

HELLO
April



THE SENIOR SPARK 2026



**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**

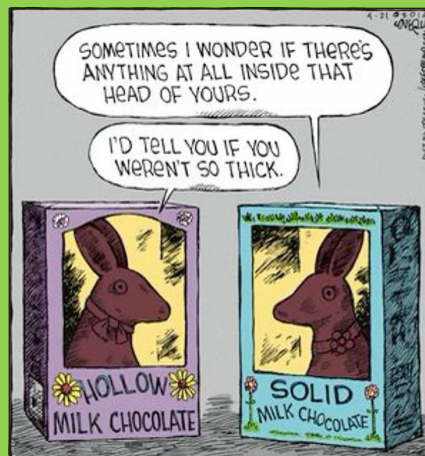
Nutrition Manager:
Gina Thomas
Transportation Manager:
Alisha Sapyta
Social Services Director:
Nicole Coletta RN
Information/Referral Specialist:
Crystal Baker
Activity Director:
Anita Good



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





Hello Everyone~

We're kicking off our monthly day trips & lunch outings! To give everyone a fair shot at joining the fun, we're using a rotation sign-up list this season again; check your monthly newsletter for specific dates and pricing. However, we do have a sneak peek of the full list of 2026 trip locations and lunch spots that we will visit on page 6 in this newsletter for review. Please take a look. We are also gearing up for our Senior Fair on May 21st at the Ashland University Myers Convocation Center. Thanks to our generous donors, admission and lunch are completely free for Ashland County seniors! Be sure to swing by the agency between April 15th and May 15th to grab your required entry ticket, which in addition will be used for the door prizes giveaway. Also... don't forget to check page 5 for our full calendar of April activities—we can't wait to see you!

Take Care~
Sandy

Who's ready for some Fun Times.....

Ashland County Council on Aging Day Trip Outing

For the month of April, we have selected to visit Lehman's Hardware Store & Mrs. Yoder's Restaurant for our outing. This is scheduled for April 22, 2026. We will be leaving from our agency at 9:15 am and heading to Lehman's Hardware for some shopping. At 11:30ish we will leave the store and make our way for lunch at Mrs. Yoder's. The cost of the trip is Free however lunch at Mrs. Yoder's will be at your own expense.

RSVP will open April 6th after 9am

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

Ashland County Council on Aging Lunch Outing

For our month of April, we have selected the Cracker Barrel in Mansfield for our Lunch Bunch Outing on April 30th. We will be leaving our agency at 11:30am. The transportation is free however, lunch will be on your own! Don't miss a chance to get out of the house, have a great meal and friendly conversation.

RSVP will open April 7th after 9am.

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



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 are welcome

Easter Lunch

Friday April 3rd 12PM

Easter is early this April. 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 !



Monday April 6th 1:00pm

Cookies and Decluttering with Lisa

Grab a cookie and join Lisa from Laurels of New London for an inspiring presentation on decluttering and organizing your home. Discover simple, practical steps to refresh your space and your mindset.

Meet UH New Program Director for Wound Care

Thursday April 9th

We're pleased to share that on April 9 from 12:30 to 1:30 pm, we will be hosting Brandon Collins from UH Hospital. Brandon is a wound care and hyperbaric specialist and serves as the Program Director of the new wound care center at Samaritan. We're excited to welcome Healogics to the Ashland area. This new program will allow patients to receive advanced wound care locally, eliminating the need to travel outside of tAshland County for treatment.

Brandon brings a wealth of knowledge and is deeply passionate about serving our community

Please join us on April 9 at 12:30pm to learn more about this exciting new service.



Monday April 13

Park Naturalist & Live Animals

Join us at 1:00 PM for a special live animal program with park naturalist Mary Meixner. Mary will be bringing her live animal ambassador program, "Turtles and Toads", featuring some of the fascinating creatures she works with. This is a wonderful opportunity to see these animals up close and learn more about their unique characteristics, habitats, and the important roles they play in our ecosystem. You may be surprised by what you discover about these amazing animals. Don't miss this fun and educational experience.

All are welcome!

Just a Reminder..

If you want to participant in either the Draw & Sip or the Paint & Sip class this month, you must Sign up. Please get in touch with Anita to reserve your spot. Call Anita at the agency at 419-281-1477.
Thank you!



