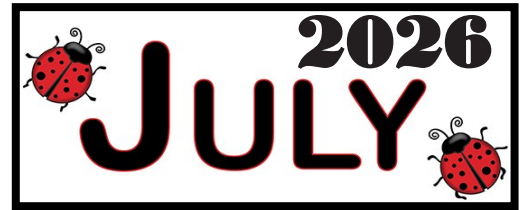




Mercer County Council on Aging



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

COW-A-BINGO at MVP Dairy



Free Tours! Free yogurt parfaits and coffee! Free Bingo! For the first 90 people to sign up for a COW-A-BINGO at MVP Dairy! Have you ever seen cows ride on a carousel? Here is your chance. Join us at MVP Dairy and Learning Center, 7124 US Route

33, Celina, Tuesday, July 28. MVP Dairy is a partnership between two 4th generation farming families, the McCarty Family of Kansas and the Van Tilburg Family of Ohio. MVP Dairy is home to 4,400 Holstein cows that are milked on a state-of-the-art 80 stall milking carousel. They are housed in six tunnel-ventilated free stall barns: furnished with sand bedding, misters, fans and even cow brushes to scratch their backs.

Our day will begin with an open-house style visit from 9:00-10:30 am. Shuttles for barn tours will be running every 30 minutes. You will be able to explore the Dairy Learning Center and see the cows being milked. The Dairy Learning Center at MVP Dairy is a 501c3 non-profit dedicated to providing valuable learning experiences for young agricultural professionals & our community through farm tours, internships & scholarships. The Learning Center has been open for about 7 years and has had more than 45,000 visitors of all ages and backgrounds. Free yogurt parfaits and coffee will be available until it is time for cow bingo at 10:30 am. See how much you learned during your tour while you play Cow-A-Bingo and win prizes! This is sure to be a fun day, call MCCoA to register 419-586-1644. A HUGE Thank You to MPV Dairy for inviting us to the farm and arranging such a fun filled day.



From the Director's Desk:

Hello Mercer County and friends of Mercer County,

July often brings thoughts of independence, which makes our mission at MCCoA especially close to our hearts: helping older adults live with dignity and as much independence as possible in the comfort of their own homes. We know that loneliness can be one of the greatest barriers to staying independent, which is why we offer many opportunities for connection and support. Life can bring other challenges, too, and our outreach team is here to help people find the services and resources they need. If you do not see what you are looking for, please reach out - we would be glad to help.

Did you know there are many meaningful ways to support our mission here at the MCCoA? Whether it's volunteering your time or sharing your skills, every contribution helps us continue serving older adults throughout Mercer County.



Financial donations are also deeply appreciated. As a community nonprofit, we operate on levy funds that don't grow at the same pace as inflation. While we understand that times can be tight for many, we also know there are individuals in our community who feel blessed and want to share those blessings in a way that makes a real difference.

However someone chooses to support us - through service, generosity, or simple encouragement - we are grateful for every helping hand.

Happy July,
Dawn

GARAGE SALE UPDATE



Donations Last Day	Thursday, July 2	8:30 to 12
Set Up	July 6 to 10	9:00 to 3
Sale Dates	See the chart on right	
Clean Up	Monday, July 20	9:00
Truck Pick Up	Tuesday, July 21	8:30

Garage Sale Dates / Hours			
Thursday	July 16	8:30	6:30
Friday	July 17	8:30	4:00
Saturday	July 18	8:30	4:00
All Items 1/2 price.			
Sunday	July 19	12:00	4:00
\$.50 a bag.			

It's time for our 3rd sale of the year!! The last day for donations will be Thursday, July 2. Set up will begin on Monday, July 6 and continue all week! The sale runs Thursday, July 16 to Sunday, July 19. Clean up will begin Monday, July 20 and the truck will be here to load up all the leftovers on Tuesday, July 21. If you would like to help with any aspect of the sale, set up, checkouts, clean up, load the trucks, reach out to Tash and she will be happy to get you involved, 567-890-4120.

