November 2023

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

PART D

# Medicare Part D Open Enrollment time is running out!

- 1. Complete the worksheet. You can find it in the September or October newsletter or you can get one in our office.
- 2. Send it to the MCCoA.
- 3. Get your appointment scheduled. Remember there are only a limited number of appointments available. So don't wait until the last minute to get yours scheduled.
- 4. We will need to know:
  - How many people will be coming to your appointment?
  - Will you be coming in to the office or would you rather have a telephone appointment? If you use the telephone, you will need to get all necessary documentation to the office prior to your scheduled appointment.
- 5. Please be available at the appropriate time and date for your appointment. If something comes up, call as soon as possible so we can schedule someone else.





## **MCCoA Annual Christmas Party**

Our party this year will be held Wednesday, December 13 at the Montezuma Spiritual Center, 6731 State Route 219. Doors will open at 11:00 am and lunch will be served at 12:00 pm. We will be serving ham with pineapple, scalloped potatoes, green beans, coleslaw, fruit, dinner roll and a pumpkin dessert. Come join us for this fun afternoon. The cost is only \$10.00 per person with the last day to purchase tickets being <u>Tuesday</u>, <u>December 5</u>. Space is limited.



Entertainment will feature Altar Ego. This group consists of four friends who were brought together through involvement with the St Henry church's folk group and who also share a love for music from the 60's and 70's. Each brings a unique musical component that culminates in a s nice blend of nostalgic tunes that are rich with harmonies. Come to listen to, sing along with, and enjoy great songs that you forgot you knew. And of course, we will be giving away door prizes too!!!

From the Director's Desk:

Hello Mercer County (and friends of Mercer County)!!

It seems hard to believe we are headed full speed into the holiday season. "The most wonderful time of the year," is a phrase that comes to mind. I suppose for many that couldn't be more true. But I imagine there are many of us who might disagree with that statement. Everyone suffers loss. But there are those losses that are really hard to deal with. If you are like me, the holidays seem to underline, bold, capitalize, and over all just make some losses seem bigger. If that is the way you are feeling, please know, you are not alone. Please come up to the center and spend some time with us. We have so many things going on it seems like most of the time we don't know if we are coming or going!!



By the time you read this letter we will be deep into Medicare Part D compares. Our Outreach team is doing everything they can to see as many people as possible in the short window given. They do an amazing job. Our drivers are maximizing every moment of every day getting people to their appointments. Homemakers are visiting clients daily, keeping homes neat and tidy. And our chore team is busy getting homes ready for the winter months. Office staff are here providing the glue that keeps our team all connected. And the Activities team is working to create new opportunities for you to come together and laugh, exercise, play games, eat, and stay connected. Another huge part of our team are the volunteers. It is amazing all the talent that is shared here at the MCCoA. What is your special gift? Do you want to share it? Being part of this team is one of the most wonderful experiences in my life. I invite you to come in and join in the fun.

See you soon, Dawn



## **GARAGE SALE UPDATE**

<b>Donations Last Day</b>	Thursday, Nov 2	8:30 to 12
Set Up	Nov 6 to Nov 14	9:00 to 3
Clean Up Begins	Nov 20	9:00
Truck Pick Up	Nov 28	8:30

Set up for the last sale of the year begins on Monday, November 6 and will continue through Tuesday, November 14. We will be pricing and organizing. If you have anytime available, even if it is only an hour or a whole day, we would love your help. There are jobs that you can sit and work on things and jobs up and moving, something for everyone. Feel free to call Tash with any questions 567-890-

Garage Sale Dates/Hours				
Thursday	Nov 16	8:30	6:30	
Friday	Nov 17	8:30	4:00	
Saturday	Nov 18	8:30	4:00	
All Items 1/2 price.				
Sunday	Nov 19	12:00	4:00	
Bag Day \$1.00 each bag with a second bag FREE All items included.				

4120. The sale will begin on Wednesday, November 15 with the Early Bird Sale. Tickets are sold out for this sale. All of the ticket money that was collected will be used for our Senior Angel Tree program. If you didn't get a ticket but would like to donate to help out the angel tree program you can drop a monetary donation off in the office or at the garage sale. Just tell them it is for Angel Tree! The regular sale will run from Thursday, November 16 through Sunday, November 19. Be sure to stop by the sale and pick up the 2024 garage sale schedule card! We will begin accepting donations again Tuesday, February 6, 2024.

