

December 2024

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

Christmas Song Picture Wordies

Each of the word puzzles below is a visual representation of a famous Christmas song. Can you decipher them?



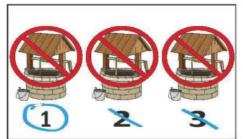


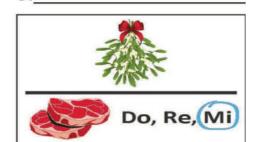


1.



2.____





4.



5.



6._



1._



8.



12.



11.

From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

As I sit here writing this letter, I am wondering if we will have had snow by the time you read it. It seems as if the simple word snow can evoke strong emotions. Some people smile and get a dreamy look, most grumble and share their



displeasure in regards to snow. Isn't that a lot like life? We never know what the weather is going to be from day to day. Just like we never know what life is going to hand to us. But we must continue to step forward with the confidence that whatever comes, we will be able to handle it. Sometimes we may need a helping hand, and that is okay too. I don't think it has ever been the plan to be required to do it 'on our own.' A favorite song from years ago is "Lean on Me" by Bill Withers. The song reminds us that sometimes we are the ones leaning and sometimes we are the ones lending support. That pretty much sums up what the MCCoA is here for. We have volunteers who we lean on, they help in many ways, such as garage sale, bingo, dancing, crafts, phone calls, and the list goes on. We also find support in the form of

our Levy. Residents of Mercer County all assist in providing the funding we use to provide Transportation, Chore, Homemaker, and Outreach services. But we are also a place for you and your loved ones to lean when times get tough. If you are lonely, if you have free time, or if you just want to hang out with some awesome people, check out all the things we have going on and plan to come up and

spend time at the center.

I wish you a Merry Christmas & Happy New Year.

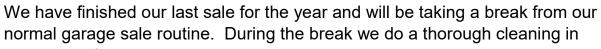
Hugs, Dawn

Mark your January calendar

- Office Closed
- 13 Craft Class
- 20 Office Closed
- 27 Garage Sale volunteer meeting and FREE lunch

Look for more information in next month's newsletter.

GARAGE SALE UPDATE



buildings 4 & 6 and hope our wonderful volunteers have time to enjoy the holidays. We are

planning a Garage Sale Volunteer lunch/meeting in January and will resume donations in February 2025. A huge Thank You to every volunteer that helped make 2024 a great year. Your assistance enables us to help the seniors of Mercer County. For example, this year we replaced concrete at door 1B, replaced roofing on the south end of building 1, as well as financially assisted many seniors in the community who were struggling to make ends meet. Thank you.

YOUR FAVORITE GARAGE SALE 2025 March 20 - March 23 May 15 - May 18 July 17 - July 20 September 18 - September 21 November 19 Early Bird (6-8pm) November 20 - November 23 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)



2025 Donation Schedule Feb 4, 6, 11, 13, 18, 20, 22, 25, 27 Mar 4. 6 Apr 8, 10, 12, 15, 17, 22, 24, 29 Jun 3, 5, 10, 12, 14, 17, 19, 24, 26 Aug 5, 14, 19, 21, 23, 26, 28 Sep 2, 4 Oct 7, 9, 14, 16, <u>18, 21, 23, 28, 30</u>

> Donation Times Tuesdays 12:00 - 4:00 Thursdays 8:30 - 12:00 Saturdays 9:00 - 1:00

> > Thank you.

www.mccoa.net Facebook.com/Mercer County Council on Aging

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



ACROSS

- 1. Patterned blanket
- 3. Year planner
- Preserves
- Container for Oreos and gingersnaps
- 11. Decorative strip of fabric
- 13. Ring protectors on your table
- 15. Anti-chapping product
- 16. Photo holder
- 20. Pumpernickel or sourdough
- 21. Sachet mixture
- 23. Cushion
- 25. Stitch
- 26. Rich, chocolaty treat
- 27. Ring to hold keys
- 28. Flower holder

DOWN

- Garden in a glass container
- 4. Kitchen wear
- Mason container
- Confectionery
- 7. It's hung by the fireplace
- 8. Christmas bulb
- 9. Cook in the oven
- Type of needlework
- 12. Library shelf objects
- 14. Bath bar
- 17. Graphic symbol using initials
- 18. Gingerbread men
- 19. Circle of greens
- 22. Paste
- 24. Gift made from beeswax

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Dates of Interest

To register call 419-586-1644.

