

GUIDING PATHWAYS

This monthly gathering is for those looking to explore the Creative Arts

**A collaboration of Bowling Green Manor, Wood Lane,
First Christian Church and the Wood County Committee on Aging, Inc.**

3rd Friday of Each Month

11:30 a.m. to 3 p.m.

First Christian Church

875 Haskins Rd, Bowling Green, OH



Caregivers are welcome to attend with their loved ones. This series will focus on providing educational, social, physical and opportunities for those who are seeking engaging experiences and may have mild to moderate cognitive impairments. No medical staff will be present and personal care will not be available.

Note: Facilities are available for caregivers to provide assistance

These gatherings will have participants experience interaction in a relaxing and engaging environment. Participation will aim to foster fellowship, promote the exploration of the Arts; dance, painting, drawing, music and movement. Relaxation techniques, social interaction and cognitive stimulation will also be provided. The program fee is \$5 per person. *The day will include:*

- ◆ Small Group Activities
 - ◆ Laughter Exercises
 - ◆ Nature Fitness
 - ◆ Movement and Music
 - ◆ Lunch & Snacks
 - ◆ Pet Therapy
- ◆ Theatre, Painting and Drawing

**Some materials and supplies provided by:
Senior Independence and St. Clare Commons**

For more information or to register for this event contact the Wood County Committee on Aging at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net

Find us on Facebook at www.facebook.com/wccoa

We are also a mouse click away at www.wccoa.net