

THE ACCOA NEWS CENTER FOR ACTIVE LIVING

"We're not aging, we're actively living..."

www.accoacenterforactiveliving.com

Hours: 8:30 am - 4:30pm

Monday through Friday

4148 Main Ave
Ashtabula, Ohio 44004
(440) 998-6750

Issue #032024

March 2024

Services Available

- Bill Pay - Pay all your bills in one place
- Shuttle Rides - Let us take you to the store
- Prescription Assistance - Let us help you afford your Prescriptions.
- Exercise - Gentle Yoga
- Education - Guest speakers to keep you current on the latest health trends.
- Nurse - A nurse comes weekly to do blood pressure and glucose screenings.
- Room Rental - We have multiple rooms.
- Computer Tutor - Internet & Phone Classes

THINGS TO WATCH FOR!

St Patties Day	March 15, 2024
Good Friday	March 29, 2024
Mothers Day Tea Party	May 10, 2024
Fathers Day Party	June 14, 2024
Prom Dinner Dance	June 27, 2024
ACCOA Summer Picnic	July 31, 2024
SCN Picnic	August 16, 2024
All County Senior Picnic	September 20, 2024
Ice Cream Social	September 27, 2024
Senior of the Year	October 4, 2024
Halloween Party	October 31, 2024
Friendsgiving Dinner	November 27, 2024

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Hello Happy Travelers,

Time to leap into the New Year, 2024. I hope you are enjoying our mild weather?

There are plans being made for day trips and a few longer ones.

Our first meeting is March 18, 2024 at 6:00pm. Dues are also due at this time. Also nominations for officers will be taken with election at our April 15, 2024 meeting.

See you in March!

Tech Tutor at the Center

Tuesday, March 26, 2024

Tuesday, April 30, 2024

fourth Tuesday of the month

at 2:30 pm

Susan from the Ashtabula

Library will here to assist

you "one on one" with cell phone and tech questions and concerns.

Movie and Popcorn

Iron Jawed Angels

Alice Paul lights a fire under the older women's leadership in Washington when President Wilson refuses to give the women a right to vote.

Friday, March 1, 2024
at 1:30 p.m.

R.S.V.P. by Feb. 23, 2024

Movie and Popcorn

A League of their Own

When WW2 leaves the country with a shortage of men, an all female baseball league steps in to fill the void.

All-star cast

1:30 p.m.

Friday, April 5, 2024

R.S.V.P. by March 29, 2024

Activity Registration Information

ACCOA Center for Active Living offers various types of in-person and virtual programming to keep members engaged and connected. Mask requirement for in-person activities are based on current CDC, Governor and local Health Department guidelines. Due to social distancing guidelines, in-person activities will have a limited number of participants, so please sign up early to reserve your seat.

To register for any activity you can visit

<https://schedulesplus.com/ashtabula> or call 440-998-6750. If you are unable to register online, or have difficulties please contact us.

ACCOA Center for Active Living Refund Policy

If an activity is canceled by ACCOA, which had a registration fee, you will receive a refund for that activity's registration fee. Should you cancel an activity, you registered for, that has a registration fee, you will not receive a refund for the registration fee unless there is a waiting list and/or ACCOA is able to fill your place at the activity/program.

Birthdays of the Month

It's a BIG Birthday Bash!

Wishing you a year of amazing moments and reasons to smile. Happy Birthday!

Ann Bruckman	3/1	Lois Sopczak	3/14
Cindy Kitchen	3/3	Alma Keaton	3/16
Carol Eller	3/4	Diane Knight	3/16
Ruth Williams	3/4	Patty Varkette	3/16
Myron Niemi	3/5	Vernie Capitena	3/18
Paulette Hickman	3/10	Vicky Herpy	3/20
Mary Mathers	3/11	Pamela Poff	3/21
Donna Notte	3/11	Alberta Kirk	3/23
Nancy Thayer	3/11	Maxine Heglund	3/24
Mildred Romano	3/13	Barbara Carraher	3/25
		Marie Oxley	3/29

Please join us for a birthday party to honor our friends who have birthdays in March and April !!