## Mark your <u>December</u> calendar!

- 12 Office closed (8 am to 10 am)
- 13 Christmas Party
- 18 Wii Bowling Awards
- 19 Fitness Class
- 21 Floral Class
- 25 Closed
- 26 Closed
- 29 Close at Noon
- 31 New Years Eve Party

More information in next month's newsletter.



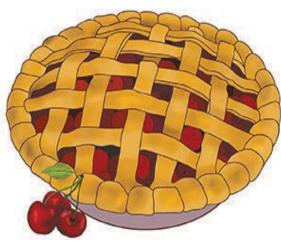






RSVP TO THE COUNCIL ON AGING AT 419-586-1644

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## Pie Social!!

Monday, November 27 from 2 pm to 3 pm. Join the Circle of Care Team to enjoy a free piece of pie, coffee and learn more about the services they offer. This is a free event but please call to register so we have enough pie for everyone.

## **Dates of Interest**

To register call 419-586-1644.



## **Craft Class**

Craft Time!! Join Tash on Thursday, November 2 at 1:00 pm to create a wonderful charger plate welcome sign. Bring your creative thoughts and create a one-of-a-kind craft! All supplies will be provided. The cost is only \$5. Registration required.

## **Art Class**

Join Debby Gregory Monday, November 13 at 2:00 pm for a watercolor painting class. All supplies are furnished. Cost is only \$10. Registration required.



Lunch and Learn with Andrea Cahill from Hot Brass Defense Monday. November 6. Andrea will be here to present some safety strategies and discuss current crime trends as well as scams targeting seniors. Lunch will be served at 11:30 with the

presentation to follow around 12:00 pm. Registration is required for the meal. Please keep in mind even if the meal portion of this day is full you are always welcome to join us for the presentation. We don't want anyone to miss the great information given out at these events.



567/890-7700 www.hotbrass.org Facebook: HotBrassPersonalDefense

## **Floral Class**

Join Charlene Guingrich on Monday, November 20

at 2:00 pm in Bldg 3 to make your own Thanksgiving Floral Arrangement. Make a beautiful center piece for your Thanksgiving table. Registration required. Space is limited. Cost is \$15.



## Weather Announcement

We are heading into the time of year that we sometimes need to cancel activities due to weather. If you register for an activity ahead of time, even when registration is not required, we will be able to send out a call letting you know if the event is canceled due to weather. This is another good reason to let us know you are planning on attending one of our activities!

## **Pain Management Presentation**

Amber Ball from New Day Pain Management at Joint Township Hospital will be here

Wednesday, November 29 at 10:00 am to speak about knee pain. She will talk about what causes, treatments and what can help after a knee replacement. She will have handouts on knee strengthening exercises and be available after to discuss any pain management questions.



## **REGULARLY SCHEDULED ACTIVITIES!!**

## Check the calendar on page 7 for exceptions.

#### Bingo

Every Wednesday at 12:30 pm. We use reusable cards and chips. Cards 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 at 9 am to 10 am, provided by Celina Manor during coffee time. And on the second Wednesday each month at 12:00 pm, provided by Miller Place!

#### Cards

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 on the second and fourth Thursday at 6:30 pm. Cost \$1.

#### **Chair Yoga**

Chair Yoga with Carla Niblick on Mondays at 10:00 am. Cost is \$3 per person.

## Chess Club (FREE)

You are welcome to join the chess club whether you have never played or enjoy playing chess. Join us the 2nd Monday of each month in Bldg 3 at 12:30 pm and play chess. Please bring your chess board. This is a free event. Come check it out!!

#### 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 making things to give away for the holidays. See calendar for specific date and time. Everyone is welcome, from the person that has never

crocheted before to the most experienced!!

#### 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

Tuesdays, Wednesdays, and Thursdays 11:30 am at a cost of \$4. 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.



## **Fitness Class**

Using a combination of music and movement, Kathy G leads a 45 minute fitness class. Class will focus 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 and the class size is limited to 15. Call to register 419-586-1644.

Classes begin at 9:30 am Tuesday, November 28 Tuesday, December 19

# 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, & safety issues.

## **Alzheimer's Support Group**

Brenda McGee will facilitate on the third Thursday every month at 4:00 pm in Bldg 3.

