

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

### Christmas Activities

December was a fun filled month of activities. Our Circle of Care Group hosted a cookies and Crazy Christmas Sweater event. MCCoA took clients through the Mercer County Fairgrounds to see all the wonderful light displays and served hot cocoa and snacks. There were also games to play and prizes to win.



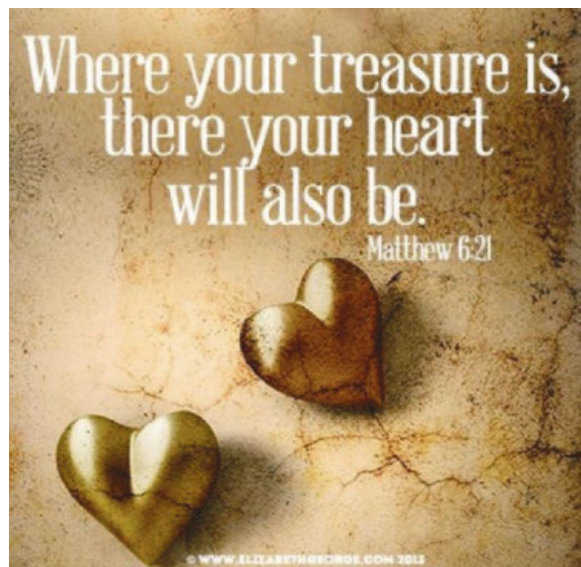
From the Director's Desk:

Happy Heart Month Mercer County! If I had to give February a color it would be red. Imagine that. It seems like everything points to hearts in February. I guess I will join the crowd. I could also pick the color Gold because you are golden to me. Your hearts are the dearest and most precious items I can imagine. Thank you for being you.

What does February mean to you? Are you itching to get out and do something? What would you like to do? Is it something we offer here or something we need to add to our list? Is there somewhere we can take you? Did you know that we have lunch here on Wednesdays at 11:30 am. Maybe Bingo is your thing? We play Bingo every Wednesday at 12:30 pm. The cost is \$1.00 for two cards, additional cards are .50 each.

I started this letter a while back and as I sit to add the finishing touches another picture is in my mind. I am still seeing the color Red. But it is in a new perspective. Stop signs are red. It feels like we are all running so hard that it is hard to stop, breathe, refocus, and catch our breath. I encourage you to do just that. Please pause for a bit. Come up here, call a friend, read a book, or just look at the pretty scenery outside. Whatever makes you happy, do it. My heart is with you all. Thank you for sharing yours.

Hope to see you soon,  
Dawn



### Special Coffee Time!!!

Thursday, February 23 Miller Place will host our morning coffee time. They will be serving freshly made waffles with fruit toppings from 8:00 am until 10:00 am!!! Come in and enjoy!



### GARAGE SALE UPDATE

We are busy again accepting donations. Mark your calendars to join us March 16 through 19 for our first sale in 2023! You can come either as a shopper or a worker. If you have not

helped before give Tash a call, 567-890-4120, and she will be happy to talk to you and figure out how you can help! We accept donations on Tuesday's 12 pm to 4 pm and Thursday's 8:30 am to noon until March 3.



