

THE Senior Spark



JUNE 2026



THE COUNCIL ON AGING

We are available to help you or a loved one 60 years and older living in Ashland County. We offer Meals, Transportation, Social Services, Legal, Information, and Activities. This includes help with Medicare, Social Security, Heap, Golden Buckeye Cards and much more.

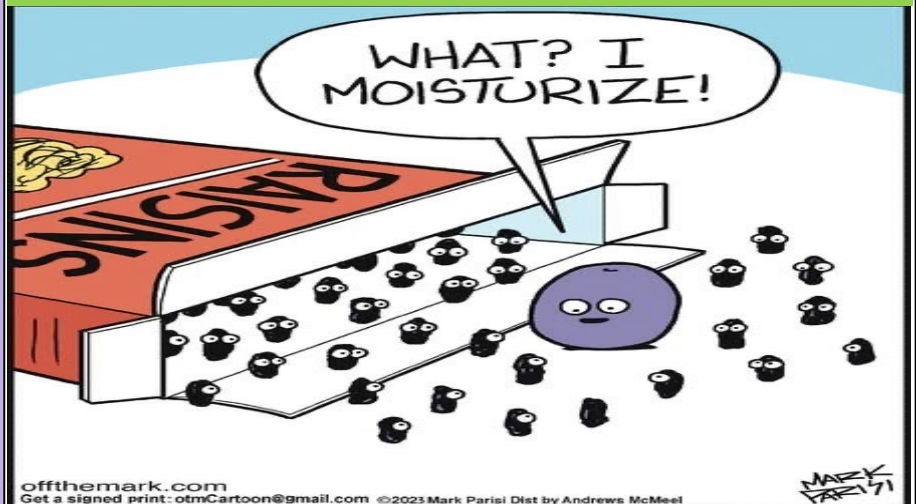
If you need help please call us at 419-281-1477.

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 LPN

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



Ashland County Council on Aging proudly takes the pledge to take extra care of our elders and nurture them with the love and care they deserve.



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Message from Sandy



Hello~

Hope everyone is doing well. We here at the agency are excited that we are heading into warmer weather and summer activities. Speaking of activities, there is always plenty of activities happening daily at the agency. We all love when we have a full house of senior friends. Come join us for lunch and activities! All are welcome.

Did you know... June is considered Elder Empowerment Month. We want you all to be aware and help assist you with any needs that you might have. On page 6 in this newsletter, you will find a whole month of interesting events that you are all welcome to attend or view from your computer. Please take the time to look over and plan on attending these events throughout the county related to different topics that will empower you in your life. As I mentioned earlier, our in house activities are growing with a variety of events for you all to take part in, which is exciting. Now, I want to mention our planned trip outing for July. For July, an Oldie but Goodie. It's the famous pontoon boat ride with our very own "Captain" John. It is a blast and has become an annual excursion for us. We might even have an extra surprise this year, so you don't want to miss out on this opportunity of floating around on mighty Charles Mill Lake.

Hope to see you soon!
Sandy

Ashland County Council on Aging July Lunch Outing

For the month of July, we have selected again a pontoon boat ride and lunch for our outing. This is scheduled for July 8, 2026(if weather permits). We will be leaving from our agency at 9:30 am and heading to Charles Mill Marina for a 2 hour boat ride. After that, we will be taking a short van ride to Chuy's Tacos and Margaritas Restaurant, which is located in Mifflin, Ohio. Expected time to be back at the agency is 3pm. The cost of the trip is \$10.00 a person which will cover the expense of boat rental, the captain and a lite snack. Lunch will be on your own.

RSVP will open June 8th



Please contact our Transportation Coordinator Alisha, if you would like to join us!

**We have 20 seats available, we must have full capacity for the boat ride. If we do not have enough interest, we will still plan for our lunch-out at Chuy's and leave from the agency at 11:45 am.

June's Lunch Bunch Outing

Please join us for June Lunch Bunch outing to River Rock Restaurant in Bellville on Thursday, June 11th . We will depart from the agency at 11:15 am. River Rock Sport Bar & Grill has quickly become a family favorite spot for great food and drinks. They feature a full menu along with family recipe pizza, subs, wings and more.