#### Alzheimer's Education

Join Yvonne Miller on Thursday, November 2 at 2:30 – Strategies for Surviving the Holidays- The holidays are often filled with sharing, laughter and memories, but they can also bring stress, disappointment or sadness. Gain an understanding of Alzheimer's disease and learn strategies for making the holiday season less stressful.

Upcoming classes include:

12/7/23 Caring for the Caregiver -

1/4/24 Reducing your Risk of Alzheimer's

2/1/24 Dementia Friendly Activities -

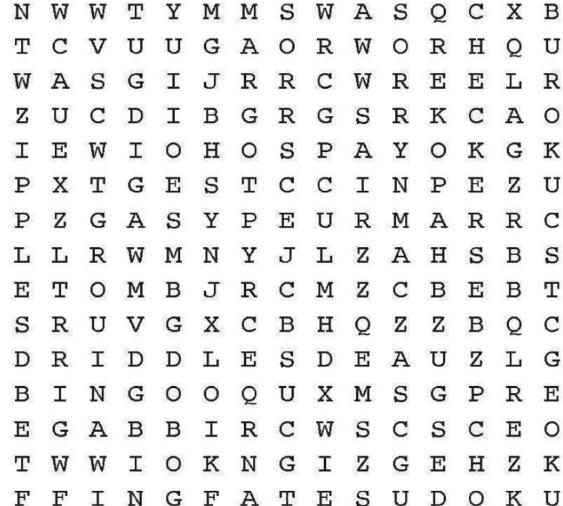
3/7/24 The Different Types of Dementia

4/4/24 New Advances in Alzheimer's Treatment

## Fun and Games

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







**ANAGRAM** CROSSWORD PUZZLE BINGO **CRYPTOGRAM** RIDDLES **BOGGLE HEARTS** RUMMY **CHECKERS JIGSAW SCRABBLE** CHESS SORRY MAZE CRIBBAGE POKER SUDOKU

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## **November 2023 Activity Calendar**

				_		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Building 3 Activities Activities	and underlined acts.  marked with an * marked with () a ontezuma Spiritu	have a fee. re off campus.	11:30 - Lunch* 12:30 - Bingo* 1:00 - Toenail Clipping*	8:00 - 10:00 Coffee Time 8:30 - 12:00 LAST DONATION DAY IN 2023 (Bldg 6) 9:00 - Blood Pressure Checks 11:30 - Lunch* 1:00 - Craft - Charger Plate Welcome Sign* 2:30 - ALZ Presentation - Surviving the Holidays 6:30 - Cards*	3 12:30 - Cards*	4
<b>5</b> 6:30 - Cards*	Garage Sale Set Up 10:00 - Chair Yoga* 11:30 - L&L - Safety Strategies	7 ELECTION DAY 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	8:00 - 10:00 Coffee Time  10:30 - Board Mtg. 11:30 - Briarwood Thanksgiving Meal - 12:30 - Ladies Cards* 6:30 - Cards & Texas Hold 'Em*	VETERANS DAY  OFFICES CLOSED  Veterans Day	11
<b>12</b> 6:30 - Cards*	13 10:00 - Chair Yoga* 12:30 - Chess	9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch*	15 11:30 - Lunch* 12:30 - Bingo*		17 GARAGE SALE 8:30 to 4:00 12:30 - Cards*	18 GARAGE SALE 8:30 to 4:00
	Club 2:00 - Art Class- Watercolor Painting*	12:30 - Bridge* 1:00 - Line Dancing	12:30 - Bridge*  EARLY BIRD  GARAGE SALE 6 pm to 8 pm	1:00 - Chair Yoga*  4:00 - Alzheimer  Support Group  6:30 - Cards*	12.00 Garas	
19 GARAGE SALE 12:00 to 4:00 6:30 - Cards*	Garage Sale Clean Up 10:00 - Chair Yoga* 2:00 - Floral Class - Thanksgiving Arrangement*	9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	11:30 - Lunch* 12:30 - Bingo*	THANKSGIVING DAY OFFICES CLOSED Thanksgiving	THANKSGIVING HOLIDAY OFFICES CLOSED	25
<b>26</b> 6:30 - Cards*	27 10:00 - Chair Yoga* 2:00 - 3:00 - Pie Social provided by Circle of Care	8:30 - Load Truck 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class* 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	10:00 - Knee Pain Presentation 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 11:30 - Lunch* 1:00 - Chair Yoga* 2:00 - Crochet Club 6:30 - Cards*		

