

WOOD COUNTY
COMMITTEE

ON
Aging
WCCOA

July 2019

Your County Connection

Official Newsletter of the Wood County Committee on Aging, Inc.

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Summer Concert

Friday, July 19 at 6:30 p.m. - 8 p.m.

Friendship Park, 27975 Cummings Rd., Millbury, Ohio 43447
In honor of Marion Kerr's musical contributions to the WCCOA

Featuring: Wolf Creek Risin'



Band members include: Bruce Brodie, Amie Brodie, Vern Treado, and Sher Krassow. They are a Lucas County, Ohio based bluegrass / Americana band. They derive their name from a too-close, personal relationship with the creek near their residence. See you there!

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Diabetes Education Empowerment Program (DEEP)

Fridays, July 26 - August 30 (6 weeks), from 1-3 p.m.

Wood County Senior Center, 305 N. Main St, Bowling Green.

Offered in conjunction with Everyone with Diabetes Counts (EDC), The Diabetes Empowerment Education Program, also known as DEEP™, is a Medicare-approved, education curriculum designed to help people with pre-diabetes, diabetes, and their relatives and caregivers gain a better understanding of diabetes self-care. Classes last a total of six weeks, providing participants with eight unique learning modules.

Program goals include:

- Improving and maintaining the quality of life of persons with pre-diabetes and existing diabetes
- Preventing complications and incapacities
- Improving eating habits and maintaining adequate nutrition
- Increasing physical activity & developing self-care skills
- Improving the relationship between patients and health care providers

Space is limited! To register, call Denise Kaminski, RN, at 419.353.5661 or email dkaminski@wccoa.net

Agency Services

Home Delivered Meals Monday – Friday
Hot, nutritious meals are available for homebound seniors in Wood County who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend. Suggested donations of \$2 are requested. Call Social Services at 419.353.5661 or 1.800.367.4935.

Lunch Monday – Friday at 12 p.m.
Hot lunches are available at all sites in Wood County, including a choice of two entrees each day. Reservations are not needed. **Suggested donation:** \$2 for 60+ or \$5 fee for those under 60.

Dinner Tuesdays, Wednesdays, and Thursdays at 5:30 p.m. at the Wood County Senior Center in Bowling Green. Call in your reservation to 419.353.5661 or 1.800.367.4935 **by 2 p.m.** on the day you wish to attend a meal.

Suggested donation: \$4 for 60+ or \$7 fee for those under 60.

Grocery Shopping Reservations required

North Baltimore 419.257.3306
1st & 3rd Tuesday, depart at 1:30 p.m.

Northeast 567.249.4921
2nd & 4th Wednesdays, depart at 3 p.m.

Pemberville 419.287.4109
Every other Tuesday, depart at 3 p.m.

Perrysburg 419.874.0847
Every Wednesday, depart at 3 p.m.

Rossford 419.666.8494
1st & 3rd Wednesdays, depart at 3 p.m.

Wayne 419.288.2896
Every other Tuesday, depart at 3 p.m.

Gift Shop

(Operated by the Wood County Seniors Club.)

Open daily from 10 a.m. - 2 p.m.
Wood County Senior Center
305 N. Main St., Bowling Green.

For donations, consignment, or to volunteer, please call 419.353.5661.

Newsletter Collation

Friday, July 12 from 9 a.m.-11 a.m.

Volunteers are always needed to help collate!

Durable Medical Equipment Loan Closet

Durable medical equipment is available for loan. Please call the Social Services Department at the Wood County Senior Center at 419.353.5661 or 1.800.367.4935 for information.

Examples of available items include: wheelchairs, standard canes, quad canes, standard walkers, wheeled walkers, commodes, shower benches, toilet seat risers, bed and toilet rails, and bathtub transfer bars. Delivery is not available, but items may be picked up as arranged at any of the senior center locations.

If you would like to donate a new or used item to our closet, contact the Social Services Department. Financial donations are also accepted.

Medical Escort

The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical appointments such as physician, dental, or eye appointments up to three times per month per individual. The WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. - 2:30 p.m.

To register for this service, please call:
Northern part of the County: 419.666.8494
Southern part of the County: 419.353.5661 or 1.800.367.4935

Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers year round. Opportunities include: receptionist, monthly newsletter collation, assisting with rummage sales, decorating for and assisting with special events such as birthday meals, assisting with noon meals Monday through Friday, assisting with evening meals Tuesday through Thursday (Wood County location only), hosting special events and games, and delivering Home Delivered Meals Monday through Friday to homebound clients.

Please call the WCCOA's Volunteer Coordinator at 419.353.5661 or 1.800.367.4935 for more information or to volunteer.

Support Groups

Alzheimer's Association Caregiver Group

Wood County Senior Center

Monday, July 8 at 2:30 p.m.

305 N. Main St. Bowling Green, Ohio

Respite is provided for care recipients during group. Call Social Services at 419.353.5661

Northeast Area Senior Center

Tuesday, July 9 at 10:30 a.m.

705 N. Main St., Walbridge, Ohio

Call Social Services at 419.353.5661

Perrysburg

Tuesday, July 9 at 7 p.m.

Way Library, 101 E. Indiana Ave., Perrysburg

Contact: Lynn Ritter, 419.537.1999

Caregivers Support Group

Monday, July 1 at 6:30 p.m. Genacross Wolf Creek, 2001 Perrysburg Holland Rd., Holland. Located in the Forestview Assisted Living 3rd floor activity room.

All caregivers welcome! Contact Kristen Schuchmann at 419.383.6737

Grandparents Raising Grandchildren Support Group

Wednesday, July 10 at 6 p.m.

Located at Wood County Educational Service Center, 1867 North Research Dr., BG. For more information contact Felicia Otte at 419.354.9010, extension 237

Grief Support Groups

For those persons having had a loss of a family member or friend close to them. For more information on individual or group grief support groups, contact:

Bridge Home Health and Hospice at 419.352.9808,

Lutheran Social Services at 419.352.0702, or

Hospice of Northwest Ohio at 419.661.4001

Memory Café

Tuesday, July 9 at 1 p.m.

