sandwich Corn Fruit Cobbler	Chicken Bacon Ranch Pizza Tossed Salad Cookie
17	18	19
CABIN FEVER FIX UP EVENT	Chili Soup Peanut Butter Bread Brownie	Sausage / Kraut Mashed Potatoes Fruit
24	25	26
Taco Salad Tortilla Chips Fruit Cobbler	Fish Sandwich Cole Slaw "Feb Birthday" Cake	Broccoli Cheese Soup Ham Wrap Pudding



2026 Bus Trip Updates



We are working hard to finalize the “Save the Dates” trips listed on the bottom of this sheet. We hope to have info/pricing on most of them by mid-January. We will not have final info/pricing for the State Fair trip and the December Opryland trip until March when the entertainment is finalized. We will begin to accept reservations for the “Save the Dates” trips when pricing is finalized. We are currently accepting reservations on all the other trips!

Singin’ in the Rain at LaComedia – March 27 – taking 2 buses – seats available - Buffet lunch and matinee show.

Jesus Christ Superstar at LaComedia – April 16 – Taking names for possible 2nd bus - Buffet lunch and matinee show.

Savannah, Charleston, Jekyll and St Simons Islands – April 19-25 – very limited seats! -7-day bus tour to Mount Airy, home of Andy Griffith, Savannah, Charleston, Ft Sumter, St. Simons Island, Jekyll Island, and more! Includes 13 meals!

Reds Ballgame – May 14 – Afternoon game. You can choose between in-field box seats in the shade or seats in the Bally Sports Club where you can sit inside or outside and have access to a buffet and unlimited non-alcoholic drinks.

Reds Game, Belterra Casino & The Wedding Singer at LaComedia – May 14-15 - Afternoon game. You choose between infield box seats in the shade or seats in the Bally Sports Club where you can sit inside or outside and have access to a buffet and unlimited non-alcoholic drinks. Overnight at Belterra Casino. Lunch and matinee show of The Wedding Singer at LaComedia.

Niagara Falls – Canada – May 19-22 – Passport Required - Go to Niagara Falls Ontario. Tour Niagara area with stops at Niagara Power Plant, Journey Under the Falls and Canadian Maid of the Mist Boat tour. Dinner at the Skylon Tower’s rotating restaurant. Go to beautiful Niagara-on-the-Lake for city sightseeing tour, the Shaw Festival for the performance of FUNNY GIRL, visit Peller Estate Winery. Enjoy a Lockport Erie Canal cruise and lunch prior to returning home. 8 meals included.

Niagara Falls – USA – May 19-22 – No Passport needed! – Go to Niagara Falls, NY. Visit the Teddy Roosevelt Inaugural Site, New York Power Plant Vista, Lady of Fatima Shrine, historic Old Fort Niagara, and Bella Rose Winery. Take Niagara Falls State Park area tour with stops at Cave of the Winds, and Maid of the Mist Boat Cruise. Dinner at The Top of the Falls Restaurant. Enjoy a Lockport Erie Canal cruise and lunch prior to returning home. 8 meals included.

Zehnders Pure AM Gold Show, Soaring Eagle Casino & Turkeyville or Firekeepers Casino – June 4-5 –Taking names for possible 2nd bus! - Lunch and “Pure AM Gold” performance in Frankenmuth, overnight stay at Soaring Eagle Casino. Day 2 – Choose either Firekeepers Casino or a Thanksgiving style lunch and “Run for Your Wife” comedy show at Turkeyville.

Celebrate America’s Birthday in Shipshewana – June 10 - Amish style lunch prior to afternoon show.

The Wedding Singer at LaComedia – June 18 - Lunch and matinee performance.

Ohio 250 Celebration – July 13-15 – Visit historical sites in Ohio and enjoy 3 patriotic shows!

Gettysburg and Joshua at Sight & Sound Theater in Lancaster – August 17-20 – 2 buses sold out – taking names for waitlist or possibly another trip on a different date - Visit the Flight 93 Memorial, relive Civil War history with a Lincoln Impersonator aboard the Northern Central Railway, visit to the Gettysburg National Military Park & museums, and go to Sight and Sound Theater’s new show “JOSHUA.”

