



May 2019

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

Here are some fun facts about May. May is the third and last month in the season of Spring (Summer, here we come!) It was once thought to be bad luck to get married in May. The Catholic Church has designated May as the month devoted to the Virgin Mary. And of course, it is the month in which we celebrate Mothers' Day. Did you also know that the last Wednesday of the Month is Senior Health and Fitness Day, and that the month is dedicated to Older Americans? Just so you know, EVERY month is dedicated to Older Americans at MCCoA! Although May is concentrated on getting the garage sale up and running, and there are no art or craft projects on the calendar, there are still plenty of things focused on keeping you engaged and healthy. If you haven't volunteered to help with the Garage Sale, I highly recommend it. There is quite a bit of comradery among the volunteers, so it is an opportunity for social engagement. Garage Sale volunteers also get lunch, so there is some nutrition involved (carrot cake does have vegetables in it!). And you are helping to support projects that are not funded by Levy dollars. If volunteerism isn't your thing, we still offer our congregate meals for a nutritious lunch (or dinner if you come on Thursday evening). There are plenty of activities for socialization such as cards and bingo. All of our health and wellness activities are still in place from blood pressure checks, to toe nail clipping to chair yoga to gym time. Our doors are always open to help you navigate Medicare or plug in to other resources in our community that could be of benefit. FYI – the last Wednesday of May is the 29th. I would love to see the gym full from 8:00 a.m to 3:30 p.m. that day. If you come, we will give those of you who work out a personal flashing reflector that you can use for your bike or when you are out walking. It will get you noticed and keep you safe. We'll also have some healthy snacks for you to enjoy. As an added bonus, I'll wear my sneakers and if the sun is shining, I invite you all to join me for a brief walk around the fairgrounds at 11:30 a.m. right after lunch and right before Bingo.

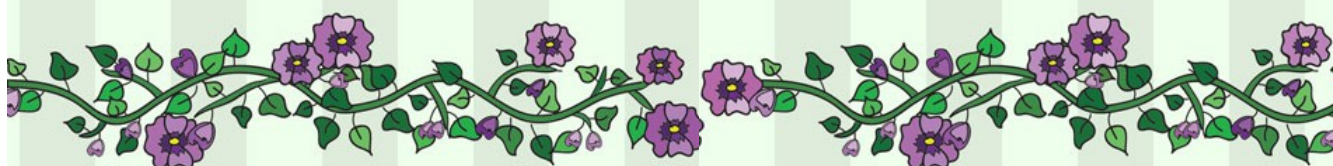
If you are interested in receiving your newsletter electronically, give us your email address in the office or call us at 419-586-1644.

**Our offices will be closed
Monday, May 27
for Memorial Day**

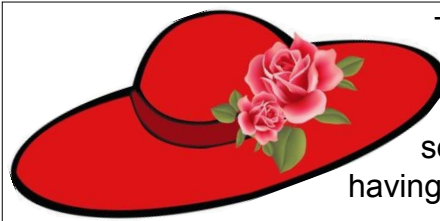
Find us on the web at
www.mccoa.net



Find us on:
facebook®



Next month... **Party on the Patio**
 Wednesday, June 12.
 The fun starts at Noon. Mark
 your calendar, you will not want
 to miss this one. Bring your
 family and grandchildren. It is
 sure to be a great day. The
 Renaissance is coming to
 MCCoA.



Thursday, May 30 - Join our
 Red Hat Party at 11:45.
 We will be playing games,
 socializing and, of course,
 having a yummy snack!

MARK YOUR CALENDARS!!

June 5 - Medicare 101 - MCCoA Annex

June 10 - Archery Class

June 11 - SNAP-Ed program - Part 1

June 12 - PARTY ON THE PATIO - RENFEST

June 12 - Drug take back day

June 17 - Label Newsletter

June 17 - Medicare 101 - Ft Recovery Library - Dave Painter/ODI

June 11 - SNAP-Ed program - Part 2

June 19 - Grandparents & Grandkids Fishing

June 20 - All Day Quilt Group in the Annex

June 20 - Country Fest

June 24 - Craft Class - Bird feeder and Pockets

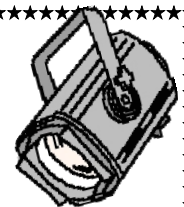
June 11 - SNAP-Ed program - Part 3

June 27 - Puzzle Tournament

June 27 - Texas Hold Em

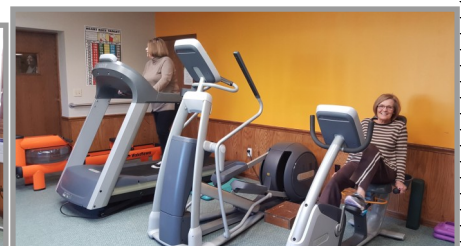
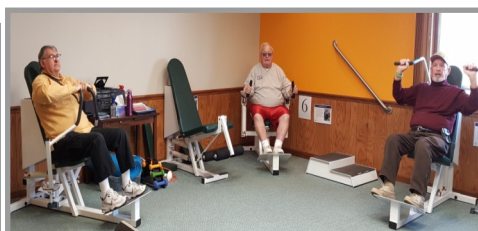
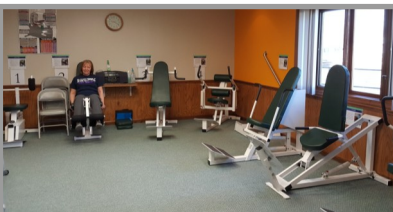
More details to come...

