



December 2018

CENTER HIGHLIGHTS

MERCER COUNTY COUNCIL ON AGING

TELEPHONE: 419-586-1644

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

Director's Desk

Have you ever noticed how Christmas is a much different holiday for adults than it is for children? I fondly remember the Christmas mornings when my cousins, siblings and I would wake before the crack of dawn and try to wait patiently as the adults unburdened themselves from slumber, so that we could see what Santa brought us. I loved Christmas Eve because the children at the church were responsible to carry pieces to the crèche scene during verses of favorite hymns. I will never forget when I was finally old enough to carry Mary to her place in the hay. As an adult, Christmas holds a certain level of stress that I find quite disturbing. Am I getting the right gifts and for the right people? Do I have enough time to attend all of the various parties and events? Is my house clean for company? Do we have enough staff to cover the office? I'm simply exhausted thinking about it. But if I allow myself to take the time to stop being an adult about Christmas and start being a child about Christmas, I can find the joy again. I love watching the cats play under the Christmas tree. I am excited that I get to wake up on Christmas morning (late not early) with Mr. Green by my side. I find incredible delight in sitting next to my father on Christmas Eve and listening to him sing the bass in Joy to the World (we kids actually fight over who gets to sit next to him in the pew and we are all in our 40's and 50's). MCCoA also puts the joy in Christmas. We will host our annual Christmas Carry-In on December 10 and, like last year, I believe that Santa and one of his elves will make a special appearance. We will also take a tour of the Christmas lights in Celina on December 18. We had such a great time last year! And if you need to destress, come to chair yoga. The lights are dim, the movements include light stretching and there is time at the end to just release all of the clutter from your mind. Christmas really is a joyful time for young and older and I wish you and yours a very Merry Christmas and a happy New Year!

Sharon M. Green

If you are interested in receiving your newsletter electronically give us your email address in the office or call us at 419-586-1644.

**Our offices will be closed
December 24, 25, & 26
for Christmas
and
December 31
for New Years**

Find us on the web at
www.mccoa.net



Find us on:
facebook®





Christmas Carry-In!!!!

Monday, December 3 will be the last day to purchase tickets for the Christmas Carry-In!!! The Carry-In will be held Monday, December 10 at noon. Tickets are only \$1.00!! Chicken, potatoes and drinks are provided. Please bring a dish to share and your



own table service. We will be entertained by Off Stage Productions theater group. They will be performing Ou-Oh, Here Comes Christmas. This is sure to be a really fun afternoon so make plans to join us. Stop in the office or call 419-586-1644 to get your tickets.

New Years Eve Party

Plan to celebrate the New Year with us, Monday, December 31. Bring a dish to share and your favorite game! We will eat at 5 pm and play games afterwards. Need a ride? Call 419-586-1644 to schedule transportation.



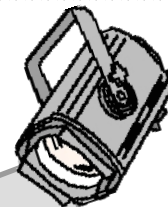
Garage Sale Donations

It is the time of year when our Transportation vehicles need to stay in garages for protection from the weather. This greatly limits the amount of space for donated furniture. No furniture will be accepted without preapproval. Estates will only be accepted until we are full.

Normal donations will be accepted on Tuesdays and Thursdays from 8:30 am to 4 pm. Daily donations for our next garage sale will be from February 9 to 16, 2019. Furniture will be accepted beginning February 5, 2019.

Spotlight on the Jigsaw Puzzle Table!!!

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?" The little silver haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread out on the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh.... "Let's put all the Corn Flakes back in the box."



Christmas Lights & Cookies

Want to go see the Christmas lights around Celina? We will be taking a bus tour to see all the beautiful decorations. Then we will head back to the center for some hot chocolate and cookies. Join us Tuesday, December 18 from 6 to 8 pm as we celebrate the season. Seating is limited so call and reserve your seat today, 419-586-1644. If you need transportation to and from the center, let us know when you call.



Calling all ladies that like to have fun!!! Thursday, December 20, the Red Hat group will get together at 11:30. We will be celebrating Christmas!!!!

MARK YOUR CALENDARS!!



January 1 - Offices Closed - New Year's Day
January 14 - Craft Class - Wooden Snowman
January 17 - All Day Quilt Group
January 21 - Label Newsletter
January 24 - Texas Hold 'Em*

More details to come...