## Celebrating Thanksgiving **ACROSS** 2. Thankfulness Use the clues to fill in the crossword. 6. Reddish sauce 7. Pie ingredient 8. Dinner basketful Common side dish 9. 10. Turkey sound 11. Flat serving dish 12. Televised sport 13. Slice a turkey 10 DOWN 1. Entrée most commonly served 3. Dining room linen Thanksgiving staple



Turkey alternative

6. Autumn beverage

10. Sauce in a boat

11. Macys event

## Wii Bowling League

You still have time to join in the fun. Get your team together and talk to Tash. A team consists of 4 players and can have 1 sub. League play continues through Friday, December 15. Each team is

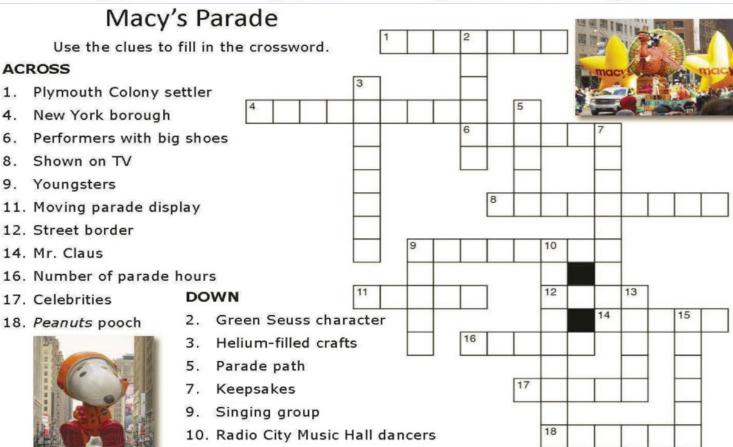
required to play 6 separate days and bowl two games each day you bowl. Scores will be recorded and at the end of the league prizes will be awarded to the high scoring team, high scoring person, lowest scoring person and one random draw! Awards will be handed out on Monday, December 18. We have 4 Wii game consoles available for you to use, each game console has a calendar for you to sign up on to schedule your bowling time. If you would like to bowl and need a team call Tash and let her know. She will do her best to get you on a team!

Are you having a hard time finding the perfect gift for that person who has everything they need? You might want to consider buying them gift cards from the MCCoA. They are \$1 each and can be used for any MCCoA activity. See Tash or Terri to get yours today.

## **Matching Board Games**

Find the two sets of board games that are exactly alike.





13. Parade marchers15. Thanksgiving bird

©ActivityConnection.com

## Ford or Chevy?

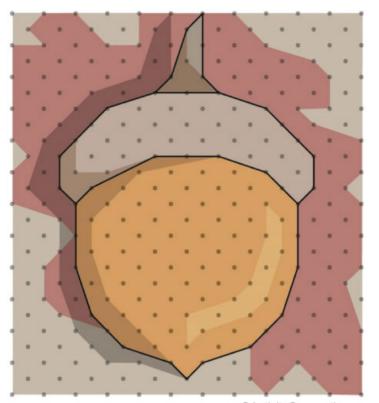
Match the car model to the correct maker.

## Thunderbird \_\_\_\_\_ A. Ford B. Chevy Fairlane \_\_\_\_ 3. Monte Carlo \_\_\_\_ 4. Camero \_\_\_\_\_ Nova \_\_\_\_ Mustang \_\_\_\_ 6. Impala \_\_\_\_ 7. Falcon \_\_\_\_ Ranchero \_\_\_\_ 10. Blazer \_\_\_\_ 11. Bronco \_\_\_\_ 12. Galaxie 13. Stingray \_\_\_\_ 14. Chevelle \_\_ 15. Gran Torino 16. El Camino \_\_\_\_\_

## Dot Doodles #1

Duplicate the drawing using the blank sheet of dots.

Then fill in the colored areas.