NEW SUNDAY BAG DAY

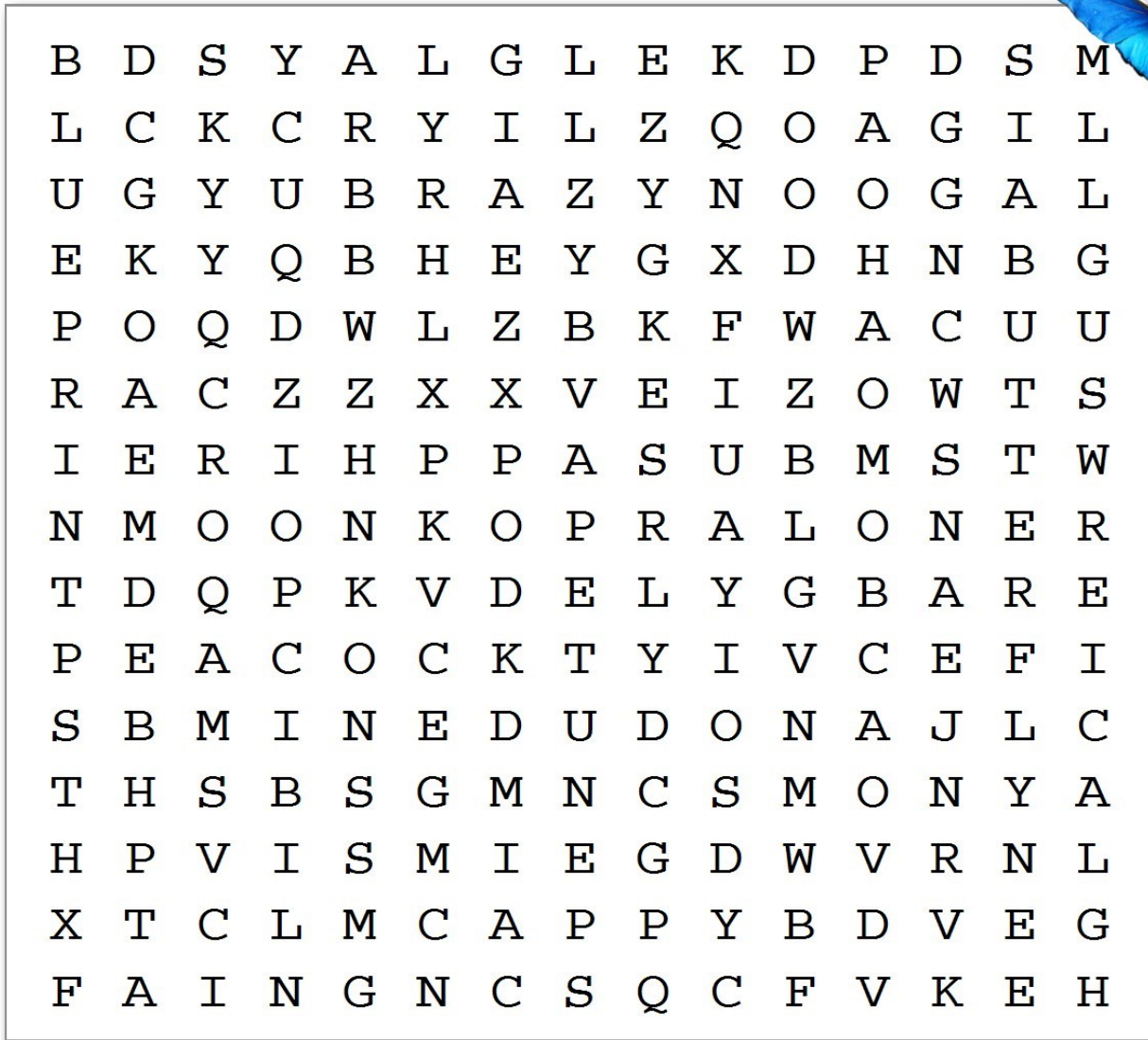
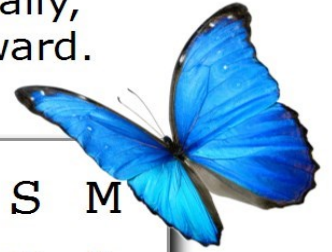
- **\$.50 A BAG**
- **PAY AT EACH BUILDING**
- **PAY ON WAY OUT**



PLEASE STOP AT THE CHECK OUT STATION ON YOUR WAY OUT OF EACH BUILDING AND OUR CLERKS WILL BE HAPPY TO CHECK OUT YOUR PURCHASES.