Fri., March 22, 2024 at 2:30pm - RSVP BY 3/15/24

Fri., April 26, 2024 at 2:30—RSVP BY 4/19/24

Cupcakes, Ice Cream and Beverage

Birthday surprise for all guests that attend the birthday bash during their birthday month!

(must attend the entire party scheduled during your birthday month)

Are you friends with any of the birthday peeps?

Give them a call and wish them Happy Birthday!!!

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

STAR of BRANSON COUNTRY USA! LIVE IN CONCERT



STARS OF BRANSON COUNTRY USA!

Melody Hart & The All Star Band
Do not miss this performance

CROATION LODGE:
TUE., APRIL 30 TH , 2024

Lunch at Noon
Show to follow

Bus will leave 10:15am
From Key Bank parking lot
and return about 4:30pm

Cost is \$96.00

Payment in full is due at the time of reservation.

Reservations required by
March 20, 2024

No Refunds after 3/20/24
\$5 will be collected after the show for driver tip

YES YOU CAN PAINT CLUB IS BACK WITH A NEW TIME & INSTRUCTOR!



Every Other MONDAY 1:30PM TO 3:30 PM

Beginning March 4, 2024 (3/18, 4/1, 4/15, 4/29)

\$3/Person a class - Newsletter Subscribers (PLUS MATERIALS)

\$10/Person a class - Non Subscribers (PLUS MATERIALS)

A step-by-step tutorial course teaching you how to paint.

Presenting painting techniques anyone can do! Mary Ellen will take you on a journey that will unleash your inner artist. You will follow a progressive sequence, covering beginner and advanced painting methods. By the end of the class you will have a final project you can display with pride.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

DO YOU OWN YOUR OWN HOME?

ARE YOU OVER 60 YEARS OLD?

DO YOU NEED HELP WITH MINOR HOME REPAIRS?

The Center for Active Living can help you with home maintenance. We can install grab bars, replace fixtures, perform minor plumbing, minor electrical, minor carpentry, and odd jobs. We will supply the labor and time you supply the materials.

Current wait time is minimal

Call 440-998-6750 to schedule an appointment.

Funded by the Ashtabula County Senior Services Levy.



Book Club

Join Susan, from the Ashtabula County Public Library

Tuesday, March 26, 2024 at 1:30 pm

***All The Light We Cannot See* by Anthony Doerr**

The paths of a blind French girl and a German boy collide in occupied France

During WW2

Tuesday, April 23, 2024 at 1:30pm

***Big Little Lies* by Liane Moriarty**

A murder? A tragic accident? Or just parents behaving badly? Three women are at different crossroads, but they all end up in the same shocking place after little lies turn lethal.

Bring your book with you!

Medical Equipment Lending

Need a walker or wheelchair?

We have all kinds of medical equipment for rent. You can borrow for a small deposit! When you return the equipment, your deposit will be returned to you!



Some items available:

Wheelchairs, Walkers, Rollators, Bedside Commodes,
Shower Chairs & Raised Toilet Seats.

Call 440-998-6750 for more information

GET YOUR LEPRECHAUN ON



ST. PATRICK'S DAY PARTY

MARCH 15, 2024 - 2:00 TO 5:30 PM

ACCOA Center for Active Living; 4148 Main Ave., Ashtabula

Entertainment: Lock 4 Barber Shop Quartet

Cost: \$5 - newsletter subscribers | \$10 - non-subscribers

Includes: Entertainment, Meal, Beverage, Dessert and tons of fun!!

RSVP BY 3/8/2024

Pre-pay, Eat in only, Sorry no refunds.

Blarney Friday, March 8, 2024 at 10:30 am

Blarney is defined as skillful flattery or nonsense and as the legend of the Blarney stone is said to give you the gift of gab if you kiss it. Get your Blarney on with our word game challenge and see if you can figure out all 115 different words you can make from "BLARNEY".

