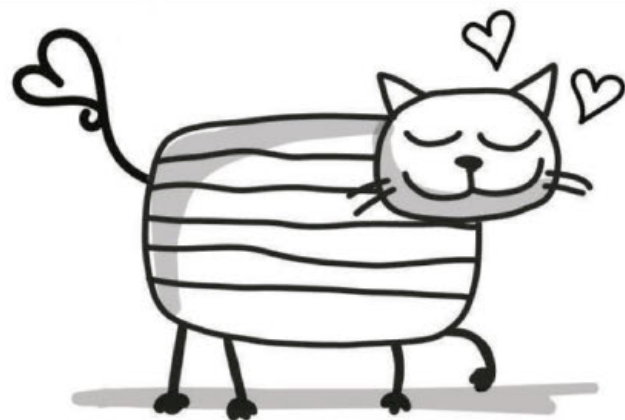




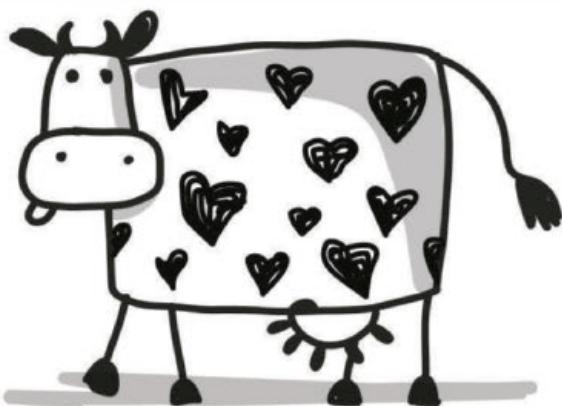
Mercer County Council on Aging



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



You're my favorite purr-son.



♥ You are UDDERLY fabulous! ♥



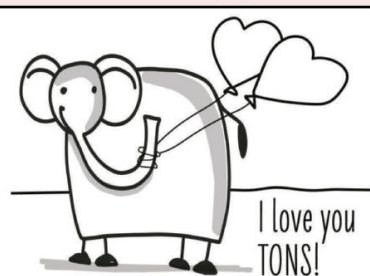
Celina Circle of Care Presents

"Be Mine" Bingo

**Feb. 10th, 2025
1-2 PM**

**At Mercer County Council on Aging
217 Riley Street
Celina, OH 45822**

Light refreshments will be provided
RSVP by calling Mercer County COA at (419) 586-1644



From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

What do you think about in February? Do you become more heart-health conscious, or do you think more of loved ones? Maybe those thoughts go hand in hand. If we desire to keep our loved ones happy, we need to focus on being healthy. Most of us already know what we need to do to be healthier. The hard part is when it comes time to practice doing those things. One of the ways to make that easier is to be reminded of the little steps we can take that make big differences over time. Recently I was part of a class that taught me a lot about how we think about

things. You may have heard me say 'what you think about, you bring about.' I truly believe this logic and think that our thoughts are very powerful.

We are busy getting ready for the warmer months because they will be here quicker than we think. But during this winter season, I encourage you to stay in touch, join us for lunch, do a craft or play some games. We look forward to hearing from each of you and giving you a hand if you find yourself in need.

My heart is here for you,
Dawn



MHFA Tip of the Month:

Practice Mindfulness Daily

Incorporating mindfulness into your daily routine can significantly enhance your mental wellbeing.

1. **Start with five minutes:** Set aside just five minutes each day for mindful breathing. Focus on your breath, allowing thoughts to come and go without judgment.
2. **Incorporate mindfulness into activities:** Choose a daily activity — like eating or walking — and practice being fully present in that moment. Notice the sensations, sounds and feelings involved.

GARAGE SALE UPDATE



Donations First Day	Tuesday, Feb 4	12:00 to 4:00
Saturday Donations	Saturday, Feb 22	9:00 to 1:00
Donations Last Day	Thursday, Mar 6	8:30 to 12:00

Garage sale donations begin on Tuesday, February 4 and will continue every Tuesday from 12 pm – 4 pm and Thursday 8:30 am – 12 pm. Saturday, February 22 from 9 am – 1 pm we will be accepting donations. The last day for donations will be Thursday, March 6.

