

AURORA SENIORS



Programs for Active Adults 55 and Up

I hope this letter finds everyone safe and healthy! Unfortunately, Senior Centers will remain closed until further notice. Although we miss the socialization, your safety is our number one priority! Experts have been concerned about people's mental health with COVID-19 putting us in isolation so long. Studies have shown chronic loneliness has clear links to an array of health problems including dementia, depression, anxiety, heart conditions and more. After the stay at home order was instated, roughly one third of Americans reported feeling lonelier than usual. If you feel like this is happening to you please let me know. I will be setting up a personalized weekly phone call and starting a "Quarantine Buddy" program. At the very least, COVID-19 is making loneliness easier to talk about. This pandemic has changed all of our lives. I find myself feeling lonely at times. I am used to a busy work schedule and an active personal life and both have halted. We are all in this together! Stay safe!

Please stay well and contact me with any questions, concerns or just to say hello!

**330-995-9148
or martinc@auroraoh.com**

Friday Zoom Calls @ 2 pm

Each week we will alternate between Trivia and Name that Tune.

Zoom Meeting ID #: 81265163607,
Password: 551967

Name That Tune Music of the 70's

July 24



T.V. Shows of the 50's & 60's Trivia

August 7

Name That Tune Famous Diva's

August 14

Who Am I Trivia

August 21

Boy Bands



Name That Tune

August 28



Weekly Zoom Bingo

Tuesdays @ 10 am

You can access bingo cards at the link below.

<https://mfbc.us/m/qb5rxc>

If needed, call me and we can arrange Bingo cards to be picked up at Walker Building.

No Bingo on July 28th.

Zoom Meeting Id #: 85191787580,
Password: 551401

AURORA SENIORS AUGUST

Car Bingo

We will meet at Hartman Park (map enclosed) parking lot at 10:30 am, weather permitting. You will stay in your car or have a chair outside of your car. We will have guest bingo callers and you will be playing for quarantine hard to find items.

This is limited to 20 cars.

Facemasks strongly recommended.

July 23 @ 10:30 at Hartman Park

Sponsored by: Anna Maria of Aurora/Family Tree

August 6 @ 10:30 at Hartman Park

Sponsored by: Bright Star Care

August 13 @ 10:30 at Hartman Park

Sponsored by: Anna Maria of Aurora/Family Tree

August 20 @ 10:30 at Hartman

Sponsored by: Avenue of Aurora

August 27 @ 10:30 at Hartman Park

Sponsored by: Anna Maria of Aurora/Family Tree

You must pre-register at 330-995-9148 or martinc@auroraoh.com.

In case of inclement weather, bingo will be cancelled.



Senior Planet

Check out this amazing website. <https://seniorplanet.org>
It has virtual exercise, programs, articles and much more!



Walking Club

Wednesdays @ 9 am
Weather Permitting



Starting July 22nd we will meet at the Walker Building. We will social distance walk around the school property. Max people is 10 so you must pre-register at 330-995-9148 or martinc@auroraoh.com.

Bring a water bottle, but please note that the Walker Building remains closed so there are no restrooms available.

Facemasks strongly recommended.

Zoom Quarantine Scavenger Hunt

Monday, August 3 @ 2 pm

There will be 20 household products that you will need to find. You will have 90 seconds to find each item.

The same item cannot be used for two different answers.

Prizes will be awarded.

Zoom Meeting Id #: 82628746779

Parking Lot Party

Monday, August 3 @ 11 am

Join us at Hartman Park (map enclosed). Bring a chair so you can sit outside your car. Johnny Live will be performing and we will be handing out box lunches.

Max number is 40 so RSVP quickly at:

330-995-9148 or

martinc@auroraoh.com

Rain date August 10

Facemasks strongly recommended.



The Price is Right

August 12 at 2 pm

Each participant will show an item that is "new" or that you know the price of. Everyone will take one guess at the price by typing it in a private chat to me in Zoom.

The closest to the actual price wins!

Zoom Meeting Id #: 85995816640