### 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 to reserve your meal. Seating is limited.



#### February 1

Cream Potato Soup  
Fried Bologna Sandwich  
Peaches

#### February 8

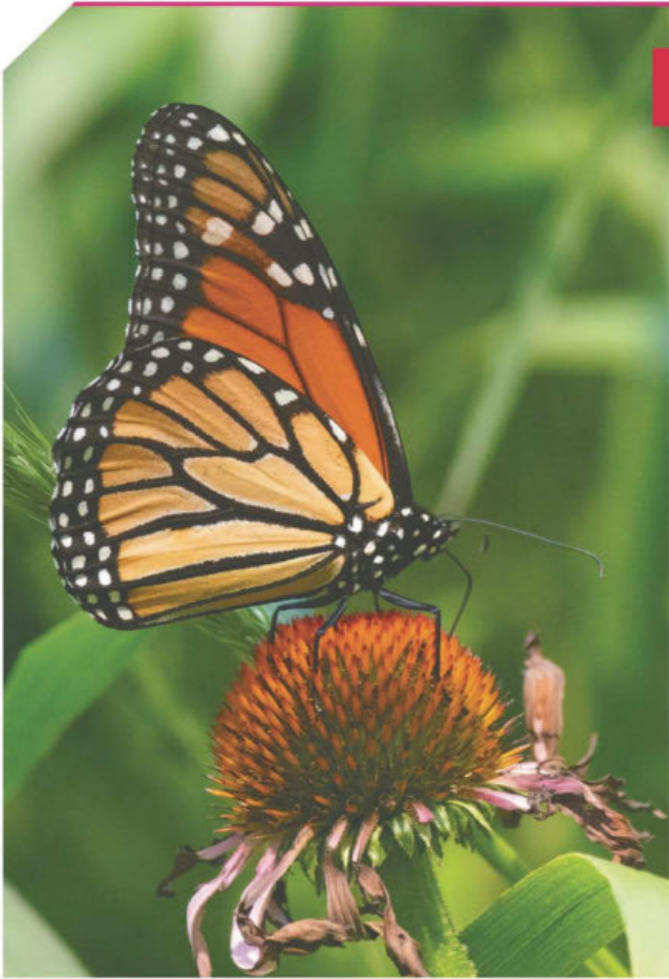
Stuffed Shells & Sauce  
Tossed Salad/Dressing  
Garlic Bread  
Pineapple

#### February 15

Garden Vegetable Soup  
Reuben Sandwich  
Peaches

#### February 22

Hamburger/Bun  
Tater Tots  
Mandarin Oranges



**CFAES**

# POLLINATOR HABITAT 101 VIDEO SERIES

WEDNESDAYS

3:00 p.m.–4:30 p.m.

Mercer County Council on Aging  
217 Riley Street, Celina, Ohio



The MCCoA and Ohio Association of Garden Clubs (OAGC) have joined forces and will present the Ohio State University’s learning series “Pollinator Habitat 101”. Each of the lessons are open to the public on the dates listed below. Please join Charlene Guingrich, OAGC Region 2 Director, in learning more about this very important topic. For each session, there will be a 60 minute video and discussion the follows with the group attendees. There is no charge to attend, but we ask that you call and register at 419-586-1644.

**FEBRUARY 8TH, 2023**

Pollinators’ Best Hope: A New Approach to Pollinator Habitat That Starts in Your Yard

**MARCH 8, 2023**

Creating and Managing Habitat for Native Bees

**APRIL 12, 2023**

Getting Started with Wildflower Patches, Flower Strips, and Meadows

**FEBRUARY 22, 2023**

Creating Pollinator Gardens: The Role of Plant Choice and Design

**MARCH 22, 2023**

Deciding To Create a Pollinator Garden Is the Easy Step — What To Do Next?



College Of Food, Agricultural, And Environmental Sciences

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## Crafty Corner

### Craft Class

Join Penny Monday, February 27 at 1:00 pm to make this very cute Beehive. All supplies will be provided. Cost for the class is only \$5.00 so register today!



### Art Class

Join Debby Gregory Monday, February 13 at 2:00 pm for a great art class. She will be teaching acrylic techniques. All supplies will be provided. The cost is only \$10.00. Space is limited so call 419-586-1644 and sign up today.

## Wine Glass and Pinecone Craft Class



As a reminder: If you sign up for a craft class and are not going to be able to attend, please call and let us know. Often times we have people on waiting lists that would like to attend.

## 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 Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning for the future, communication strategies, home & driving safely, & 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**

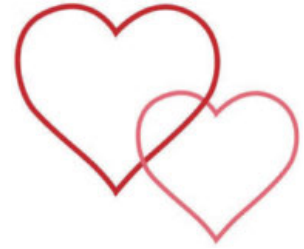
Pickleball Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219. 9:00 am to 11:30 am. Cost is \$3.00 per person. It doesn't matter if you are an expert or just learning!

### **Sing A Long (FREE)**

The fourth Monday each month at 2:00 pm. Join us have fun singing with a group. It is free and there is no need to register.

### **Toe Nail Trimming**

The first Wednesday each month at 1:00 pm in the Annex. cost of \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by CHP.



