



Senior

Spark



DECEMBER 2024



THE COUNCIL ON AGING

Ashland County Council on Aging
240 East Third Street
Ashland, OH 44805
419-281-1477 or
1-800-246-1057
Visit our Web page at
www.ashcocoa.org

We are available to help you or your loved one 60 years and over living in Ashland County. We offer Meals, Transportation, Social Services, Information & Referral and Activities.
This includes help with Medicare, Social security, Hep, Golden Buckeye Cards and much, much more!
If we can help, please give us a call 419-281-1477

Executive Director
Sandy Enderby

Nutrition Manager:
Gina Thomas

Transportation Manager:
Alisha Sapyta

Social Services Director:
Nicole Coletta RN

Information/Referral Specialist
Crystal Baker

Activity Director:
Anita Good ADC



AGENCY CLOSING INFORMATION
Sometimes it is necessary to close due to inclement weather.
You can always check for the closings on Fox 8, Channel3 and Channel 39 (out of Mansfield.) and our Face Book Page

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A MESSAGE FROM SANDY



Hello Everyone~

At the Ashland County Council on Aging, we are grateful for the opportunity to serve our community. We look forward to making an even greater impact in 2025 by introducing new programs and services designed to meet your needs more effectively. Whether you have received meals, transportation, information and referrals, legal assistance, or participated in our activities, we want you to know that we are always here as a reliable resource for assistance.

During the holiday season, we are especially thankful for the support that has made our progress possible. On behalf of the staff at the Ashland County Council on Aging and our Board of Directors, I would like to extend our best wishes and express our gratitude for allowing us to help you and other seniors in Ashland County live comfortably, safely, and healthily in your homes.

Sincerely,
Sandy

Just a reminder our agency will be closed December 25th and January 1st in observance of the Christmas Holiday & New Year's Day. Wishing you a holiday season filled with magic and wonder that lasts throughout the coming year.

Merry Christmas & Happy New Year

Agency Happenings Highlights....

Exploring Care & Support Services

Monday , December 2th: Join us from 10am– 11am at the agency for our fifth and last in our series on how best to prepare for future care decisions and changes.

All is welcome but please RSVP to 419-281-1477



Winter Craft

Monday ,December 9th: Please join us for our December Craft with our very own Crystal. I am sure that it will be a festive delight..

20 spots are available, RSVP to Crystal or Anita by December 6th if you want to make a Christmas Jar . Must be present to enjoy this activity!!!

Winter Craft #2

Thursday ,December 12th: Please join us with our friends from Southern Care Hospice for the second craft for December. All is welcome to participate however sign up is required by December 10th.



Friendly Pet Visit

Tuesday, December 17th: Come and join us at 12:30 to get you furry fix when the Ashland County West Homes Veterinary Science Program students brings their four legged friends for a visit. All is welcome!

Agency Happenings Cont.....

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Cookie Decoration Day

Tuesday, December 17th:

Join us for this fun activity that you will be able to take home and enjoy some sweetness later in the day. **We do have availability for 25 clients, so please RSVP to Crystal or Anita if you would like to participate.**

Must be present to enjoy this activity

See you then!



Monthly Alzheimer's Caregiver Support Group

Wednesday, December 18: Join us at 1pm for our monthly meeting

All is welcome but please RSVP to 419-281-1477



Bingo #2 for December

Thursday, December 19th:

Come and join us for an extra Bingo being called this month, starting at 1pm by rep Amy from Lutheran Village of Ashland.

All is welcome to come and play.



Ugly Christmas Sweater Day & Hot Chocolate Bar



These two favorites always go together !! Come join us on **December 23rd** wearing your best ugly Christmas Sweater and enjoy a Hot Chocolate Bar, with plenty of marshmallows and extra goodies to share.

Can't wait to see you ALL!!!



Gingerbread House making



Monday, December 23rd:

Come join Anita at 1pm for your very own Gingerbread House Masterpiece.

All is welcome but RSVP by December 20th to save your spot

Holiday Lunch with Music

Tuesday, December 24th:

Please join us for our Annual Christmas Lunch. Call to RSVP your spot! Don't forget to dress in Festive **Red & Green attire** as we kick off the Holiday Weekend. Thanks in advance to Joe Linder for entertaining us while we enjoy each others company and have a terrific feast. Hope to see you!



