

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

#### Finding your way around an iPad

Have you ever wanted to learn to use an iPad? The MCCoA has been blessed with brand new iPads. They were purchased through the Healthy Aging Grant and will be available for use in the center. On Monday, July 8 at 2:00 pm join us for "Finding your way around the iPad," taught by Keith Gudorf. This first class will cover basic things like how to open the iPad, typing, how to open a news app. We will share what types of Apps will be available on the iPads and ask what Apps you would like to be able to use. This is a free class, but space is limited so call and sign up today!





#### **Paint Your Pet with Debby Gregory**

Would you like to immortalize a favorite pet on canvas, but fear you do not have the skills required to accomplish this goal? With this process, you will be helped all the way through and it's easy as 1-2-3.

First, email us a high-res photo, preferably a full body shot to <a href="mailto:tschulze@mccoa.net">tschulze@mccoa.net</a> or bring it to the MCCoA office. Second, Debby will use your photo to create a line drawing image that she will transfer to an 11"x 14" canvas that will be ready to paint when you arrive for class. Third, you just have to paint the image from your original photo. Debby will be on hand to help you through any issues that may occur. Your pet doesn't have to be limited to a dog or cat. It can be anything big or small. If you have a photo of a favorite pet that has passed, I will help you with that. You can choose to paint the full body or just the face.

The cost will be \$45. A \$20 deposit is required at time of registration, balance is due the night of the class. We will be using acrylic paint on 11" x 14" canvases. All equipment will be supplied. Class is scheduled for Tuesday, July 16 beginning at 6:00 pm. Class length will be approximately 2-3 hours. You must register, pay \$20 deposit and have the photo submitted by Friday, July 12 at noon.

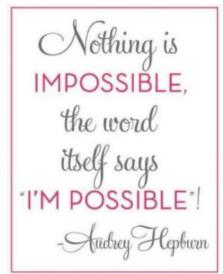


From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

How are things going in your world? Summer is in full swing and so are things up here at the MCCoA. We have another busy calendar, so busy in fact, the other day it was suggested we need a bigger board to fit it all. Thank you for making that necessary. Thank you for choosing to participate in the things that are going on here and sharing your smiles and tears with us.

Do you believe the quote shown to the right? Or do you just read it and scoff? Sometimes the hills (mountains) we face seem impossible. Perhaps it is so hard because you are trying to do it alone. If that is the case, maybe you could call us, or come up and spend time with us.



We have many different activities to get involved in and meet new people or join old friends for the day. We also have an amazing staff whose goal every day is to see how they are able to help the people who call or visit that need a helping hand.

I had the opportunity to join the first bus trip hosted by the MCCoA. It was a great day and I invite you all to consider taking a trip if you have ever thought it might be a fun thing to do.

Another quote that comes to my mind is by Martin Luther King, Jr. He said, "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." There are days when crawling may feel like too much. If you find

#### Mark your August calendar

- 5 Craft Class
- 6 Garage Sale Donations Resume (no donations fair week)
- 8 14 Mercer County Fair
- 8 (Thurs) Senior Day at MC Fair 19 L&L Emotional Wellness Bingo 26 Craft - Fall Charger Plate

Look for more information in next month's newsletter.

yourself in that place, please, please call us. We have transportation services that will bring you here to participate, we have outreach staff who will help you find what you need, we have homemakers and chore staff who love to come to your homes and help keep them safe for you. We also have an activities team who schedule a variety of activities including lunches, crafts, games and many learning opportunities. Our office staff are here Monday through Friday from 8:00 am to 4:30 pm to assist you as you call or walk in the front door.

Hoping you are enjoying your summer, Dawn



#### **GARAGE SALE UPDATE**

Donations Last Day Set Up Clean Up Begins Truck Pick Up

Thursday, July 2 8:30 to 12 July 8 to July 16 9:00 to 3 July 22 8:30 July 23 8:30

Our last day to accept donations will be Tuesday, July 2. We begin the set-up process on Monday, July 8 and will continue until we are ready. The sale runs Thursday, July 18 – 21. Clean up is on Monday,

Garage Sale Dates/Hours				
Thursday	July 18	8:30	6:30	
Friday	July 19	8:30	4:00	
Saturday	July 20	8:30	4:00	
All Items 1/2 price.				
Sunday	July 21	12:00	4:00	
Bag Day \$1.00 each bag with a second bag				

July 22 beginning at 8:30 am. If you would like to help with any part of the garage sale give Tash a call or stop in, there is always something to help with!