## **SENIORS HAVE A PIECE OF OUR HEARTS!!!**

Join our Circle of Care Team for a fun filled afternoon at MCCoA on Monday, February 6 at noon.

Begin with a free lunch of salad, a slice of pizza and desert followed with some fun games and of course door prizes!

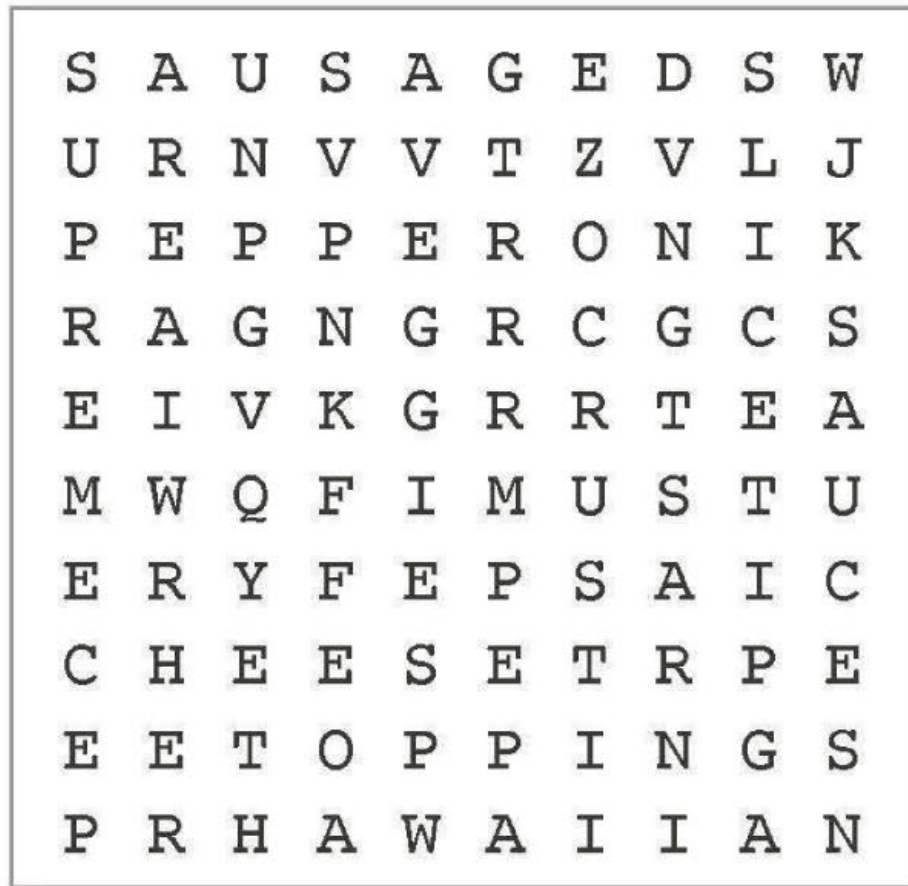
A big thanks to the Circle of Care Team, Andrea Hays with Celina Manor/ Heritage Health Care, Denise Borger with CHP Home Care and Hospice, Jennifer Overholser with Everheart Hospice and Madison Morlino with the Gardens and Rosemary Jefferson with Miller Place, for hosting this great event.

This is a free event but space is limited so call today to sign up. 419-586-1644.

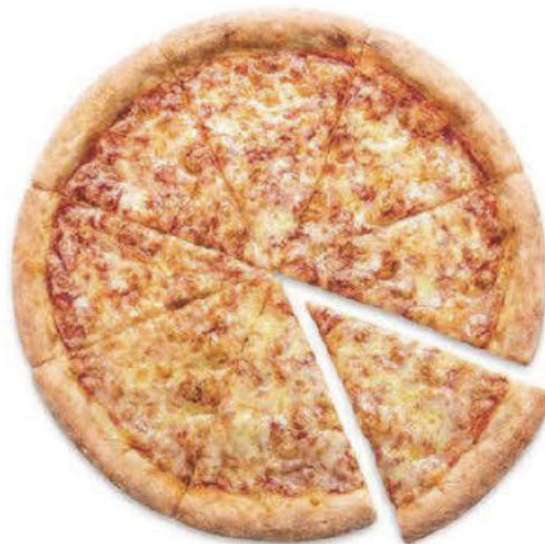


# Pizza Lover

The words listed below can be found vertically and horizontally.