Craft # 3 Bird Feeder



Thursday, December 26th:

Come join us here at the agency at 12:45 for a craft that any birdie would love to snack on.

Winter Ice Cream Bar

Monday, December 30th:

Who doesn't like ice-cream??? Come join us for a Winter Ice-cream Bar starting at 12:45. I am sure it will be a sprinkle social good time.





Mon	Tue	Wed	Thu	Fri
2. Ham Salad on a Mini Bun Cottage Cheese Apricots Baby Carrots Pudding	3. Barbecue Chicken Drumsticks Baked Beans Parsley Potatoes Mixed Fruit W Grain Roll	4. Fish Sandwich w/ Bun Macaroni & Cheese Corn Peaches	5. Chicken & Broccoli Rice Casserole Lima Beans Pineapple Tidbits W. Grain Roll	6. Hamburger Gravy Mashed Potatoes Normandy Blend Orange W. Wheat Bread
9. Potato Soup w/Crackers Green Beans Applesauce Corn Bread	10. Meatball Sub w/Mozzarella Cheese Macaroni Salad Cauliflower	11. Grilled Chicken Rice Carrots Tropical Fruit W. Wheat Bread	12. Cheese Omelet Stewed Tomatoes Country Apples W. Grain Muffin	13. Cabbage Rolls Mashed Potatoes Mixed Vegetables Pears W. Wheat Bread
16. Sloppy Joe w/Bun Potato Wedges Peas Tropical Fruit	17. Alfredo Chicken Tortellini Bake Zucchini & Squash Mandarin Oranges W. Grain Roll	18. Goulash Corn Brussel Sprouts Peaches W. Wheat Bread	19. Shredded Chicken on a Bun Spinach Succotash Mixed Fruit	20. Pizza Casserole Nantucket Blend Apple W. Grain Roll
23. Egg Salad on a Croissant Pickled Beets Fruit Cocktail Sun Chips	24. Ham Slice Cheesy Potatoes Green Beans Pineapple Tidbits W. Grain Roll Dessert	25. AGENCY CLOSED 	26. Chicken Pot Pie Over a Biscuit Mashed Potatoes Broccoli Applesauce	27. Tuna & Noodles Casserole Peas Corn Grapes W. Wheat Bread
30. Turkey & Cheddar on a Mini Bun Three Bean Salad Fresh Fruit Granola Bar	31. Bratwurst w/Bun & Sauerkraut Baby Bakers Carrots Mandarin Oranges			
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A BEEF HOTDOG . PLEASE GIVE 24 HOURS NO- TICE TO REQUEST A SUBSTITUTION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