The MCCoA garage sale is celebrating a BIG anniversary this year, 40 years ago in 1985 the very first sale was held! One of our wonderful volunteers, Alice Gehle held the first MCCoA Garage sale at her home on Portland Street. Former Executive Director Pat Meikle says, "All the sale items were out in the driveway, it rained but we still made \$1,000." Seeing that the sale was a big success Pat wanted to make sure the sales would continue. She asked for some community support from the Rotary, Kiwanis and Dr's Wives by asking them to support the sale by allowing MCCoA to use their name to advertise upcoming sales. They were happy to help support such a good cause! Each month this year we will give a little more history about the sale and the people that worked to make it what it is today!

Good for Your Heart

Use the clues to fill in the crossword.



ACROSS

3. Hopes and _____
5. Sockeye, for one
8. Extra-virgin oil
9. Muffin fruit
11. Group to hang out with
14. Thankfulness
15. Soup legumes
17. Great happiness
18. Hit the gym
19. Bran benefit
21. Green fruit with large pit
22. It's known as the best medicine

DOWN

1. Sweet potatoes
2. Sandwich fish
4. Tightly packed canned fish
6. Reunion group
7. Four-footed friends
8. Citrus fruit
9. Grain in some soups
10. Almonds and pecans
12. Porridge
13. Rosemary and thyme
15. Affection
16. Green leafy veggie
20. Soy product

Dates of Interest

To register call 419-586-1644.

Craft Class



Join Lynne Miller on Monday, February 3 at 1:00 pm or 2:00 pm to create 2 beautiful greeting cards. Both classes

will make the same card so choose which time works best for you and let us know when you call to register. The cost of the class is only \$6.00 and everything you need to complete your cards is included! Space is limited so call and register today!

Art Class

Art class with Debby Gregory, Monday, Feb 24 at 2:00 pm. Join Debby for an acrylic class. Everything you need will be provided. Cost for the class is \$10.00 space is limited so sign up today.



Euchre for Fun



Join us for a fun afternoon of "Euchre For Fun"! Have you been thinking I would

love to go play cards, but it's been so long, or I have not ever played cards, but it looks like fun! This is your day! Come learn the rules and play for fun!! Monday, February 3 at 2:00 pm in building 3. Everyone is welcome, if you play cards every day or you haven't played in years come join in the fun!!!

Floral Class

Join Charlene Guingrich on Monday, February 10 to create a lovely Valentine's floral arrangement. The class will begin at 2:00pm and will be held in building 3. Cost is only \$10 with everything provided for the class. Space is limited, register today.



Get Help With Free Cell Phone Service!

Lifeline is a government program that provides free cell phone service for eligible customers.

Qualifications include participation in one of the following programs:

- Medicaid
- Supplemental Nutritional Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)

MCCOA



Contact us today to schedule an appointment to learn how you can sign up for free cell phone service and possibly receive a free phone! (419) 586-1644

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 pages 8 and 9 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

Once again, this year Community Health Professionals will be at MCCoA the first Wednesday of each month beginning at 1:00 pm to do toenail clipping. The cost for this service will be \$20 per person this year and will take place in Building 3 on a first come, first served basis.

Note the price change.



Crochet Club

Crochet club Monday, February 24 at 2:00 pm in building 3. We will continue to make things for spring so bring any ideas and patterns to share.



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 Talk

Alzheimer's talks will return again in April.

Weather Announcement

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





Winter Birds

This coloring page showcases vibrant winter birds, particularly cardinals, designed in a stunning stained glass style. As you color the cardinals, take a moment to reflect on their symbolism of hope and renewal. The striking colors will remind you that, just like these birds, beauty can thrive amidst the starkness of winter. The stained-glass style encourages meditative focus on each section, symbolizing the light that shines even in the most challenging seasons. Let your creativity flow as you bring these winter birds to life, embracing hope, renewal, and the quiet found in winter's stillness.

©ActivityConnection.com

Spotlight on Free Loan Program!

