

THE

# Senior Spark



APRIL 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](http://www.ashcocoa.org)

**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**



## WE WOULD LOVE TO HELP YOU

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, Hep, Golden Buckeye Cards and more.

**If we can help please call us!**  
**419-281-1477**



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# A Message from Sandy



Hello Everyone~

First, this month we are excited to start up our monthly lunch trip outings. Please look below for the list of adventures that we have planned this season! More details and pricing will be in each monthly newsletter. Once again, we will have a client rotation sign up list for all trips. This will ensure everyone who would like to go with us, will get an opportunity. Let's hope for really great weather and lots of fun!! Secondly, here at the agency we have started to gear up for our Senior Fair Event scheduled in May. We are excited to announce that we will be back at Ashland University Myers Convocation Center. We are blessed again to announce that this year because of many gracious donors and vendors who want to participate, **NO** Ashland County Senior will have to pay for admission or lunch on May 14th, it will all be FREE. We are expecting a full house with 60 vendors and over 600 of our closest senior friends, so this event isn't one you want to miss out on! Tickets will be available at the agency for pick up between April 15th– May 7th. You will need to present your ticket at the door the day of the fair, no exceptions. Thank you and we look forward to seeing you at AU. Please spread the word to all your friends. Lastly, there are many activities at the agency being held each month, please take the time to look over the calendar on page 5. Spring is here, so let's start seeing you soon!

### 2025 List of Day Trip Outings

- **April 23** Ashland Co- West homes Career Center Trip
- **May 14** Senior Fair Day at AU
- **May 28** Greater Cleveland Aquarium
- **June 11** Marble Head Trip
- **July 9 or 23** Charles Mill Boat Ride Trip & *Chuy's*
- **August 13** Akron Zoo
- **September 10** Picnic in the Park Bingo
- **October 8** Berlin Amish Trip

### **Did you know the City of Ashland offers this Senior Service?**

- Senior Citizens, 65 or older, and physically handicapped persons, may request that the Sanitation Department carry household garbage from house at a predetermined location, i.e. carryout.
- Limit 2 bags household garbage.
- Recycling may also be requested to be carried out.
- Call office to request this assistance.
- 419-289-9791



### **What Did You Say????? Huh!!!! Speak Up.....**

Hearing for Life is excited to be offering free hearing screenings on Thursday May 8 from 9am to 12pm. Dr. Ashley Blake has been an audiologist for over 12 years and is excited about helping those in the Ashland community hear better. She enjoys getting to know each of her patients so that she can help cut down the impact of social isolation and allow them to hear at their fullest potential. .

Call Anita to reserve a time for better hearing for you or a loved one! ( 419-281-1477)

# Agency Highlights.....

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## Every Monday

### Monday Walkie Talkie Group

Come and join our senior walking group at Freer Field. (Rain or Shine.) Please dress appropriately 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.

All is welcome

### UH & Department of Health Group Focus & Interview

#### Thursday April 3rd

This is an opportunity for our senior friends to share their input on community health, social services, recreation in the area and what changes they would like to see. Please join us from 1pm–2:30pm to have your voices heard.

All is welcome



#### Thursday April 10th

### Huntington Bank Bingo/Scams

Join us at 1pm here at the agency for this event. More info can be found on Page 8 in this Newsletter. **Don't forget to register with Anita before April 10th, if you are planning to attend.**

### Alzheimer's Caregiver Support Group

#### Wednesday April 16th

Join us from 1pm– 2pm at the agency to build a support system with people who understand by talking through issues, sharing feelings, needs and concerns. Learn mindfulness techniques to bring some balance to challenging days.

All is welcome but please RSVP to Nicole or Crystal. ( 419-281-1477)



### Easter Lunch



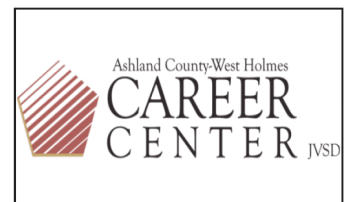
#### Friday April 18th

Please join us for our Annual Easter Lunch. Rumor has it the Easter Bunny might even hop by for a visit, just for fun.

Call to RSVP your spot by April 10th.

### Ashland County Council on Aging Day Trip Outing

For the month of April , we have selected to visit the Ashland County Career Center, for our outing. This is scheduled for April 23, 2025. We will be leaving from our agency at 9:15 am and heading to Career Center . We will be visiting the Veterinarian Science Program to check out all their furry friends & the Cosmology Program for some manicures and hand massages. COA will be providing a packed lunch to enjoy while we are between program in the school cafeteria . If you drive and you want to meet us at there instead of using our transportation, please let us know so we can add to the count for a packed lunch.