Wood County District Public Library, 251 N. Main Street, Bowling Green, Ohio. *This program is designed for those with mild cognitive impairment.*

Register by contacting the Programs Department at 419.353.5661 or email programs@wccoa.net

Parkinson Project of NW Ohio

Wednesday, July 10 at 7 p.m.

(Young Onset Group) **Hilton Garden Inn, Levis Commons.** For information call Toni or Bob Lesinski at 419.385.4330

National Alliance on Mental Illness

NAMI Wood County Office, 541 W. Wooster St., Floor 2, Bowling Green. 419.352.0626

Family Support Group

Wednesday, July 24 at 7 p.m.

This group is for family members with a loved one suffering from a mental illness.

Connections Recovery Support Group

Wednesdays at 12 p.m.

This is a weekly support group for individuals with mental illness. You are encouraged to bring a lunch.

Suicide Survivors Group

Tuesdays, July 9 & 23 at 6 p.m.

Zepf Center, 219 S. Church Street, Bowling Green.

For family and friends of those who have attempted or completed suicide. Questions? Contact Zepf Center, at 419.841.7701 ext. 9000

Diabetes Interest Group

Thursday, July 11 at 12 p.m.

The Diabetes Interest Group is open to all who are interested. Meet in the meeting room area at the Wood County Hospital, 950 W. Wooster St., Bowling Green. Direct questions to the Diabetes Education Program at the Wood County Hospital 419.354.8863

“Memory Chat”

Second Tuesday of each month at 10:30 a.m. or 11:30 a.m. at the Wood County Senior Center.

Come to meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter.

They look forward to answering your questions on how memory changes as you age, what is not normal aging, and explaining that not all changes mean Alzheimer's disease or dementia. Call to set up a time for a confidential and informative discussion.

For an appointment call 419.353.5661 or

1.800.367.4935 or email programs@wccoa.net

Clinics & Consultations

Senior Legal *Legal Aid of NWO* 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

The 'Christian Legal Services' is here to help you understand your rights under the law. Services include: assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits.

Appointments are required!

Legal Services Site	Date & Time
Bowling Green	Sept. 12, 4 - 6 p.m.
Perrysburg	Sept. 5, 2 - 4 p.m.

Blood Pressure & Blood Glucose Clinics

No charge for blood pressure screenings.

\$1 fee for Blood Glucose screenings.

* = "SMD" Self-Monitoring Device

Site	Date	Time
North Baltimore	July 2	10-12 p.m.
Pemberville	July 11	10-12 p.m.
Wayne	July 12 *	10-12 p.m.
Grand Rapids	July 16	10-12 p.m.
Northeast	July 17	10-12 p.m.
Perrysburg	July 18 *	10-12 p.m.
Rossford	July 25	10-12 p.m.
Bowling Green	July 29	10-12 p.m.

Podiatry Site	Date
Pemberville	August 14
Bowling Green	August 28

Podiatry Clinic *Facilitated by Maumee Bay Foot & Ankle Specialists. For an appointment please call 419.691.1599.*

**It is the patient's responsibility to check with their insurance company about coverage and frequency of coverage.

July Cholesterol Clinics

The Wood County Committee on Aging, Inc. is currently scheduling **cholesterol screening clinics for July. You must be a resident of Wood County and 25 years of age or older. The cost is \$20 for those 60 and over, \$25 for those 25-59. These screenings require an appointment and pretest instructions.** The screening panel includes: Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglycerides, Total Cholesterol/HDL ratio and a blood glucose level. Results will be immediately available and discussed with clients by a Registered Nurse. To schedule an appointment, please call 1.800.367.4935 or 419.353.5661 and ask for the Social Services Department.

Wood County Senior Center: 9 a.m. - 11 a.m. on July 10, July 19, & July 23

Wayne Area Senior Center: 9:30 a.m. - 11:30 a.m. on July 12

Perrysburg Area Senior Center: 9:30 a.m. - 11:30 a.m. on July 18

Caregiving & Self-Advocacy



Wednesday, September 4 from 11 a.m. - 1 p.m.
First Christian Church,
875 Haskins Rd., Bowling Green

A quarterly educational series designed for those who are seeking training to learn about best practices in caregiving and those who realize the caregiving journey is inevitable and want to plan ahead.

11:15 a.m. Generational Caregiving. Diana Waugh will present on balancing caregiving roles for your grandchildren, spouses, and parents, along with work and family roles. **Diana Waugh, RN, BSN, CDP-Certified Dementia Practitioner.** Her goal is to "open the gates" of the learners' minds to different approaches for everyday challenges facing family member caregivers and professionals.

12:15 - 1 p.m. Planning for the Future with Medicare and Medicaid. Panel Discussion: *Jessica Ricker, LSW, WCCOA and Beth Boltz, Golden Care Partners. Sponsored by WCCOA, Brookdale of Bowling Green, Ohio Living Home Health & Hospice, Wood County Hospital, the Optimal Aging Institute at BGSU, and Golden Care Partners.* To register, please call 419.353.5661 OR 800.367.4935 or email programs@wcco.net

Around the County, Events & Classes

NOTE: Refer to the website www.wccoa.net or visit your local Senior Center to view the cancellation and refund procedures for events, programs, and trips.

Program and Service Scholarship Fund

Would you like to participate in programs/classes or events but do not have the resources to do so? **The WCCOA Inc., Program Scholarship Fund can assist you!** Fill out the application form 30 days prior to an event/class or program to be considered for a scholarship.
Call 419.353.5661 or 800.367.4935 or e-mail programs@wccoa.net



Wood County Fair – Senior Day Thursday, August 1, 2019

Wood County Committee on Aging: www.wccoa.net

Find us on Facebook at facebook.com/wccoa

Entertainment sponsored by: Wood Haven Health Care, Aetna, Otterbein Portage Valley, Wood County Hospital, Buckeye Health Plan