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# Lunch at the MCCoA

17. Shelby \_\_\_\_\_
18. Corvette \_\_\_\_

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

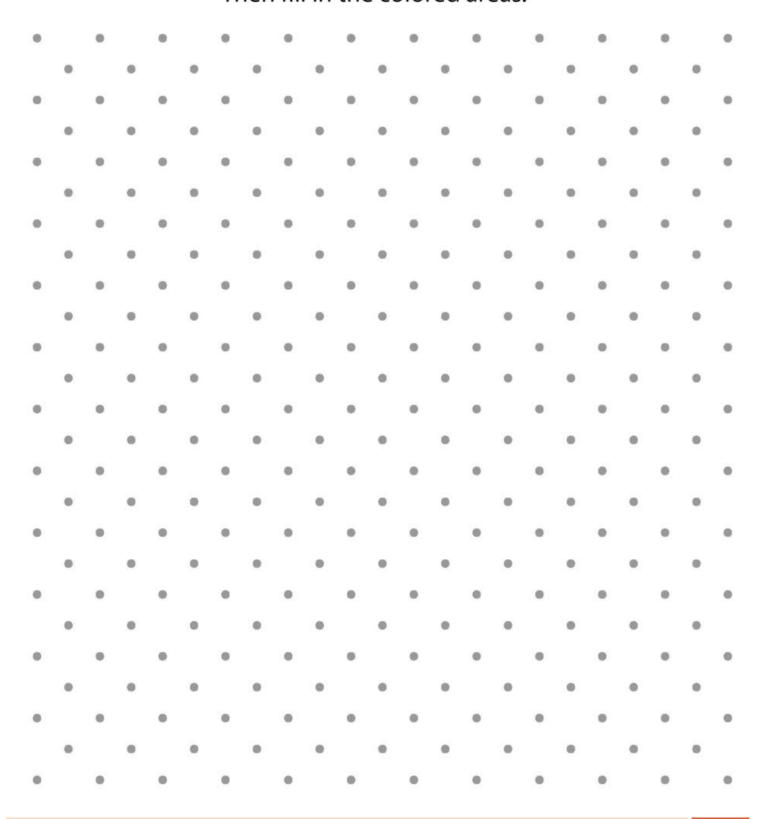
meals. Come have lunch with friends and leave the cooking to us!!!



November 2023 Lunch Calendar				
Tuesday	Wednesday	Thursday		
	Creamy Potato Soup/Crackers Fried Bologna Sandwich Onion/Pickle Slice Chilled Peaches	Homemade Pizza Tossed Salad/Dressing Chilled Pineapple		
Ham & Bean Soup Cottage Cheese Cornbread Chilled Peaches	Stuffed Shells & Sauce Broccoli Florets Garlic Bread Chilled Pineapple	Creamed Chipped Beef Biscuit Seasoned Green Peas Chilled Fruit Cocktail		
Brat/Bun Creamy Cole Slaw Diced Onions Pumpkin Cookie	Garden Vegetable Soup Hot Ham & Swiss on Bun Saltine Crackers Chilled Peaches	Taco Tater Tot Casserole Tossed Salad/Dressing Salsa & Sour Cream Rice Krispy Bar		
Beef Cabbage Bake Mashed Potatoes/Bread Scotcharoo	Hamburger on Bun Tator Tots Pickle Chilled Mandarin Oranges	THANKSGIVING DAY OFFICES CLOSED		
Creamy Potato Soup/Crackers Fried Bologna Sandwich Onion/Pickle Slice Chocolate Chip Cookie	BBQ Bacon Cheeseburger Casserole Seasoned Green Beans Black Cherry Ice Cream	Hot Dog on Bun Baked Beans Chilled Mandarin Oranges		

# Dot Doodles #1

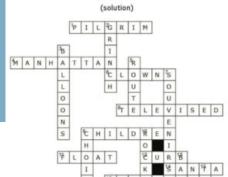
Duplicate the drawing using the blank sheet of dots.
Then fill in the colored areas.







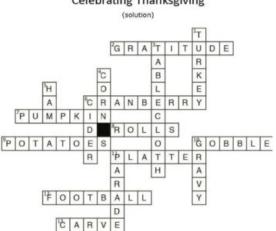
## **SOLUTIONS**



Macy's Parade

#### Fun and Games

(solution)



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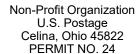
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## THE MERCER COUNTY COUNCIL ON AGING

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

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