



Mercer County Council on Aging

**JANUARY
2023**

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



Thanksgiving Meal
Celina Manor and Heritage Heath Care hosted a free Thanksgiving Meal. We had a huge turnout and were thankful to be able to share this meal with all of you.



From the Director's Desk:

Happy January Mercer County! Do you like new calendars? It is time to welcome 2023 and all it will have to offer us. We get 365 new chances to create our reality. It is not easy but we all have to do it. So, let's do this year together. Treat it like opening a new box of crayons and a new coloring book. Some of the pages are already filled in but we don't have to color inside the lines. And we don't have to use the traditional colors, unless we want to. Each day is a gift. Grab it. Run with it. You can run up here if you want to and play with us. You can even take a blank page and color your own picture. Let this year be the best year you have ever had. The sun is not shining as I write you this letter, so I am going to grab a big yellow crayon and paint the biggest sun I can fit on the page...it might not even fit on the page and hopefully it will spill into your day!!



I was talking with a friend earlier this morning and his motto is to 'get through this day.' We laughed because my motto (as of late) is to get through 'this bump.' It seems like the bumps are coming faster and faster and we definitely hit more than one in a day's time!! Is that how it feels to you? Do you know that our hearts are here for you? Sometimes just knowing that you don't have to face that bump alone makes it much easier to tackle. How can we help you with whatever bump life is throwing at you?

It is said that life is like a downhill slide. It feels like we are sliding down a slide that is steeper than I have ever seen. Will there be someone to catch us at the bottom? Will we crash into a pile of fluffy clouds or maybe a pile of snow?! See, I just couldn't get through the whole letter without talking about snow. Snowmen make me happy!!!



However life is for you right now, remember, we are here for you.

Happy snow angels (or snowball fights)!!

Dawn

LUNCH

Lunch is served Wednesdays at 11:30 am. A \$4.00 donation is required for each meal. Reservations must be called in by noon on Tuesday each week. Seating is limited.

January 4

Garden Vegetable Soup
Reuben Sandwich
Peaches

January 25

Bratwurst
Mashed Potatoes
Sauerkraut
Snickerdoodle Cookie

January 11

Hamburger on a Bun
Tater Tots
Mandarin Oranges

January 18

Bacon Cheeseburger
Casserole
Green Beans
Black Cherry Ice
Cream



GARAGE SALE UPDATE



Thanks to our wonderful volunteers and great community support, 2022 was fantastic. November was the biggest sale of the year. With the total for the year being \$59,000. These funds are used for many projects including maintenance on the building, re-sealing the parking lots and adding more activities. A huge thank you to everyone who participated!

Listed below is the schedule for 2023. Donations will begin Tuesday, January 10, with our normal donation schedule; Tuesdays from 12:00 pm to 4:00 pm and Thursdays from 8:30 am to 12:00 pm. We will also be available to accept donations

Saturday, January 28 from 9:00 am to 1:00 pm. Note: there is one Saturday scheduled for donations between each sale. If this schedule does not work for you, please call Tash as we do set up appointments to accept donations. Thank you again for all who contributed to our success.

YOUR FAVORITE GARAGE SALE

2023

March 16 - March 19

May 18 - May 21

July 20 - July 23

September 21 - September 24

November 15 Early Bird (6-8pm)

(Ticket money to benefit Senior Angel Tree Gift Program)

November 16 - November 19

HOURS

THU..... 8:30 - 6:30

FRI 8:30 - 4:00

SAT 8:30 - 4:00
(Everything 1/2 price)

SUN 12:00 - 4:00

(\$1 for 2 Bags - All items included)

Donation Schedule

Jan 10, 12, 17, 19, 24, 26, 28, 31

Feb 2, 7, 9, 14, 16, 21, 23, 28

Mar 2

Apr 4, 6, 11, 13, 18, 20, 22, 25

May 2, 4

Jun 6, 8, 13, 15, 17, 20, 22, 27

Jul 6

Aug 8, 10, 22, 24, 26, 29, 31

Sep 5, 7

Oct 3, 5, 10, 12, 17, 21, 24, 26, 31

Nov 2

We will begin taking donations again in January 2024. Thank you.