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|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9 a.m. - 9:50 a.m. | Coffee & Donuts <i>Sponsored by Bowling Green Care Center & BG Manor</i>
J.D. Owens, Findlay, Ohio |
| 9:50 a.m. - 10 a.m. | Welcome & Opening Address National Anthem |
| 10 a.m. - 11 a.m. | Matthew Keeler & The Blues Reveler
American Roots Music, Ottawa, Ohio |
| 11 a.m. - 11:10 a.m. | Door Prize Drawing (Must be present to win) |
| 11:10 a.m. - 12:10 p.m. | Bliss, Northwest, Ohio |
| 12:10 p.m. - 12:30 p.m. | Lunch Address |
| Lunch sponsored by: | <i>Northwest Ohio Medical Equipment, Right at Home, WellsBrooke Home Health Modern Woodmen of America, and Kingston of Perrysburg. Menu: Stacked Turkey or Ham, cold beans, heritage coleslaw, melon salad, Rice Krispie treat, and water.</i> |
| 12:30 p.m. - 1:00 p.m. | Stateline Chorus, Northwest, Ohio |
| 1:10 p.m. - 2:10 p.m. | Just Jazz, Mansfield, Ohio |
| 2:15 p.m. - 3:15 p.m. | Tu-Ba Fours, Northwest, Ohio
Door Prize Drawing (Must be present to win) |

All events are held under the tent. Enter through **Gate B or C off of Poe Road**. Lunch reservations are required by Friday, July 26 and can be made by calling at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net. A free shuttle from the parking lot on Poe Rd to the Fairgrounds is provided via golf carts courtesy of the Wood County Sherriff's Office. When you are in the parking lot, call 419.352.8257 for your free shuttle into the fairgrounds on Senior Day.



What is CarFit? CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. **How is a CarFit check completed?**

Perrysburg	July 3	10 a.m. - 12 p.m.
Rossford	July 3	1 p.m. - 3 p.m.
Walbridge	July 23	10 a.m. - 12 p.m.
Pemberville	July 17	10 a.m. - 12 p.m.
Wayne	July 17	1 p.m. - 3 p.m.
Bowling Green	July 10	1 p.m. - 3 p.m.
Grand Rapids	July 10	10 a.m. - 12 p.m.
North Baltimore	July 24	10 a.m. - 12 p.m.

At a CarFit event, a trained technician will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete. **Reg. required.**



Sandy Wiechman
Safe Communities Coordinator
BGSU Recreation and Wellness
419-372-9353 or 419-277-3245
swiechm@bgsu.edu
 Safe Communities WC
 SafeCommWC
bgsu.edu/trafficsafety

Around the County, Events & Classes

How to Make Stress Work for You

Wednesdays, July 10 - August 14
1:30 - 2:30 p.m.

Wood County Senior Center

Video by Kimberlee Bethany Bonura, Fitness & Wellness Consultant. Discussion by WCCOA staff.

This series will be held for 6 weeks. Life is stressful. There's just no getting around it. But while everyday stressors are a fact of life, that doesn't mean they have to control you. Rather, with the right scientific understanding, you can actually make stress work for you instead of against you. Recent years have seen a wealth of new insights into the science of stress and its effects on our physiological and psychological health. They are vital, powerful tools you can use to transform how you think about (and react to) stress, whether everyday stressors like traffic jams or unexpected traumas like a death in the family. The bottom line, according to Dr. Bonura: "You can still find joy in this moment, in this chaos, in this life, by learning to be your own ultimate master of stress."

Registration required by calling 419.353.5661 or email programs@wcco.net



Sandpiper Boat Picnic Lunch Cruise

Thursday, July 25. Meet at the former Elder Beerman parking lot in the Woodland Mall in BG at 10:15 a.m.; we will return by 2:30 p.m.

Join us on a 2-hour tour of the Maumee River and see what downtown Toledo has to offer! Cruises travel along the river to view stately homes, yacht clubs, and wildlife or head down river to view the Veteran's Glass City Skyway and Toledo's busy port. This cruise is catered by Superior Catering (you will choose your lunch option when registering).

Total Cost: \$32 due upon registration (includes ticket, lunch, and transportation).

Registration is required by Friday, July 19 (minimum of 9). To **register** or for more information, call the Wood County Senior Center at 419.353.5661 or 800.367.4935 or email programs@wcco.net



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Are you experiencing a fear of falling?
Are you limiting your activities due to this fear?
If you answered "yes" to either of these two questions, 'A Matter of Balance' is for you!

Tuesdays, September 10-October 29
from 10 a.m. -12 p.m.

Perrysburg Senior Center (Schaller Building)

Cost: \$15

During this class participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

For more information contact the Wood County Senior Center at **419.353.5661** or **1.800.367.4935** or email programs@wcco.net

Road Safety Education to Keep You Safe...

Friday, August 9 from 10 a.m. - 2 p.m.

City of Bowling Green Facilities Building
815 East Poe Rd., Bowling Green

**At the light on the corner of N. College and Poe Rd., head north onto N. College and turn right at the first drive. Do not pass the recycling center.

Drive in to experience the following road safety tips...

- ◆ Educational seminars on safe driving techniques
- ◆ Handouts and experts will be available
- ◆ Participate in the CarFit program to see how your car fits you—adjustments/recommendations for safe driving will be made available
- ◆ Have your cars fluid levels topped off
- ◆ A FREE lunch will be provided by the Wood County Beef Producers
- ◆ Enjoy booths, raffle prizes, and giveaways

Register by calling 419.353.5661 or email programs@wcco.net

Dementia-Friendly Programs & Special Events

To register for events, contact your Center. (Contact information listed on page 20.)

Guiding Pathways

Fridays, July 5 & 19 from 10 a.m. - 2 p.m.

Cost: \$10/session, lunch included, at Wood Haven Health Care.

1965 E. Gypsy Lane Rd., Bowling Green
This program is designed for those with early-to-moderate stage memory loss. Programming includes: art, science, socialization, small group games, exercise, and meditation. **Register** by calling the WCCOA the Friday before the session. *In collaboration with Wood Haven Health Care.*

Guiding Pathways

Wednesday, July 3 from 10 a.m. - 2 p.m.

