



Senior

Spark



NOVEMBER 2025



ASHLAND COUNTY
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

Executive Director Sandy Enderby

Nutrition Manager:
Gina Thomas
Transportation Manger:
Alisha Sapyta
Social Service :
Nicole Coletta RN
Information/Referral Specialist:
Crystal Baker
Activity Director:
Anita Good



We are available to help you or a loved one 60 and over living in Ashland County. We offer Meals, Transportation, Legal, Social Services, Information, and Activities. (This includes help with Medicare, Social Security, Heap, Golden Buckeye Cards and more! If we can help; please call us at 419-281-1477.



AGENCY CLOSING INFORMATION

Sometimes it is necessary to close due to inclement weather. You can always check for closings on our Facebook Page, Fox8, Channel 3 and Channel 39 (out of Mansfield).

Sunday November 2, 2025



FALL BACK

SET YOUR CLOCKS BACK AN HOUR

DIET TIP:
YOUR PANTS WILL
NEVER BE TOO TIGHT
IF YOU DON'T WEAR ANY



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MESSAGE FROM SANDY



Hello Everyone~

As cold weather approaches, we want to help you stay safe, warm, and healthy through the colder months.

- Dress in layers** and wear hats, gloves, and warm socks when heading outside.
- Be cautious of icy sidewalks and driveways**—take your time, and use handrails when available.
- Keep your home cozy** but safe—check that heaters and space heaters are working properly and never leave them unattended.
- Have emergency contacts handy** and make sure someone checks in during storms or extremely cold weather.
- Eat well and stay hydrated**, even when it's chilly—your body still needs good nutrition and fluids.

We care about your well-being and want you to enjoy a safe and comfortable winter season.
Please don't hesitate to reach out.

419-281-1477

Stay warm, stay safe, and take good care of yourself.

Sandy



Please join us

Christmas Tree Mug Craft
November 10th

Contact Crystal or Anita to sign up as we will only have 20 spots available.

We would like to thank our sponsors
LSS Lutheran Village & Village Caregiving for making this possible.



Agency Happenings

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Fitness Fiesta—Exercise Class

If you are looking for a good hour of fun while exercising, Anita's Fiesta Class is it! . This class is currently held every Tuesday and Thursday in our Activity room. Start time is 10am.

Hope to see you then!



Bingo for November

Monday November 3rd, Thursday 6th & Thursday 13th :

Join us at 1pm here at the agency for a hour of Bingo fun. We are excited to have rep's from Pain Management Group, Crystal Care of Ashland & LSS Good Shepherd & Lutheran Village to be our guest callers for the month.



Please lets remember to be kind and respectful to our host and each other

Ashland County Library—Memory Lane



Monday November 17th

Join us at 1pm in our activity room for memory Lane in the kitchen with Holly for our local library. You will not want to miss this activity.

And as always— All are welcome.

Dessert Bar of Deliciousness

Tuesday November 18th:

If you have a Sweet Tooth and want a little extra sugar for the day, please join us for lunch and a side of deliciousness for our Dessert Bar Extravaganza .

All are welcome!!!!



Christmas Craft

Monday November 24th:

Please join us here at the agency at 12:45 for our Christmas Ornament Craft. You won't want to miss out on all the fun.

****Please RSVP by November 20th if you would want to participate.****
We have availability for 25 clients.

Wednesday November 26th

We will be hosting our annual early Thanksgiving Dinner Meal at Noon with all the fixings!! Please feel free to bring family or friends. If you decide to join us ,**please RSVP your count in your party by Wednesday November 19th. So we have plenty of time to prepare. Thank you!!!**