Did you know that the MCCoA has a program to provide seniors of Mercer County with the use of many types of durable medical equipment. It's called our free loan program.

There is no cost to you to take part in this program it is **FREE!**

Mercer County residents, over 60 years old, living in their own home are eligible to take part in this program. We offer a variety of items such as canes, walkers, rollators, wheelchairs, shower chairs, bedside commodes and toilet risers for your use. There are many times, these items are needed for only a short period of time, such as after surgery or during rehab. Stop in the office to check out our inventory and sign out the equipment that can assist you in your recovery. Items are loaned for a 6-month period. If you need it longer, just call the office and renew the loan. Along with the free loan equipment we also have a great chore crew that can install grab bars to assist you in your home.



Chicago Cubs

Match the clues to the words associated with the Chicago Cubs.

- | | |
|--|--------------------|
| 1. Chicago's nickname _____ | A. Cubbies |
| 2. Beloved Cubs announcer _____ | B. Fly the W |
| 3. 2016 World Series venue _____ | C. Ernie Banks |
| 4. 1930s Hall of Fame pitcher _____ | D. Windy City |
| 5. 2019 Gold Glove winner; Anthony _____ | E. Wrigley Field |
| 6. Drought-breaking Cubs manager _____ | F. Schwarber |
| 7. Put the "Win" flag up _____ | G. Sosa |
| 8. Slammin' Sammy _____ | H. curse |
| 9. Oldest baseball organization _____ | I. Bleacher Bums |
| 10. Diehard Cubs fans _____ | J. Harry Caray |
| 11. What grows on the outfield walls _____ | K. National League |
| 12. Chicago Cubs owners _____ | L. Wrigleyville |
| 13. Chicago Cubs nickname _____ | M. Dizzy Dean |
| 14. Single-season RBI record holder _____ | N. Maddon |
| 15. Put a hex on _____ | O. Hack Wilson |
| 16. Neighborhood that surrounds the ballpark _____ | P. Rizzo |
| 17. 2016 World Series designated hitter _____ | Q. Ricketts family |
| 18. Mr. Cub _____ | R. ivy |



MCCOA February '25

Mercer County Council on Aging

217 Riley Street
Celina, Ohio 45822

419-586-1644

Sunday	Monday	Tuesday	Wednesday
<p><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</p>			
<p>2</p> <p>6:30 - Cards*</p> 	<p>3</p> <p>10:00 - Chair Yoga*</p> <p>1:00 - Craft Class - Greeting Cards*</p> <p>2:00 - Craft Class - Greeting Cards*</p> <p><u>2:00 - Cards for Fun</u></p>	<p>4</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p>12:00 - 4:00 Donations (bldg 6)</p> <p>12:30 - Ladies Cards*</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p>5</p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Toenail Clipping -</u> <u>Note: Price increase to</u> <u>\$20.00*</u></p>
<p>9</p> <p>6:30 - Cards*</p>	<p>10</p> <p>10:00 - Chair Yoga*</p> <p>1:00 - Bingo provided by Celina Circle of Care</p> <p><u>2:00 - Floral Class - Valentine Floral Arrangement*</u></p>	<p>11</p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p>12:00 - 4:00 Donations (bldg 6)</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p>12</p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p> <p><u>3:00 - Alzheimer Support Group</u></p>
<p>16</p> <p>6:30 - Cards*</p>	<p>17</p>  <p>OFFICES CLOSED PRESIDENTS DAY</p>	<p>18</p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p>12:00 - 4:00 Donations (bldg 6)</p> <p>12:30 - Ladies Cards*</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p>19</p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p>
<p>23</p> <p>6:30 - Cards*</p>	<p>24</p> <p>10:00 - Chair Yoga*</p> <p>2:00 - Art Class - Acrylic Painting*</p> <p><u>2:00 - Crochet Club - Spring Themed Items</u></p>	<p>25</p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class with Kathy*</p> <p>11:30 - Lunch*</p> <p>12:00 - 4:00 Donations (bldg 6)</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p>26</p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p> <p>3:45 - Office Closed - Staff Meeting</p>