Donation Times

Tuesdays 12:00 - 4:00

Thursdays 8:30 - 12:00

Saturdays 9:00 - 1:00



Mercer County Council on Aging

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

www.mccoanet

Facebook.com/Mercer County Council on Aging

Weather Announcements
on WKKI, WCSM Radio
WLIO-Lima TV & Facebook

Crafty Corner

Craft Class

Join Penny Monday, January 9 at 1:00 pm to make these wonderful gourd bird feeders. Your gourd will be cleaned and ready for you to decorate anyway you would like. All supplies will be provided, and you get birdseed to take home with you! Cost for the class is only \$5.00 so register today!



Art Class

Join Debby Gregory Monday, January 23 at 2:00 pm for a great art class. She will be teaching a pen and wash water color. All supplies will be provided. The cost is only \$10.00. Space is limited so call and register today 419-586-1644.



Craft Class



Join Carolyn Arnold as she teaches us to paint and decorate the LOVE sign. Let your creativity flow and create the perfect valentine's decoration! Class will be held Monday, January 30 at 1:00 pm. All supplies are provided. The class is \$5.00. Call to register.

MARK YOUR CALENDAR!!

Feb 20 - Office Closed - Presidents Day
Feb 27 - Beehive Craft Class

Check next month's newsletter for more information.

Did you know we have a lending library of books? Recently we received a donation of various CD Audio books. With the cold weather here, it might be nice to wrap up in a blanket on the couch or do a jigsaw puzzle and listen to a good book!



REGULARLY SCHEDULED ACTIVITIES!!

Regularly scheduled activities. Check the calendar on page 7 for exceptions. Please sign in to MySeniorCenter for each activity.

Alzheimer's Care Consultations (FREE)

Marybeth Torsell with the Alzheimer's Association is available **by appointment only**. Please call 419-419-5858. Issues include caregiver education, stress management, planning for the future, communication strategies, home & driving safety, legal & financial issues.

Bingo

Every Wednesday at 12:30 pm. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. The same cards are used for every game.

Blood Pressure Checks (FREE) The second Wednesday each month at 12:00 pm. Provided by Miller Place!

Cards

We play **Bridge** on Tuesdays at 12:30 pm, **Euchre** on Thursday and Sunday evenings at 6:30 pm and **Bid Euchre, Pinochle**, and **Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** is scheduled the fourth Thursday at 6:30 pm. Cost \$1.00.

Chair Chi

Mondays at 10:00 am. Chair Chi is a gentle exercise program developed to help people receive the benefits of traditional Tia Chi in the comfort and safety of their chair. Cost is \$3.00.

Chair Yoga

Chair Yoga with Carla Niblick on Thursdays at 1:00 pm. Cost is only \$3.00 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.

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 have never danced before we will be glad to teach you!

Lunch

Wednesdays 11:30 am at a cost of \$4.00. Reservations are required by noon on Tuesday each week. Space is limited.

Pickleball

Pickleball Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219. 9:00 am to 11:30 am. Cost is \$3.00 per person. It doesn't matter if you are an expert or just learning, come have some fun!

Toe Nail Trimming

The first Wednesday each month at 1:00 pm in the Annex. Cost is \$15.00. First come, first served. Provided by Community Health Professionals.

Alzheimer's Care Consultations changing to 'by appointment only'

Marybeth Torsell with the Alzheimer's Association is available for care consultations by appointment. Please call 419-419-5858. Care Consultation is a free personalized service addressing the issues that arise from Alzheimer's or other related dementias. Common issues addressed include caregiver education and stress management, communication strategies, home and driving safety, legal and financial issues and planning for the future.

Online and Mobile Banking

Brad Harsha with First Financial Bank will be here Thursday, January 12 at 10:00 am to talk about Online and Mobile Banking. He will teach various ways to use mobile banking services, how to use them in a safe and secure manner, and the pros and cons of performing different services using mobile banking vs. branch banking. If you have never used online and mobile banking or just want to hear the latest news this is a great way to learn more about the process. Come a little early and enjoy coffee and donuts!