CHEESE  
CRUST  
HAWAIIAN  
PEPPERONI  
SLICE



SAUCE  
SAUSAGE  
SUPREME  
TOPPINGS  
VEGGIE

# February 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	<b>2</b> <b>GROUNDHOG DAY</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards*	<b>3</b> 12:30 - Cards*	<b>4</b>
<b>5</b> 6:30 - Cards*	<b>6</b> 10:00 - Chair Chi* 12:00 - Circle of Care - Seniors have a piece of our heart	<b>7</b> 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>8</b> 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* 3:00- Pollinator Habitat 101 (Part 1)	<b>9</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards*	<b>10</b> 12:30 - Cards*	<b>11</b>
<b>12</b> 6:30 - Cards*	<b>13</b> 10:00 - Chair Chi* 2:00 - Art Class - Acrylic*	<b>14</b> <b>VALENTINES DAY</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>15</b> 11:30 - Lunch* 12:30 - Bingo*	<b>16</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30- Board Mtg</u> 1:00 - Chair Yoga* 6:30 - Cards*	<b>17</b> 12:30 - Cards*	<b>18</b>
<b>19</b> 6:30 - Cards*	<b>20</b> <b>OFFICE CLOSED</b> <b>PRESIDENTS DAY</b>	<b>21</b> 9:00 - 11:30 Pickleball* (MSC) 11:00 - 12:30 Alzheimer's Lunch and Bingo 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>22</b> 11:30 - Lunch* 12:30 - Bingo* 3:00 - Pollinator Habitat 101 (Part 2)	<b>23</b> 8:00 - 10:00 Coffee Time (Waffles) 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	<b>24</b> 12:30 - Cards*	<b>25</b>
<b>26</b> 6:30 - Cards*	<b>27</b> 10:00 - Chair Chi* 1:00 - Craft Class - Beehive* 2:00 - Sing-a-long	<b>28</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b><i>Italicized and underlined</i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with ( ) are off campus. (MSC) - Montezuma Spiritual Center</b>			



*McCoy  
Christmas  
Party*







**We had a full house for our Christmas Party. Everyone enjoyed a great meal and a wonderful magic show by Jim Barron. Santa was even able to make time to stop by during his busy season!**



# Groundhog Day

Old groundhog stretched in his leafy bed.  
He turned over slowly and said,  
"I wonder if spring is on the way,  
I'll go check the weather today.

If I see my shadow between eleven and noon,  
I then will know that I'm out too soon.  
I'll crawl back in bed for six weeks more,  
Pull up the warm covers and snore and snore.

But if no shadow gives me a scare,  
I know that spring is in the air,  
I'll wake my friends and wish them cheer,  
With glorious news that spring is here.



A special thank you to Grant Dugan from Western Southern Life for his presentation on Fraud Awareness and Prevention.

## MARK YOUR CALENDAR!!

March 8 - Part 3 -  
Pollinator Habitat 101

March 16 through 19 -  
Garage Sale

March 20 - Garage Sale  
Clean-Up

March 22 - Part 4 -  
Pollinator Habitat 101

March 23 - Craft -  
Bunny and Cross

March 27 - Office Closed  
after 12 pm for Staff training

Check next month's newsletter  
for more information.



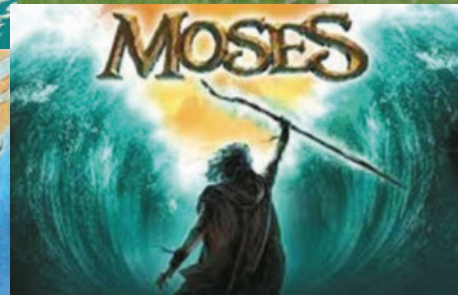
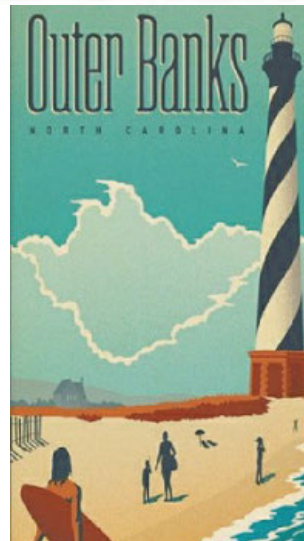
# Choice Travel