## Famous Explorers

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

M L Y W K A G  $\mathbf{E}$ L A N Y H K P P W K I V X H L В R W M W 0 B C M Y C F Η K 0 0 U M G Α S T E Ε U A U Ε 0 W L T K Y V F J D Ι R H L M L H R A R T I E R U Y I R W Y A A V M K B L M P H N Η K K S V Y S M L D  $\mathbf{Z}$ В T K Z E X S V U R K 0 Ι A S D I A N K D E L R W E I M L L E N 0 0 B R E B E 0 S I W L A U N J L L Y R 0 V  $\mathbf{E}$ K E 0 S A A M M P D N L R R B R V 0 P R L U N Ι C C S V U W Ρ  $\mathbf{E}$ 

AMUNDSEN		
BALBOA		
BOONE		
CARTIER		
CLARK		
COLUMBUS		

COOK
CORTÉS
COUSTEAU
DE LEÓN
DRAKE
ERIKSON

HILLARY
LEWIS
MAGELLAN
POLO
SMITH
VESPUCCI



#### **Dates of Interest**

To register call 419-586-1644.



#### **Craft Class**

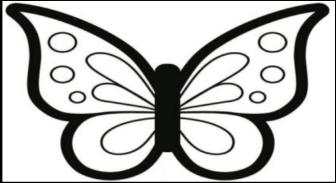
Join us
Monday, July
15 at 1 pm to
make a
beautiful
beaded wind
chime. Cost is
only \$5.00 and
all supplies
will be
furnished.
Registration is
required.



#### **Art Class**

Art class with Debby Gregory on Tuesday, July 16 at 6 pm. See the front page for details for this new and exciting class.





#### **VOLUNTEER OPPORTUNITY!!!**

Would you like to brighten someone's day? Then you need to join our Birthday call group. Monday through Friday we make calls to wish people a Happy Birthday. We make the calls from MCCoA, they can be made anytime between 9 am and 3 pm. Stop in and Tash will be happy to show you how it is done. It usually only takes 10 to 20 minutes to make the calls and you sure can hear the smiles on the other end of the phone when you tell them Happy Birthday!!





Lunch and Learn will be held Monday, July 29 and will feature Kane Moeller with Western & Southern Life. Kane will be presenting Protecting Your Assets Against Identity Theft. One of the unfortunate side

effects of the information age is identity theft. This occurs when someone takes personal information such as your name, Social Security number, birthdate, credit card, insurance, or banking information and uses it for personal gain. They may establish new credit lines, run up debts or take over existing

accounts. We want to introduce you to an important financial topic so you have a better understanding of how it may affect your life. We will inform you about the importance of planning financially for your future and share real examples that illustrate how the decisions you make affect your future. Lunch will begin at 11:30 am and only the first 25 to register can join us for lunch. The presentation starts at 12 pm and everyone is invited to attend the presentation portion!



#### 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**

On Tuesdays at 9:30 am join us for a FREE video lead exercise class. The last Tuesday every month at 9:30 am Kathy G will lead a 45 minute fitness class that focuses on muscle strengthening and increasing range of movement for daily life activities. Wear comfortable shoes (like gym shoes) and loose-fitting clothing. The 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

### Alzheimer's Care Consultations

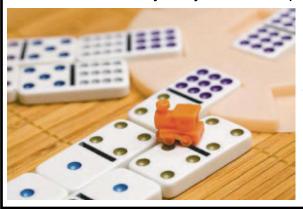
Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning, communication, finances, and safety issues.

#### **Alzheimer's Support Group**

Meetings are held on the second Wednesday of every month from 3 pm to 4 pm in Bldg 3. The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia.

#### **Game Night**

Join us Wednesday, July 31 at 5:30 pm for dinner and dominos. We will have spaghetti, salad



and garlic bread and then play a few rounds of Mexican Train dominos. Don't worry if you have not ever played dominos or it's been a while, we will go over the rules! The object of the game is for a player to play all the tiles from their hand onto one or more trains emanating from a central hub. This is sure to be a fun evening! Call and register today, 419-586-1644. The cost is only \$5.00 and as usual the winner of the night and a random draw person will get a prize!!!