All Things Blue

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



- | | | |
|-----------|---------|----------|
| AZURE | GLACIER | NAVY |
| BLUEBERRY | HERON | OCEAN |
| BLUEPRINT | INDIGO | PEACOCK |
| BUTTERFLY | JEANS | SAPPHIRE |
| COBALT | LAGOON | SKY |
| DENIM | MOON | WHALE |

Dates of Interest

To register call 419-586-1644.

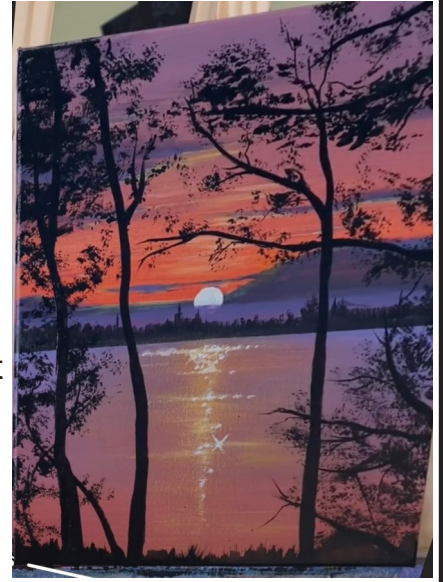
Craft Class - Light House

We will have a two-part class to make this adorable light house! Join us on Monday, July 27 at 1:00 pm and start your lighthouse by painting all the pieces. On Thursday, July 30 at 2:00 pm we will finish assembling them and you can take them home! Cost is \$10. Space is limited so call and register today.



Art with CC

Please join us in welcoming Corinne Craft as our new art instructor. Join CC and paint a beautiful acrylic sunset on Monday, July 13 at 1:00 pm. Cost is only \$12. Space is limited so call and sign up today.



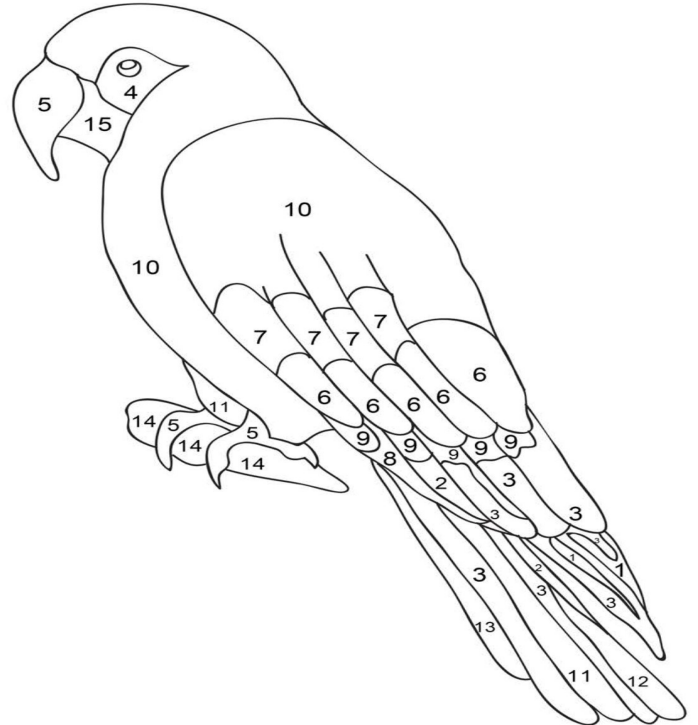
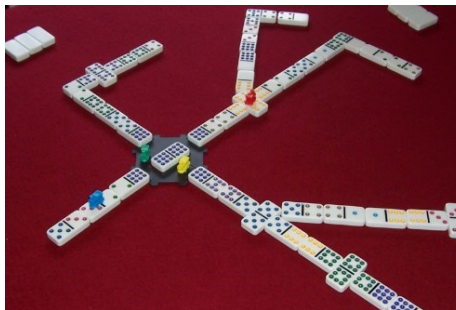
Thank you Debby

Thank you for the countless hours you have shared your skills with us!! Best wishes in your future plans!



