



CANTON Senior Center *Mini-SCRIBE*

MAY

The mission of the Canton Senior Center is to empower aging and older adults to live full, independent lives by promoting wellbeing through social, physical, and educational programming.

From the Coordinator's Desk

HAPPY OLDER AMERICANS MONTH!

*April showers bring
May flowers!*

**What can I
do at
home?**



Ways to Stay Healthy & Happy at Home:

- ◆ Watch a movie/Netflix/YouTube
- ◆ Do something crafty!
- ◆ Write a poem/letter/song
- ◆ Call a friend/skype/zoom
- ◆ Listen to Ted Talks
- ◆ Utilize Hoopla (through the Library)

ONLINE RESOURCES:

⇒ Free online courses from The Smithsonian Institution

<https://www.edx.org/school/smithsonianx>

⇒ Listen/Watch Ted Talks

<https://www.ted.com/>

⇒ Explore the Cincinnati Art Museum!

<https://cincinnatiartmuseum.org/art/explore-the-collection/>

⇒ Zoo Webcams

<https://zoowithus.com/live-web-cams/>



We miss you and are taking good care of your plants!

Hoping all are healthy and safe during these extraordinary times of social distancing. The staff misses all of our Senior Center Members!

Older Americans Month is sponsored each May by the U.S. Administration for Community Living (ACL). This year the theme is: **MAKE YOUR MARK.**

We are seeking nominations through Friday, May 8th. Please mail or drop off a nomination letter describing how the nominee meets the criteria.

Criteria: Canton Resident, Age 55 years or older, Embraces Aging, and creates community by engaging in activities that promote learning, health & enrichment!

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