SENECA RESORT & CASINO DAY TRIP

Wednesday, April 10, 2024

\$53.00 a person

Includes: Round Trip Motor Coach transportation
\$25.00 Free Slot Play and \$5.00 Food Credit

\$53.00 Due at time of reservation

Leave on 4/10/24 at 8:30am from Key Bank Parking Lot
Return on 4/10/24 at 6:00pm to Key Bank Parking Lot

Reservations are required by February 16, 2024

For more information contact

ACCOA Center for Active Living at 440-998-6750

Minium of 45 people

No refunds after February 9, 2024

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Blood Pressure Screenings

11:00 am to Noon

Thursday, March 14, 2024

Wednesday, March 20, 2024

Wednesday, April 17, 2024

Glucose & Cholesterol
Screening

11:00 am to Noon

Wednesday, March 6, 2024

Wednesday, April 3, 2024



ACCOA Center for Active Living
Invites you to join them for a
Good Friday Ceremony and Luncheon
Friday, March 29, 2024
Ceremony starts at 11:00 am
Lunch will be at 12:30pm
4148 Main ave, Ashtabula

Cost: \$4 per person for newsletter subscribers
\$10 for non-newsletter subscribers

RSVP BY March 22, 2024
Sorry no refunds, no take out.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Grief Group

Wed., March 27, 2024 at 5pm.

Wed., April 24, 2024 at 5pm.

Host: Joslin Seeds

Open to the public.

All types of loss is welcomed. Including pet loss. You do not ever have to share. It is a place for you to share your loved one and know that other people are struggling too. Maybe make a connection and feel less alone. Maybe it's a place to go because you lost your companion. Feel free to bring photos, mementos, music- whatever you want to share of your life or loved ones. Maybe you say things you've never said. Maybe you feel like your loved one is less gone to you. We are not affiliated with a particular church or religion. What is said in the room stays in the room. There is no fee to join and there is no church affiliation.

Glamor Shots Reshoot

March 4 and 18, 2024

10:30 a.m.

We'll do your make-up, your hair and pamper you. Then we will take a beautiful photograph of you!

Cost is \$3.00

Sign up by: 3/11/24

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

PLEASE SAVE:

Your old newspapers, egg cartons, and Styrofoam coolers the kind medication gets shipped to you in. If you have any of these items, please bring them to the center, we will make sure they get to where they need to go.

INVITE A FRIEND

Invite your friends to attend the Center for Active Living. They must be 55 years of age or older and be willing to have FUN and meet new people.

Subscribe to our newsletter. It provides you with all the activities, programs and trips that we offer. The annual fee is \$10.00.

We would be happy to answer any questions they may have.

DISCLAIMER: While we make every effort to provide accurate and complete information in ACCOA's newsletters, we are "PERFECTLY IMPERFECT" and cannot guarantee that there will be no errors. Occasionally, it is possible that an event date, day, time or "register by" date may be incorrect. Therefore, as a standard of practice, registration cut-off dates will be a minimum of seven (7) days prior to the scheduled event. At times it may be necessary to make the registration cut-off date earlier to accommodate caterers or order supplies.

ASHTABULA COUNTY TRANSPORTATION SYSTEM



440-992-4411

Seniors age 60 and over
Ride the bus "FREE"

WITH A SENIOR LEVY PASS

Monday-Friday: 10:00 a.m. - 2:00 p.m.

Saturday: 10:00 a.m. - 4:00 p.m.

Call 994-2032 for details.

Funded in part by
ODOT, FTA, Other Local Sources,
and Senior Services Levy

FREE SENIOR TRANSPORTATION

Are you 60 or older and live in Ashtabula?

Do you need a ride to the store?
Do you or someone you know need assistance accessing food or supplies?

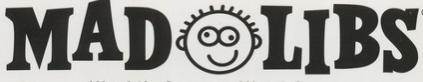
We can assist you with transportation for essential items. Call 440-998-6750 to schedule an appointment.

- ◆ By appointment only,
- ◆ Seating is limited.
- ◆ Social distancing observed.
- ◆ Rides must be scheduled or canceled at least 48 hours in advance.
- ◆ If you forget to cancel you could be responsible for a \$5 cancellation fee.

Cards & Games

Join us for Cards Daily 10:00am to 4:00pm

Mad Mad Mad Mad Mad Libs



World's Greatest Word Game

The world's greatest word game for anyone who likes to laugh and a super funny way to fill in the blanks!

10:30 a.m.

Thur., March 26, 2024
Thur., April 11, 2024

March is Women's History Month

During the 1800's women participated in recreation sports such as horseback riding and swimming. By the turn of the century women's athletic clubs began to appear. And in 1900 women competed in the Summer Olympics. Helene de Pourtales of Switzerland became the first female Olympic champion as a member of a sailing team and Briton Charlotte Cooper became the first individual champion by winning in singles tennis.