Cost: \$10/session, lunch included.

at St. Timothy's, 871 E. Boundary St., Perrysburg
This program is designed for those with early-to-moderate stage memory loss. **Register** by calling the WCCOA the Wednesday before the session. *In collaboration with Kingston of Perrysburg and Arista Home Care Solutions.*

Art Therapy Monday, July 22

10:30 a.m. - 12 p.m. Wood County Senior Center

Art Therapist: Areka Foster **Cost:** \$10

Watercolor Handmade Cards



Handmade cards are one of the nicest things to give and can be meaningful gifts when you fill it with kind words and love. In this art therapy class, we will be creating up to 6 handmade cards using watercolor paints and various types of resists (crayon, oil pastel, and wax) to draw images or design. Bring a

paint shirt and glasses if you wear them. In this monthly art group, we offer the opportunities to be creative and gather with others.

Art projects are geared towards any skill level with support and techniques to overcome any hurdle. This group is appropriate for individuals with early-to-moderate memory loss, but all are welcome.

Registration required. Please call 419.353.5661 or 800.367.4935 or email programs@wcco.net

WCCOA Birthday Dinner

Tuesday, July 9 at 5:30 p.m.

Register with the Wood County Senior Center by 2 p.m. on the day of dinner to attend.



This Month's Birthday Lunch Celebrations

Wednesday, July 17 at 12 p.m.

Please register with your site if this month is your birthday!

North Baltimore Area Senior Center

Cake sponsored by Briar Hill Health Campus and gifts sponsored by Heritage Home Health.

Northeast Area Senior Center

Cake sponsored by Orchard Villa.

Pemberville Area Senior Center

Cake & gifts sponsored by Otterbein Pemberville.

Perrysburg Area Senior Center

Entertainment: Jack Schilb Sponsored by StoryPoint
Cupcakes sponsored by The Manor of Perrysburg/Heritage Home Health. Gifts sponsored by Heartland of Perrysburg.

Rossford Area Senior Center

Cake sponsored by Perrysburg Commons.
Gifts sponsored by Arbors at Oregon & The Willows.

Wood County Senior Center

Entertainment: Singer and Guitarist Tim Tegge at 11:15 a.m. Entertainment and gifts sponsored by Wood Haven Health Care.

Wayne Area Senior Center

Cake and gifts sponsored by Otterbein Portage Valley.

Grand Rapids Area Senior Center

Cake and gifts sponsored by Aetna.

Mystery Restaurant

Register with your site ASAP!

Cost: \$2 and dinner cost on your own.



Wayne Area Senior Center

Thursday, July 11. Depart at 4:45 p.m. (See pg. 16)

Wood County Senior Center

Monday, July 8. Depart at 4 p.m. (See pg. 15)

North Baltimore Area Senior Center

Thursday, July 18. Depart at 4:15 p.m. (See pg. 9)

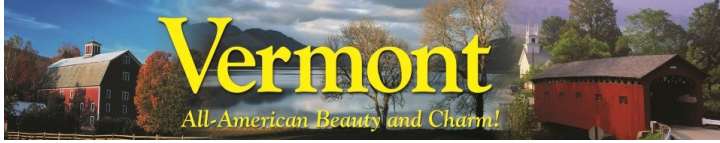
Pemberville Area Senior Center

Thursday, July 25. Depart at 4:30 p.m. (See pg. 11)

Trips & Tours

JeanE Waggoner is offering to help our WCCOA Endowment Fund when 16 or more people sign up for a trip. The following are the current trip offerings:

JeanE Waggoner, 205 Meadow Lane
Walbridge, Ohio 43465



October 14 - 19, 2019

6 days and 5 nights

\$759 Per Person/Double Occupancy

This Tour Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in Vermont
- 8 meals: 5 breakfasts and 3 dinners
- Tour of Morse Farm Maple Sugarworks
- Tour of Ben and Jerry's Ice Cream Factory including free samples
- Dinner Cruise on Beautiful Lake Champlain with entertainment
- Admission to Shelburne Museum
- Visit to Cold Hollow Cider Mill
- Tour of Rock of Ages Granite Quarry
- Visit to Stowe Village

JeanE Waggoner @ (419) 666-1860

Mail check to: Waggoner Travel, LLC,
205 Meadow Ln, Walbridge, OH 43465

Ask about Travel Insurance!

You can also email waggonertravels@aol.com

Departure: Walbridge Village Senior Center, 705 N. Main St, Walbridge, OH at 8 a.m., then Quality Inn, 10621 Fremont Pike, Perrysburg, OH at 8:30 a.m., then Greenwood Centre, Bowling Green, OH at 9 a.m.

Additional Payment Information:

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$345 for single occupancy. Final Payment Due: 8/7/2019

NOTE: Be sure to mention that you received this information from this newsletter or WCCOA so the agency can receive special rebates! **Call 419.666.1860**



Spain's Classics

September 21 - October 1, 2019.



Highlights of the trip: Feel the energy of Spain at a flamenco performance in Seville. In Cordoba, take a walking tour of the Mezquita, a religious marvel. Step back in time in Toledo, the former capital of the Spanish Empire; join a local expert for a tour of the world famous Alhambra palace; explore Madrid's Royal Palace, the official residence of the royal family.

California Coast



October 20 - October 28, 2019.

Highlights of the trip: Wind through the breathtaking 17 mile drive; tour the palatial mountaintop retreat of Hearst Castle; stop at the "Queen of Missions" in Santa Barbara. See the landmarks of San Francisco and Santa Barbara, and marvel at the beauty of Carmel.

Contact Holly Griggs at the WCCOA for more information at 1.800.367.4935 or 419.353.5661 or email hgriggs@wcco.net

North Baltimore

Classes or Programs held at the NORTH BALTIMORE Area Senior Center require registration. Look for the **bold face registration required** and call 419.257.3306. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

Video Exercise... Mondays & Tuesdays at 9:30 a.m.

Bingo... Tuesday, July 2 at 1:30 p.m. *Sponsored by Briar Hill Health Campus.*

Conversations over Manicures...

Wednesdays, July 3 & 17 at 9:30 a.m. **Jana** from Westhaven has graciously offered her time to do manicures for everyone! Ladies and gentlemen are both welcome to come and get their nails spruced up!

TRIP: Wood County Historical Society...

