



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'S A BLOOMIN'

Join us for our annual spring party Thursday, April 27 at the Eagles, 1400 E Market Street in Celina. Tickets (\$7.00 per person) are available at the MCCoA office until Friday, April 14 or until sold out. Door opens at 11:00 am, use the east entrance. Lunch will be served at 12:00 pm. and will consist of two pieces of chicken, au gratin potatoes, green beans, coleslaw, a beverage, and a cupcake.



You might remember that Noah Back was not able to join us in December. We are happy to share he will be here to entertain us for the afternoon! Noah is a young entertainer whose roots commenced in rural South Western Ohio. His time as a performer began at the age of 12, so he has been delighting audiences for over half his life. Artists who influenced him greatly were John Denver, Elvis Presley, Johnny Cash and the Bee Gees. When asked what his favorite type of music to play is, he is without fail quoted as saying, "My favorite type of music to play is the type of music that you want to hear." His repertoire is made up of songs from the 20's to the present and includes ballads, folk, country, pop, rock, rock 'n roll, gospel, Americana and much more!

And of course, we will be giving away door prizes too!!! Stop in and purchase your tickets today!!



From the Director's Desk:

Hello Mercer County! Happy Spring! Have you ever wondered why things are so hard? Perhaps it is in doing the hard things that we gain the strength to make it through difficult times. Imagine a little flower pushing through the soil. If it didn't keep trying the world would not get the chance to behold it's beauty. Know you don't have to do it all at once. Take one baby step every day. Eventually you will reach your goal.

Challenge:
When a negative thought enters your mind, think three positive ones. Train yourself to flip the script.

Have you heard of self talk? Self-talk is the way you talk to yourself, or your inner voice. You might not be aware that you're doing it, but you almost certainly are. This inner voice combines conscious thoughts with inbuilt beliefs and biases to create an internal monologue throughout the day. I have a challenge for you. For the next 30 days, when a negative thought enters your mind, think three positive ones. I imagine that a lot of your conversation is not conducive to a positive self image. Do you hear things like, I am too old, or I am too dumb, or I am too slow? I encourage you to replace those statements with ones like, 'maybe next time, or slow and steady wins the race, or I am lovable'. And you are. If you need to hear that, call us.

Spring is in the air. Flowers are sprouting from the ground. The sun is shining (sometimes!) The world, even with all its bumps, is a great place to be. We are happy you are here to share this with us. If you need to hear a friendly voice or want a place to go, we hope you give us a call.

Hope to see you soon,
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 to reserve your meal. Seating is limited.

April 5

- Hamburger/Bun
- Tater Tots
- Chilled Mandarin
- Oranges

April 19

- Bratwurst
- Mashed Potatoes
- Sauerkraut
- Snickerdoodle Cookie

April 12

- Bacon Cheeseburger
- Casserole
- Seasoned Green Beans
- Black Cherry Ice Cream


April 26

- Creamy Potato Soup
- Fried Bologna Sandwich
- Peaches

You're Invited! Welcome to Medicare

- Will you be eligible for Medicare soon?
- Are you on Medicare but still have questions?
- Do you help a family member with Medicare issues?

Then this **FREE** Welcome to Medicare Event is for you!

Where: 
 Mercer County Council on Aging
 217 Riley Street, Celina OH 45822

When: May 10 at 6:00 pm

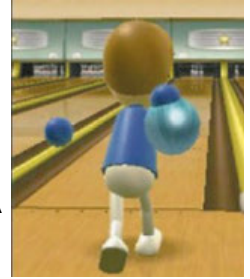
Learn about Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance.

This event, presented by the Ohio Senior Health Insurance Information Program (OSHIIP), is a service of the Ohio Department of Insurance. OSHIIP staff are trained by the state and do not sell or promote any insurance companies, policies or agents.

Questions?
 Call the Ohio Department of Insurance's
 OSHIIP Division at
800-686-1578

WII BOWLING LEAGUE

There is still time if you want to get a team together. A team consists of



4 players and can have 1 sub. League play runs through Friday, May 12. Teams are required to play 6 days, two games each day. Scores will be recorded. Prizes will be awarded to the high scoring team, high scoring person, lowest scoring person and one random draw will be awarded! See Tash for details and get started today. New this time - there will be a calendar at each Wii station to sign up with the time you will be in to play. Awards will be presented on Thursday, May 25 at 12:00.