Game Night DOMINOS!

Join Melanie for a fun evening of Dominoes on Tuesday, July 7 at 5:30 pm. The evening will begin with a meal of cream chicken sandwiches, chips, a salad and a cookie and then the fun begins! We will play Mexican Train Dominoes! Dominoes is an easy tile matching game where you try to play all your dominoes first. No matter if you have played before, we will go over the rules so everyone can play! Cost is \$5.00 call and register today!



1 = Turquoise 2 = Dark Green-Blue 3 = Purple-Blue 4 = Tan
5 = Medium Gray 6 = Yellow-Orange 7 = Orange 8 = Navy Blue
9 = Blue=Black 10 = Red-Orange 11= Rust 12 = Brown-Red
13 = Mauve 14 = Brown 15 = Dark Gray

Lunch & Learn

MCCoA
Mercer County Council on Aging

Kayla Wells, Health Education Coordinator with Area Agency on Aging 3, will be here Tuesday, July 14. Come and learn how to stay active, independent, and confident with Matter of Balance! This engaging

presentation will cover simple fall prevention strategies, ways to improve balance and strength, and how small changes can help reduce the risk of falls while maintaining independence. Lunch will begin at 11:30 am and only the first 25 people to register can join us for lunch. The presentation starts at 12 pm and everyone is invited to attend the presentation portion!

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Lunch & Learn

Chickasaw



Join Danielle Murphy, Consumer Educator - Consumer Protection with the Office of Ohio Attorney General Dave Yost, will be speaking on Consumer Scams on Thursday July 23. Lunch will begin at 11:30 am and only the first 25 people to register can join us for lunch. The presentation starts at 12 pm and everyone is invited to attend the presentation portion! *This event is not sponsored by the Ohio Attorney General's Office. The Ohio Attorney General's office does not specifically endorse or recommend Mercer County Council on Aging or any products or services affiliated with Mercer County Council on Aging; Meals are provided by MCCoA.*

Consumer Scams



July Lunch

Please join us for a congregate lunch on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$5 per meal.

Reservations and cancellations must be made by calling the MCCoA at 419-586-1644 prior to noon the day before. If you have ordered a meal and are unable to attend we need to be notified. Thank you.



	Tuesday	Wednesday	Thursday
		1	2
		Beef/Noodles Mashed Potatoes Corn Fruit	Cheesy Potato Soup Grilled Cheese Brownie
	7	8	9
	Cheeseburger French Fries Brownie	Taco Salad Tortilla Chips Fruit Cobber	Breaded Tenderloin Cheesy Potatoes Cookie
	14	15	16
	LUNCH & LEARN CELINA	Broccoli Cheese Soup Turkey Wrap Fruit	Pizza Tossed Salad Brownie
	21	22	23
	Swiss Steak Mashed Potatoes Green Beans Fruit Cobbler	Goulash/Garlic Bread Corn Cookie	LUNCH & LEARN CHICKASAW
	28	29	30
	Tuna Salad on Croissant Cucumber Salad Fruit Cobbler	Roast Beef Sandwich Mac n Cheese "July Birthday" Cake	Chef Salad Fruit Cookie

James Bond

Match the clues to the words associated with James Bond.

1. British intelligence agency _____
 2. Gadget master for Bond _____
 3. Bond's iconic car brand _____
 4. Spy working undercover _____
 5. MI6 secretary fond of Bond _____
 6. Card game Bond often plays in casinos _____
 7. Author who created James Bond _____
 8. Intelligence-gathering through covert means _____
 9. Bond's signature handgun _____
 10. How Bond prefers his martini _____
 11. Female character who partners with 007 _____
 12. Bond's boss at MI6 _____
 13. Suave and stylish _____
 14. Formal wear _____
 15. Combustibles _____
 16. Bond's famous code number _____
 17. Glamorous gambling setting _____
 18. Bond has one "to kill" _____
- A. Bond girl
 - B. Walther PPK
 - C. license
 - D. Aston Martin
 - E. explosives
 - F. MI6
 - G. Ian Fleming
 - H. secret agent
 - I. tuxedo
 - J. casino
 - K. baccarat
 - L. Q
 - M. shaken
 - N. 007
 - O. Moneypenny
 - P. debonair
 - Q. M
 - R. espionage



2026 Bus Trip Updates

If the trip is sold out, make sure you get on the waitlist!
More info in our trip flyer and on our website!