Friday, July 5. Leave Center at 9:30 a.m. **Cost:** \$2 for transportation, museum entrance free (\$6 for 65+), and lunch cost on own. Tour the grounds and buildings while exploring some local history.

Registration required.

Seminar Series: Regional Cultures in the

US... Monday, July 8 at 12:30 p.m. **Rene Shumate, WCCOA.** The U.S. can be divided in separate nation-states, where dominant cultures explain our behaviors and attitudes toward life. Explore this month the region and culture of the **Appalachian.**

My Plate... Tuesday, July 9 at 12:15 p.m. **Lisa Schlumbohm, OSU Extension Office.** As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Learn how eating healthy has benefits that can help older adults.

Shop at Great Scot... Tuesday, July 9. Leave Center at 1:30 p.m., return by 3 p.m. *Intended for those who have no transportation to the store.*

Registration required.

Video: Great Decisions 2019... Wednesday, July 10 at 12:30 p.m. Discussion led by **Danielle Brogley, WCCOA.** **Topic:** The Middle East: Regional Disorder. *Video, then discussion to follow.*

Media Streaming Devices... Friday, July 12 at 12:15 p.m. How would one be able to access Hulu, Netflix, and other streaming services without a Smart TV? Join **Rita Brieschke, WCCOA, Technology Specialist,** for some information on popular devices.

Between Friends Book Club... Friday, July 12 at 2 p.m. **Cheryl Heilman, North Baltimore Public Library.** This month's book is: **Cinderella Murder** by *Mary Higgins Clark and Alafair Burke.*

10 Warning Signs of Alzheimer's... Monday, July 15 at 12:30 p.m. Learn some of the early warning signs to look for presented by **Dakota Stone, Alzheimer's Association of NW Ohio.**

Bingo... Thursday, July 18 at 1 p.m. *Sponsored by Bridge Home Health and Hospice.*

Home Health 101... Thursday, July 18 at 12:30 p.m. Ever wonder what questions to ask when looking for home health care? Learn the ins and outs with **Sara Mason, Heritage Home Health.**

TRIP: Mystery Supper... Thursday, July 18. Depart at 4:15 p.m. **Cost:** \$2, dinner cost on your own. **Registration required.**

Seminar Series Forensic History: Crimes, Frauds & Scandals... Monday, July 22 at 12:15 p.m. **Holly Griggs, WCCOA.** *Video and discussion.* **Topic:** Lizzie Borden & the Mendez Brothers.

Shop at Walmart... Tuesday, July 23. Leave center at 1:30 p.m., return by 3 p.m. *For those who have no transportation to the store.* **Register today!**

Each One, Teach One... Wednesday, July 24 from 1-2:30 p.m. Use cracked marbles to decorate a picture frame. **Register required.**

Movie Day... Thursday, July 25 at 12:30 p.m. **Feature:** The Boy in the Striped Pajamas. **Synopsis:** When his family moves from Berlin to Poland a young boy befriends a boy who lives on the other side of the fence, unaware he's a Jewish prisoner. **Registration required.**

Trivia... Friday, July 26 at 12:30 p.m. *Sponsored by Kingston Healthcare.*

My Plate... Tuesday, July 30 at 12:15 p.m. **Lisa Schlumbohm, OSU Extension Office.** Learn how eating healthy has benefits that can help older adults.

Northeast

Classes or Programs held at the NORTHEAST Area Senior Center require registration.

Look for the **bold face registration required** and call 567.249.4921. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

CLASS: Tai Chi... Wednesdays at 9:30 a.m.
Certified Instructors: Taoist Tai Chi Society– USA. Payment coordinated with Taoist Tai Chi Society. A new session begins on July 3. **Registration required.**

CLASS: Aerobic Exercises... Tuesdays, July 9 and 23 at 11 a.m. Join this free 30-minute exercise class with **Carolyn Berryman, Certified Occupational Therapy Assistant, Orchard Villa.** These exercises welcome all fitness levels!

Wii Bowling... Thursdays at 12:30 p.m.

Knitting Group... Thursdays, from 1:30-3:30 p.m. Open to all knitters. Bring your own supplies!

Mugs & Muffins... Fridays at 9:30 a.m. Bring your mug and we will enjoy Don's Donuts and a cup of Joe. 3/13 card game to follow.

Fourth of July Celebration... Wednesday, July 3 at 12:15 p.m. Join us for a free and festive patriotic celebration. *Sponsored by Otterbein of Pemberville.*

Series: Health Talk... Friday, July 5 at 12:30 p.m. The first Friday of every month we will focus on a different health topic. **July Topic:** Hypertension, the silent killer, presented by **Valorie Mahas, RN, Partners in Home, LLC.**

Crafting... Monday, July 8 at 12:30 p.m. *Facilitated by Genesis HealthCare.* All supplies included. **Registration required.**

Menu Talk... Tuesday, July 9 at 12:30 p.m. **Angie Bradford, Director of Food Services, WCCOA,** will be here to provide updates on the number of participants served throughout the county, present on the state and federal requirements for the WCCOA menus, and look for new ideas and feedback for upcoming menus.

Wii Bowling vs. Genesis Perrysburg... Wednesday, July 10 at 12:30 p.m. Phase II of the bowling showdown, come defend your title for the best **Wii Bowler! Registration required.**

Pokeno... Monday, July 15 at 12:30 p.m. **Susan Snoddy, Perrysburg Commons.**

Trivia... Wednesday, July 17 at 12 p.m. Test your knowledge, prizes will be awarded! *Sponsored by Orchard Villa.*

Wildlife in Northeast Ohio... Friday, July 19 at 12:30 p.m. Learn about the animals native to the area and other wildlife. Some animals will be present. *Presented by Maumee Bay Trautman Nature Center.*

TRIP: Tuesday Breakfast Club... Tuesday, July 23 at 9:30 a.m. Join us for breakfast this morning at *The Skillet, 101 South Main St, Walbridge.* **Host: Ruth Mudryk. Registration required.**