GARAGE SALE UPDATE

THANK YOU to everyone who helped make the March garage sale a great success! Donations resume Tuesday, April 4 (Tuesdays from noon to 4:00 and Thursdays 8:30 to 12:00). We will accept donations on Saturday, April 22 from 9 am to 1 pm. NO donations April 27 due to the Spring Party. May 4 will be the last day for donations until after the May garage sale. If you would like to volunteer, give Tash a call, 567-890-4120. Help is always appreciated.

Note: Volunteers are available to accept donations Tuesdays (12:00 to 4:00) and Thursdays (8:30 to 12) except during set up & garage sale. As always we can use many hands during donation time, please call Tash if you have any time you could help out!

Crafty Corner



Craft Class

Join Lori Yaney with Celestial Crystal Creations Monday, April 10 at 1:00 pm and learn how to make one of these beautiful beaded necklaces. Cost is only \$8.00 and everything you need for your necklace will be provided. Space is limited so call and sign up today 419-586-1644.

Craft Class

Join Penny and make one of these cute brooches. Class will be Monday, April 17 at 1:00 pm cost is only \$5.00 and all supplies will be provided. Call and sign up today 419-586-1644.

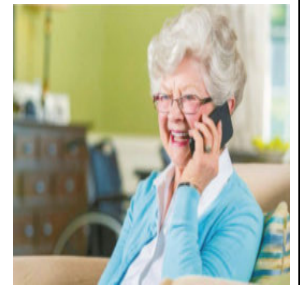


Floral Arrangement Class

Join Charlene Guingrich Thursday, April 16 at 2:00 pm to create a wonderful Easter flower arrangement. Class will be held in the Annex. Cost is only \$10.00 with all supplies being furnished. Space is limited so call and sign up today 419-586-1644.



Are you looking for a way to help? You might be interested in our Daily Call/Birthday Call Program. You can sign up for once a week or once a month, whatever works in your schedule. This is a fun way to connect with people. If interested call Tash at 567-890-4120 or stop in and see her. She will be glad to show you how the program works.

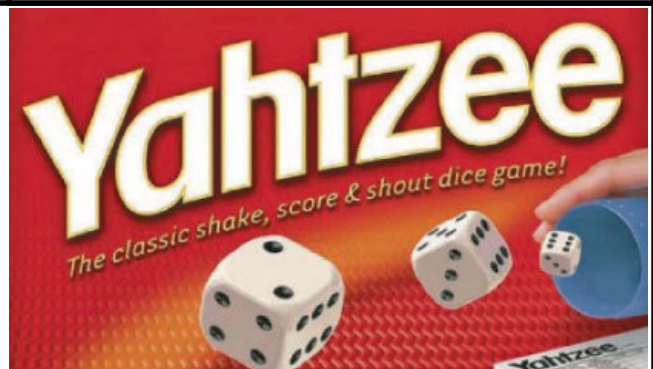


Art Class

Join Debby Gregory Monday, April 3 at 2:00 pm for a pen and wash water color class. All supplies will be provided. The cost is only \$10.00. Space is limited so call 419-586-1644 and sign up today.

Game Night

Game Nights are back!!! Join us Tuesday, April 18 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 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.



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.

Alzheimer's Support Group (FREE)

Brenda McGee will facilitate on the third Thursday every month 4:00 pm in the annex.

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 **2:30 pm in APRIL**. Join us and 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.



ALZHEIMER'S ASSOCIATION EDUCATION SERIES

Join Yvonne Miller with the Alzheimer's Association on Thursday, April 6 at 2:30 pm as she talks on the subject of "10 Warning Signs of Alzheimer's." Learn the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis; next steps and expectations for the diagnostic process.



Secret Bunny Alphabet Code

Below is a saying about bunnies. Crack the code by putting the letter in the blank that comes between the two letters in the alphabet.

AC TV MO MO HJ DF RT ZB QS DF

BD TV CE CE KM XZ SU GI DF



KM ZB QS FH DF ZB MO CE SU GI DF

RT LN ZB KM KM AC TV SU HJ KM HJ JL DF

SU GI DF BD GI NP BD NP KM ZB SU DF

NP MO DF RT SU GI DF AC DF RT SU NP EG

SU GI DF LN ZB KM KM





Please take a moment to say thank you to our friends, Denis & Joan Gasson when you see them as they have donated funds in honor of Jim Tumbush to replace our front doors.

THANK YOU

Have you wondered why we haven't gotten a lot of snow this year? It might be because an anonymous senior has donated a brand new snow blower to the center!! A big thank you to 'you know who you are!' from the staff and senior citizens of Mercer County!!