MCCA February '25

Mercer County Council on Aging

217 Riley Street
Celina, Ohio 45822

419-586-1644

Thursday	Friday	Saturday	March look ahead
		1	3 L&L Mental Health First Aid (MHFA) 10 MHFA Class - Part 1 17 MHFA Class - Part 2 10 Garage Sale set up begins 20- 23 Garage Sale 24 Garage Sale Clean Up 31 craft day More information next month.
6 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*	7 12:30 - Cards*	8	Bus Trips in 2025 February 6 Ghost/LaComedia 27 Jersey Boys/LaComedia March 20-21 Firekeepers/Shipshewana April 9 Mrs Wicks/RESPECT 12 Amy Grant 24 Into the Woods/LaComedia 28-May 1 Noah/Lancaster PA May 6 Ned & Nancy/Shipshewana 6-7 Ned & Nancy/Four Winds 18 A Beautiful Noise 28 TINA/Embassy Theater June 2-6 Mackinac Island/Thunder Bay 19 Reds Game/Cincinnati 23-24 All American Tour July 17 Hamilton/Columbus 28-31 Noah/Lancaster PA August 29 The Play that Goes Wrong/ LaComedia September 4 Snooty Fox 8-17 California Wonders October 10 Legally Blonde/LaComedia 14-17 West Virginia Trains 23-24 Four Winds/Fannie's Biscuits 24 Miss Fannie's Biscuits November 9-12 Smokey Mountain/Dollywood December TBA
13 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30 - Board Mtg</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	14 12:30 - Cards* 	15	
20 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*	21 12:30 - Cards*	22 9:00 - 1:00 Donations (bldg 6)	
27 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	28 12:30 - Cards*		



SPECIAL TRIP UPDATE: We have added a trip with a quick turn around time frame: **An Evening with Amy Grant** – Amy Grant’s career spans more than 40 years and stretches from her roots in gospel to becoming an iconic pop star, songwriter and television personality. With multi-platinum, platinum and gold albums, her total career album sales have exceeded 30 million! Grant’s success has resulted in numerous pop, contemporary and Christian hits, multiple GRAMMY® Awards and GMA Dove Awards. She has a star on the Hollywood Walk of Fame, the Music City Walk of Fame and has been inducted into the Nashville Songwriters Hall of Fame.

Lunch & Learn

Join Donna Dickman for our very first Lunch and Learn of 2025 on Monday, March 3!! Donna will be talking about the importance of mental health and how to assist and support adults who may be experiencing a challenge. She will also be sharing information about the Mental Health First aid class that will be offered here at the center on Monday, March 10 & 17. She will be talking Lunch will be served at 11:30 am with the presentation beginning at 12:00 pm. Everyone is invited for the presentation portion, but only the first 25 people to register will be able to join us for lunch. Call and register today.

A Mental Health First Aid Class will be offered on Monday March 10th & 17th.



MENTAL HEALTH FIRST AID FOR OLDER ADULTS

A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council for Mental Wellbeing and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”

— **Ruth Kaluski,**
Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey

WHY MENTAL HEALTH FIRST AID?

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.

Mercer County Council on Aging
March 10th & 17th
10am – 2:30pm
Lunch will be provided!

Call 419-586-1644 to register today!

the original research for the disclosed statistic is linked

Trip Updates!



Updates on Current Trips

February 6 - Ghost at LaComedia – have a few seats left – may still be able to get you on if you call now!

September 8-17 – California Wonders including Yosemite, Sequoia & Lake Tahoe – **LIMITED SEATS NOW AVAILABLE!** – call now to reserve your seat for this wonderful fly /bus trip!

November 9-12 – Smoky Mountain Christmas including Dollywood & Biltmore Estate – Taking 2 buses so we now have some seats available!

New Trips

April 12 – Amy Grant Performance - evening performance at Gas City IN - expect it to sell out fast!

June 19 – Reds Ballgame – you can choose between infield box seats in the shade or Sport club seats!

