



Senior

Spark



DECEMBER 2025



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 ADC



THE COUNCIL ON AGING

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, Heap, Golden Buckeye Cards and much, much more!

If we can help, please give us a call 419-281-1477



AGENCY CLOSING INFORMATION

Sometimes it is necessary to close due to inclement weather.

You can always check for the closings on Fox 8, Channel 3 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 2026 by introducing new programs and services designed to meet your needs more effectively. Whether you have received meals, transportation, information and referrals, legal assistance, had assistance with Medicare reviews 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 healthy in your homes.

Sincerely,
Sandy

Just a reminder our agency will be closed December 25th& 26th 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....

BINGO For December

Join us at 1pm for one or all of any days listed with our friends from:

December 1st– COAD
 December 2nd– Centerwell & Gentiva
 December 4th– Senior Fraud Division
 December 8th– Alzheimer's Association
 December 9th– Pain Management Group
 December 11th– Crystal Care of Ashland
 December 18th– Ohioans Home Healthcare
 December 22nd– Ashland County Council on Aging



*****See the Activity Calendar for Details*****

Christmas in a Mug Craft

Tuesday, December 16th:

Join us in our Activity at 1pm with our friend Lisa from the Laurels of New London to create "Christmas in a Mug". I am sure it will be a great time.

Please RSVP to by December 12th, if you're planning to join us.



Agency Happenings Cont.....

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Agency Hot Chocolate Bar

Friday, December 12th:

Join us for a Hot Chocolate Bar from 10am-11am in our Activity Room. There will be plenty of marshmallows and extra goodies to share.

All are welcome



Winter Holiday Music



Tuesday, December 16th:

Joe Linder will be entertaining us while we enjoy each others company between 11:30– 12:30 in our Dining Room. Please attend and enjoy the beautiful music.

Agency Bingo & Ugly Christmas Sweater Day



Monday, December 22nd:

These two favorites always go together !! Come join us on **December 22nd** wearing your best ugly Christmas sweater and playing some festive BINGO

Can't wait to see you ALL!!!

Cookie Decoration Day

Tuesday, December 23rd

Join us for this fun activity as 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!



Holiday Lunch



Wednesday, December 24th:

Please join us for our Annual Christmas Lunch. Call by December 17th to RSVP your spot! Don't forget to dress in Festive **Red & Green attire** as we kick off the Holiday Weekend.

Winter Craft #2

Monday December 29th: Please join us with our friends from Southern Care Hospice for the second craft for December. **All are welcome to participate however sign up is required by December 22nd.**