RSVP will open April 9th

\* Transportation and Lunch Cost \$10.00

\* Lunch Cost Only- \$5.00

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

Mon

Tue

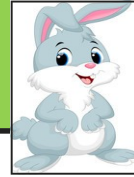
Wed

Thu

Fri

	1. Ham & Potato Soup W/Crackers Prince Charles Blend Mandarin Oranges W. Grain Roll	2. Beef Hot Dog w/Bun Diced Seasoned Potatoes Carrots Peaches	3. Creamed Turkey Over stuffing Roasted Root Vegetable Blend Country Apples W. Grain Roll	4. Fish Sandwich W/Cheese Rice Pilaf Key West Blend Fresh Pear W. Wheat Bun
7. Egg Salad On a Mini Bun Pea Salad Cinnamon Applesauce Chips	8. Chili Mac Harvest Blend Vegetable Mixed Fruit Corn Muffin	9. Barbecue Chicken Breast Parsley Potatoes Green Beans Tropical Fruit W. Wheat Bread	10. Swedish Meatballs Over Penne Pasta Nantucket Blend Peaches W. Grain Roll	11. Hamburger Gravy Over a Biscuit Paco Vegetable Blend Corn Grapes
14. Mushroom Swiss Burger w/Bun Potato Wedges Tomato & Zucchini Mandarin Oranges	15. Barbecue Pulled Pork On a W. Wheat Bun Baby Bakers Broccoli Mixed Fruit	16. Pollock Sweet Potatoes Peas Peaches W. Wheat Bread	17. Omelet w/Cheese Turkey Sausage Links Spinach Cherry Cobbler W. Grain Muffin	18. Ham Slice Cheesy Potatoes Mixed Vegetables Fresh Apple W. Grain Roll
21. Chicken B.L.T. Salad, Lettuce, Tomato, Bacon, Croutons Cottage Cheese Peaches W. Grain Muffin	22. Salisbury Steak Mashed Potatoes California Blend Tropical Fruit W. Wheat Bread	23. Orange Chicken Over Rice Far East Vegetables Mixed Fruit W. Grain Roll	24. Italian Sausage w/Onions & Peppers Ranch Potatoes Squash & Zucchini Mandarin Oranges W Wheat Bun	25. Chicken & Dumplings Mashed Potatoes Peas & Carrots Fresh Pear W. Wheat Bread
28. Ham Salad On a Croissant Three Bean Salad Fresh Fruit Cookie	29. Taco Casserole Mexican Rice Corn Applesauce Tortilla Chips W. Gran Roll	30. Chicken Cordon Bleu Baby Bakers Mixed Vegetables Peaches 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 SUBSTITU- TION.

# April Activities.....



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>If you need transportation please allow 48 hour (2 days) notice to Alisha NOT including weekends</b></p>	<p>10-11 Fitness Fiesta</p> <p>1p-3p Matter of Balance Last Series</p>	<p>10:30 Bible Study</p> <p>12:45 Trivia w/ Mindi</p> <p>1:15 Euchre for Fun</p>	<p>10:00 S.A.L.T</p> <p>10-11 Fitness Fiesta</p> <p>12:00 Activity Room Closed</p> <p>12:00 Birthday Celebration</p> <p>1:00- 2:30 UH &amp; Department of Health</p>	<p>11:00 Tai Chi with Krissy</p> <p>12:30 Movie &amp; Snack-<i>Disciples in the Moonlight</i> PG-13 2h6m 2024</p>
<p>9:30 Walkie Talkie Group (rain or shine)</p> <p>9:30 Open Play</p> <p>12:45 Wii Bowling</p>	<p>10-11:30 DoTerra with Becky</p> <p>11:00 Wellness B/P Checks Nicole</p> <p>12:45 Corn Hole</p> <p>1:00 Loudonville Bingo</p>	<p>10:30 Bible Study</p> <p>COME JOIN OUR</p> <p>12:45 Euchre for Fun</p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Huntington Bank Bingo (Scams)</p>	<p>9:30 Phase 10</p> <p>12:30 Movie &amp; Snack-<i>Sound of Hope The Story of Possum Tot</i> PG-13 2h9m 2024</p>
<p>9:30 Walkie Talkie Group (rain or shine)</p> <p>9:30 Garbage</p> <p>12:45 Corn Hole</p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Corn Hole</p>	<p>10:30 Bible Study</p> <p>1:00 Care Giver Support Group</p>	<p>10-11 Fitness Fiesta</p> <p>1:00p Ohioans Bingo w/ Bev</p>	<p>10:00 Chair Volleyball</p> <p>12:00 Easter Celebration Meal</p> <p>12:30 Movie &amp; Snack- <i>Noah</i> PG-13 2h18m 2014</p>
<p>9:15 Newsletter Mailing <b>Help Needed</b></p> <p>9:30 Walkie Talkie Group (rain or shine)</p> <p>12:45 Wii Bowling</p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Fraud Bingo with Better Business Bureau</p>	<p>9:15 Ashland Co-West Holmes Career Center Trip</p> <p>10:30 Bible Study</p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Cooking for One or Two (sign up)</p>	<p>9:30 Uno/Uno Flip</p> <p>12:45 Movie &amp; Snack- <i>Breakthrough</i> PG 1h56m 2019</p>
<p>9:30 Walkie Talkie Group (rain or shine)</p> <p>9:30 Open Play</p> <p>12:45 Corn Hole</p>	<p>10-11 Fitness Fiesta</p> <p>11:30 Reagan Elementary Friend</p> <p>12:45 Euchre Tournament</p>	<p>10:30 Bible Study</p> <p>12:45 Euchre for Fun</p>	<h2>April 2025</h2>	

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If you missed out on the first workshop, we are offering another opportunity. Call to register!