Ohio 250 Celebration – July 13-15 – Register now! -Visit historical sites in Ohio and enjoy 3 patriotic shows!

Bison and Johnny Cash Performance – July 17 – 2 Buses Sold Out! - Bison Ranch, meal & show.

American Sign Museum and Reds vs Guardians Ball Game – July 29 – Sold Out! - evening game.

Ohio State Fair – August 4 – limited seats - enjoy fair activities, free afternoon performance, dinner at Der Dutchman.

Gettysburg and Joshua at Sight & Sound Theater in Lancaster – August 17-20 – 2 Buses Sold Out – No Waitlist!

Visit the Flight 93 Memorial, relive Civil War history aboard the Northern Central Railway, visit to the Gettysburg National Military Park & museums, and go to Sight and Sound Theater's new show *JOSHUA."

Mystery Trip – August 27 – 2 Buses Sold Out! – leave 7:30 – 8:10 am – return about 5:50 - 6:30pm.

"Come from Away" at LaComedia – September 4 – taking 2 buses! - lunch & show – based on actual 9/11 events.

America 250 Celebration Including Philadelphia, Washington DC & More – September 11 – 18 – Filling Up! - Ft McHenry, Valley Forge, Liberty Bell, Sights of DC, President's Homes, First Thanksgiving Site, Hidden Bunker & more!

Zehnders Country Music Show, Soaring Eagle Casino & Patsy Cline Show or Firekeepers Casino – October 7-8 – taking names for possible 2nd bus! - Country shows & casinos!

Lunch and Love Comes Softly Performance in Shipshewana – October 23 – Limited seats! - Bluegate's new musical.

Gettysburg and Joshua at Sight & Sound Theater in Lancaster – October 27-30 – Sold Out! – Repeat of August trip.

Snooty Fox Shopping – November 5 – visit 5 Snooty Fox stores with snacks & refreshments.

Holly Jolly Christmas and Oglebay Festival of Lights – November 12-14 – taking names for possible 2nd bus - Reeve's Mansion, Warthers Carvings Festival of Trees, Dickens Village, Oglebay Festival of Lights 2 Shows & 6 meals.

Santa Claus the Musical and The Gift of Christmas at LaComedia – November 18 –taking names for possible 2nd bus! - Buffet lunch & matinee performance. Two joyous musicals for the price of one!

Holiday Shows & Casinos – December 2 -3 – Either have lunch and see Church Basement Ladies Holiday Show or go to Firekeepers casino - overnight at Soaring Eagle Casino – Lunch and 3 Men & A Tenor holiday show at Zehnders.

Lunch & "Christmas Rush" Musical in Shipshewana – December 11 – NEW Show! – Lunch & show.

Christmas at the Opryland Hotel with Vince Gill & Amy Grant – December 15-17 – 2 buses – Sold Out - Seats now available for same trip on December 16-18

Hawaiian Cruise – February 24 – March 7, 2027 - very limited space! – call now if interested!

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 page 9 for exceptions.

Bingo

Wednesdays at 12:30 pm.
Reusable cards and chips are \$1 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 2nd and 4th Thursday at 6:30 pm. Cost \$1 per person per session.

Chair Qi Gong

Mondays at 10:00 am. Chair Qi Gong is a slow, flowy, graceful energy practice that can lift spirits, aid mobility and flexibility, build strength, improve balance, and offer a social experience that is also personal and relaxing. The gentle movements are often based on nature themes and can offer everyone a chance to visualize something beautiful and slow down their busy life. Cost is \$3 per person.

Chair Yoga

Chair Yoga on Thursdays at 12:30 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 (FREE)

Tuesdays at 9:30 am join us for a video led exercise class that focuses on muscle strengthening and increasing range of movement for daily life activities.