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December Menu



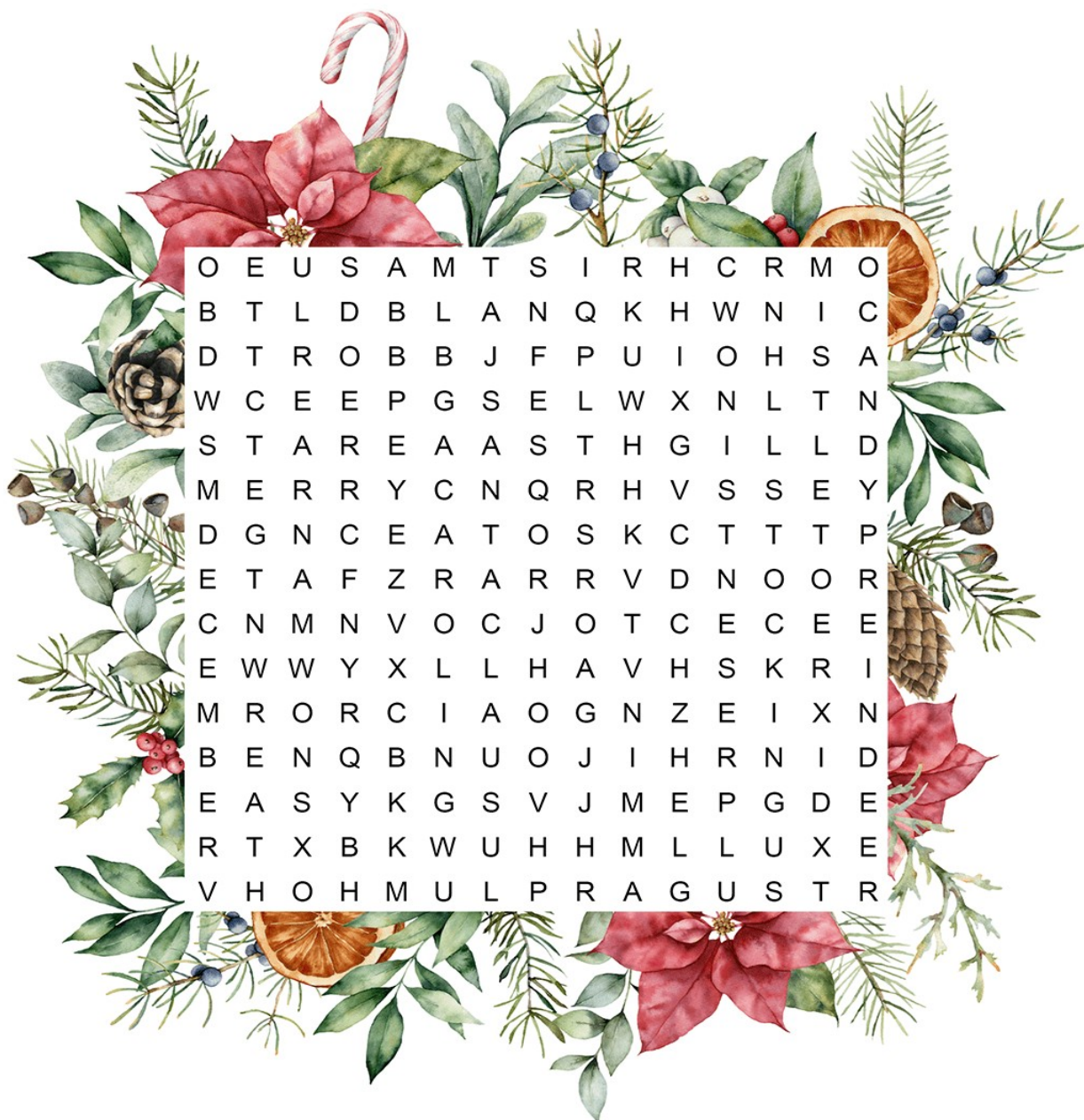
Mon	Tue	Wed	Thu	Fri
1. Egg Salad On a Croissant Pickled Beets Cantaloupe Chunks Low Sodium V-8 Juice	2. Pulled Pork w/Bun Macaroni & Cheese Brussel Sprouts Peaches	3. Taco Casserole Mexican Rice Corn Mixed Fruit	4. White Chicken Chili W/Crackers Carrots Tropical Fruit W. Grain Cornbread	5. Hamburger Gravy Over Mashed Potatoes Green Beans Fresh Apple W. Grain Roll
8. Deli Turkey on a Mini Bun Coleslaw Banana Snack Carrots Sun Chips	9. Barbecue Grilled Chicken Baby Bakers Peas Mandarin Oranges W. Grain Roll	10. Sloppy Joes w/Bun Potato Wedges Mixed Vegetables Pears	11. Omelet w/Cheese Turkey Sausage Links Stewed Tomatoes Applesauce Whole Grain	12. Salmon Patty Whole Grain Bun Parsley Potatoes Broccoli Florets Grapes
15. Coney Dog w/Bun Baked Beans California Blend Pineapple Tidbits	16. Swedish Meatballs Over Pasta Carrots Lima Beans Mandarin Oranges W. Wheat Bread	17. Green Beans with Potatoes and Ham Corn Country Apples Whole Grain Cornbread	18. Grilled Chicken Peas Harvest Blend Papaya & Mango W. Wheat Bread S. F. Pudding	19. Sausage Gravy Over a biscuit Roasted Yukon Potatoes Spinach Banana
22. Meatball Sub With Turkey Meatballs Cauliflower Florets Capri Vegetable Blend Tropical Fruit	23. Shredded Chicken On a Bun Potato Wedges Nantucket Blend Pears	24. Ham Slice Cheesy Potatoes Green Beans W. Wheat Bread Fresh Orange Dessert	25. AGENCY CLOSED	26. AGENCY CLOSED
29. Pollock Wedge Sweet Potatoes Mixed Vegetables Pineapple Tidbits W. Grain Roll Low Sodium V-8 Juice	30. Mushroom Swiss Burger w/Bun Baby Bakers Broccoli Peaches	31. Smoked Sausage With Sauerkraut Mashed Potatoes Peas & Carrots Applesauce W. Wheat Bread		
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 TURKEY BURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.