CHECKERS

10:30 a.m.

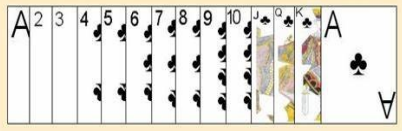
Thurs., March 14, 2024
Tuesday, April 30, 2024

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Rummy

The objective of this classic card game is to be the first to get rid of all your cards, by creating melds, 3 or 4 cards of the same rank, or runs, which are 3 or more cards of the same suit.

Thurs., March 21, 2024 at 10:30 am
Thursday April 18, 2024 at 10:30 am



Like us on **Facebook**

Left Right Center

March 26, 2024 at 3:00 p.m.
Bring 9 nickels

Spring Trivia

10:30 a.m.
March 19, 2024

Family Feud

10:30 am
March 27, 2024

Cards & Games

Join us for Cards Daily 10:00am to 4:00pm



Wednesday's at 1:30 p.m.

March 13, 2024
March 20, 2024

Come join our Wii Bowling league!

Pokeno

10:30 a.m.

March 28, 2024
April 5, 2024

Bring a dollar in pennies
For 3 pot Pokeno

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Let's play **HANGMAN**

This game takes an Easter twist as we try to guess the word before Kim can draw a bunny (full disclosure Kim can't draw) and win Easter prizes

Tuesday, March 5, 2024 at 10:30 am

Beware the Ides of March!

But why? Come play Terni Lapilli and learn about Rome.

3/15/2024 at 10:30 a.m.

Wheel of Fortune

3:00p.m.

March 19, 2024
April 16, 2024

Would you like to buy a vowel?

Join us for PB rice crispy treats


Fri., Mar. 1, 2024 at 10:30 a.m.

Everyone will leave with a sample.

National Day of Prayer

May 2, 2024 at 10:00 am

Join us for fellowship,
Danishes and coffee.



National Oreo Day

Wed., March 6, 2024
1:30 p.m.

Join us for Oreo roulette

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

We are pleased to announce HEARTstrings Orchestra will perform for us on:
April 11, 2024
May 16, 2024
July 25, 2024

The orchestra play multiple events around the county and is directed by Dr. Carol Linsenmeier.

Start time is 1p.m., but please be here by 12:30 p.m.




Bunny, Bingo, & Brunch

Join Senior Care Network for an amazing event with wonderful sponsors. We will have brunch, visits with the Bunny, and several rounds of Bingo with multiple winners.

11AM BRUNCH BEGINS
21ST MARCH

327 MILL STREET CONNEAUT OHIO



Take Off Pounds Sensibly

Meets Thurs. Mornings
At the Center

Weigh In Time: 9:30am
Program Start Time: 10:00am
NEW MEMBERS WELCOME

Fitness Corner

Tuesday & Thursday


9am - Walk Aerobics:
with Sara Wetzel - a high energy workout, but easy for beginners to start out at their own pace.

10am - Cardio Drumming:
with Sara Wetzel - high-intensity drumming, that incorporates sufficient movement to be a whole body workout while fun enough for anyone to do.

11:00am - Easy Walking:
with Sara Wetzel - a walking in place workout that can be performed standing or sitting to burn calories and work on your cardiovascular system.

Free for newsletter subscribers
Non newsletter subscribers \$5/class

Please wear comfortable, cotton exercise clothing: dress light.



BRAIN GAMES

Join us on the third Wednesday of the month to see if you can solve these tricky brain teasers?

10:30 a.m.
March 20, 2024
April 17, 2024

Socials and Food

EAT IN ONLY—NO TAKE OUT

Breakfast CLUB

9:30 - 10:00 a.m.

Wed., March 27, 2024

Menu: Biscuit and gravy casserole
RSVP BY 3/20/2024
April 24, 2024

Menu: Piggies in blankets.
AT THE ACCOA

CENTER FOR ACTIVE LIVING
\$1.00 NEWSLETTER SUBSCRIBERS
non newsletter subscribers \$6.00

Pre-pay & Eat in only. Sorry no refunds



Coffee and donuts
10:30 a.m.
April 4, 2024

Total Solar Eclipse 2024
Monday, April 8, 2024

A total solar eclipse will cross North America.
In Ashtabula the eclipse will start at 2 p.m. and last until 4:30 p.m.
Total coverage will be from 3:15 to 3:20.