RSVP will open June 1. Friendly reminder NO voice messages are accepted when calling in. You do need to speak to Alisha.

July's Lunch Bunch Outing

Please join us for Julys Lunch Bunch outing to **Moosehead Hoof and Ladder Restaurant in Olmsted Falls** on Thursday, July 9th. Casual tavern housed in an old fire station featuring pub grub We will depart from the agency at 11:15 am. **RSVP will open June 29th after 9am**



Free Hearing Screenings in Ashland

Hearing Life is excited to offer FREE hearing screenings on Tuesday, June 9 from 9:00 AM to 12:00 PM. Take the first step toward better hearing—call Anita today to reserve your appointment time. Dr. Ashley Blake has been an audiologist for over 13 years and is passionate about helping individuals in the Ashland community improve their hearing. She takes the time to get to know each patient, working to reduce the effects of social isolation and helping them reach their fullest hearing potential. Don't miss this opportunity to invest in your hearing health! If you are unable to make this month, you can make an appointment with Dr. Blake at (567) 203-4153 Hearing Life.

Father's Day Celebration

Please join us on Thursday June 18, to celebrate our fathers, grandfathers, and great-grandfathers. We will mark this special day with a beautiful summer cake from Miller's, our favorite local bakery. The cake cutting will take place at 12:00 PM. Everyone is welcome to attend.

Paint & Sip

Please remember to sign up for our upcoming Paint events so we can ensure there are enough supplies for everyone. The Paint & Sip will take place on Thursday, June 25th. You are welcome to bring your favorite coffee, tea, or energy drink to enjoy during the session.

Cooking for One or Two

Come join us Monday June 8th at 1:00 PM for Cooking for One or Two! We'll be preparing a special summer recipe this month. Enjoy good food, learn helpful cooking tips, and share a fun, relaxed time with others. Whether you're cooking for yourself or a loved one, this is a great opportunity to try something new and connect!

June Bingo Events – Join the Fun

Come enjoy a great time of fellowship, laughter, and connection this June

Tuesday, June 9 – Bingo in Loudonville

Monday, June 15 – Bingo with Kingston of Ashland

Monday, June 29 – Bingo with Your Choice & Crystal Care Center of Mansfield

Bring a friend or come make new ones We can't wait to see you there!

Cookies & Signing Code Status with Lisa

Join us on Tuesday , June 23rd for cookies and an informative session with Lisa from Laurels of New London! Learn how to understand your code status, the differences between them, and how to stay informed and prepared in the event of a hospital visit. Don't miss this engaging and educational presentation—plus, cookies!

Care Giver Support Group

Join us on Wednesday, June 17 as we come together for Changes in Relationships with the Alzheimer's Association Support Group. This group is designed for individuals who are caring for or supporting someone living with a form of dementia. Take this opportunity to build a strong support system, talk through challenges, and learn about available resources. Connect with others who understand your experience and gain valuable insight to help you navigate the journey ahead.