Thanksgiving Dinner

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November Menu

Mon	Tue	Wed	Thu	Fri
3. Chicken B.L.T. Salad w/Chicken, Lettuce, Bacon, Tomato, Shredded Cheese, Croutons Fresh Fruit W. Grain Muffin Low Sodium V-8 Juice	4. Meatball Sub w/ Turkey Meatballs Normandy Blend Lima Beans Pineapple Tidbits	5. Egg Bites w/Bacon, Peppers, Cheese, Hashbrowns Spinach W. Grain French Toast Bites Fresh Grapes	6. Scalloped Potatoes & Ham Nantucket Vegetable Blend Peaches W. Grain Roll Yogurt	7. Turkey Reuben Casserole Mashed Potatoes Prince Charles Vegetable Blend Mandarin Oranges
10. Santa Fe Salad, Seasoned Chicken, Fire Roasted Black Beans & Corn, Shredded Cheese, Onion Tortilla Strips Fresh Orange W. Grain Muffin	11. AGENCY CLOSED 	12. Fish Sandwich/Bun w/Cheese Slice Corn Green Beans Tropical Fruit	13. Chicken Noodle Soup w/Crackers Peas & Carrots Warm Applesauce W. Grain Roll String Cheese	14. Calzone Broccoli Florets Cauliflower Florets Fresh Pear W. Grain Roll
17. Deli Turkey On W. Wheat Bread Cottage Cheese Pineapple Chunks Baby Carrots Mandarin Oranges in Jello	18. Chicken Fettuccine Alfredo Zucchini Applesauce W. Grain Garlic Toast	19. Cheeseburger/Bun Baby Bakers Broccoli Florets Peaches	20. Pierogi's Polish Sausage Brussel Sprouts Mixed Fruit W. Wheat Bread	21. Chicken Drumsticks Sweet Potatoes Peas Fresh Apple W. Wheat Bread
24.. Chili w/Crackers Winter Blend Vegetables W. Grain Corn Bread Fresh Grapes	25. Lasagna Roll Ups Mixed Vegetables Tropical Fruit W. Grain Roll	26. Turkey w/Gravy Mashed Potatoes Stuffing Green Beans W. Wheat Bread Dessert	27. AGENCY CLOSED 	28. AGENCY CLOSED
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL			SUBSTITUTION OF THE MONTH IS A PIZZA BURGER. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.



November Activities

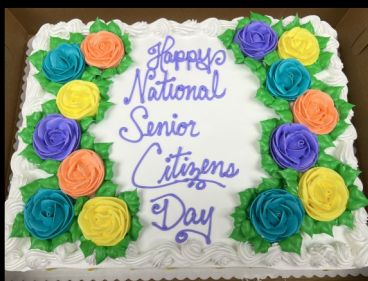
5

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Phase 10 ³  1:00 Bingo Lindsey with Pain Management Group 	10-11 Fitness Fiesta ⁴ 1p Open Play 	10:30 Bible Study ⁵  12:45 Euchre for Fun 	10:00 S.A.L.T ⁶ 12:00 Birthday Celebration 1:00 Bingo- Kelsey of Crystal Care Ashland 	11:00 Tai Chi with Krissy ⁷  12:45 Movie & Snack <i>The Encounter</i> 1h25m 2011
9:30 Garbage ¹⁰  10 Pen Pal Letters Due 12:45 Tin Can Chandelier Craft (sign up) 	Agency Closed ¹¹ 	10:30 Bible Study ¹²  12:45 Euchre for Fun 	10-11 Fitness Fiesta ¹³ 11:30 12:30 Piano Music w/ Joe 1:00 Bingo with Amy of LSS Good Shepherd & Lutheran Village	10-10:45 Chair Mind & Body Exercise ¹⁴  12:30 Movie & Snack <i>Jesus Christ Superstar</i> G 1h48m 1973
9:15 Newsletter Mailing ¹⁷ Help Needed 12:45 Trivia with Mindi 1:00 Ashland Co Public Library In the Kitchen 	10-11 Fitness Fiesta ¹⁸ 12:00 Dessert Bar  1p Open Play	10:30 Bible Study ¹⁹  12:45 Euchre for Fun 	10-11 Fitness Fiesta ²⁰ 1:00 Cooking for One or Two (sign up) 	10-10:45 Chair Mind & Body Exercise ²¹  12:30 Movie & Snack <i>Paul Apostle of Christ</i> PG13 1h48m 2018
9:30 Open Play ²⁴ 12:45 Christmas Ornament Craft (sign up) 	10-11 Fitness Fiesta ²⁵ 12:45 Euchre Tournament 	9:00 to 1:30 Anchor Foot Care w/ Lauren Johnson (call for apt) ²⁶  10:30 Bible Study  12:00 Thanksgiving Dinner (sign up)	Agency Closed ²⁷ 	Agency Closed ²⁸ 