Searching for January

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



J	W	A	T	E	R	B	E	A	R	E	R	V	N	C
B	S	E	B	O	L	G	N	E	D	L	O	G	R	H
Z	Y	A	D	A	I	L	A	R	T	S	U	A	O	I
U	L	A	F	F	R	Q	T	A	O	G	K	G	C	N
C	O	L	D	I	U	K	V	W	N	Q	A	B	I	E
H	Q	D	R	A	R	Y	Y	O	I	R	F	Z	R	S
F	X	R	R	A	F	S	I	R	N	N	Z	T	P	E
P	E	I	B	Y	D	T	T	E	A	S	T	B	A	N
B	U	K	F	J	A	N	T	Q	J	U	X	E	C	E
S	J	D	Y	N	W	Z	E	V	L	R	N	X	R	W
M	P	L	R	P	I	H	F	L	J	K	S	A	T	Y
P	O	A	P	J	J	I	K	Y	A	Y	L	Q	J	E
X	C	J	S	I	H	Y	P	G	Y	C	M	Q	C	A
M	A	R	T	I	N	L	K	I	N	G	N	X	Q	R
F	H	R	Y	Y	A	D	S	R	A	E	Y	W	E	N

AQUARIUS

AUSTRALIA DAY

CALENDAR

CAPRICORN

CARNATION

CHINESE
NEW YEAR

COLD

FIRST

GARNET

GOAT (Capricorn)

GOLDEN GLOBES

JANUARY

MARTIN L. KING (Day)

NEW YEAR'S DAY

WATER BEARER
(Aquarius)

WINTER

January 2023 Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1 6:30 - Cards*	2 OFFICE CLOSED HAPPY NEW YEAR	3 9:30-11:30 - Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	4 11:30 - Lunch * 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	5 8:00-10:00 - Coffee Time 1:00 - Chair Yoga* 6:30 - Cards*	6 12:30 - Cards*	7
8 6:30 - Cards*	9 10:00 - Chair Chi* 1:00 - Craft Class - Bird Feeder*	10 9:30-11:30 - Pickleball* (MSC) 12:00-4:00 - Donations (Bldg. 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	11 11:30 - Lunch * 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	12 8:00-10:00 - Coffee Time 8:30-12:00 - Donations (Bldg. 6) 10:00 - Online/Mobile Banking Presentation 1:00 - Chair Yoga* 6:30- Cards*	13 12:30 - Cards*	14
15 6:30 - Cards*	16 OFFICE CLOSED MARTIN LUTHER KING DAY	17 9:30-11:30 - Pickleball* (MSC) 12:00-4:00 - Donations (Bldg. 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	18 11:30 - Lunch * 12:30 - Bingo*	19 8:00-10:00- Coffee Time 8:30-12:00 - Donations (Bldg. 6) <u>10:30 - Board Meeting</u> 1:00 - Chair Yoga* 6:30- Cards*	20 12:30 - Cards*	21
22 6:30 - Cards*	23 10:00 - Chair Chi* 2:00 - Sing-a-long 2:00 - Art Class - Pen & Wash	24 12:00-4:00 - Donations (Bldg. 6) <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) 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'em*	27 12:30 - Cards*	28 9:00-1:00 - Donations (Bldg. 6)
29 6:30 - Cards*	30 10:00 - Chair Chi* 1:00 - Craft Class - Love Sign*	31 12:00-4:00 - Donations (Bldg. 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<p><i>Italicized and underlined</i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p> <p>Activities marked with () are off campus.</p> <p>(MSC) - Montezuma Spiritual Center</p>			

Crafting & Euchre



Mixed-Up Banking

Unscramble the letters to reveal words associated with banking.