In the Garden

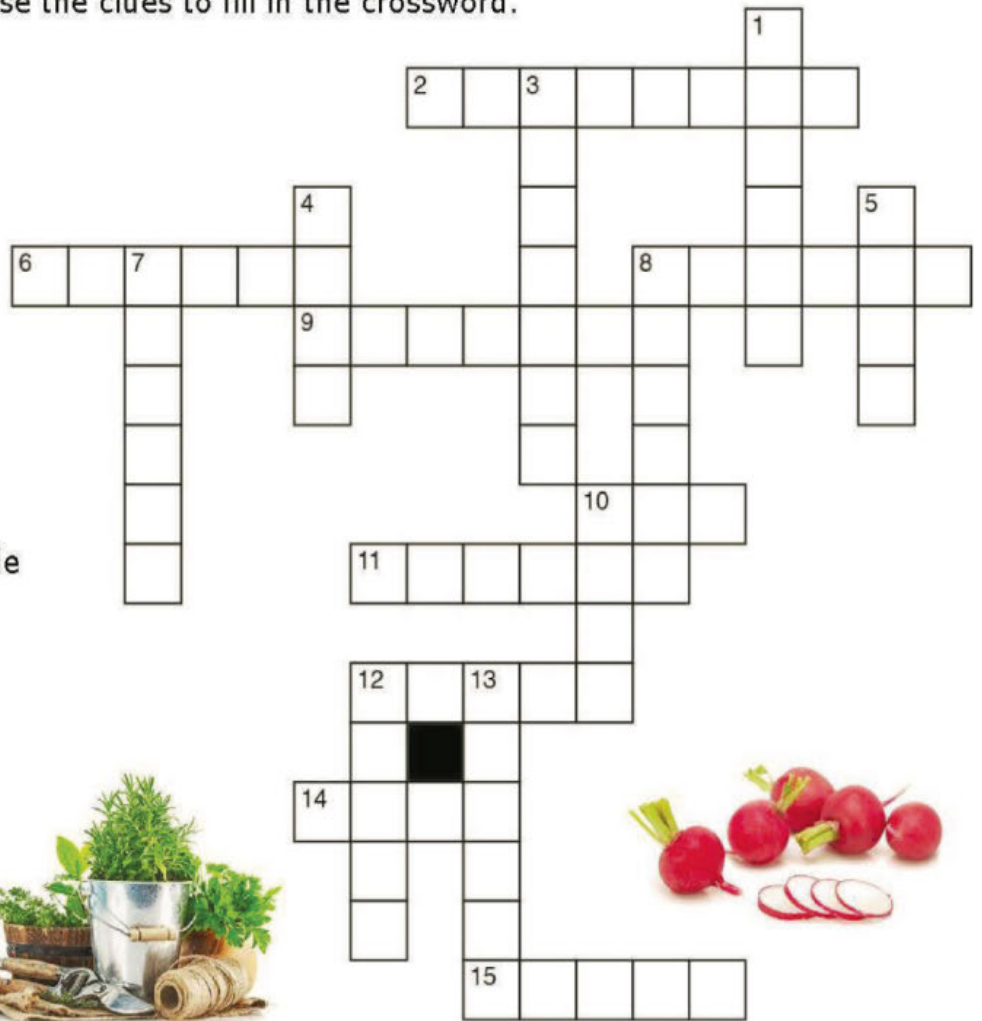
Use the clues to fill in the crossword.

ACROSS

2. Cool as a _____
6. Mashed vegetable
8. Orange veggie
9. Leafy green
10. Garden plot
11. Hand protectors
12. Wiggly creatures
14. Plant starter
15. Mint and sage

DOWN

1. Crisp, stringy stalk vegetable
3. Coleslaw veggie
4. Water conduit
5. Kernel plant
7. Main ingredient in ketchup
8. Herb of the onion family
10. Pollenating insects
12. Dandelions, to most
13. Pungent root



POLLINATOR HABITAT 101 VIDEO SERIES

The last video in the Pollinator Habitat 101 series will be shown on Wednesday, April 12 at 3:00 pm. It will feature 'Getting Started with Wildflower Patches, Flower Strips and Meadows.'



On Saturday, April 29 at 11:00 am Dave McPherson from Star Farms Native Plants will join us at the center to talk about native plants that are good for our area. He has offered to take orders for native plants that he raises. Any that have been pre-ordered will be available for pick up on the 29th. Contact Tash or Charlene to get an order form that lists the cost and what plants are available.



Lunch & Learn

We are very happy to announce Lunch & Learn (L&L) at MCCoA. Each month we will offer a meal and the opportunity to learn about a topic. There will be a different topic each month. L&L will be FREE, but space will be limited to the first 25 people who sign up. Please plan on attending both the lunch and learning portions of the event.