Join us for a whole day of fun!
Lunch at 12:30pm - \$4
\$10 for non newsletter subscribers
Fun and Games at 1:30 p.m.
RSVP by 3/26/2024

We have solar glasses for sale
\$3.00 plus tax
We will be outdoors for some of the fun...

Abdominal Emergencies:
When to seek medical care.
Wed., March 20, 2024 - 5 - 7pm
Hosted by: University Hospitals
Speaker: Kevin Aaron Andryc, DO
Chief Medical Officer
This is a free seminar.
Food & Beverage will be provided.
RSVP by 3/13/24.
If we have enough riders we will take the van. It will be \$2.00 a rider.
Dress: Business Casual

National Manatee Appreciation Day.
We'll learn about these sea cows with some fun facts and watch a Documentary.
March 27, 2024 at 1:30 p.m.
RSVP by March 20, 2024

Six Healthy Freezer Meals
with Six Ingredients or Less
Wednesdays at 3pm
March 13, 20 & 27
April 3, 10, 17 & 24

Everyone who attends will get a copy of all the recipes and shopping list, no need to try and take notes or scramble to write down ingredients!
If you participated in the class you will also be able to take home the freezer meals we prepare for \$3.00 each on a first come basis.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Arts & Crafts

Learn to make rice paper
Tuesday, March 5, 2024
1:30 p.m.

In the beginning of the Tang Dynasty a paper was made from straw of rice in the Xuan Cheng region. The first known use of this paper was by Zang Yan Yuan, a painter in the 9th century

Join us in making
Spring gnomes
April 1, 2024 at 10:30 a.m.
R.S.V.P. by March 25, 2024

Spring
Farmhouse Bunnies
Wednesday,
March 13, 2024
At 1:30 p.m.
R.S.V.P. by 3/6/2024



Cost: \$3.00 for newsletter subscribers
\$10.00 for non-subscribers

COLORING CLUB

10:30am

Wed., March 13, 2024

Wed., April 10, 2024

Bring your own supplies or use ours.

Shadow Box Flowers
April 12, 2024 10:30 a.m.
R.S.V.P. by 4/5/2024
Cost is \$3.00
\$10.00 for non-subscribers

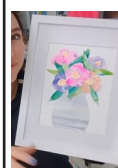
Let us know if there is a craft you really want to try!
Call Kim at (440) 998-6750
Or drop off your ideas at the center. Looking forward to seeing you here.

CROCHETING CLUB WITH JACKIE

Every other Thursday at 1pm
Join us to crochet small, meaningful items to be placed in random locations throughout our communities for anyone to find (kind of like the rocks, but with crochet items).
FREE - newsletter subscribers
\$5.00 non - subscribers

Soap simply isn't what it used to be. Many so-called soaps on supermarket shelves share more in common with washing powder than actual soap.

Join Sandbar Suds
On March 19th at 1:30 p.m.
To learn the benefits of using a natural soap product.



Let's paint a bouquet of flowers without painting a bouquet of flowers
April 16, 2024 - 10:30 a.m.
Cost \$2.00
\$10.00 for non-subscribers
R.S.V.P. by April 9, 2024

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

LET'S PLAY BINGO!

EVERY MONDAY-1:00PM TO 4:00PM

Unless Monday is a holiday, then we play on Wednesday

EVERY THURSDAY-1:00PM TO 4:00PM

Wednesday, March 6, 2024

PINOCHLE TOURNAMENT

Time: 1:30 - 4:00pm

Refreshments will be provided.

Prizes for 1st, 2nd and 3rd place.
Limited to 32 players.
Eight tables.

ACCOA Center for Active Living
Reservations are required by Wednesday, February 28, 2024 and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>
\$3.00 per player to enter tournament.
(will be used to payout 1st, 2nd & 3rd place prizes)

Visit our gift shop.
By visiting our gift shop you can support the center and get great deals on a variety of items, like cards for only \$0.25. We have yarn, an needles, personal care, beauty and cleaning supplies, wrapping paper, jewelry, home décor, trinkets and even some cute plants. Gift shop is open same hours as the center.