1. L E L R T E _____
2. A C N C T U O _____
3. N A S G I S V _____
4. R T C E D I R D A C _____
5. O B C K H O C E K _____
6. P O S S T E D I _____
7. B N A C R H _____
8. N Y O M E R D R O E _____
9. C I S O N _____
10. T M T N I N V E E S _____
11. C U C E N R Y R _____
12. W I R D H A T W _____
13. S I T T N N U I O I T _____
14. A S E T E T N M T _____
15. T U B D G E _____
16. L R E D E N _____
17. B N C L E A A _____
18. I N T S T E R E _____





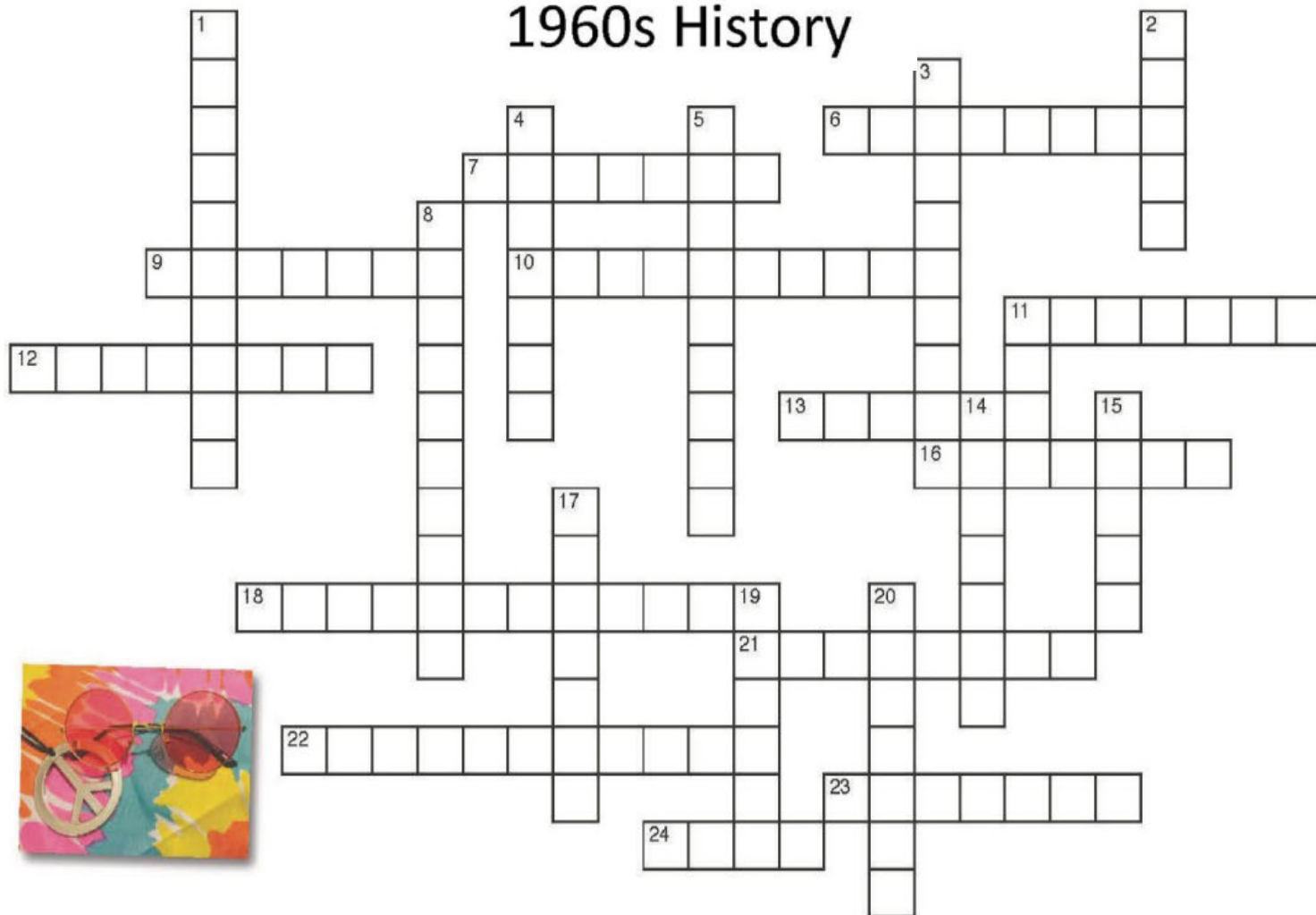
Halloween Costume Contest Winners

Top row (left to right): Best Overall, Most Creative, Most Original

Bottom row: Funniest, Craziest, Scariest



1960s History

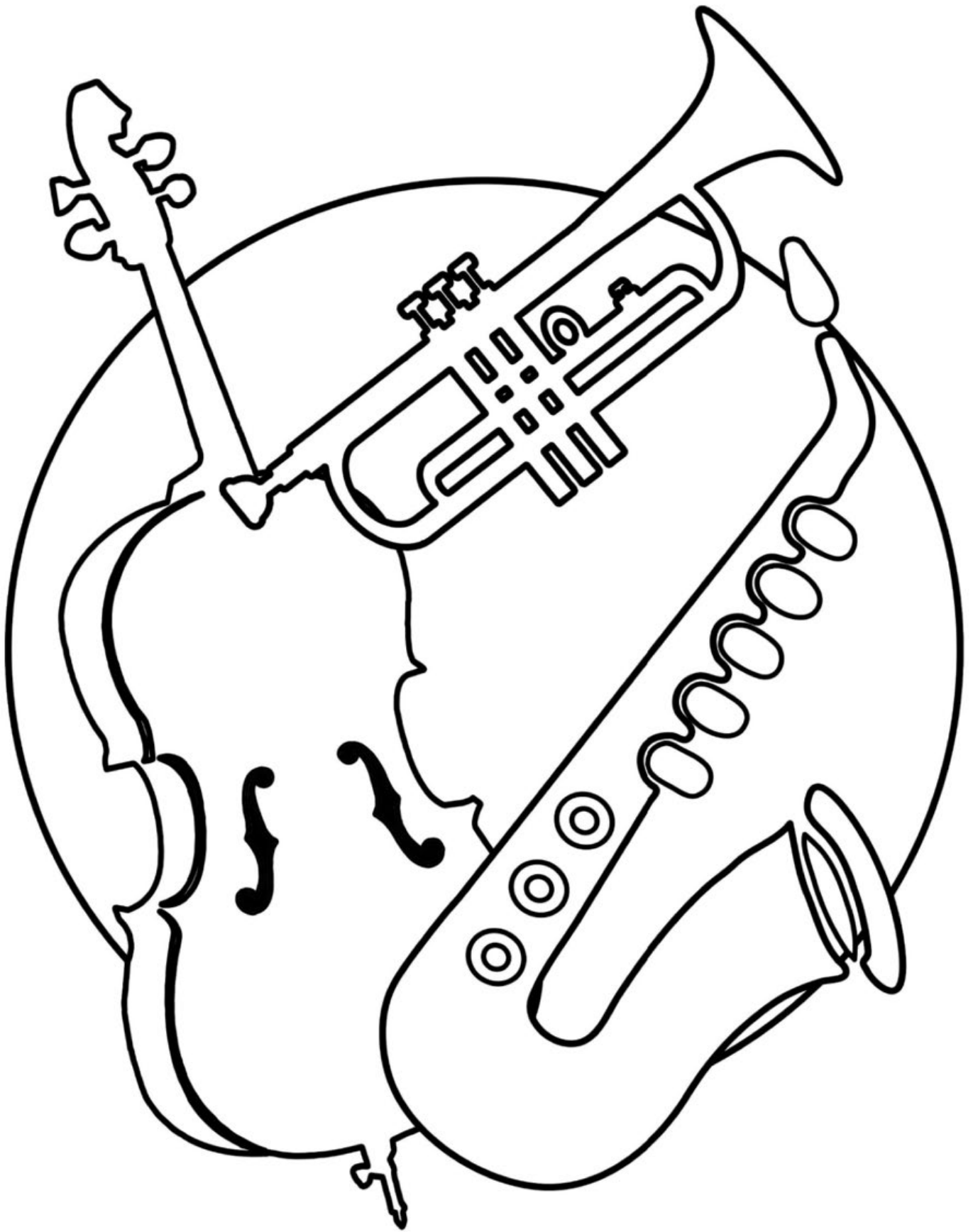


ACROSS

6. Public demonstrations
7. U.S./USSR tension