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 **\$5 per meal**. Reservations are required by noon one day before. Space is limited.

Mahjong

The first and third Thursday of each month at 1:00 pm we play American Mahjong in building 3. Come join the fun. All are welcome, if you are new to the game or a seasoned player!

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.



ALZHEIMER'S ASSOCIATION

FREE Individual Care Consultation Appointments

Include caregiver education, stress management, planning, communication, finances, and safety issues. Call 614-442-2016.

FREE 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.

Poetry, Prose & Books

Our Poetry, Prose and Books club is going strong! Stop in on the 2nd Thursday of each month at 1:00 pm.

HEALTH EDUCATION OPPORTUNITY

A MATTER OF BALANCE

A FEAR OF FALLING WORKSHOP

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness making the risk of falling even greater.

A Matter of Balance is a program designed to reduce the fear of falling and increase activity in older adults.



Mercer Co COA
217 Riley St
Celina, OH 45822



Wednesdays
July 15—September 2
9:30—11:30

FREE TO ATTEND Pre-Registration Required!

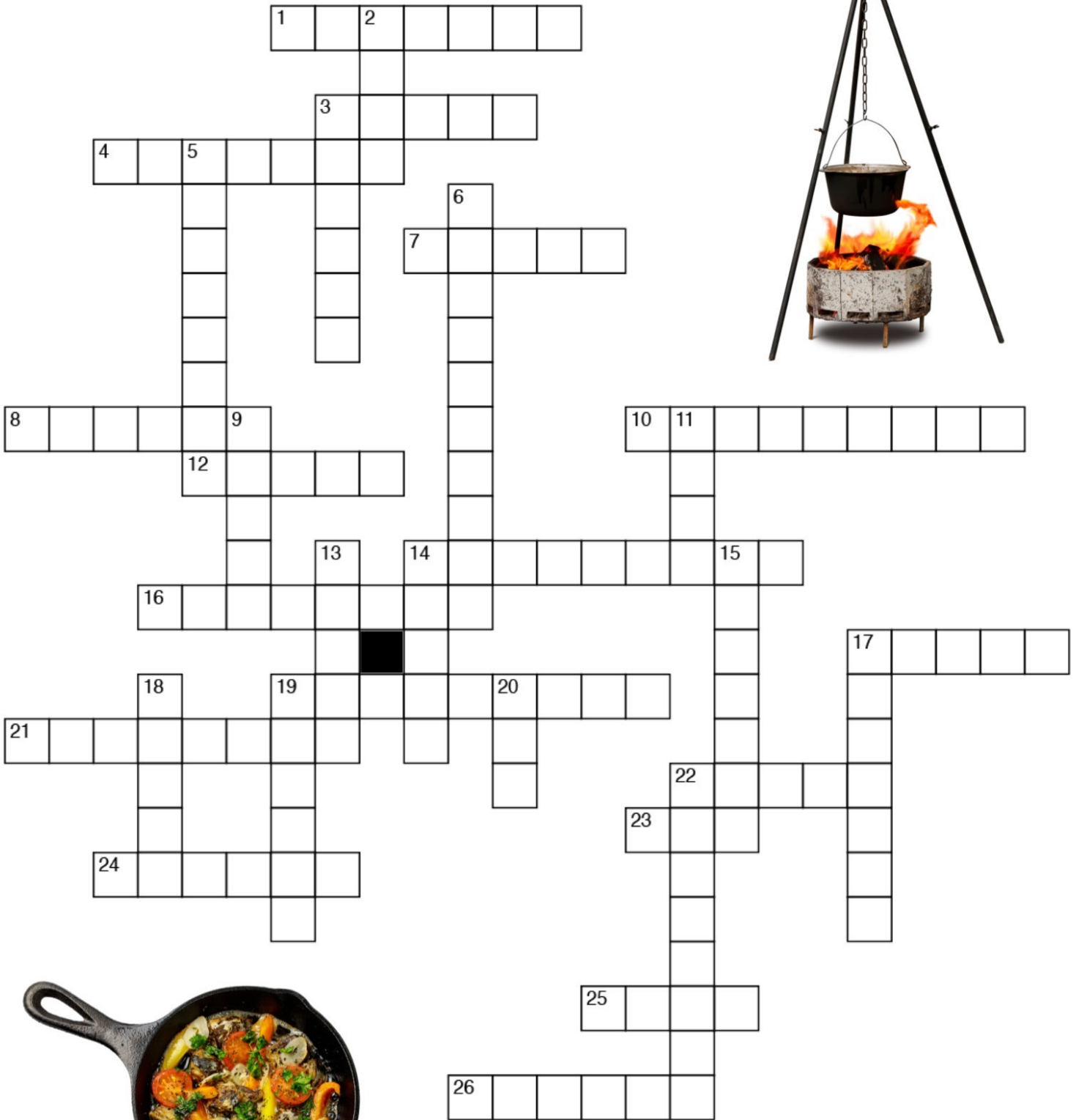
Register with Tash Schulze at 419-586-1644 or stop by the office to register