# Wild, Wild West

Match the clues to the words associated with the wild west.

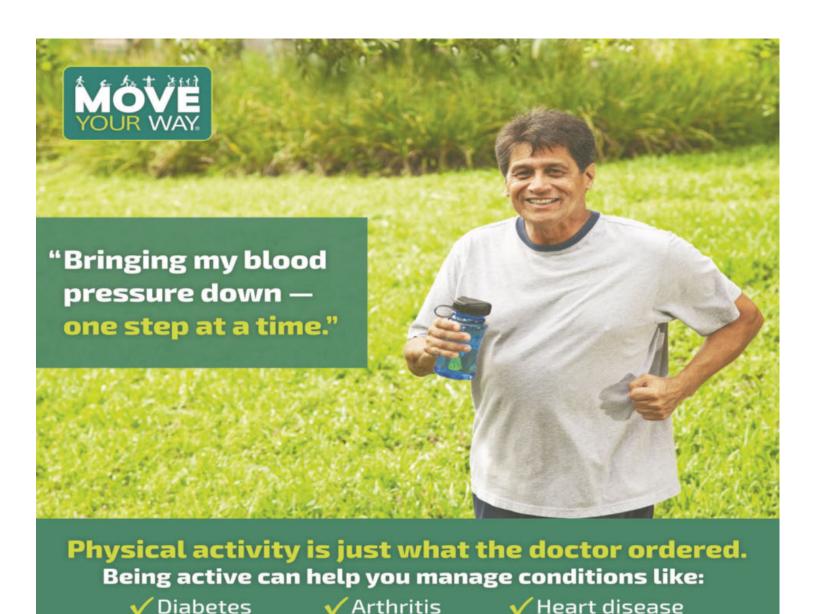
1.	Mobile place for chow	Α.	horse
2.	Colorful kerchief	В.	outlaw
3.	"Wanted" poster figure	C.	rodeo
4.	Well-known Wild West showman	D.	spurs
5.	Betting game	E.	chaps
6.	Old West tavern	F.	bandana
7.	Famed frontierswoman	G.	Calamity Jane
8.	Settler	н.	chuckwagon
9.	Cowboy's rope	I.	stagecoach
10.	Western lawman	J.	Buffalo Bill
11.	Boot attachments	K.	revolver
12.	Deep valley	L.	poker
13.	Windblown desert plant	Μ.	pioneer
14.	Cowboy's mount	N.	corral
15.	Type of handgun	Ο.	sheriff
16.	Prickly plant	Ρ.	cactus
17.	Leather leg protectors	Q.	canyon
18.	Cattle pen	R.	saloon
19.	Bronco-riding event	S.	lasso
20.	Old West mode of travel	т.	tumbleweed