Readers' Café... Wednesday, July 24 from 12:30 - 2:30 p.m. **Featured book:** *First Man* by *James R. Hansen.* **Synopsis:** Marking the forty-fifth anniversary of Apollo 11's landing, *First Man* offers the only authorized glimpse into the life of America's most famous astronaut, Neil Armstrong—the man whose “one small step” changed history. **Pick up your book at the beginning of the month and sign it out.** *Supported by the Walbridge Public Library.*

Seminar Series: Regional Cultures in the US... Monday, July 29 at 12:15 p.m. **Christine Burger, WCCOA.** It is noted that the U.S. can be divided in separate nation-states, where dominant cultures explain our behaviors and attitudes toward life. Explore with us this month the region and culture of the **Inuit.**

TRIP: Rachel Michael's Gourmet Popcorn... Wednesday, July 31. Depart at 2 p.m. **Cost:** \$3 for transportation, carpooling encouraged. Join us for a trip to **Rachel Michael's, 3505 Monroe St., Toledo** and learn how to make popcorn, cotton candy, and edible cookie dough all while tasting samples of over twenty flavors of popcorn! **Registration required.**

Pemberville

Classes or Programs held at the PEMBERVILLE Area Senior Center require registration.

Look for the **bold face registration required** and call 419.287.4109. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

Knifty Knitting... Mondays at 10:45 a.m. **Anna Meiring.** Knitted hats, baby blankets, and scarves will be donated to servicemen, the Pregnancy Center, and various children. Bring own supplies.

Club F.I.T. ... Wednesdays at 11 a.m. *Facilitated by Otterbein/Portage Valley.* Taught by Certified Therapists. This program is **FREE. Register today!**

Betty's Pearls... Fridays at 11:55 a.m. Enjoy a collection of Betty Henline's wise sayings which she has collected over the years.

Menu Talk... Monday, July 1 at 12:30 p.m. **Angie Bradford, Director of Food Services, WCCOA,** will be here to provide updates on the number of participants served throughout the county, the state and federal requirements for the WCCOA menus, and look for new ideas and feedback for upcoming menus.

Independence Day Fun... Wednesday, July 3 at 11:30 a.m. Join us for some treats and patriotic trivia.

Outdoors in July... Friday, July 5 at 1 p.m.: A game of Putt-Putt. Friday, July 12: A game of horseshoes. Friday, July 26: A game of croquet. (If the heat is too much, games will be adapted indoors.)

Trivia... Monday, July 8 at 1 p.m. **Christy Montgomery, Bridge Home Health & Hospice.**

Minutes with the Mayor... Tuesday, July 9 at 12:30 p.m. **Pemberville Mayor Gordon Bowman.**

Video Series: Understanding & Applying Self-Defense Strategies... Tuesday, July 9 at 12:45 p.m. Learn how to stay safe in a variety of situations. Video Instructor: Tammy Yard-McCracken. Discussion led by **Rita Brieschke, WCCOA.**

Tornado Alert... Wednesday, July 10 at 1:30 p.m. **Jay Berschback, Chief Meteorologist, 13 ABC Action News Toledo,** will be visiting for a discussion of what to do in case of tornado alerts.

Bingo... Thursday, July 11 at 1 p.m. **Stephanie Kozak, Kingston Healthcare.**

Jingo... Monday, July 15 at 12:30 p.m. **Stephanie Kozak, Kingston Healthcare.**

Men Who Changed the World... Tuesday, July 16 at 12:30 p.m. The first in a series of YouTube presentations about some famous and some not-so-famous men who have come up with inventions that have significantly changed the world. **Topic: King Croesus of Lydia.**

Seminar Series: Regional Cultures in the US... Wednesday, July 17 at 12:30 p.m. **Sandy Abke, WCCOA.** Explore with us this month the region and culture of the **Hawaiians.**

Card-O... Thursday, July 18 at 12:30 p.m. **Josh Bogner, Eden Springs Healthcare.**

TRIP: Toledo Firefighters Museum... Friday, July 19. Depart at 10 a.m. **Cost:** \$2.50 for transportation. Explore and learn about the heroes that save lives. Lunch to follow at Inky's Italian Restaurant; lunch cost on you own. **Registration required.**

Women in History... Monday, July 22 - Friday, July 26 at 11:45 a.m. Clues given each day; make your guess and answers will be drawn on Friday. Winner gets a prize!

Mental Illness... Monday, July 22 at 12:30 p.m. **Chris Stearns, RN, Wood Haven Health Care.** Get an overview of mental illness and the many facets, including some symptoms and treatments.

Senior Fit... Tuesday, July 23 at 12:30 p.m. **Jim Berger, Heartland Rehabilitation Services.**

TRIP: Mystery Supper... Thursday, July 25. Depart at 4:30 p.m. **Cost:** \$2, dinner cost on your own. **Registration required.**

Movie... Monday, July 29 at 10 a.m. **Feature:** A Dog's Way Home. Based on the best-selling novel about Bella's 400 mile journey to find her way home.

Perrysburg

Classes or Programs held at the PERRYSBURG Area Senior Center require registration.

Look for the **bold face registration required** and call 419.874.0847. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

CLASS: YMCA Fitness... Mondays, Wednesdays, and Fridays from 9-9:45 a.m. Held in the Schaller Building, 130 W. Indiana Ave., Perrysburg. **Cost:** \$2/class. Light weights available.

Tai Chi... Wednesdays at 10:15 a.m., Thursdays at 10:30 a.m. Held in the Schaller Building, 130 W. Indiana Ave., Perrysburg. **Peer led instruction.**

Jam Session... Wednesdays from 1-3 p.m. (No session 3rd Wed. of the month.) **Marty Brogan.**

CLASS: Lite Yoga... Thursdays, July 11–August 22 at 9 a.m. (No class August 1) **Cost:** \$21/6wks. in the Schaller Building, 130 W. Indiana Ave., Perrysburg. **Certified Instructor: Nailya Weber.**

Bingo... Monday, July 1 at 12:30 p.m. **Susan Snoddy, Perrysburg Commons.**

Texas Hold ‘em Poker Tournament... Mondays, July 1 & 15 at 1 p.m. **Cost:** \$2 (Goes towards top 3 prizes.)