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i><u>Italicized and underlined</u></i> in Building 3. * = has a fee. () = off campus. (MSC) = Montezuma Spiritual Center</p>			<p>1 11:30 - Lunch* 12:30 - Bingo*</p>	<p>2 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) LAST DAY 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* <u>1:00 - Mahjong</u> 6:30 - Cards*</p>	<p>3 Office Closed 12:30 - Cards*</p>	<p>4 4TH JULY</p>
<p>5 6:30 - Cards*</p>	<p>6 Garage Sale Set Up 10:00 - Chair Qi Gong*</p>	<p>7 Garage Sale Set Up 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing 5:30 - Game Night - Dominoes*</p>	<p>8 Garage Sale Set Up 11:30 - Lunch* 12:30 - Bingo* <u>3:00 - Alzheimer Support Group</u></p>	<p>9 Garage Sale Set Up 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 1:00 - Poetry, Prose & Books 6:30 - Cards & Texas Hold 'Em*</p>	<p>10 Garage Sale Set Up 12:30 - Cards*</p>	<p>11</p>
<p>12 6:30 - Cards*</p>	<p>13 10:00 - Chair Qi Gong* 1:00 - Art Class - Acrylic Painting - Sunset*</p>	<p>14 9:00 - 11:30 Pickleball* (MSC) <u>9:30 - Fitness Video (FREE)</u> 11:30 - L&L - Matter of Balance Presentation <u>12:30 - Bridge*</u> 1:30 - Line Dancing</p>	<p>15 <u>9:30 - Matter of Balance Class</u> 11:30 - Lunch* 12:30 - Bingo*</p>	<p>16 GARAGE SALE 8:30 to 6:30 11:30 - Lunch* 12:30 - Chair Yoga* <u>1:00 - Mahjong</u> 6:30 - Cards*</p>	<p>17 GARAGE SALE 8:30 to 4:00 12:30 - Cards*</p>	<p>18 GARAGE SALE 8:30 to 4:00</p>
<p>19 GARAGE SALE 12:00 to 4:00 6:30 - Cards*</p>	<p>20 Garage Sale Clean Up 10:00 - Chair Qi Gong*</p>	<p>21 8:30 - Garage Sale Load Truck 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing</p>	<p>22 11:30 - Lunch* 12:30 - Bingo*</p>	<p>23 8:00 - 10:00 Coffee Time 10:00 - L&L Chickasaw - Consumer Scams <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*</p>	<p>24 12:30 - Cards* <u>1:00 - Crochet Club</u></p>	<p>25</p>
<p>26 6:30 - Cards*</p>	<p>27 10:00 - Chair Qi Gong* 1:00 - Craft - Light House - Part 1*</p>	<p>28 9:00 - COW-A-BINGO at MVP Dairy (see front page) 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing</p>	<p>29 11:30 - Lunch* 12:30 - Bingo*</p>	<p>30 8:00 - 10:00 Coffee Time 11:30 - Lunch* 12:30 - Chair Yoga* 2:00 - Craft - Light Houses - Part 2* 6:30 - Cards*</p>	<p>31 12:30 - Cards*</p>	

Campfire Cuisine

Use the clues to fill in the crossword.