©ActivityConnection.com

# **July 2024 Activity Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	- 10:00 - Chair	9:00 - 11:30 Pickleball* (MSC)	11:30 - Lunch*		12:30 - Cards*	
	Yoga*	9:30 - Fitness Class - Video	12:30 - Bingo*	Mark Market		
		(FREE)	<u>1:00 - Toenail</u>	Tulit 4th		
		11:30 - Lunch*	Clipping*			
		12:00 - 4:00 Donations (bldg 6) LAST DAY				
		<u>12:30 - Bridge</u> *		OFFICES CLOSED		
		12:30 - Ladies Cards*		6:30 - Cards*		
		1:00 - Line Dancing				
7	8	9	10	11	12	13
6:30 -	Garage Sale	9:00 - 11:30 Pickleball* (MSC)	11:30 - Lunch*	8:00 - 10:00 Coffee Time	12:00 - Photo	
Cards*	Set Up	9:30 - Fitness Class - Video	12:30 - Bingo*	<u>10:30 - Board Mtg</u> .	Due for Paint Your Pet	
	10:00 - Chair Yoga*	(FREE)	3:00 - Alzheimer	11:30 - Lunch*	12:30 - Cards*	
	2:00 - IPad	11:30 - Lunch*	Support Group	<u>12:30 - Ladies Cards</u> *		
	Class (FREE)	12:30 - Bridge*		1:00 - Chair Yoga*		
		1:00 - Line Dancing		6:30 - Cards & Texas Hold 'Em*		
14	15	16	17	18	19	20
6:30 -	10:00 - Chair	9:00 - 11:30 Pickleball* (MSC)	11:30 - Lunch*	GARAGE SALE 8:30 to	GARAGE	GARAGE
Cards*	Yoga*	9:30 - Fitness Class - Video	12:30 - Bingo*	6:30	SALE 8:30 to 4:00	SALE 8:30 to 4:00
	1:00 - Craft Class - Beaded	(FREE)		11:30 - Lunch*	12:30 - Cards*	10 4.00
	Wind Chimes*	11:30 - Lunch*		1:00 - Chair Yoga*	12.50 - Calus	
		<u>12:30 - Bridge</u> *		6:30 - Cards*		
		12:30 - Ladies Cards*				
		1:00 - Line Dancing				
		6:00 - Art Class - Paint Your Pet with Debby Gregory*				
21	22	23	24	25	26	27
	8:30 - Garage	9:00 - 11:30 Pickleball* (MSC)	11:30 - Summer	8:00 - 10:00 Coffee Time	12:30 - Cards*	
SALE 12:00 to	Sale Clean Up	9:30 - Fitness Class - Video	Picnic Lunch* (see the flyer on	11:30 - Lunch*		
4:00	10:00 - Chair Yoga*	(FREE)	page 10)	<u>12:30 - Ladies Cards</u> *		
6:30 -	roga	11:30 - Lunch*	12:30 - Bingo*	1:00 - Chair Yoga*		
Cards*		<u>12:30 - Bridge</u> *		6:30 - Cards & Texas		
		1:00 - Line Dancing	_	Hold 'Em*		
28	29	30	31			
6:30 -	10:00 - Chair	9:30 - Fitness Class with	11:30 - Lunch*	Italicized and unde	<i>rlined</i> activities a	are in
Cards*	Yoga*	Kathy*	12:30 - Bingo*	Building 3.		f
	11:30 - Lunch & Learn - Identity	11:30 - Lunch*	5:30 - Game	Activities marked w Activities marked w		
	Theft Protection	12:30 - Bridge*	Night - Dinner & Dominoes*	(MSC) - Montezum		
	<u>2:00 - Crochet</u> <u>Club</u>	1:00 - Line Dancing			•	



#### Adults need a mix of physical activity to stay healthy.

#### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.





#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.









Walk. Run. Dance. Play. What's your move? health.gov/MoveYourWay



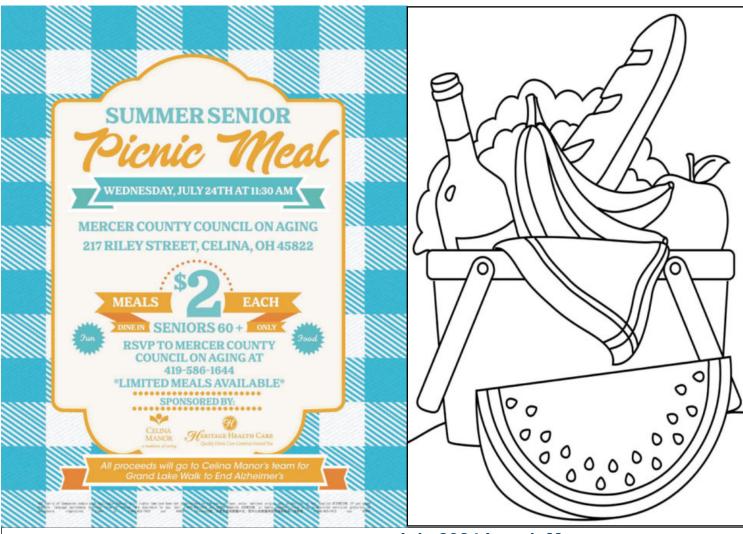
# Happy Independence Day Use the clues to fill in the crossword.

#### **ACROSS**

- 2. Large outdoor blaze
- Independence Day sights
- 6. Five-pointed shapes
- Meal at a park
- 10. United States
- 11. Song of praise
- 13. First U.S. president
- 14. Emancipation
- 15. Summer month
- 16. Stars' partners
- 17. Popular cookout pick

#### **DOWN**

- Grill over an open fire
- 3. Flag maker Betsy
- 4. \_\_\_\_\_ of Independence
- 7. Yearly milestone
- 8. Tent activity
- 12. The Statue of
- 14. A banner that waves



# Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 per meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!