June Menu



Mon

Tue

Wed

Thu

Fri

1. Turkey Chef Salad w/Turkey, Lettuce, Egg, Shredded Cheese, Tomato, CROUTONS Fresh Fruit W. Grain Muffin	2. Sloppy Joe w/Bun Potato Wedges Brussel Sprouts Peaches	3. Chicken & Noodles Normandy Blend Green Beans Tropical Fruit W. Wheat Bread	4. Beef Hotdog w/Bun Baked Beans Diced Potatoes Mandarin Oranges	5. Calzone Mixed Vegetables Broccoli Florets Fresh Apple Whole Grain Roll
8. Oriental Chicken Salad, w/Chicken Lettuce, Shredded Cheese, Craisins, Chow Mein Noodles Pineapple Chunks W. Grain Muffin	9. Philly Cheese Casserole Peas Carrots Mixed Fruit W. Wheat Bread	10. Breaded Fish On a Bun Sweet Potatoes Corn Applesauce	11. Broccoli & Cheddar Stuffed Chicken Breast Capri Vegetables Chicken Flavored Brown Rice Peaches	12. Meatloaf w/Gravy Mashed Potatoes Green Beans Mandarin Oranges W. Wheat Bread
15. Chicken Salad On leaf lettuce Tomato Slices, Shredded Cheese, Pickled Beets Fruit Cocktail	16. Egg Patty w/Cheese Turkey Sausage Patty on a English Muffin Stewed Tomatoes Country Apples	17. Coney Dog w/Bun Baked Beans Caribbean Blend Tropical Fruit	18. Chicken Tenders W. Grain Waffle Carrots Warm Pears Low Sodium V-8 Juice	19. AGENCY CLOSED 
22. Greek Yogurt Parfait w/ Greek Yogurt Mixed Berries Granola, Hard Boiled Egg W. Grain Muffin	23. Turkey Rueben Casserole Mashed Potatoes Nantucket Blend Mixed Fruit	24. Meatball Bowl W/Mozzarella Cheese and Marinara Sauce Mixed Vegetables Mandarin Oranges	25. Chicken Pot Pie Over a Biscuit Cauliflower Florets Pineapple Tidbits	26. Cheeseburger w/Bun Lima Beans Key West Vegetables Fresh Orange
29. Tuna Salad on Lettuce Leaf with Cheese & Sliced Tomato Baby Carrots Hard Boiled Egg	30. Grilled Chicken Sandwich w/Cheese On a Bun Baby Bakers California Blend Peaches			
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 BEEF HOTDOG. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTI- TUTION.

June Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Open Play all day </p>	<p>2</p> <p>1:00p Agency Bingo </p>	<p>3</p> <p>10:30 Bible Study </p>	<p>4</p> <p>10:00 S.A.L.T</p> <p>12:00 Birthday Celebration Sponsored by Dave McFarland with Ohio's Hospice</p>	<p>5</p> <p>11:00 Tai Chi with Krissy </p> <p>12:30 Movie & Snack- <i>Soul on Fire</i> 1h52m 2025</p>
<p>8</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Phase 10 </p> <p>1:00 Cooking for One or Two (sign up) </p>	<p>9-12 Hearing Life (sign up)</p> <p>10-11 Fitness Fiesta</p> <p>11:00 Wellness B/P Checks Nicole</p> <p>12:45 Euchre for Fun</p> <p>1:00 Loudonville Bingo</p>	<p>9</p> <p>9:00 Marblehead Trip </p> <p>10:30 Bible Study </p>	<p>10-11 Fitness Fiesta</p> <p>11:00 Lunch Bunch River Rock Bellville </p>	<p>10-11 Chair Mind & Body Exercise</p> <p>12:30 Movie & Snack- <i>Grumpy Old Men</i> PG-13 1h43m 1993</p>
<p>15</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:15 Newsletter Mailing Help Needed</p> <p>1:00p Bingo w/ Kate of Kingston Wear Purple for World Elder Empowerment Awareness Day</p>	<p>16</p> <p>10-11 Fitness Fiesta</p> <p>1:00p Crafts w/ Lindsey of Pain Management (sign up)</p>	<p>17</p> <p>10:30 Bible Study</p> <p>1:00 Alzheimers Caregiver Support Group Changes In Relationships </p>	<p>18</p> <p>10-11 Fitness Fiesta</p> <p>12:00 <i>Happy Father's Day Celebration</i> BEST DAD EVER</p> <p>1:00p Crafts with Ashland Public Library (sign up)</p>	<p>19</p> <p>Agency Closed </p>
<p>22</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Garbage </p> <p>12:30 Trivia w/ Mindi of Arbors at Mifflin</p>	<p>23</p> <p>10-11 Fitness Fiesta</p> <p>1:00 Cookies & learning about code status w/ Lisa of Laurals New</p>	<p>24</p> <p>10:30 Bible Study </p> <p>12:45 Euchre for Fun </p>	<p>25</p> <p>9:00 to 1:30 Anchor Foot Care w/ Lauren Johnson (call for apt) </p> <p>10-11 Fitness Fiesta</p> <p>1:00p Paint & Sip (sign up)</p>	<p>26</p> <p>10-11 Chair Mind & Body Exercise</p> <p>12:30 Movie & Snack- <i>Seven Brides for Seven Brothers</i> G 1h42m 1954</p>
<p>29</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Open Play </p> <p>1:00p Bingo w/ Nita of Your Choice & CCC of Mansfield</p>	<p>30</p> <p>10-11 Fitness Fiesta</p> <p>12:45 Euchre Tournament </p>	<p>June 2026 </p>		