She's Back!
We are excited to join forces again Lisa Piaser, the owner and instructor at The Yoga House, to offer Yoga Basics and Beyond. It is perfect if you are new to yoga or experienced. Learn the fundamentals of yoga poses, including alignment and breathwork.
Wednesday's Beginning
March 13, 2024 at 10:00am
\$1 for newsletter subscribers
\$14 for non-subscribers

The Center will be closed on the following dates:

- Monday, May 27, 2024
In Observance of Memorial Day.
- Wednesday, June 19, 2024
In Observance of Freedom Day.
- Thur. & Fri., July 4 & 5, 2024
In Observance of Independence Day.
- Monday, Sept. 2, 2024
In Observance of Labor Day.

Daylight savings time begins
March 10, 2024.

A concept invented Benjamin Franklin in 1784, pushing clocks forward was formally adopted during WW1 as an attempt to conserve energy. These changes to our sleep can have health risks. People are at greater risk for mood disturbance, suicide and being involved in traffic accidents. Minimize risk by gradually altering your bedtime and wake up time. And spend time outside. Natural light is a driving force of our circadian rhythm

Conversation Cafe

JOIN US FOR COFFEE HOUR EVERY
Monday 10:30am - 11:30am

Enjoy coffee & conversation. We provide the setting to keep you entertained and explore topics that interest to you!

Bring a snack to share if you like!

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

2024 Tax Precreation Clinics

Details:

- ◆ 1040EZ and 1040A
 - ◆ All parties 60 and older only
- What to bring with you:
- ◆ Last year's tax return.
 - ◆ Social Security Cards for taxpayers and dependents.
 - ◆ Picture ID for taxpayer & spouse.
 - ◆ Income for 2023, including:
 - ◆ W-2 showing job income
 - ◆ 1099 showing pension, IRA income, interest or dividend income.
 - ◆ SS year end statement.
 - ◆ Any investment papers with income, sales or changes
 - ◆ Expenses for 2023, including
 - ◆ Medical expenses for 2023
 - ◆ Property Taxes
 - ◆ Mortgage Interest & Insurance
 - ◆ Charitable contributions
 - ◆ Blank check to show bank account number for direct deposit.

Dates are limited and filling up fast

Call for an appointment
(440) 998-6750

Tax returns are by donations.

According to the Farmer's Almanac,

Spring arrives

Tuesday, March 19, 2024

at 11:06 P.M.



Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

HELP for Heating/Cooling Bills

There is a programs offered by the State of Ohio to help you with your heating and cooling bill.

You may receive financial assistance or efficiency improvements for homes or apartments. If your gross household income from all sources is less than the following amount for the number of members in your household you may qualify:

- 1 person up to \$21,780
- 2 persons up to \$29,420
- 3 persons up to \$37,060
- 4 persons up to \$44,700
- 5 persons up to \$52,340
- \$7,640 each additional household member.

The Ohio Energy Assistance application is available Now.

Please call the Community Action toll-free at 440-997-5957 for more information.

Get Help With Your Electric Bills

The winter/summer crisis program offers electric assistance to low-income elderly households and individuals with certain medical conditions. Money obtained from the winter/summer crisis program can be used either to:

1. Pay your electric bill.
2. Purchase a new air conditioning unit (if you have not received one in the last 3 yrs.)

To be eligible for the crisis program:

- ◆ A household member must be at least 60 years of age OR have a doctor statement establishing a medical necessity.
- ◆ Cannot have a disconnect notice
- ◆ Be below 200% of the federal poverty level.
- ◆ Do not have to be on PIPP.

Applications are available at
Community Action Agency
440-997-5957.



Please Join Us For A Mothers Day Tea Party

Friday, May 10, 2024

at two thirty in the afternoon

at ACCOA Center for Active Living
4148 Main Avenue, Ashtabula

Tea and Finger Food: 2:30 - 3:00 pm

Entertainment: 2:30 - 3:30 pm

Dinner: 3:30 pm

Cost: \$7 for newsletter subscribers

\$13 for non subscribers

Please RSVP by May 3, 2024

By calling 440-998-6750

Online at: <https://schedulesplus.com/ashtabula>





Armchair Travel

Will take you to faraway places without leaving home.