[www.TravelWithChoice.com](http://www.TravelWithChoice.com)

P.O. Box 109  
Celina, OH 45822  
419-204-6319  
Issue - April - 2022

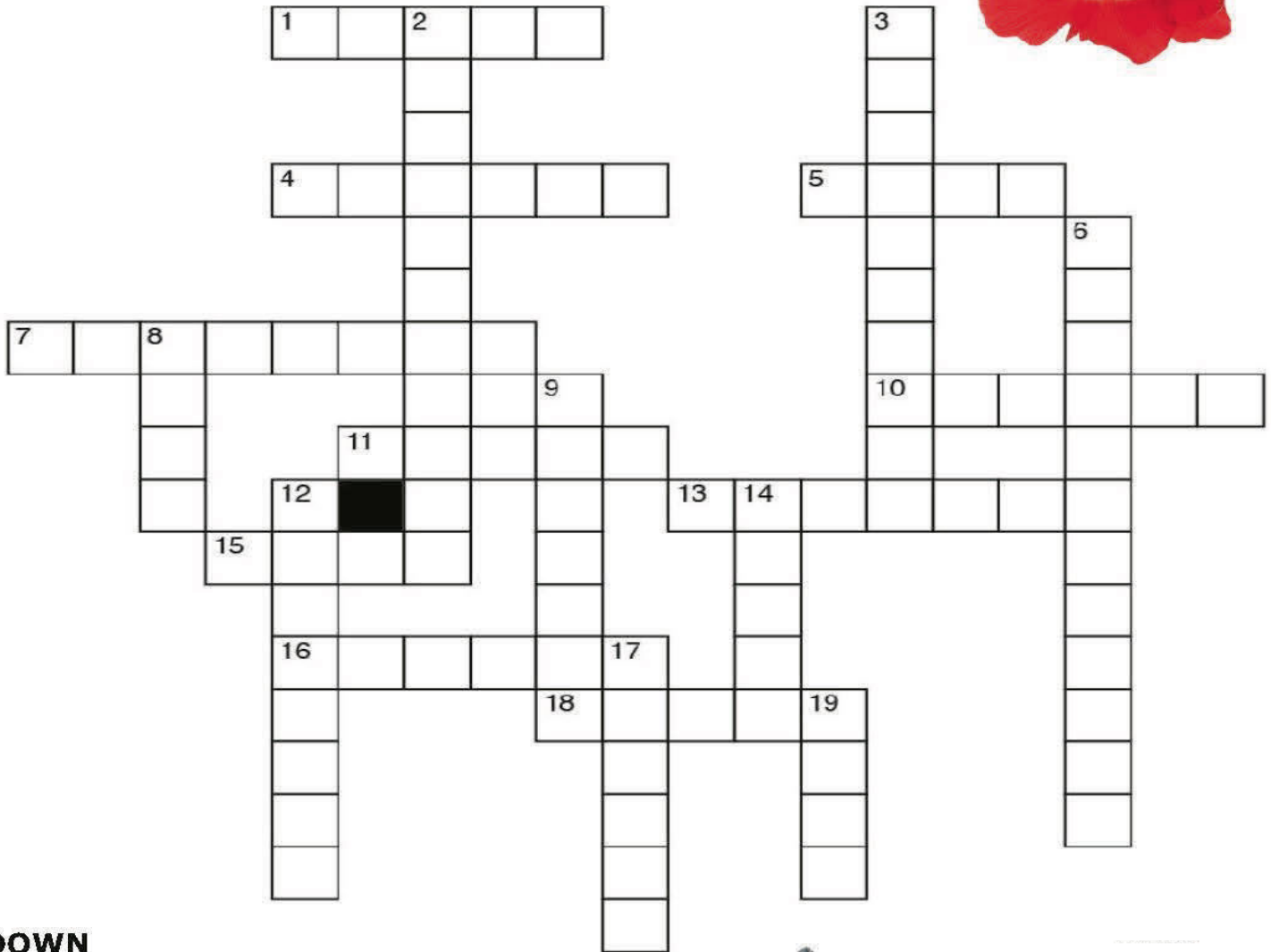
Choice Travel is offering a great trip! The trip runs April 22 to 29. You will visit Hawthorn Hill, the Wright Brothers home, see the International Military Tattoo Spectacular, Norfolk Botanical Garden, the Military Aviation Museum and Demo, Mermaid Beach Bash, tour the Outer Banks, visit Chincoteague Island, see wild ponies, a performance of Moses and spend a day in Hershey seeing all the attractions! Deposit is \$150.00 per person with the registration deadline being 2/22/23. Cost per person: single \$2829.00, Double \$2359.00, Triple \$2239.00, Quad \$2194.00. Call Connie today at 419-204-6319.