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Elder Empowerment Month

The Older Adult Behavioral Health Coalition of Ashland County invites you to these NO COST activities!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>1 10 AM Sullivan Golden Center - First Congregational Church, 503 US 224, Sullivan- Speaker: Amber from Brethren Care</p>	<p>2 10AM Country Club Assisted Living Golden Center - 625 Center St. Ashland-Speaker: Laura from Safe Haven</p>	<p>3 10AM Loudonville Golden Center - Loudonville Library- Ashland Parks District 2PM-8PM Rummage Sale- Ashland Fairgrounds</p>	<p>4 10:00AM Speaker: Monica Walker from the Ohio Attorney General's Office - at the Sheriff Annex Building 1205 E Main St.</p>	<p>5 9:00AM-3:00PM Ashland Co. Cancer Association's Fundraising Rummage Sale at Ashland Fairgrounds</p>	<p>6 9AM-Noon Loudonville Farmer's Market on Main Street</p>	
	<p>8 11AM Mill Run Golden Ctr - Mill Run Apartments - 1715 Richard Drive - Mayor Matt Miller</p>	<p>9 10AM Kingston Golden Center- Kingston of Ashland- Salvation Army Speaker</p>	<p>10 10:30AM Senior Empowerment Event +Lunch- Loudonville Library Basement</p>	<p>11 10:30AM Brethren Care Golden Center - Ashland County Sheriff, Kurt Schneider</p>	<p>12 10AM Chair Exercise at COA 12:30PM, Movie & Snack- Grumpy Old Men (1993 film) at COA</p>	<p>13 2PM Banking Basics - Ashland Public Library</p>	
<p>14 8PM "Canyon Echoes" concert (Tribute to Class American Folk Rock) at Brookside Park (Guy C Myers Memorial Band Shell, 205 Parkside Dr)</p>	<p>15 11AM Ashland Village Golden Center-330 Davis Road Speaker: Alex-3rd St Clinic World Elder Abuse Awareness Day</p>	<p>16 10AM Country Club Assisted Living Golden Center - 625 Center Street. Ashland-Speaker: Kim from Centerwell Home Health</p>	<p>17 10AM Loudonville Library-Speaker: Michael from Ashland County Prosecutor's Office</p>	<p>18 10:00 AM Fitness Fiesta -COA</p>	<p>19 AGENCIES CLOSED FOR JUNETEENTH</p>	<p>20 10:00AM-3:00PM Cruisin for a Cure event car show hosted by American Cancer Society- Ashland Fairgrounds</p>	
<p>21 <i>Happy Father's Day</i></p>	<p>22 11AM Mill Run Golden Ctr - Mill Run Apartments - 1715 Richard Drive - Ashland Co Sheriff Kurt Schneider</p>	<p>23 10:00AM Fitness Fiesta at COA 1:00PM Cookies & learning about code status at COA</p>	<p>24 10:00AM Loudonville Library: Kno-Ho-Co Community Action 12:45PM Euchre for fun at COA</p>	<p>25 10:00AM Fitness Fiesta at COA Ashland Balloon Fest starting at 4:00PM!</p>	<p>26 Ashland Balloon Fest- food trailers open for lunch, events start at 4:00PM</p>	<p>27 Ashland Balloon Fest- events start at 7:00AM! Balloon Glow at 9:15PM!</p>	
	<p>29 1:00PM Bingo at COA</p>	<p>30 10:00AM Fitness Fiesta at COA 12:45PM Euchre Tournament COA</p>	<p>Contact us for more information 419.281.3139</p>			 Mental Health & Recovery Board OF ASHLAND COUNTY	



All MONDAYS

Walkie Talkie Group

Come and join our senior walking group at Freer Field. (Rain or Shine.) Please dress appropriate for the weather. Walking will start at 9:30 and talking will start as soon as you get there. We are excited to see you all !!! There is plenty of parking spots and restrooms are available. Who doesn't want to walk off those extra pounds while enjoying each others company?