Mon

Tue

Wed

Thu

Fri



		1. Turkey Tetraxini Cauliflower Florets Far East Vegetable Mandarin Oranges W. Wheat Bread	2. Zuppa Toscana Soup Lima Beans Applesauce W. Grain Roll	3. Ham Slice Cheesy Potatoes Peas Pineapple Tidbits Dessert
6. Chicken Salad On a Mini Bun Pickled Beets Apricots Sun Chips Low Sodium V-8 Juice	7. Egg Patty w/Spinach Swiss Cheese Turkey Sausage Links Warm Applesauce Carrots Snack Pak W. Grain Granola Bar	8. Beefy Mac & Cheese Broccoli Florets Caribbean Blend Pears W. Grain Roll	9. Barbecue Pulled Pork w/Bun Sweet Potatoes Corn Mixed Fruit	10. Sloppy Joe w/Bun Potato Wedges Zucchini / Squash Fresh Apple
13. Deli Turkey w/Cheese On a Mini Bun Cucumber Salad Peach Chocolate Pudding Fruit Snacks	14. Hot Dog w/Bun Paco Blend Baked Beans Mandarin Oranges	15. Mushroom Swiss Burger w/Bun Spinach Cauliflower Florets Tropical Fruit	16. Marinated Chicken Breast Ranch Potatoes Succotash Applesauce W. Wheat Bread	17. Stuffed Cabbage Mashed Potatoes Italian Green Beans Grapes W. Grain Roll Cheese Stick
20. Hawaiian Salad, Lettuce, Diced Ham Swiss Cheese, Pineapple Tidbits, Tortilla Strips Cantaloupe Chunks W. Grain Muffin	21. Pollock Harvest Blend Corn Apple Slices w/Peanut Butter W. Grain Roll	22. Cheeseburger W/Bun Sweet Potato Fries Mixed Vegetables Mixed Fruit	23. Popcorn Chicken Northwest Blend Brussel Sprouts Peaches W. Grain Roll	24. Meatloaf Sandwich On a Bun Baby Bakers Green Beans Fresh Orange
27. Chicken Chef Salad w/Chicken, Lettuce, Egg, Tomato, Cheese Croutons Fresh Fruit W. Grain Muffin Low Sodium V-8	28. Tuna & Noodle Casserole Peas Carrots Applesauce W. Grain Roll	29. Shredded Chicken On a Bun Parsley Potatoes Winter Blend Mandarin Oranges	30. Hamburger Gravy Over Mashed Potatoes Brussel Sprouts Pears 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 PIZZA BURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.



April Activities.....

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Monday

Tuesday

Wednesday

Thursday

Friday

April 2026

9:30 Walkie Talkie Group (rain or shine) **6**

9:30 Phase 10

1:00 Cookies & Decluttering w/ Lisa of Laurals of New L

10-11 Fitness Fiesta **7**

1p-3p Diabetes Empowerment Education Program (DEEP) Kick Off

10:30 Bible Study

12:45 Euchre for Fun

9:00 to 1:30 Anchor Foot Care w/ Lauren Johnson (call for apt) **1**

10:00 S.A.L.T

10-11 Fitness Fiesta

11:30 -12:30 Piano Music with Joe

12:00 Activity Room

11:00 Tai Chi with 3 Krissy **3**

12:00 Easter Celebration Meal

12:45 Movie & Snack Easter Parade G 1h47m 1948

9:30 Walkie Talkie Group (rain or shine) **13**

9:30 Garbage

1:00 Park Naturalist Mary Meixner & live Animals

10-11 Fitness Fiesta **14**

11:00 Wellness B/P Checks Nicole

1p-3p Diabetes Empowerment Education Program (DEEP) Series 2

1:00 Loudonville Bingo

10:30 Bible Study **15**

1:00 Alzheimers Caregiver Support Group *Building Your Support Team*

10-11 Fitness Fiesta **8**

12:30 Meet Our New Wound Care Program Director at UH Brandon Collins **9**

10 Pen Pal letters Due **10**

10-11 Chair Mind & Body Exercise

12:45 Movie & Snack *Rise of Guardians PG 1h37m 2012*

9:30 Walkie Talkie Group (rain or shine) **20**

9:15 Newsletter Mailing **Help Needed**

1:00 Crafts with Erica of Southern Care

10-11 Fitness Fiesta **21**

11:30 Edison Student Visits

1p-3p Diabetes Empowerment Education Program (DEEP) Series 3

9:30 Lehman's Hardware & Mrs. Yoder's Restaurant Trip **22**

10:30 Bible Study

10-11 Fitness Fiesta **16**

1:00 Draw & Sip (sign up)

10-11 Chair Mind & Body Exercise **17**

12:45 Movie & Snack- *Enchanted April PG 1h38m 1991*

9:30 Walkie Talkie Group (rain or shine) **27**

9:30 Open Play

1:00 Cooking for One or Two (sign up)

10-11 Fitness Fiesta **28**

1p-3p Diabetes Empowerment Education Program (DEEP) Series 4

10:30 Bible Study **29**

12:45 Euchre Tournament

10-11 Fitness Fiesta **23**

1:00 Paint & Sip (sign up)

10-11 Chair Mind & Body Exercise **24**

12:45 Movie & Snack - *Rear Window PG 1h50m 1954*

10-11 Fitness Fiesta **30**

11:30 Lunch Bunch Group Cracker Barrel

If you need transportation please allow 48 hour notice to Alisha in transportation NOT including weekends

COA trips for the 2026 year (tentative of course)

Lunch Bunch is a “ten most go” program, meaning a minimum number of participants is required for the trip to take place—otherwise, it will be canceled. **PLEASE NOTE THAT NO VOICE MESSAGES ARE ACCEPTED WHEN CALLING IN.** We kindly ask that you be considerate of others by not signing up for every event, so everyone has an opportunity to participate.