Informational Presentations/Support Groups

The Council on Aging hosts several **informational presentations/support groups**. We encourage you to come and bring friends and families. See the schedule below:

Wednesday, December 5, 11 am - Linda Pollitz from the Alzheimer's Association will be with us during lunch to present Dementia and Alzheimer's the 10 Warning Signs: Early Detection Matters! You don't have to join us for lunch to attend this program but if you would like to have lunch (\$3 donation) with us call to reserve lunch by Noon, Tuesday, December 4.

Wednesday, December 5, 1 pm to 3 pm - Chat with Linda on the first Wednesday of each month. Linda Pollitz, program manager for the Northwest Ohio Chapter of the Alzheimer's Association, will be available to speak one-to-one with family members, friends and loved ones about specific questions and concerns about Alzheimer's and dementia related diseases. If you would like to schedule an appointment, please call 419-586-1644.

Thursday, December 6, 11:30 am - Amy Carles from the Office of the Ohio Consumers' Council will present: **Are You a Holiday Energy Saver?** How much do you really know about energy efficiency and keeping energy bills low during the holiday season? Test your knowledge during this fun and interactive presentation while learning fun facts and ways to reduce energy usage. You may be surprised to learn what the true energy users in your home are and discover ways to lower your utility bills!

Tuesday, December 11, 6:30 pm - Alzheimer's Support Group. This group is for family, caregivers or friends of those diagnosed with Alzheimer's Disease. The support group is a safe place to ask questions, talk about challenges and learn more about this disease. Feel free to bring loved ones with Alzheimer's, but please let us know in advance so we can have Community Health Professionals provide activities. This group meets from 6:30 pm to 7:30 pm on the second Tuesday of each month. For additional information, please contact Sharon or Amy at 419-586-1644.

2018
Oh What a Year!!!!





Join us on Monday, January 14 at 12:00 pm for a fun craft!!! We will be making wooden Snowman / Scarecrow decorations using paints, and other assorted craft supplies. Your imagination is the limit!! Class cost is only \$3.00, but space is limited so call today to register 419-586-1644.

MCCoA Staff would like to thank everyone for their support in helping to pass the Levy. We look forward to continuing to serve with grateful hearts.



Christmas time means extra shopping and it also means that there are people on the prowl. When using your credit cards in stores, make sure that you are shielding it from those behind you. Individuals are on the look out to capture credit card information using the camera on a phone.



2019 GARAGE SALE

February 28 - March 4
May 16 - May 20
July 25 - July 29
September 12 (One Day Only Back Lot)
November 7 - November 11

HOURS

THU..... 8:30 - 6:30
FRI..... 8:30 - 4:00
SAT..... 9:30 - 4:00
SUN..... 9:30 - 4:00
(\$3 Bag/Clothing - Other items 1/2 price)
MON..... 8:30 - 4:00
(\$1 for 2 Bags - All items included)
((Garages close at 2:00 pm on last day))



217 Riley Street
Celina, OH 45822
419-586-1644

BACK LOT SALE

Thursday, September 12, 8:30 - 6:30
4 Bay & 6 Bay Garages only
Includes...**Glassware**, Plastic Items,
Flowers, Pots, Pans, Pictures,
Furniture, Games, Puzzles, Toys,
Music, Movies, and much more.

DOES NOT INCLUDE CLOTHING

You can find us on the internet at:

www.mccoa.net

or on facebook at:

www.facebook.com/Mercer-County-Council-on-Aging-181021605283517/

Weather Announcements on WKFI,
WCSM Radio and WLIO-Lima TV & at
www.facebook.com/pages/Mercer-County-Council-on-Aging/18102160583517

Winterland

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



BLIZZARD

BOOTS

CHILLY

COLD

FROST

FROZEN

GLOVES

HAT

ICE SKATE

ICICLE

MITTENS

SCARF

SHOVEL

SLED

SNOWBALL


SNOWMAN

WHITE

WINTER

S	Z	I	R	Q	L	I	D	A	Z	O	B	N	U	X
A	T	P	K	E	B	C	U	V	P	L	G	A	I	A
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December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 6:30 - Cards*	3 2:00 - Sunshine Singers Practice Last day Tickets Available for Christmas Carry In	4 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	5 10:00 Neighborhood Nurse BP & Glucose Testing 11:30 - Linda Pollitz - 10 Warning Signs of Alzheimer's 12:30 - Bingo* <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	6 11:30 - Amy Carles - Holiday Energy Saver Talk 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	7 12:30 - Cards*	8
9 6:30 - Cards*	10 12:00 - Christmas Carry In	11 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group	12 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u>	13 <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	14 12:30 - Cards*	15
16 6:30 - Cards*	17 10:00 - Label Newsletter 3:00 - Sunshine Singers Practice	18 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:00 - Christmas Lights & Cocoa	19 12:30 - Bingo*	20 <u>8:00 - All Day Quilt Group</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	21 12:30 - Cards*	22
23 6:30 - Cards*	24 CHRISTMAS EVE OFFICES CLOSED	25 CHRISTMAS DAY  OFFICES CLOSED	26 CHRISTMAS OFFICES CLOSED	27 <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	28 12:30 - Cards*	29
30 6:30 - Cards*	31 NEW YEAR'S EVE OFFICE CLOSING at Noon 5:00 - New Years Eve Party					