Wear Purple

MONDAY JUNE 15th:

Don't forget to wear Purple for World Elder Abuse Awareness Day & Elder Empowerment Month. Did you know that Elder Abuse could be Physical, Sexual, Emotional, Financial , Elder Neglect, Elder Abandonment, and Elder Self Neglect. If you are experiencing or know someone who is an victim one or more of these types of elder abuse, Report it. Ashland County Council on Aging are advocates for the senior population, we can help! Reach out before its too late.

**THERE'S NO EXCUSE
FOR ELDER ABUSE.**

Name: _____ Date: _____

Flag Day

DIRECTIONS: Find and circle the vocabulary words in the grid.
Look for them in all directions including backwards and diagonally.

ALLEGIANCE
BANNER
BETSY
BLUE
CEREMONY
CONGRESS
FIFTY
FOURTEENTH
JUNE
OLD GLORY
PARADE
PLEDGE
RAISE
RED
ROSS
SALUTE
SPANGLED
STARS
STATES
STRIPES
THIRTEEN
TRUMAN
WHITE
WILSON

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





Local Foodbanks

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NEW HOPE Mobile Food Pantry

Fri., June 5th 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., June 19th 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 June 27th 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

ASSOCIATED CHARITIES POLK FOOD DISTRIBUTION

Tues, June 16th @ 6:00 until food is gone

This Mobile Food Pantry is located at Polk Methodist Church. Polk OH 44867. **Please bring ID and own food bags**
**Serving families and individuals residing in Troy, Sullivan, Orange, Jackson and Perry Townships

Also a hot meal will be served at the church on this Tuesday for anyone. 5:30-7pm

ASSOCIATED CHARITIES PERRYVILLE FOOD DISTRIBUTION

Wed., June 24th @ 6pm until food is gone

This Mobile Food Pantry is located at Perrysville Fire Station, 181 E, 3rd St, Perrysville, OH 44864. **Please bring ID and own food bags**

***Serving families and individuals of Perrysville and Loudonville School Districts

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



HELLO JUNE WORD SEARCH

Solve the following puzzle by finding all the hidden words!



SUMMER

POOL

TRAVEL

WARM

VACATION

BARBECUE

WATERMELON

ICE CREAM

PICNIC

SUNGLASSES

FIREFLIES

BEACH

FLIP FLOPS

SUNSHINE

FLOWERS

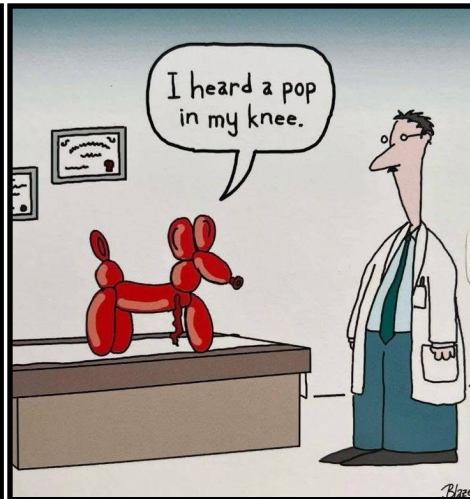
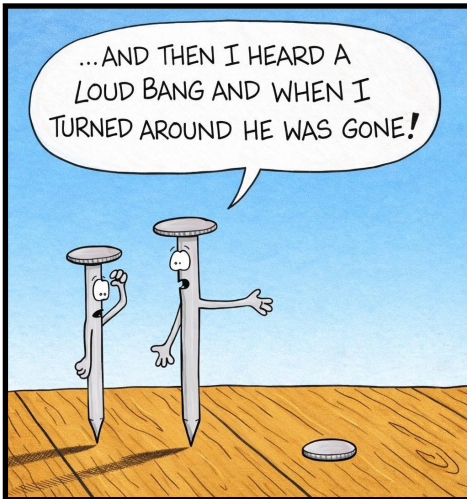
Ashland County Council on Aging

240 E. Third Street
Ashland, OH. 44805

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



Or Current Resident:



2026 Board of Directors

Karen Alsop– President
Marcy Doyle– Vice President
Joanna Riffle– Secretary
Duane Fishpaw
Terrence Webb

David Hunter
Josh Hiller
Dean Pierce

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.