Spotlight on our Fitness Center!!!



Are you looking for a place to exercise? Have you considered the Fitness Room at the MCCoA?? It is free to residents of Mercer County over 60. Stop by today for a tour!!

Here are some ways regular exercise benefits your body and brain. **1. Makes You Feel Happier** - Exercising regularly can improve your mood and reduce feelings of anxiety and depression. **2. Helps With Weight Loss** - Exercise is crucial to supporting a fast metabolism and burning more calories per day. It also helps you maintain your muscle mass and weight loss. **3. Good for Muscles and Bones** - Physical activity helps you build muscles and strong bones. It may also help prevent osteoporosis. **4. Increases Energy Levels** - Engaging in regular physical activity can increase your energy levels. This is true even in people with persistent fatigue and those suffering from serious illnesses. **5. Reduces Risk of Chronic Disease** - Daily physical activity is essential to maintaining a healthy weight and reducing the risk of chronic disease. **6. Helps Skin Health** - Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of aging. **7. Helps Brain Health and Memory** - Regular exercise improves blood flow to the brain and helps brain health and memory. Among older adults, it can help protect mental function. **8. Helps With Relaxation and Sleep Quality** - Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training, can help you sleep better and feel more energized during the day. **9. Reduces Pain** - Exercise has favorable effects on the pain that's associated with various conditions. It can also increase pain tolerance.



SPRING CARRY IN 2019





Garage sale set up will begin on Tuesday, May 7. Like always we are looking for help with setting up all four buildings! If you have a little time to volunteer please stop in. We will be working on the main building, 2 bay garage and 4 bay garage all week. We will work on the 6 bay garage (the furniture garage) on Monday, May 13 beginning at 9:00am. A BIG THANK YOU to everyone in advance for all your help. There is no way we would ever be able to have such a huge sale without the help of so many great volunteers!

GARAGE SALE

Daily Donations Apr 29 to May 3 8:30 to 4
 Saturday Donations Apr 27 & May 4 9 to 1
 Set Up May 7 to May 15
 Clean Up May 21

We are always looking for garage sale assistance from taking donations, sorting and setting up to running checkouts during sale. Call Tash at 419-586-1644 if you would like to help. Remember we are always looking for volunteers to clean up after the sale ends!

Garage Sale Hours

Thursday	May 16	8:30	6:30
Friday	May 17	8:30	4:00
Saturday	May 18	9:30	4:00
Sunday	May 19	9:30	4:00
\$3.00/Bag - Clothing only. Other Items 1/2 price			
Monday	May 20	8:30	4:00
Bag Day \$1.00 each bag with a second bag FREE All items included.			

Note: Volunteers are available to accept donations every Tuesday and Thursday (except during set up & garage sale) from 8:30 to 4:00 in the 4 bay garage. As always we can use many hands during this donation time, please call Tash if you have any time you could help out!



Tap Dance

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

A CAPELLA	RHYTHM
BALL CHANGE	SHUFFLE
BRUSH	SLIDE
CHOREOGRAPHY	SOFT SHOE
FLAMENCO	SOUND
GRAPEVINE	STEP
HEEL	STOMP
JAZZ	STRIKE
MODERN	TAP
MUSIC	TOE
	TURN