The first L&L will be held Monday, April 24 beginning at 11:30 am and will be finished by 1:30 pm. Lunch, consisting of roast beef, mashed potatoes, carrots, pie, and a beverage, will be served at 11:30 am, followed by a presentation from Grant Dugan with Celina Western & Southern Life on Estate planning. Estate planning is an important topic for all to be knowledgeable in. During the seminar rumors and myths of why you should have an estate plan will be dispelled and you will receive basic facts on where and how to start. Call to sign up today 419-586-1644. As with any of our events, if you sign up but can not attend please let us know so someone on the waiting list can have that spot.



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Issue - April - 2022

Wednesday & Thursday - June 7 & 8, 2023
\$311 - Firekeepers \$355 - Turkeyville

Lunch and Musical Comedy "Sex Please We're Sixty" at Turkeyville or Firekeepers Casino - Overnight at Soaring Eagle Casino - Lunch and Eagles Tribute at Zehnders



MARK YOUR CALENDAR!!

- May 1 - Cinco De Mayo party, Circle of Care
 - May 4 - Dementia Conversations
 - May 8 - Garage Sale set up begins
 - May 10 - Welcome to Medicare - Dave Painter
 - May 18 to 21 - Garage Sale
 - May 22 - Garage Sale clean up
 - May 23 - L&L - Advanced Health Directives
 - May 25 - Wii bowling Awards
 - May 29 - Office closed
- Check next month's newsletter for more information.



Gregory Peck

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



CAPE FEAR

TO KILL A MOCKINGBIRD

**CAPTAIN HORATIO
HORNBLOWER**

ROMAN HOLIDAY

SPELLBOUND

DAVID AND BATHSHEBA

TWELVE O'CLOCK HIGH

GENTLEMAN'S AGREEMENT

THE VALLEY OF DECISION

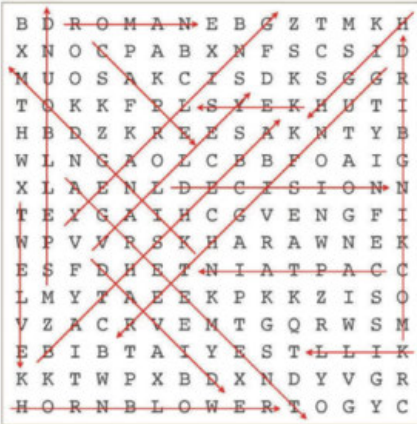
THE GUNFIGHTER

THE YEARLING

THE KEYS OF THE KINGDOM

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Gregory Peck
(solution)



Secret Bunny Alphabet Code
(solution)

Bunnies _____ are _____
AC TV MO MO HJ DF RT ZB QS DF

_____ cuddly _____ the _____
BD TV CE CE KM XZ SU GI DF

_____ large _____ and _____ the _____
KM ZB QS FH DF ZB MO CE SU GI DF

_____ small _____ but _____ I _____ like _____
RT LN ZB KM KM AC TV SU HJ KM HJ JL DF

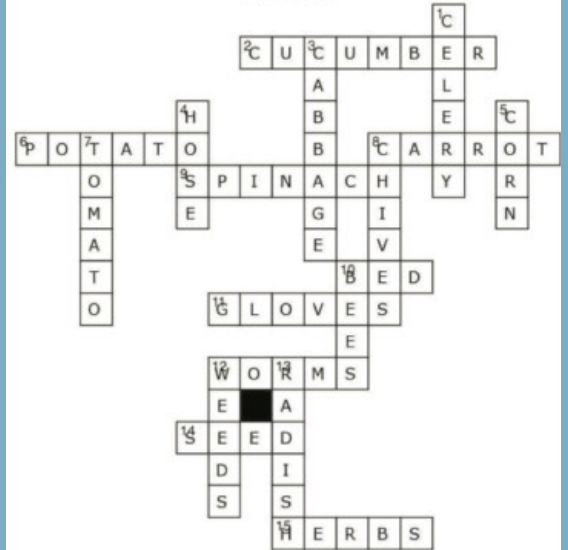
_____ the _____ chocolate _____
SU GI DF BD GI NP BD NP KM ZB SU DF

_____ ones _____ the _____ best _____ of _____
NP MO DF RT SU GI DF AC DF RT SU NP EG

_____ them _____ all _____
SU GI DF LN ZB KM KM

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In the Garden
(solution)



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

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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.mccoac.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.**