Jolly Fun Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Fifth Series Exploring Care & Support Services</p>  <p>12:30 Snap Ed</p> 	<p>10-11 Fitness Fiesta</p> <p>1:00 Bingo with Kim from CenterWell</p> 	<p>10:30 Bible Study</p>  <p>1:00 Euchre for Fun</p> 	<p>10:00 Fitness Fiesta</p> <p>11:00 S.A.L.T</p> <p>12:00 Birthday Celebration</p>  <p>1:00 Open Play</p>	<p>11:00 Tai Chi with Krissy</p>  <p>12:45 Movie & Snack- <i>The Christmas Story</i> PG 1h34m 1983</p>
<p>9:30 Open Play</p> <p>1:00 Crafts with Crystal (sign up)</p> 	<p>10-11 Fitness Fiesta</p> <p>11:00 Wellness B/P Checks Nicole</p>  <p>1:00 Loudonville Bingo</p> <p>1:00 Open Play</p>	<p>10:30 Bible Study</p>  <p>1:00 Euchre for Fun</p> 	<p>10-11 Fitness Fiesta</p> <p>1:00 Crafts with Southern Care Hospice (sign up)</p> 	<p>9:30 Garbage</p> <p>12:45 Movie & Snack- <i>Holiday Inn</i> PG 1h34m 1942</p> 
<p>9:15 Newsletter Mailing Help Needed</p>  <p>11:30 Pen Pal Club</p> <p>1:00 Wii Bowling</p> 	<p>10-11 Fitness Fiesta</p> <p>12:30 Friendly Pets</p>  <p>1:45 Cookie Decorating (sign up)</p>	<p>10:30 Bible Study</p>  <p>1:00 Care Giver Support Group</p> 	<p>10-11 Fitness Fiesta</p> <p>1:00 Bingo with Amy Noel from LVA</p> 	<p>9:30 Phase 10</p> <p>12:45 Movie & Snack- <i>Miacle on 34th Street</i> PG 1h36m 1946</p> 
<p>9:30 Open Play</p>  <p>9:30-11:00 Hot Chocolate Bar & Ugly Sweater Day</p>  <p>1:00 Gingerbread House Making (sign up)</p>	<p>10-11 Fitness Fiesta</p> <p>12:00 Holiday Lunch</p> <p>1:00 Euchre Tournament</p> <p>Wear Red or Green for the Season</p>	<p>Agency Closed</p> 	<p>10-11 Fitness Fiesta</p> <p>12:45 Bird Feeder Craft (sign up)</p> 	<p>9:30 Uno/Uno Flip</p>  <p>12:45 Movie & Snack- <i>Harold and the Purple Crayon</i> PG 1h29m 2024</p>
<p>9:30 Phase 10</p>  <p>12:45 Winter Ice Cream Bar</p> 	<p>9:30 & 1:00 Open Play all day</p> 	<p style="text-align: center;">December 2024</p> <p style="text-align: center;">If you need transportation please allow 48 hour notice to Alisha in transportation NOT including weekends</p> 		

Christmas Word Search

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

ORNAMENT
 TREE
 SANTA
 REINDEER

ELF
 SNOWFLAKE
 COOKIE
 PRESENT

LIGHTS
 STOCKINGS
 MISTLETOE
 SLEIGH

TINSEL
 STAR
 ANGEL
 NATIVITY

December Showing



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December 18th

Senior Citizen Showings

1:30pm or 7pm

SENIOR CITIZEN CONCERT & CHRISTMAS LUNCHEON



An Annual Christmas Gathering

Friday, December 6, 2024

AHS Archer Auditorium

Doors open at 10:30 a.m., Program begins at 11 a.m.

AHS Cafeteria

Lunch begins at 12:15 p.m.

Lunch Menu:

Turkey served with Mashed Potatoes & Dressing, Steamed Green Beans, Dinner Roll & Pumpkin Dessert

Tickets will guarantee your reservation for this event & help us plan accordingly.

Free Tickets will be distributed by:

Ashland City Administration Office-1407 Claremont Ave

Council on Aging-240 E. 3rd Street

Please be sure to get your tickets in advance.

For more information: Call 419-289-4510 or 419-289-11177 ext. 2221

Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., December 6th starting about 10:00

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School field house, 421 Campus Ave., Loudonville. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.



LOUDONVILLE Mobile Food Pantry

Fri., December 20th starting about 10:00

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School field house, 421 Campus Ave., Loudonville. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.

Matthew 25 Mobile Food Pantry

Saturday November 28th from 10-1

The Mobile Food Pantry is located at Luray Lanes Parking Lot, 647 E. Main St.. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce



WINTER WORD SEARCH



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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

Ashland County Council on Aging

240 E. Third Street
Ashland, OH. 44805

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
ASHLAND, OH. 44805
PERMIT NO. 37



Or Current Resident:



2024 Board of Directors

Karen Alsop– President
Marcy Doyle– Vice President
Kristi Kirtland– Secretary
Ron Huiatt- Treasurer
Terrence Webb

David Hunter
Dean Pierce
Duane Fishpaw

Sponsored by Title III Grants under the Older Americans Act Administered through the Ohio Department of Aging and the Ohio District 5 Area Agency on Aging, 1-800-860-5799, with local funding through Ashland County Levy, Villages, Clubs, Organizations, Churches and Private Donations. Services are offered to all 60+ residents of Ashland County regardless of race, creed, color, national origin, sex, or handicap.