Jolly Holly Fun Activities


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Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 Phase 10 ¹</p>  <p>1:00 Bingo/Crafts Laura of COAD</p> 	<p>10-11 Fitness Fiesta ²</p> <p>1:00 Bingo with CenterWell & Gentiva</p> 	<p>10:30 Bible Study ³</p>  <p>12:45 Euchre for Fun</p> 	<p>10-11 Fitness Fiesta ⁴</p> <p>12:00 Birthday Celebration</p> <p>1:00 Senior Fraud Presentation & Bingo</p>	<p>11:00 Tai Chi with Krissy ⁵</p>  <p>12:30 Movie & Snack- <i>White Christmas</i> 2h 1954</p> 
<p>9:30 Garbage ⁸</p>  <p>1:00 Dementia Bingo with Jennifer of Alzheimer's Association, Northwest Ohio Chapter</p>	<p>10-11 Fitness Fiesta ⁹</p> <p>11:00 Wellness B/P Checks Nicole</p>  <p>1:00 Loudonville Bingo</p> <p>1:00 Bingo with Lindsey of Pain Management Group</p>	<p>10 Pen Pal letters Due ¹⁰</p>  <p>10:30 Bible Study</p> 	<p>10-11 Fitness Fiesta ¹¹</p> <p>11:00 S.A.L.T</p> <p>1:00 Bingo with Kelsey of Crystal Care Center of Ashland</p> 	<p>Polar Express ¹² Day Wear Your Pajamas</p> <p>10-11 Hot Chocolate Bar</p> <p>12:30 Movie & Snack- <i>Polar Express</i> G1h40</p> 
<p>9:15 Newsletter Mailing ¹⁵ <u>Help Needed</u></p> <p>12:45 Trivia with Mindi</p> <p>1:15 Cooking for One or Two (sign up)</p> 	<p>10-11 Fitness Fiesta ¹⁶</p> <p>11:30 12:30 Piano Music w/ Joe</p> <p>1:00 Christmas in a Mug with Lisa of Laurels of New London (sign up)</p>	<p>10:30 Bible Study ¹⁷</p>  <p>12:45 Euchre for Fun</p> 	<p>10-11 Fitness Fiesta ¹⁸</p> <p>1:00 Bingo with Bev of Ohioans Home Health Care</p> 	<p>10-10:45 Chair Mind & Body Exercise ¹⁹</p>  <p>12:30 Movie & Snack- <i>It's a Wonderful Life</i> 2h</p> 
<p>Ugly Sweater Day ²²</p>  <p>9:30 Uno/Uno Flip</p> <p>1:00 Agency Bingo & wear your Ugly Sweater Day</p> 	<p>10-11 Fitness Fiesta ²³</p> <p>1:00 Christmas Cookie Decorating (sign up by 12-19)</p> 	<p>10:30 Bible Study ²⁴</p>  <p>12:00 Holiday Lunch (sign up)</p> <p>12:45 Euchre for Fun</p> <p><i>Wear Red or Green for the Season</i></p>	<p>Agency Closed ²⁵</p> 	<p>Agency Closed ²⁶</p> 
<p>9:30 Skip Bo ²⁹</p>  <p>1:00 Crafts with Erica of Southern Care Hospice</p>	<p>10-11 Fitness Fiesta ³⁰</p>  <p>12:45 Euchre Tournament</p> 	<p>10:30 Bible Study ³¹</p>  <p>12:45 Euchre for Fun</p> 	 <p>Dec 2025</p> <p><i>If you need transportation please allow 48 hour (2 days) notice to Alisha NOT including weekends</i></p>	