Lunch is served at 11 am
\$3.00 donation

Please RSVP at least 24
hours in advance:
419-586-1644

Thursday Dinner - served at 5:30 pm
\$5.00 donation

December 2018

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Wisconsin Cheese Soup Saltine Crackers Hot Ham Slider Mandarin Oranges</p>	<p>4</p> <p>Cabbage Rolls Tomato Sauce Mashed Potatoes Butterscotch Pudding</p>	<p>5</p> <p>Pork Fritter Sandwich Tator Tots Chilled Pineapple</p>	<p>Lunch 6</p> <p>Chicken & Dumplings Mixed Vegetables Buttermilk Biscuit Chilled Apricots</p>	<p>Dinner 6</p> <p><i>Baked Pork Chop Scalloped Potatoes Green Beans Cupcake</i></p> <p>Beef Manhattan Mashed Potatoes Buckeye Brownie</p>
<p>10</p> <p>Christmas Carry In</p>	<p>11</p> <p>California Blend Soup Fish Brd/Bun Saltine Crackers Oatmeal Raisin Cookie</p>	<p>12</p> <p>Pizza Casserole Tossed Salad/Dressing Ice Cream</p>	<p>Lunch 13</p> <p>Hot Dog/Bun Baked Beans Chilled Pears</p>	<p>Dinner 13</p> <p><i>Glazed Ham Scalloped Potatoes Vegetables Carrot Cake</i></p> <p>Lasagna Soup Saltine Crackers Sausage Slider Dessert</p>
<p>17</p> <p>Ham Sandwich Potato Triangles Chilled Peaches</p>	<p>18</p> <p>Loaded Potato Soup Grilled Cheese Pickle Spear Chilled Apricots</p>	<p>19</p> <p>Bratwurst Mashed Potatoes Sauerkraut Dessert</p>	<p>Lunch 20</p> <p>Beef Stew Buttermilk Biscuit Fruit Trio</p>	<p>Dinner 20</p> <p><i>Sweet & Sour Chicken Fluffy Rice Far East Blend Mandarin Oranges</i></p> <p>Spaghetti/ Meatballs Salad/Dressing Bread Stick Pudding</p>
<p>24</p> <p>Holiday No Meal</p>	<p>25</p> <p>Holiday No Meal</p>	<p>26</p> <p>Holiday No Meal</p>	<p>Lunch 27</p> <p>Beef Marzetti Green Beans Garlic Bread Peanut Butter Tart</p>	<p>Dinner 27</p> <p><i>Garlic Herb Chicken Rice Pilaf Zucchini Parmesan Pineapple</i></p> <p>Tomato Soup Saltine Crackers Grilled Cheese Fruit Cocktail</p>
<p>31</p> <p>Holiday No Meal</p>				

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

Serving 2nd & 4th Tuesdays at noon
\$3.00 donation

Refer to
calendar above
for menu items.

December
11

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday
at noon - \$3.00 donation

Refer to
calendar above
for menu items.

Note: December 5
will be a
Holiday Meal.

THE GARDENS ST. HENRY, OHIO at St. Henry 419-678-9800

522 Western Avenue
St Henry, OH 45883
419-678-9800
Every Thursday

December 6

Creamy Swiss Chicken
Rice Pilaf
Carrots
Dinner Roll
Apple Orchard Bar

December 13

Baked Spaghetti
Green Beans
Tossed Salad
Garlic Bread
Cherry Pie

Meals are served at noon in the
community room. Please call
419-678-9800 at least 24 hours
in advance. Seating is
limited to 20.

December 20

Beer Battered Fish
Tater Tots
Creamy Cole Slaw
Cookie

December 27

Meatloaf
Scalloped Potatoes
Prince Charles Vegetable
Dinner Roll
Red Gelatin Cake

Return Service Requested

Place label here
December 2018

December 2018

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
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 let us know 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.