Campfire Cuisine

(clues)

ACROSS

1. Wood sometimes used for smoky flavor
3. Metal rack placed over fire
4. Kernels eaten as a snack
7. Soup scoop
8. Cook slowly
10. Mixed-up eggs; over-easy alternative
12. Barbecue _____
14. German sausage
16. Breakfast stack

DOWN

2. _____ on the cob
3. Cracker used in s'mores
5. Spuds
6. Ground beef sandwiches
9. Instant noodle brand; Top _____
11. Burn slightly
13. Breakfast meat

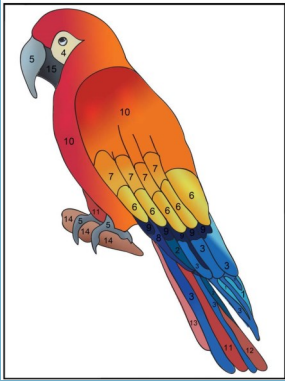
ACROSS

17. Spicy cook-off dish
19. Cornmeal dish often baked in a Dutch oven
21. Material often used for camp cookware
22. Skewered meat
23. Fire cooking hole
24. Stick used to roast food over flames
25. Used to wrap food for cooking in coals
26. Long cylindrical meat often roasted on a stick

DOWN

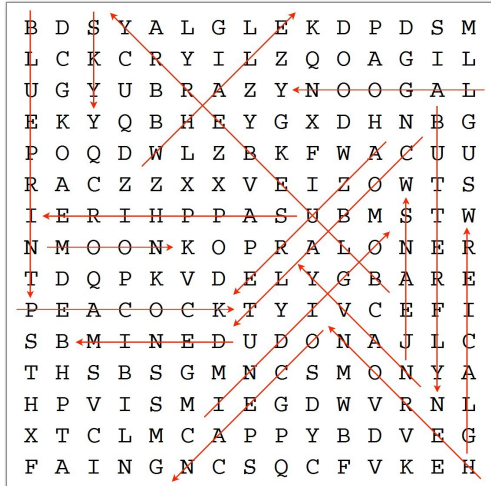
14. Classic campfire side dish
15. Pan used for frying over a campfire
17. Fruit dessert cooked in a Dutch oven
18. T-bone, for one
19. Java
20. Herbs and spices applied to the surface of meat
22. Small sticks used to start a fire





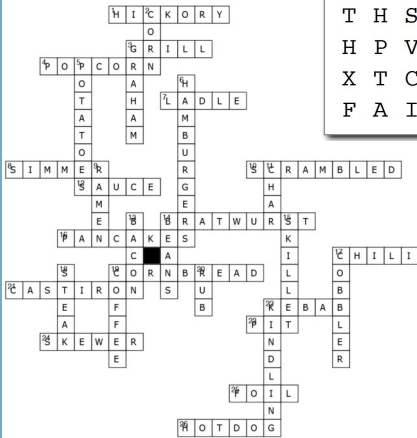
All Things Blue

(solution)



Campfire Cuisine

(solution)



SOLUTIONS

James Bond

1. F. MI6
2. L. Q
3. D. Aston Martin
4. H. secret agent
5. O. Moneypenny
6. K. baccarat
7. G. Ian Fleming
8. R. espionage
9. B. Walther PPK
10. M. shaken
11. A. Bond girl
12. Q. M
13. P. debonair
14. I. tuxedo
15. E. explosives
16. N. 007
17. J. casino
18. C. license



Ginny Bryan
Associate Broker/Realtor



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BEFORE AFTER



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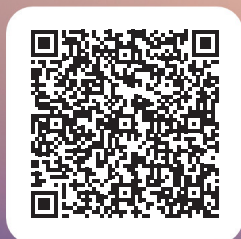


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217 Riley Street, Celina, Ohio 45822


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 217 Riley Street
Celina, Ohio 45822

 419-586-1644

 mcco@bright.net

 www.mcco.net

 Mon-Fri: 8 am-4:30 pm
Sat & Sun: Closed

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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

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.mcco.net



To reduce unnecessary postal costs, please inform us 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.**