Christmas Day



CANDY, CANE, CAROLING, CHRISTMAS, DECEMBER, HOLLY, LIGHTS, MERRY, MISTLETOE,
 NORTH, POLE, PEACE, PRESENTS, REINDEER, SANTA CLAUS, SLEIGH, SNOWMAN, STAR,
 STOCKING, SUGARPLUM, TREE, WREATH.



Christmas Word Scramble

EHESPRHD	LDUHRPO
LNGEA	YRSFTO
ENSRTOANM	ECIOKO
RSMHICIATS	VLESE
NADYC ANEC	STMEOELTI
TRAS	IEDERENR
LACRO	TASAN
NTUESTCH	LOLYJ
WSNO NMA	UPNDGDI
AMGRNE	GERBNIDREGA
SNTCIGOK	DYLIAOH
SJUSE	FTGIS
GSHLIE	CFEURTIK
HRAWTE	ETRE

'Twas the Night Before Christmas

'Twas the night before Christmas,
when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And Mama in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap;

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow,
Gave the lustre of mid-day to objects below,
When, what to my wondering sight should appear,
But a miniature sleigh, and eight tiny rein-deer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;

"Now, Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! on, Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof,
The prancing and pawing of each little hoof—
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of Toys he had flung on his back,
And he look'd like a pedlar just opening his pack.

His eyes—how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook when he laughed, like a bowlfull of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And fill'd all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
"Happy Christmas to all, and to all a good night."



Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., December 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

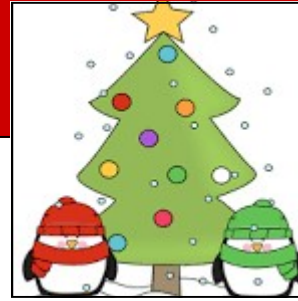
Fri., December 19th starting about 10:00

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 December 20th 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



Christmas Word Search

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

Decorations
 Celebrate
 Lights
 Giving

Candy Canes
 Ornament
 Presents
 Dinner

Christmas
 Reindeer
 Family
 Wreath

Mistletoe
 Cookies
 Elves
 Santa



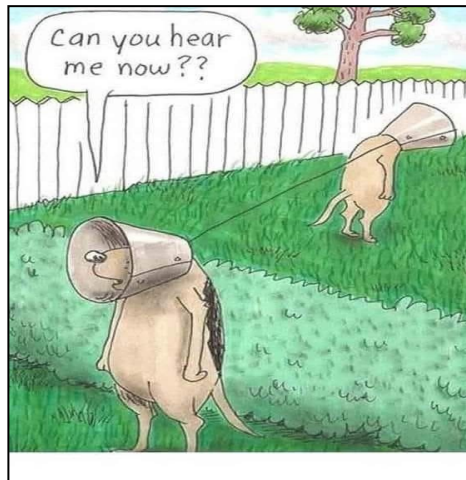
Ashland County Council on Aging

240 E. Third Street
Ashland, OH. 44805

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



Or Current Resident:



2025 Board of Directors

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

David Hunter
Dean Pierce
Duane Fishpaw
Josh Hiller
Joanna Riffle

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.