America 250 Celebration Including Philadelphia, Washington DC & More – September 11 – 18 – Visit Ft McHenry, Philadelphia, Washington DC, Mount Vernon, Arlington Cemetery, Thomas Jefferson’s and John Madison’s homes, Site of the First Thanksgiving, Reenactment of Patrick Henry’s speech, Greenbrier Bunker & more!

Save the Dates for these upcoming trips! More details are coming soon!

June 26-27 – Living Word Outdoor Drama and Elijah Show

Late July – Possible day trip to Ohio State Fair

July 29 - Cleveland vs Reds Ballgame

August – One day Mystery Trip

Sept 4 – Come From Away at LaComedia

Oct 7-8 – Zehnders, Soaring Eagle Casino & Turkeyville

Oct 23 – Love Comes Softly Performance at Shipshewana

Nov 12-14 – Wheeling and Ohio Amish Country Christmas

Nov 18 – LaComedia Christmas Show

Dec 2-3 – Zehnders, Soaring Eagle Casino & Turkeyville

Dec 15-17 – Opryland Hotel

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 9 for exceptions.

Bingo

Wednesdays at 12:30 pm.
Reusable cards and chips are \$1 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. **500** on the 2nd and 4th Tuesdays at 12:30 pm. **Texas Hold 'Em** on the 2nd and 4th Thursday at 6:30 pm. Cost \$1 per person per session.

Chair Qi Gong

Mondays at 10:00 am. Chair Qi Gong is a slow, flowy, graceful energy practice that can lift spirits, aid mobility and flexibility, build strength, improve balance, and offer a social experience that is also personal and relaxing. The gentle movements are often based on nature themes and can offer everyone a chance to visualize something beautiful and slow down their busy life. Cost is \$3 per person.

Chair Yoga

Chair Yoga on 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 (FREE)

Tuesdays at 9:30 am join us for a video led exercise class that focuses on muscle strengthening and increasing range of movement for daily life activities.

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.

Mahjong

The first and third Thursday of each month at 1:00 pm we play American Mahjong in building 3. Come join the



ALZHEIMER'S ASSOCIATION

FREE Individual Care Consultation Appointments

Include caregiver education, stress management, planning, communication, finances, and safety issues. Call 614-442-2016.

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.

fun. All are welcome, if you are new to the game or a seasoned player!

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.

Alzheimer's Association Northwest Ohio Chapter

Invites you to a free program!

Understanding Alzheimer's and Dementia

Wednesday, February 4, 2026

10:00 am

Mercer County Council on Aging

217 Riley Street

Celina

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:30 - Cards*	2 10:00 - Chair Qi Gong* <u>1:00 - Crochet Club</u> 2:00 - Art - Acrylic Painting* 	3 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	4 10:00 - ALZ Talk - Understanding ALZ & Dementia 11:30 - Lunch* 12:30 - Bingo*	5 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* <u>1:00 - Mahjong</u> 6:30 - Cards*	6 12:30 - Cards*	7
8 6:30 - Cards*	9 10:00 - Chair Qi Gong* 1:00 - Craft - Button Bouquet*	10 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - 500 Cards <u>12:30 - Bridge*</u> 1:00 - Line Dancing	11 11:30 - Lunch* 12:30 - Bingo* <u>3:00 - Alzheimer Support Group</u>	12 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> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	13 12:30 - Cards*	14 
15 6:30 - Cards*	16 OFFICE CLOSED PRESIDENT'S DAY 	17 9:00 - 11:30 Pickleball* (MSC) 11:30 - CABIN FEVER FIX UP (Registration required) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u>	18 11:30 - Lunch* 12:30 - Bingo*	19 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 12:30 - Chair Yoga* <u>1:00 - Mahjong</u> 6:30 - Cards*	20 12:30 - Cards*	21 9:00 - 1:00 Donations (bldg 6)
22 6:30 - Cards*	23 10:00 - Chair Qi Gong*	24 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - 500 Cards <u>12:30 - Bridge*</u> 1:00 - Line Dancing	25 11:30 - Lunch* 12:30 - Bingo*	26 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	27 12:30 - Cards*	28



Italicized and underlined in Building 3.
* = has a fee.
() = off campus.
(MSC) = Montezuma Spiritual Center