Craft Class

Monday, December 2 at 1:00 pm join Bev Sanning for a Christmas cookie decorating class! You will decorate a star, a snowman and a Christmas tree. The cost of this class

has been covered by Mr. Sanning! We would like to give a big Thank You to him for such a wonderful gift!! Space is limited, sign up today.



Craft Class

Join Tash and create a cute candy cane wreath on Monday, December 16 at 1:00 pm. You will be provided with candy canes, glue guns and a decorations to add to your wreath. The cost is only \$5.00 so call and register today.



Floral Class

Thursday, December 19 join Charlene Guingrich for a Christmas floral arrangement

class. Class will begin at 1:30 pm and the cost will be \$15. Class will be held in building 3. Space is limited so call and register today.



Art Class

Art class with Debby Gregory on Monday, December 9 at 2:00 pm, for a paint the Christmas card class. Join Debby as she guides you through the process of painting a one-of-a-kind Christmas card you will be able to send to someone special! Everything you

need to complete this project is included with a cost of only \$10.00. Register today.



Crochet Club

Crochet club for December will be a stop and drop! Stop in and pick up any yarn you need to create your projects and



drop off any done projects that we can take to the nursing home for Christmas. Building 3 will be open with all the supplies out on Monday, December 9 from 12:00 pm to 3:00 pm.

New Year's Eve Party

Tuesday, December 31, doors open at 4:00 pm, eat at 5:00 pm. Bring your favorite dish to

share with others. Meat and beverages will be provided. A variety of games such as Wii bowling, cornhole, and Yahtzee will be available for anyone who wants to play. This is a free event but please call in and register so we know how many to plan for.



Weather Announcement

As we head into the time of year when the weather can impact some of our activities, please listen to WCSM Radio, WLIO TV, or call the office to find out if an activity is canceled because of weather.

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 7 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 1:00 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 \$4/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

The first Wednesday each month at 1:00 pm in Bldg 3. Cost is \$15. First come, first served. Provided by CHP.

ALZHEIMER'S ASSOCIATION

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.

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.

Alzheimer's Association Northwest Ohio Chapter
Join us for a free program!

The Empowered Caregiver:

Responding to Dementia-Related Behaviors

Understand common behavior changes and how they are a form of communication. Additionally, this program will provide non-medical approaches to behaviors and how to recognize when additional help is needed.

Thursday, December 5, 2024 2:30 pm

Mercer County Council on Aging 217 Riley Street | Celina

This program is free, but registration is requested.

Please call 419.586.1644 to register



ALZHEIMER'S® ASSOCIATION

alz.org | 800.272.3900

Long Live the LEGO

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

L A I R T S G K B 0 Ι H S C L G S H T N L H M 0 W N T N 0 0 E 0 E M N K S A Z J B S R M B S Y S S 0 H T, E Y C IJ Y S U T K S V N B P C F T, 0 T G P R T S S T K H V 0 I W I S I A U R E 0 X H S 0 T A V 0 F F R L F F C S T S M V R C 0 K L G I K D M T E X H A L P 0 S T E T R F C B H L S I C 0 W T S A A F I G U R S 0 D 0 IJ S M J P E M X Z A A R Y F A L G S C K N N T F M U 0 R A Y T A U E E W N D U I 0 L E T I L E W L X L B D