#### July 2024 Lunch Menu

Tuesday	Wednesday	Thursday
2	3	4
Brat/Bun Creamy Coleslaw Ketchup/Mustard/Onion/Pickle Mandarin Orange Fluff	Chicken Salad/Bread Potato Chips Pickled Beets Fresh Grapes	HOLIDAY
9	10	11
Bologna Sandwich Potato Salad Onion/Mustard Fresh Cantaloupe	Chicken Bacon Ranch Pizza Tossed Salad/Dressing Fruit Cocktail	Sloppy Joe/Bun Seasoned Green Beans Pickles No Bake Chocolate Oatmeal Cookie
16	17	18
Cottage Cheese/Fruit Plate Muffin Cookie	BBQ Shredded Pork/Bun Creamy Cole Slaw Ice Cream	Cream of Tomato Soup Grilled Cheese / Pickle Chip Summer Fruit Salad
23	24	25
Cold Ham Sandwich/Bun Italian Pasta Salad Pineapple	SUMMER PICNIC LUNCH (See top of page)	Broccoli Cheese Soup/Crackers Tuna Salad/Croissant/Lettuce Leaf Watermelon
30	31	August 1
Fish & Cheese/Hoagie Hushpuppies Lettuce leaf/Tartar Sauce Cherry Blue Raspberry Sorbet	Ham Salad Sandwich Cucumber/Ranch Dressing Mandarin Oranges	Homemade Pizza Tossed Salad/Dressing Moose Track Ice Cream



#### Do you like to Travel?

Our maiden voyage to La Comedia on May 30 was a great success! We enjoyed a fabulous meal, saw a great show, and had the chance to make new friends. We have many travel opportunities scheduled for the rest of the year. If you are interested in signing up for Shear Maddness or the Red's Game, please do so soon. We are trying to get a 2nd bus for each trip but are a few passengers short to make that possible



each trip but are a few passengers short to make that possible. Also, please note we

have added new trips in December:

December 4 - Amish style Lunch and Texas Tenors Holiday Performance at Blue Gate in Shipshewana IN .

**December 5-6** – Day 1 - Lunch and Motown Christmas Performance at Zehnders in Frankenmuth, short visit to Bronners, overnight at Soaring Eagle Casino. Day 2 – Firekeepers Casino, Amish style dinner and Songs of the Season performance at Blue Gate in Shipshewana IN.

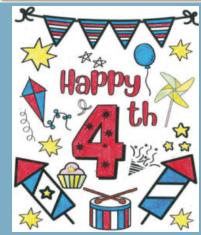
**December 12** – Dinner and 7:00 pm Midtown Men Holiday Show at Honeywell Center in Wabash IN - 4 stars from the original cast of Broadway's Jersey Boys reunite and bring you back to a rockin' 1960s holiday.

You can find more information about all of our trips by visiting our website: <a href="www.mccoa.net">www.mccoa.net</a> and click on Activities or stop in or call us at the office.





#### Famous Explorers HYKPWKMAGELLANY PWWMWKIVXOHLBB H \$ KOOCMYUMG¢ COUSTEAUED KYIVFJRHL CARTER DAAVMKBL CMLKK EX DIANKDE EMLENOO LSAIUN SMAREDKQSAA ODLVRQLRCBOPRQR F U B U W U N I C C U P S E V



#### **SOLUTIONS**

#### Wild, Wild West

- Mobile place for chow
- 2. Colorful kerchief
- 3. "Wanted" poster figure
- 4. Well-known Wild West showman
- Betting game
- 6. Old West tavern
- . Famed frontierswoman
- Settler
- 9. Cowboy's rope
- 10. Western lawman
- 11. Boot attachments
- 12. Deep valley
- 13. Windblown desert plant
- 14. Cowboy's mount
- 15. Type of handgun
- 16. Prickly plant
- 17. Leather leg protectors
- 18. Cattle pen
- 19. Bronco-riding event
- 20. Old West mode of travel

- est
  - H. chuckwagon
  - F. bandana
  - B. outlaw
  - J. Buffalo Bill
  - L. poker
  - R. saloon
  - G. Calamity Jane
  - M. pioneer
  - S. lasso
  - O. sheriff
  - D. spurs
  - D. spurs
  - Q. canyon
    T. tumbleweed
  - A. horse
  - K. revolver
  - P. cactus
  - E. chaps
  - N. corral
  - C. rodeo
  - I. stagecoach











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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

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**.