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

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i><u>Italicized and underlined</u></i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p>			<p>1</p> <p>11:00 - WOCAP Presentation - Home Repair Program</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Chat with Linda Pollitz - Alzheimer's</u></p> <p>8:30 to 4 - Garage Sale Donations Accepted</p>	<p>2</p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p> <p>8:30 to 4 - Garage Sale Donations Accepted</p>	<p>3</p> <p>12:30 - Cards*</p> <p>8:30 to 4 - Garage Sale Donations Accepted</p>	<p>4</p> <p>9 to 1 - Garage Sale Donations Accepted</p>
<p>5</p> <p>6:30 - Cards*</p>	<p>6</p> <p><u>6:30 pm - Chair Yoga*</u></p>	<p>7</p> <p><u>12:30 - Bridge*</u></p> <p>Garage Sale Set Up</p>	<p>8</p> <p><u>12:45 - Line Dancing</u></p> <p><u>1:00 - Toe Nail Trimming*</u></p> <p>2:00 - Medicare 101 Coldwater Library - Dave Painter</p> <p>Garage Sale Set Up</p>	<p>9</p> <p><u>1:00 - Board Mtg</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p> <p>Garage Sale Set Up</p>	<p>10</p> <p><u>12:30 - Bridge*</u></p> <p>Garage Sale Set Up</p>	<p>11</p>
<p>12</p> <p><u>6:30 - Cards*</u></p>	<p>13</p> <p><u>6:30 pm - Chair Yoga*</u></p> <p>Garage Sale Set Up</p>	<p>14</p> <p><u>12:30 - Bridge*</u></p> <p>Garage Sale Set Up</p>	<p>15</p> <p><u>10:00 Neighborhood Nurse BP & Glucose Testing</u></p> <p><u>12:45 - Line Dancing</u></p> <p>Garage Sale Set Up</p>	<p>16</p> <p><u>1:30 - Chair Yoga*</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p> <p>8:30 to 6:30 GARAGE SALE</p>	<p>17</p> <p><u>12:30 - Bridge*</u></p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>18</p> <p>9:30 to 4:00 GARAGE SALE</p>
<p>19</p> <p><u>6:30 - Cards*</u></p> <p>9:30 to 4:00 GARAGE SALE</p>	<p>20</p> <p><u>10:00 - Label Newsletter</u></p> <p><u>6:30 pm - Chair Yoga*</u></p> <p>LAST DAY 8:30 to 4:00 GARAGE SALE</p>	<p>21</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p> <p>GARAGE SALE CLEAN UP</p>	<p>22</p> <p>12:30 - Bingo*</p> <p>6:00 - Medicare 101 Mendon Library</p>	<p>23</p> <p><u>12:30 - Texas Hold 'Em*</u></p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>24</p> <p><u>8:00 - All Day Quilt Group</u></p> <p>12:30 - Cards*</p>	<p>25</p>
<p>26</p> <p>6:30 - Cards*</p>	<p>27</p> <p>MEMORIAL DAY</p> <p>OFFICES CLOSED</p>	<p>28</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p>	<p>29</p> <p>11:00 - Laura Sanford - Drug Take Back presentation</p> <p>12:30 - Bingo*</p>	<p>30</p> <p>11:45 - Red Hat Party</p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>31</p> <p>12:30 - Cards*</p>	

Lunch is served at 11 am
\$3.00 donation

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

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

May 2019

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday		Friday
		1	Lunch 2	Dinner 2	3
		Ham Salad/Croissant Pasta Salad Mandarin Oranges	Fried Bologna Sandwich Potato Cubes Pears	Chicken Alfredo Garlic Bread Salad/Dressing Sweet Treat	Fish Sandwich Cole Slaw Fruited Gelatin
6	7	8	Lunch 9	Dinner 9	10
Philly Steak Sandwich Potato Wedges Fruit	Broccoli Cheese Soup Tuna Salad Sandwich Apricots	Beef Enchilada Casserole Corn Chips Ice Cream	Shredded Beef/Bun Potato Salad Chilled Fruit	Brats Baked Beans Cole Slaw Sweet Treat	Spaghetti/Meatballs Salad/Dressing Garlic Bread Pears
13	14	15	Lunch 16	Dinner 16	17
Sloppy Joe/Bun Potato Cubes Brownie	Grilled Cuban Sandwich Cole Slaw Mandarin Orange Fluff	Hamburger/Bun Baked Beans Fruit	Chicken Tender Salad Grapes	BBQ Pulled Pork Potato Salad Peas Dinner Roll Sweet Treat	Beef Manhattan Mashed Potatoes Fruit Cup
20	21	22	Lunch 23	Dinner 23	24
Fruited Chicken Salad Plate Crackers Mousse	Creamy Potato Soup Fried Bologna Sandwich Fruit	Homemade Pizza Salad/Dressing Peaches	Meatball Sandwich Steak Fries Rice Crispy Bar	Hamburger Home Fries Green Beans Sweet Treat	Fruit/Cottage Cheese Plate Muffin Cookie
27	28	29	Lunch 30	Dinner 30	31
MEMORIAL DAY OFFICES CLOSED	Cream of Tomato Soup Grilled Cheese Fruit Trio	BBQ Shredded Pork/ Bun Cheese Puff Cole Slaw Ice Cream	Minestrone Soup Sloppy Joe/Bun Fruit	Minute Steak Mashed Potatoes/Gravy Corn Dinner Roll Sweet Treat	BBQ Chicken Wings Loaded Potatoes Roll Fruit Cocktail

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
May
14
28

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.
Every
Wednesday

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

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

May 2

Country Fried Steak
White Pepper Gravy
Mashed Potatoes
Corn
Butterscotch Pudding

May 9

Baked Glazed Ham
Scalloped Potatoes
Green Peas
Wheat Bread
Peanut Butter Bar

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.

May 16

Chicken Rice Casserole
Broccoli
Dinner Roll
Chocolate Cream Pie

May 23

BBQ Chicken Breast
Garlic Mashed Potatoes
Asparagus
Peanut Butter Brownies

May 30

Goulash
Tossed Salad
Wheat Bread
Cookie Parfait

Return Service Requested

Place label here
May 2019

May 2019

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.