BELOVED
BLOCKS
CASTLES
COLLECTIBLE
COLORFUL
CONSTRUCT

CREATIVITY
DENMARK
EDUCATION
FIGURES
HISTORICAL
KITS

MOVIES
NOSTALGIC
SCHOOLS
SPACESHIPS
STAR WARS
THEME PARKS

December 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
6:30 - Cards*	10:00 - Chair Yoga* 1:00 - Craft Class - Cookie Decorating	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail</u> <u>Clipping</u> *	8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*		•
8	9	10	11	12	13	14
6:30 - Cards*	10:00 - Chair Yoga* 12 to 3 - Crochet Club - Stop and Drop 2:00 - Art Class - Paint a Christmas Card*	9:00 - 11:30 Pickleball* (MSC) Staff Christmas - Office opens at 10:00 11:00 - CHRISTMAS PARTY at Opulance (Ticket required) 12:30 - Bridge*	11:30 - Lunch* 12:30 - Bingo* 3:00 - Alzheimer Support Group	8:00 - 10:00 Coffee Time 10:30 - Board Mtg. 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	12:30 - Cards*	
15	16	17	18	19	20	21
6:30 - Cards*	10:00 - Chair Yoga* 1:00 - Craft Class - Candy Cane Wreath*	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 11:30 - Lunch* 1:00 - Chair Yoga* 1:30 - Christmas Floral Arrangement Class* 6:30 - Cards*	12:30 - Cards*	
22	23	24	25	26	27	28
6:30 - Cards*	10:00 - Chair Yoga*	offices closed Mei Christ	offices closed	8:00 - 10:00 Coffee Time 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	12:30 - Cards*	
29 6:30 - Cards*	30 10:00 - Chair Yoga*	Office closes at 12:00 4:00 - New Years Eve Party Happy New Year	Bui Act Act	icized and underlined ad Ilding 3. Livities marked with an * Livities marked with () ar SC) - Montezuma Spiritu	have a fee. e off campus.	

THE DAILY STANDARD

Serving the Grand Lake area since 1848

Stories are due by Monday, December 16

Special Request

Do you get tired of hearing depressing news? If so, here is your chance to help out. We have received a special request from the Daily Standard. They would like to do a special insert in the paper titled "Christmas Memories" and they would like to include **your** memory! If you complete the form on the next page and submit it your story may be included. If you bring it to the center, or email it to us mccoa@bright.net, we will get it to the paper. If you have any questions, please feel free to ask.



The Daily Standard Christmas Memories

Name		Age (optional)
Town		
Phone (for clarifi	cations)	
	I be published in The Daily S nitted by	d Holiday memories by Monday, Dec. 16. Standard on Saturday, December 24, 2024. Box 140, Celina, OH 56822





COME Travel With Us! Bus Trips



2025 trips are filling up quickly!

In October we did our first longer trip to Holmes County OH and Lancaster PA to see two wonderful Sight and Sound Productions. We saw "RUTH" in Ohio and "DANIEL" in Lancaster. We also took two buses to LaComedia to see "Saturday Night Fever" with some of the famous disco dancing songs and moves! You can still sign up for two trips in 2024 – Lunch and Texas Tenors on December 4th in Shipshewana IN and Dinner and The Oak Ridge Boys Farewell Holiday Show on December 20th at Wabash IN.

We are accepting reservations for our 2025 trips and some are filling up fast. The California trip in September and the trip in April to NOAH at Sight and Sound Theater in Lancaster are already sold out! We have decided to repeat the NOAH trip on July 28-31 so we can take more of you to this amazing performance. The Smoky Mountain and Biltmore Holiday trip in November 2025 is also almost sold out! We have two day trips to LaComedia in February to "Ghost the Musical" and "Jersey Boys." If you are interested in going on any trips, you might consider signing up before you get too busy with the holidays!

If your kids or grandkids need a Christmas gift idea, suggest giving you a MCCoA Travel Gift Certificate! For more information call or stop by the office.