June 23-24 – All American Tour – Lee Greenwood Concert at Soaring Eagle Casino, Henry Ford Museum & Truck Plant Tour and Toledo Mudhens Baseball game

August 29 – The Play that Goes Wrong at LaComedia – award winning comedy

Sept 4 – Snooty Fox Shopping Trip – Upscale Consignment stores in Cincinnati

October 10 – Legally Blonde at LaComedia – based on popular movie

October 23-24 – Country Gold Performance, Four Winds Casino & The Rise and Fall of Miss Fannie's Biscuits Musical - New fall musical by Martha Bolton & Wanda Burnstetter at Bluegate in Shipshewana

October 24 – Lunch and The Rise and Fall of Miss Fannie's Biscuits Musical – new show at Shipshewana

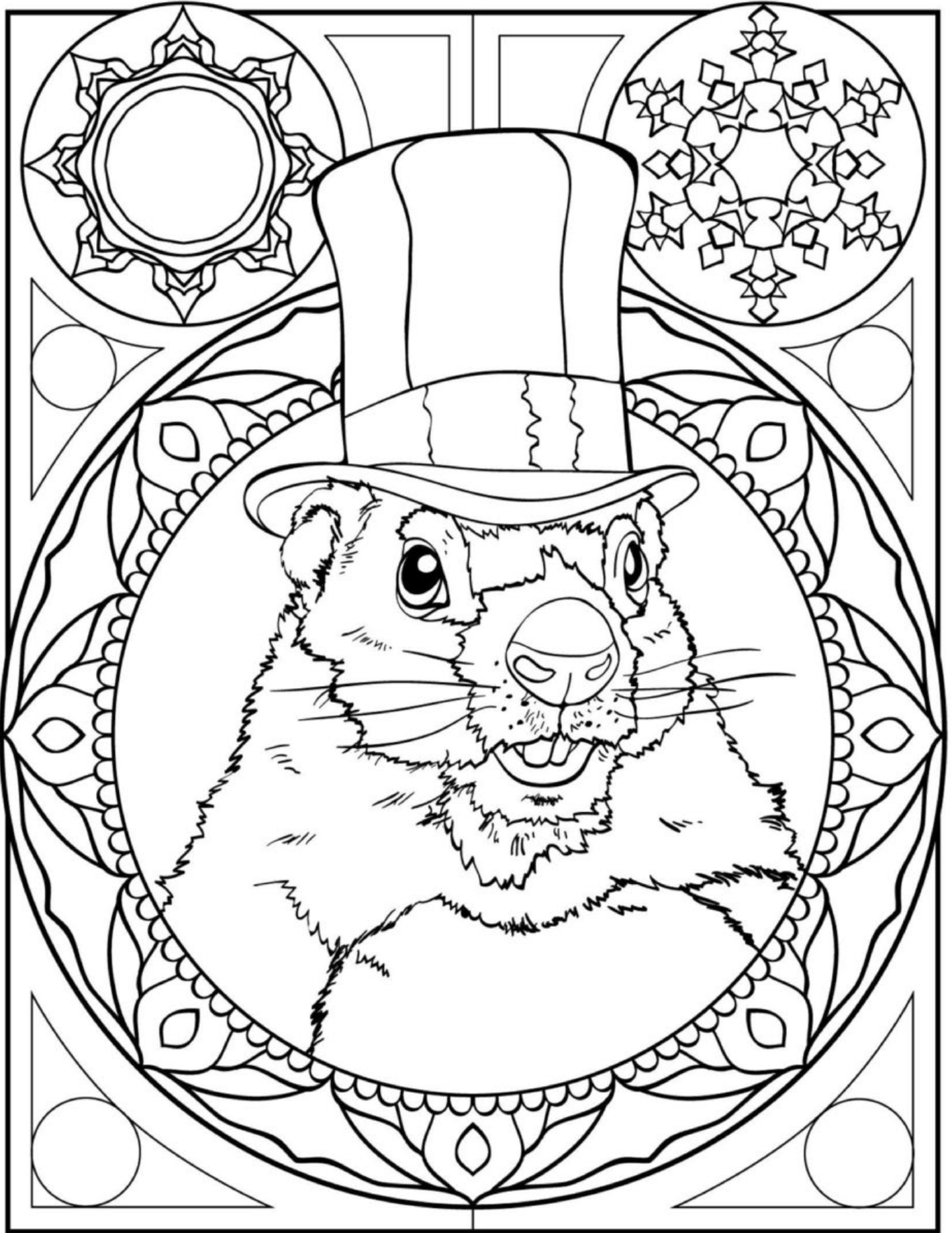
Lunch at the MCCoA

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



February 2025 Lunch Menu

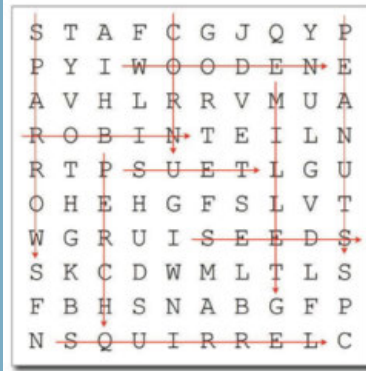
Tuesday	Wednesday	Thursday
4	5	6
Brat/Bun Creamy Cole Slaw Peanut Butter Cookie	Garden Vegetable Soup Crackers Grilled Ham & Cheese Chilled Peaches	Broccoli Cheese Soup Crackers Fall Cottage Cheese Fruit Plate Rice Krispy Bar
11	12	13