November 2025

If you need transportation please allow 48 hour (2 days) notice to Alisha NOT including weekends

Summer Pics in Review



Thank you Cornerstone !

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A **HUGE** shout out to Cornerstone Caregiving for being our Rootbeer Float Sponsors at the Ashland County Fair "Senior Day" ...the floats were delicious!!!



A Special Message

As November arrives, we are reminded of two important times of reflection and gratitude.

On **Veterans Day**, we pause to honor the brave men and women who have served and sacrificed to protect our freedoms. Their courage and dedication inspire us all to live with purpose and appreciation for the blessings we enjoy each day.

As **Thanksgiving** approaches, we extend heartfelt thanks to our community, friends, and families for the kindness, generosity, and support that make our lives richer. May this season bring you moments of peace, joy, and togetherness.

Let's take time this month to give thanks, lend a helping hand, and remember those who make our world a better place.

Happy Veterans Day and Happy Thanksgiving!

*** Just a reminder, our Agency will be closed Tuesday November 11, 2025 (Veteran's Day Observed) & Thursday, November 27 and Friday, November 28, 2025 for Thanksgiving observances.

Did You Know???

Are you homebound?



Would you like to receive a flu shot and COVID vaccination in the comfort of your own home? The Ashland County Health Department can send nurses to your house to give you a flu shot, a COVID vaccination, or both!

To schedule this service, please call the Ashland County Health Department's Nursing Division at 419-282-4357.

Home Delivered Meal Clients

We will continue to offer Shelf Stable Meals. I like to be proactive and have a procedure in place, just in case of a harsh Ohio winter. These meals will be arriving this month or the first week of December. You might remember from last year or you might be new to our agency and wonder what it is and why is it important?? This year we will be distributing four (nonperishable extra meals) in the month of November to all of our Home Delivered Meal clients. It is important because these meals are designed to be used in the event that we are closed due to an emergency or weather related condition. These meals are **NOT** to be consumed right away but used as a ration.

If you have any further questions, please reach out to the agency and ask for the Nutrition Department.

Thank you

Local Foodbanks

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NEW HOPE Mobile Food Pantry

Fri., November 7th 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., November 21st 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 22 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



Helping Hands Food Pantry Loudonville

**Every Tuesday 2-4:30pm
(excluding holidays)**

Distributed at the Loudonville
Community Youth Center on Union
Street Lower Level

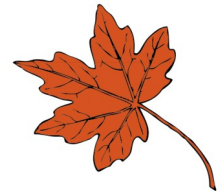
Loudonville/Perrysville Residents



Word Search

Name: _____

Thanksgiving "Pumpkin Pie"



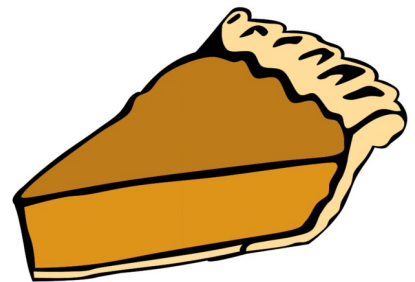
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Word list:

CINNAMON
 CRUST
 DESSERT
 EGGS
 FILLING
 FLAVOR

HEAT
 HOLIDAY
 MILK
 MIX
 OVEN
 POUR

RECIPE
 SPRINKLES
 STIR
 TASTE
 TREAT
 YUMMY



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HEY, REMEMBER WHEN
TERRENCE SAID HE WANTED
TO GO SOMEWHERE
WARM AND DRY?

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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.