TRIP: Breakfast Club... Tuesday, July 2 at 9 a.m. **American Table, 580 Craig Drive, Perrysburg.** Meet us for food and fellowship, carpooling encouraged. **Registration required.**

Crafting... Tuesday, July 2 at 12:45 p.m. Come create a patriotic-themed work of art with **Kingston of Perrysburg! Registration required.**

CarFit... Wednesday, July 3 from 10 a.m. –12 p.m. An opportunity to check how well your vehicle “fits” you. **Registration required** by calling **Sandy Wiechman, BGSU, Safe Communities Coordinator, at 419.372.9353 or 419.277.3245.**

Dolly Madison... Wed., July 3 at 12:30 p.m. The life history and struggles of America’s Fourth President’s wife. **Presented by Marty Hogle.** *Patriotic treats provided by Comfort Keepers.*

Sweet Treat Fridays... Fridays at 12 p.m. *Sponsored by St. Clare Commons.*

Bunco Tournament... Friday, July 5 at 1 p.m. **Cost: \$1. Registration required.**

Pinochle Tournament... Monday, July 8 at 1 p.m. **Cost:** \$1.

Lathe Demo... Tuesday, July 9 at 12:30 p.m. **Joshua Zachman, Financial Advisor, Edward Jones.** How to create your own ink pen using a lathe.

Euchre Tournament... Thursday, July 11 at 1 p.m. **Cost: \$1. Registration required by July 9.**

Australian Culture... Friday, July 12 at 12:30 p.m. *Facilitated by St. Clare Commons.*

Trivia... Monday, July 15 at 12:30 p.m. *Sponsored by the Manor of Perrysburg.*

Your Rights & Obligations as a Citizen... Tuesday, July 16 at 12:30 p.m. **Matt Reger, Wood County Common Pleas Judge.**

Evening Dance... Thursday, July 18 from 6-9 p.m. **Cost:** \$4. The Music Man and the Lady.

10 Warning Signs of Alzheimer’s... Friday, July 19 at 12:15 p.m. Learn some of the early warning signs to look for presented by **Dakota Stone, Alzheimer’s Association of NW Ohio.**

Hulu vs. Netflix vs. Amazon Prime... Tuesday, July 23 at 12:30 p.m. Find out general information about each service with **Rita Brieschke, Program and Technology Specialist, WCCOA.**

Hand and Foot Canasta... Tuesday, July 23 at 1 p.m.

Left, Right, Center... Wednesday, July 24 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Jingo... Thursday, July 25 at 12:45 p.m. *Sponsored by Kingston of Perrysburg.*

Perrysburg City Update... Tuesday, July 30 at 12:15 p.m. **Mayor Mackin, City of Perrysburg.**

Movie Day... Tuesday, July 30 at 12:45 p.m. *Sponsored by Witzler-Shank Funeral Home.*

Feature: Some Like it Hot

Seminar Series: Regional Cultures ... Wed., July 31 at 12:30 p.m. Topic: **Native American.**

Rossford

Classes or Programs held at the ROSSFORD Area Senior Center require registration.

Look for the **bold face registration required** and call 419.666.8494. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

CLASS: Body Recall... Mondays, Wednesdays, Fridays from 9:30-10:30 a.m. **Certified instructor: Pat Sloan.** **Cost:** \$3 per class. Body Recall is a pioneer in designing and teaching fitness and flexibility training for older adults. **Register today!**

Understanding Alzheimer's & Dementia... Monday, July 1 at 12:30 p.m. Is dementia normal as you age? Is all dementia caused by Alzheimer's Disease? Find out answers to questions like these, presented by **Dakota Stone, Alzheimer's Association.**

Make Me Laugh: 4th of July Edition... Wednesday, July 3 at 12:30 p.m. **Mary Tebbe, WCCOA.** Jokes and funny stories that will make you laugh!

Game Day... Monday, July 8 at 12:30 p.m. **Stephanie Kozak, Kingston Residence of Perrysburg.**

Ice Cream, You Scream, All About Ice Cream... Tuesday, July 9 at 12:30 p.m. Have a root beer float and learn about this delicious treat. *Sponsored by Becky O'Neil, Aetna.*

Q & A with the Pharmacist... Wednesday, July 10 at 12:30 p.m. If you have questions about your medications, interactions between them, or any other questions join us for this informative session. **Presented by Rite Aid Pharmacy.**

Hypertension: The Silent Killer... Thursday, July 11 at 12:30 p.m. **Valorie Mahas, R.N., Partners In Home Care.** High blood pressure or hypertension can be deadly if not addressed properly. Learn the warning signs and what you can do.

Divas and Dessert... Friday, July 12 at 1 p.m. **Mary Tebbe, WCCOA.** Dress your best if you desire and join in the diva fun! *Dessert provided by Perrysburg Commons*

Trivia... Tuesday, July 16 at 12:30 p.m. *Prizes provided by the Manor at Perrysburg.*

Bingo... Thursday, July 18 at 12:30 p.m. **Susan Snoddy, Perrysburg Commons.** *Prizes sponsored by Perrysburg Commons.*

Would You Rather?... Monday, July 22 at 12:30 p.m. **Mary Tebbe, WCCOA.** Learn about your friends as we have them pick between two absurd choices of what they would rather do. Sometimes, the best option is neither!

Jingo... Tuesday, July 23 at 12:30 p.m. **Stephanie Kozak, Kingston Residence of Perrysburg.**

Seminar Series: The Science of Natural Healing... Wednesday, July 24 at 12:30 p.m. **Rita Brieschke, WCCOA.** *This is a monthly video and discussion series.* **Topic:** Food Sensitivity and the Elimination Diet.

TRIP: Putt Putt Golf... Thursday, July 25. Leave the Center at 10:30 a.m. **Cost: \$2** for transportation, lunch cost on own. Transportation limited, carpooling encouraged. **Registration required.**

Seminar Series: Regional Cultures in the US... Monday, July 29 at 12:30 p.m. **Mary Tebbe, WCCOA.** It is noted that the U.S. can be divided in separate nation-states, where dominant cultures explain our behaviors and attitudes toward life. Explore with us this month the region and culture of the **Hispanic.**

Noodle Drum Activity... Wednesday, July 31 at 12:30 p.m. **Mary Tebbe, WCCOA.** Take part in this great active program to help reduce stress using pool noodles and a balloon.