Presidents and First Ladies

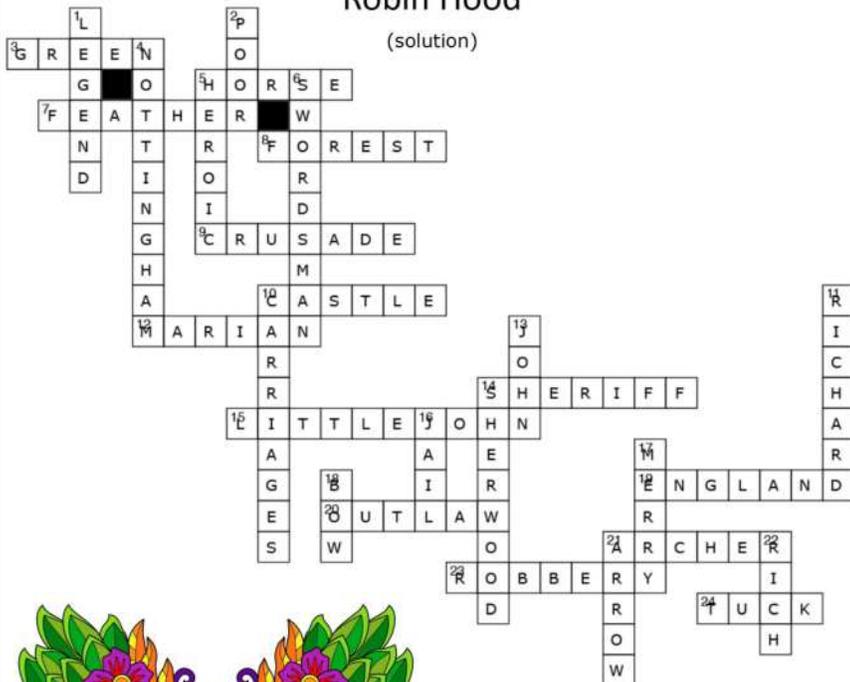
Match the U.S. president to his wife.

- | | |
|--------------------------------|---------------|
| 1. George Washington _____ | A. Helen |
| 2. Franklin D. Roosevelt _____ | B. Lady Bird |
| 3. Bill Clinton _____ | C. Pat |
| 4. Lyndon B. Johnson _____ | D. Martha |
| 5. John Adams _____ | E. Barbara |
| 6. Calvin Coolidge _____ | F. Betty |
| 7. Abraham Lincoln _____ | G. Mary Todd |
| 8. John F. Kennedy _____ | H. Hillary |
| 9. Richard M. Nixon _____ | I. Bess |
| 10. Dwight D. Eisenhower _____ | J. Dolley |
| 11. Jimmy Carter _____ | K. Jacqueline |
| 12. Gerald R. Ford _____ | L. Eleanor |
| 13. James Madison _____ | M. Grace |
| 14. Herbert Hoover _____ | N. Abigail |
| 15. Ronald Reagan _____ | O. Mamie |
| 16. William H. Taft _____ | P. Rosalynn |
| 17. Harry S. Truman _____ | Q. Nancy |
| 18. George H. W. Bush _____ | R. Lou |



Robin Hood

(solution)



SOLUTIONS

Presidents and First Ladies

(solution)

- | | |
|--------------------------|---------------|
| 1. George Washington | D. Martha |
| 2. Franklin D. Roosevelt | L. Eleanor |
| 3. Bill Clinton | H. Hillary |
| 4. Lyndon B. Johnson | B. Lady Bird |
| 5. John Adams | N. Abigail |
| 6. Calvin Coolidge | M. Grace |
| 7. Abraham Lincoln | G. Mary Todd |
| 8. John F. Kennedy | K. Jacqueline |
| 9. Richard M. Nixon | C. Pat |
| 10. Dwight D. Eisenhower | O. Mamie |
| 11. Jimmy Carter | P. Rosalynn |
| 12. Gerald R. Ford | F. Betty |
| 13. James Madison | J. Dolley |
| 14. Herbert Hoover | R. Lou |
| 15. Ronald Reagan | Q. Nancy |
| 16. William H. Taft | A. Helen |
| 17. Harry S. Truman | I. Bess |
| 18. George H. W. Bush | E. Barbara |

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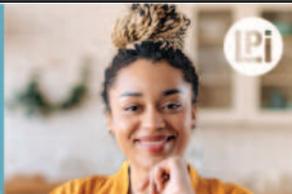
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THE MERCER COUNTY COUNCIL ON AGING

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.mccoa.net



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