Lunch at the MCCoA

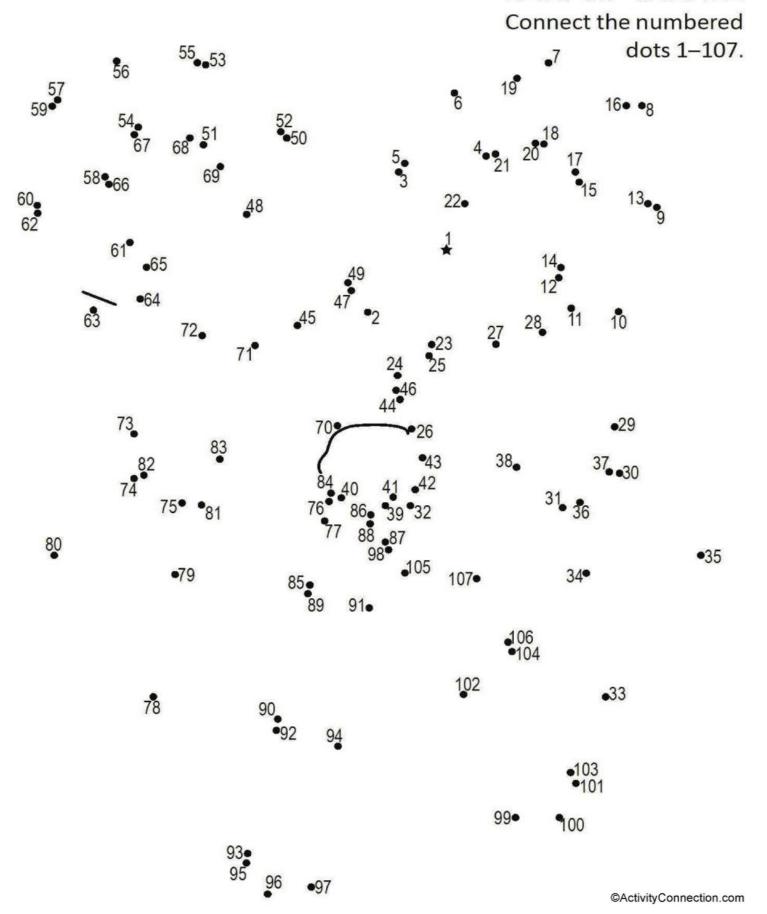
Lunch is served on Tues, Weds and Thurs at 11:30 am. The cost is \$4 per meal. Reservations and cancellations must be made prior to noon the day before. If you are unable to attend for any reason we need to be notified. Thank you for your understanding. All meals delivered must be paid for. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!

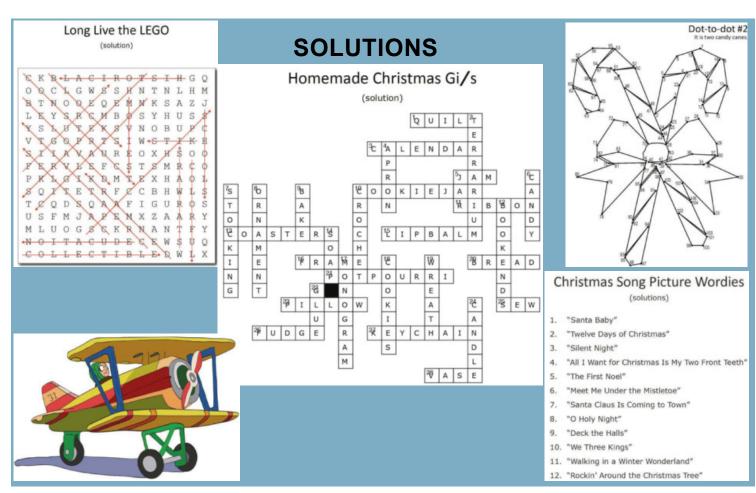


December 2024 Lunch Menu

Tuesday	Wednesday	Thursday	
3	4	5	
Mushroom Swiss Burger Potato Triangles Fresh Grapes	Bratwurst Mashed Potatoes/Gravy Sauerkraut Snickerdoodle Cookie	Beef Stew Biscuit Ice Cream	
10	11	12	
Cream of Tomato Soup Saltine Crackers Texas Grilled Cheese	Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich	Homemade Pizza Tossed Salad/Dressing Chilled Pineapple	
17	18	19	
Ham & Bean Soup Cottage Cheese Cornbread Peaches	Stuffed Shells & Sauce Broccoli Florets Garlic Bread Pineapple	Creamed Chipped Beef Seasoned Peas Texas Toast Apricots	
24	25	26	
Office Closed Merry Christmas	Office Closed Merry Christmas	Broccoli Cheese Soup/Crackers Fall Cottage Cheese Fruit Plate Rice Krispy Bar	
31			
Office Closed Happy New Year's Eve			

Dot-to-dot #2







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Coldwater, OH 45828

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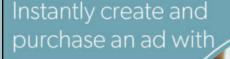
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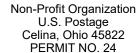
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www.mccoa.net



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



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Jecember 2024

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

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**.