9. TV series set on the Ponderosa
10. British rock group
11. Ford car, first produced in 1964
12. TV program with Kirk and Spock
13. Scary Alfred Hitchcock movie
16. He defeated Nixon in 1960
18. City where MLK's "I Have a Dream" speech was delivered
21. This American penitentiary was closed in 1963
22. Cause that King dedicated his life to
23. Flower people
24. 1960s VCR manufacturer

DOWN

1. Store where lunch counter sit-in protest took place
2. Julie Andrews movie, The Sound of ____
3. Music festival held in upstate New York
4. First Black actor to win an Oscar, Sidney ____
5. Dr. No is the first movie about this character
8. State that Ronald Regan became governor of
11. Armstrong was the first to set foot here
14. Breakfast at Tiffany's star, Audrey ____
15. The first transplant of this organ was in 1965
17. City where Motown originated
19. 1960s host of The Tonight Show, Johnny ____
20. Muhammad Ali's original name, ____ Clay

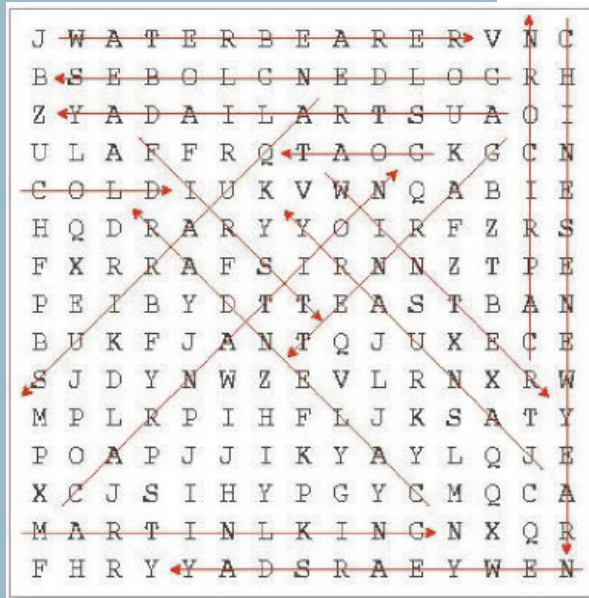


Mixed-Up Banking

(solution)

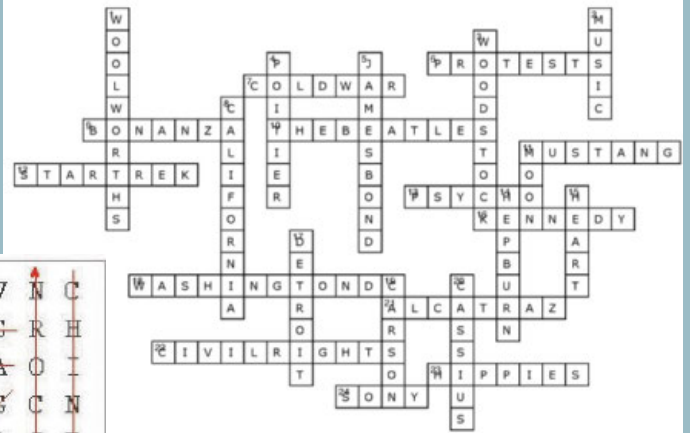
1. teller
2. account
3. savings
4. credit card
5. checkbook
6. deposits
7. branch
8. money order
9. coins
10. investment
11. currency
12. withdraw
13. institution
14. statement
15. budget
16. lender
17. balance
18. interest

SOLUTIONS



1960s History

(solution)



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 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

JANUARY

2023

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.**