Choice Travel offers a \$5 discount on day trips and \$10 discount on overnight trips to anyone who shows their MySeniorCenter swipe in card!!! If you don't have one, stop in and we will be happy to issue you a card!



# All Things Red

Use the clues to fill in the crossword.



## DOWN

2. Many-seeded fruit
3. Shortcake's partner
6. Device to put out flames, fire \_\_\_\_\_
8. Red gemstone
9. Maine export, crustacean
12. Makeup item
14. Cider fruit
17. BLT ingredient
19. Street sign that is red

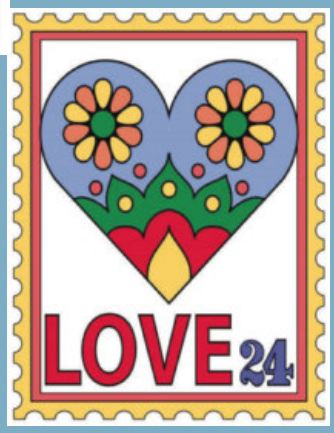
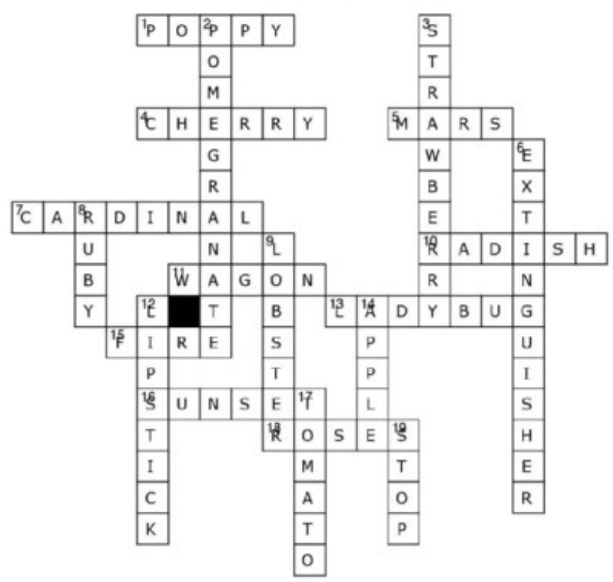
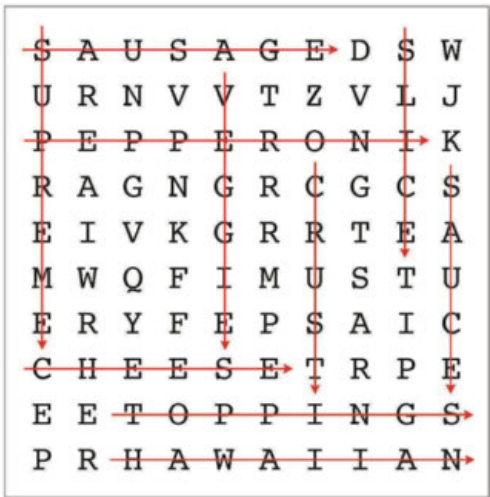
## ACROSS

- |                    |                            |
|--------------------|----------------------------|
| 1. Opium flower    | 11. Radio Flyer vehicle    |
| 4. Sundae topper   | 13. Spotted beetle         |
| 5. Red planet      | 15. Campout source of heat |
| 7. Bright red bird | 16. Dusk sight             |
| 10. Root veggie    | 18. Romantic flowers       |





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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

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



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