Sloppy Joe/Bun French Fries Scotcheroo	Hamburger/Bun Baked Beans Mandarin Oranges	Chicken Bacon Ranch Pizza Salad/Dressing Chilled Pineapple
18	19	20
Hot Dog/Bun Baked Beans Double Chocolate Chip	BBQ Bacon Cheeseburger Casserole Green Beans Black Cherry Ice Cream	Crunchy Chicken Wrap Potato Salad Chilled Mandarin Oranges
25	26	27
Mushroom Swiss Burger Potato Triangles Grapes	Bratwurst Mashed Potatoes/ Gravy Sauerkraut Snickerdoodle Cookie	Beef Stew Biscuit Ice Cream



Chicago Cubs

(solution)

1. D. Windy City
2. J. Harry Caray
3. E. Wrigley Field
4. M. Dizzy Dean
5. P. Rizzo
6. N. Maddon
7. B. Fly the W
8. G. Sosa
9. K. National League
10. I. Bleacher Bums
11. R. Ivy
12. Q. Ricketts family
13. A. Cubbies
14. O. Hack Wilson
15. H. curse
16. L. Wrigleyville
17. F. Schwarber
18. C. Ernie Banks

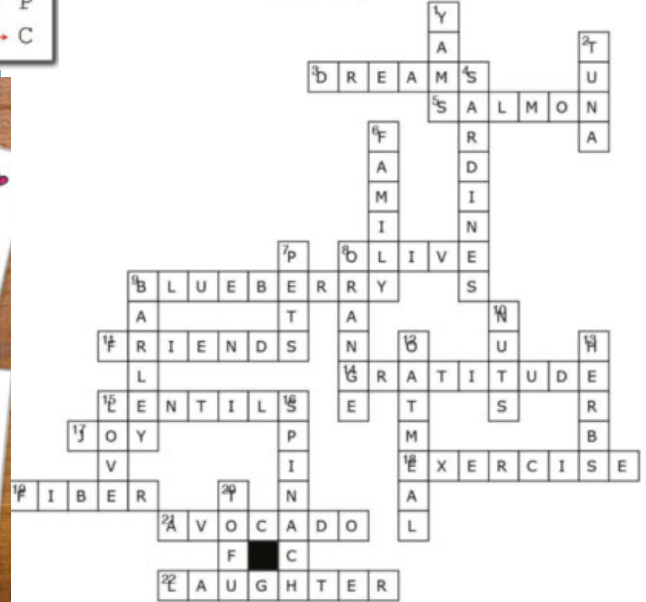


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is a non-profit organization serving the needs of residents aged 60 and over. We offer a variety of services and programs designed to assist our seniors in maintaining as much independence as possible.

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
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