March 8, 2024 at 1:30 p.m.
Ireland

What you can expect: food or snacks from the chosen country, music, trivia, videos or photographs related to the destination featured.

Armchair Travel

Will take you to faraway places without leaving home.

April 12, 2024 at 1:30p.m.
Washington D.C.

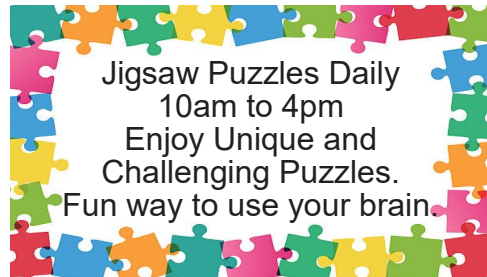
What you can expect: food or snacks from the chosen country, music, trivia, videos or photographs related to the destination featured.

Diet and Nutrition Seminar with

Susan from APMC

March 12, 2024
1:30 p.m.

R.S.V.P. By March 6, 2024



Jigsaw Puzzles Daily

10am to 4pm

Enjoy Unique and Challenging Puzzles.

Fun way to use your brain.

Tuesday, March 12, 2024 10:30 to Noon

The Lantern of Saybrook is hosting us for a seminar on the battling Dementia with crafts . We will be doing a craft and have a light lunch. Seating is limited. Transportation is available for \$1.00
Bus will be leaving center at 10:00 a.m. returning at 12:30 p.m.

R.S.V.P. by 3/1/2024

Lori's Buckeyes

Cream 3/4 c. unsalted butter, 3/4 c. Jiff peanut butter and 1 t. vanilla

Add 1 lb. powdered sugar (half at a time). Mix until ball forms. Scoop and roll into balls; place in fridge about 15 min.

Melt Merckens cocoa lite wafers (about 2 c.) and Merckens dark wafers (about 10) together. Dip balls in chocolate. Stick back in fridge for 15-20 min.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Board Members and Director

Brenda MacNaughton, Board President, Flowers on the Avenue
Ann Wiley, Board VP, Ann Wiley Insurance Service
Mary Church, Board Treasurer, Ashtabula City
David Moore - Board Secretary, Intrepid USA Home Care
Carissa Allen, Saybrook Landing
Pastor Jeff Stoll, Senior Member
Hazel O'Neal, Senior Member
Dawn Dale - Geneva Center for Rehabilitation and Nursing
Kathy Chiacchiero BSN, RN, NPD-BC—ACMC
Lori Slimmer, RN. M.Ed., CDCES - University Hospital
Mary Ellen Higley - Senior Member
Lisa Bruckman, Executive Director

FREE Wellness Calls

Could you, or someone you know use a daily friendly check-in call? The Center for Active Living has a program that offers telephone companion calls. Contact the Center for Active Living at 998-6750 to make arrangements to receive a daily call.

UPPER CRUST

WE MAKE RESERVATIONS BASED ON THE NUMBER OF GUESTS THAT SIGN UP

“UPPER CRUST Lunch Bunch”

Friday, March 22, 2024

At Noon

Fire Chicken

528 Lake Ave, Ashtabula

RSVP by Friday, March 15, 2024

Dessert After Upper Crust

at Center for Active Living
Dessert and coffee and a little fun
Friday March 22, 2024 at 2 p.m.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

April 2024 Upper Crust

April 19, 2024

Pizza Hut

R.S.V.P. by 4/12/2024

Prescription Assistance

This service will help Ashtabula County residents age 60 years old and older to obtain **FREE or low cost** prescriptions from pharmaceutical companies and help navigating through Social Security Part D programs.

Call (440) 998-6750 for an appointment!



Meet New People, Make New Friends

Center for Active Living

4148 Main Ave.
Ashtabula, OH 44004-6849
(440) 998-6750
www.accoacenterforactiveliving.com
program@ashtabulaseniors.org
Lisa Bruckman, Director
Brenda MacNaughton, President

Current Resident or:

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Ashtabula, OH 44004



2024



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CELEBRATING 50 YEARS SERVING SENIORS!