# MATTER OF BALANCE WORKSHOP

*Learn to reduce the risk of falling*

**Join us for a free Matter of Balance** workshop that will teach you how to prevent falls by making simple changes to your home, health, and habits to help build your confidence in your ability to manage falls.



**WHERE:** ASHLAND COUNTY COUNCIL ON AGING  
240 E 3RD STREET, ASHLAND, OH 44805

**WHEN:** MONDAYS  
MAY 5 – JUNE 30, 2025

**TIME:** 1:00 PM – 3:00PM



To Register – call  
Anita or Crystal at  
419-281-1477



**AREA AGENCY ON AGING**  
Ohio District 5 | Serving North Central Ohio  
419-524-4144 | 800-860-5799 | [www.aaa5ohio.org](http://www.aaa5ohio.org)

FUNDED IN PART BY A TITLE III GRANT UNDER THE OLDER AMERICANS ACT  
ADMINISTERED THROUGH THE OHIO DEPARTMENT OF AGING



# Spring Fling Movie

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April 23rd 2025

Show Times  
1:30 pm & 7pm

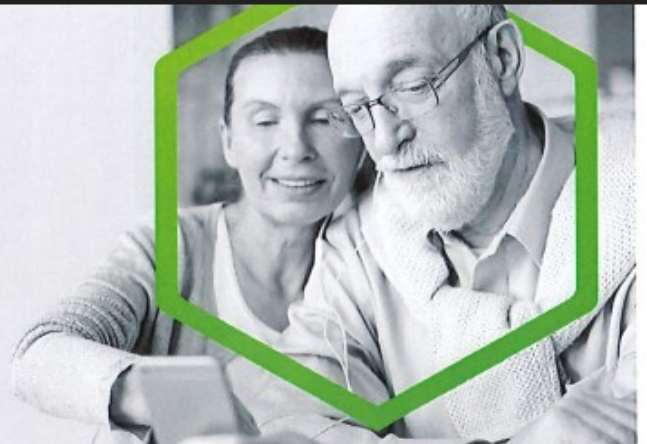
Ticket Cost- \$5



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# Who doesn't want to be safe?

## Huntington Safe Banking for Seniors Workshop



Join us for an interactive workshop with tips to help keep you and your money safe.

### Topics include:

- Identifying and avoiding scams
- Understanding common scams
- What is Identity Theft
- Warning signs and types of Identity Theft
- Protecting your assests
- How your Bank can help
- Helpful Resources

The program concludes with a game of BINGO that reviews topics covered during the workshop and tips for smart money decisions.

Join us! Bring a friend.  
Caregivers welcome.

Date: Thursday, April 10, 2025  
Time: 12:30 am - 2:30 pm

Location:  
Ashland County Council  
240 East Third Street  
Ashland, Ohio

To RSVP, contact Anita Good at  
419-281-1477

Learn more:

**Bingo, Prizes &  
More! Snacks  
will be provided**





# Local Food Banks

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## **NEW HOPE Mobile Food Pantry**

**Fri., April 4th 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., April 18th 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 April 26th 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, April 15th @ 5:30pm until food is gone**

This Mobile Food Pantry is located at Polk United Methodist Church - 424 North Main Street , Polk OH 44867.

**Please bring ID and own food bags**

\*\*\*Serving families and individuals residing in Troy, Sullivan, Orange, Jackson and Perry Townships

## **ASSOCIATED CHARITIES PERRYSVILLE FOOD DISTRIBUTION**

**Wed., April 23rd @ 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

# Easter Word Search



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



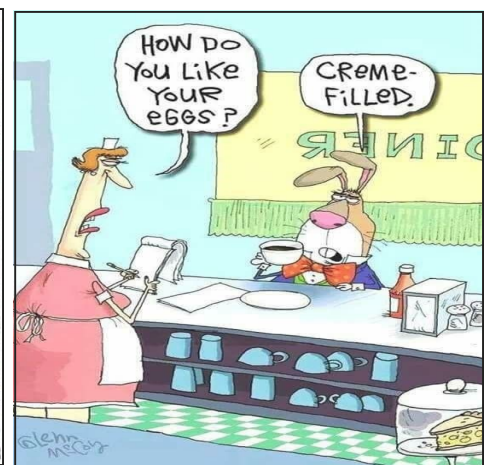
BASKET	JELLYBEANS	HOP	DYE
CARROTS	SPRING	CHOCOLATE	FIND
COLORFUL	BUNNY	PARADE	GRASS
EASTER	CHICK	SUNDAY	HUNT
FLOWERS	DECORATE	CANDY	PEEPS
HIDDEN	EGGS	FUN	TREATS

Ashland County Council on Aging  
240 E. Third Street  
Ashland, OH. 44805

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
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PERMIT NO. 37



Or Current Resident:



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Kristi Kirtland– Secretary  
Duane Fishpaw  
Terrence Webb

David Hunter  
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Dean Pierce  
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