Destination trips, have limited seating, so please call to reserve your spot on or after the registration date. **PLEASE NOTE THAT NO VOICE MESSAGES ARE ACCEPTED WHEN CALLING IN.** Be sure to review the trip’s activity level to ensure it matches your ability. We kindly ask that you be considerate of others by not signing up for every event, so everyone has an opportunity to participate.

A review of the levels

LEVEL 1 - Minimal walking through parking lots and drop off locations. Standing while waiting in line and for entrance to tours. Will include steps and uneven surfaces throughout the day and steps in and out of bus.

LEVEL 2 - Moderate walking/standing, up to half a mile, may include stairs and/or uneven terrain. Plus, on and off bus more than once.

LEVEL 3 - Lots of walking/standing for multiple hours. May include flights of stairs and/or uneven terrain. Could include long days.

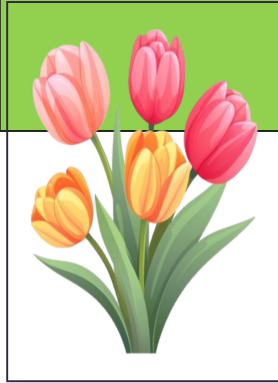
LEVEL 4 - Extensive walking/standing, climbing stairs and/or hilly walkways/uneven terrain, and/or possible extended weather exposure.

2026 List of Trip Outings

- **April 22 Lehman’s Hardware Level 2**
Open to call on 4/6 9:00AM or after
- **May 21 Senior Fair at AU Level 2**
- **June 10 Mablehead with Packed Lunch/ Ice Cream (Dutch Treat) Level 2**
Open to call on 5/27 9:00AM or after
- **July To be announced Charles Mill Boat Ride & Chuy’s level 2**
Open to call on TBA
- **August 26 McKinley Presidential Museum Canton Level 3**
Open to call on 8/3 9:00AM or after
- **September 23 West Side Market Level 3**
Open to call on 9/2 9:00AM or after
- **October 21 Cuyahoga Scenic Railroad L-3**
Open to call on 10/5 9:00AM or after

Lunch Bunch (all Level 1)

- ♦ **April 30 Cracker Barrel Mansfield**
Open to call on 4/7 9:00AM or after
- ♦ **May 14 Carlyle's Restaurant Marion**
Open to call on 5/4 9:00AM or after
- ♦ **June 11 River Rock Bellville**
Open to call on 6/1 9:00AM or after
- ♦ **July 9 Moosehead Hoof & Ladder Restaurant Olmsted Falls**
Open to call on 6/29 9:00AM or after
- ♦ **August 13 Lorenzo’s Pizzeria Oberlin**
Open to call on 8/7 9:00AM or after
- ♦ **September 10 Broken Rocks Café Wooster**
Open to call on 9/1 9:00AM or after
- ♦ **October 8 The Farmers Table Medina**
Open to call on 10/1 9:00AM or after



Just in Case...

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Be Advised.... If we have low attendance for our Deep Class Series scheduled for this month, we will reschedule it later this year. However, we will replace that programming with the following listed below

Start time for these activities will be 1 pm.

- April 7 – Bingo for Fun
- April 14 – Chair Volleyball
- April 21 - Bingo for Fun
- April 28 – Chair Volleyball

We will announce a change if needed on April 3

Alzheimer's Caregiver Support Group

Wednesday April 15th

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



Did you know the City of Ashland offers this

Senior Service?

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





Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., April 3rd 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 17th 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 25th 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 21st @ 5:45pm 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

A free Hot meal will be served

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

ASSOCIATED CHARITIES PERRYVILLE FOOD DISTRIBUTION

Wed., April 22nd @ 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

Hoppy Word Search

E A S T E R

B	O	L	L	T	L	A	M	B	G	S	S	A	D
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CHICK	EGGS	DYE	BUNNY
SUNDAY	SPRING	BASKET	FAMILY
APRIL	GRASS	NEST	DECORATE
LAMB	PARADE	PEEPS	HOP



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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
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Or Current Resident:



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