The Passport to the Wood County Senior Centers Project will run from March through September of 2019. Visit all eight senior centers and you will be entered in a raffle to win a \$50 gift card!

Pick up your passport at any Senior Center in Wood County!

Wood County

Classes or Programs held at the WOOD COUNTY Senior Center require registration.

Look for the **bold face registration required** and call 419.353.5661 OR 1.800.367.4935. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.** A schedule for cards and games may be obtained at the site.

Yoga Classes

Certified Instructor: Caroline Dickenson

Registration required. Minimum of 9.

CLASS: Intermediate/Advanced Yoga...

Mondays, July 15 – September 9 at 10 a.m. (No class September 2.) **Cost:** \$28/8 weeks. Advanced flow movements and breath work.

CLASS: Intermediate Yoga... Tuesdays, August 13 to October 1 at 5 p.m. **Cost** \$28/8 weeks. Intermediate flow movements, stretch, & relaxation.

CLASS: Intermediate/Advanced Yoga... Thursdays, August 8 to October 3 at 10 a.m. (No class September 12.) **Cost:** \$28/8 weeks. Advanced flow movements and breath work.

CLASS: Club F.I.T. ... *Sponsored by Briar Hill Health Care Campus.* Tuesdays in July from 10-11 a.m. This Fitness Interactive Teaching Program will provide you with strengthening, stretching tips, and exercises to keep you actively independent. Taught by Certified Therapists. This program is **FREE. Register today!**

CLASS: Delay the Disease ... Tuesdays, July 30 - October 22 from 2:30- 3:30 p.m. (No class October 8) **Cost:** \$30/12 weeks. **Certified**

Instructor: Tammy Starr. An evidence-based fitness program designed to empower people with Parkinson's Disease by optimizing physical functions and helping delay the progression of symptoms. **Registration required.**

CLASS: Line Dancing... Fridays, July 19 - August 23 at 1 p.m. **Cost:** \$21/6 weeks. **Certified Instructor:** Amy Rahmel. Learn the basic steps for multiple line dances. No dance experience necessary. **Registration required.**

CLASS: Tai Chi Practice... Tuesdays and Thursdays from 11:30 a.m. – 12:30 p.m. **Taoist Tai Chi Society- USA. Registration required.**

Water Fitness Classes

We are currently in a transition. Please call the Wood County Senior Center for class availability at 419.353.5661 or 800.367.4935

CLASS: Writer's Group... Thursdays from 10 – 11:30 a.m. Gain tips on how to publish your work!

CLASS: Watercolor... Fridays at 10 a.m. Bring your own supplies. List of supplies available.

Technology Help Desk... Any questions about technology programs? **Call Rita Brieschke, Program and Tech. Specialist,** to set up an appointment.

Readers' Café... Tuesdays in July at 4:30 p.m. **Featured book:** *Bridges of Madison County* by *Robert James Waller.* **Synopsis:** A moving love story about a photographer on assignment to shoot the historic bridges of Madison County. He meets a housewife, whose husband and children are away on a trip, and a brief affair occurs. The two soul mates have met too late. **Register for book. Books & movie provided by the Wood County District Public Library.**

Breakfast Club... Tuesday, July 2 at 9 a.m. **Dale's Diner,** 34 N. Third St., Waterville. Carpooling encouraged, meet at the former Elder Beerman parking lot at 8:15 a.m. **Host: Jack Klein. Reg. required.**

Farmers' Market... Tuesday, July 2 and Thursday, July 18. Leave from the Senior Center at 2:45 p.m. Pick-up from houses to begin at 3 p.m. **Registration required.**

My Plate Bingo... Wednesday, July 3 at 11:30 a.m. *Facilitated by Owens Community College Nutrition Students.*

Trivia... Monday, July 8 at 11 a.m. *Prizes sponsored by Briar Hill Health Campus.*

TRIP: Mystery Restaurant... Monday, July 8 at 4 p.m. **Cost:** \$2 and dinner cost on own, \$15-20. Registration begins Monday, June 24 at 8:30 a.m. and ends Friday, July 5 at 11 a.m. **Registration required.**

Wood County (continued)

Seminar Series: Regional Cultures in the U.S. ... Wednesday, July 10 at 11:15 a.m. It is noted that the U.S. can be divided in separate nation-states, where dominant cultures explain our behaviors and attitudes toward life. Explore with us this month the region and culture of the 'Vaquero.'

TAKE ACTION!

Choices: Be your own Financial Advocate
Thursday, July 11 at 11:15 a.m. *Financial Crimes*

Against the Elderly Task Force presented by David Romaker, Assistant Prosecuting Attorney, Maureen Viet, Wood County Adult Protective Services. This session will have you exploring myths and facts about Identity Theft and Identity Fraud. Information will be provided on ways people steal your money with a focus on phone frauds, fake investments, family/friends scams. Receive some tips on how to advocate for yourself, a loved one, or a friend for your financial safety! *Time will be allotted for questions.*

Video Series: Our Planet... Thursday, July 11 at 1 p.m. Enjoy exhilarating visuals and stunning footage of rarely-seen animals mixed with somber truths of the planet's habitats and species. **Episode 2: Frozen Worlds. Synopsis:** On the unforgiving frontier of climate change, polar bears, walruses, seals and penguins find their icy Edens in peril.

Manicure Day... Monday, July 15 from 10 - 11:45 a.m. *Provided by Wood Haven Health Care.*

Breakfast Edition: Brain Training... Tuesday, July 16 at 9 a.m. *Hot breakfast sponsored by Brookdale of Bowling Green.* Sign up for this free cognitive stimulation class! **Topic:** *Are dreams meaningful?* **Registration req. by Friday, July 12.**

Heat and Summer Precautions... Wednesday, July 17 at 10:30 a.m. **St. Luke's Hospital, Family Medicine Center, Manny Jean-Louis, MD.** Discover ways to prevent and treat heat injuries, sunburns, & other summer pests such as mosquitos.

BG Knitter Guild... Wednesday, July 17 at 6 p.m. **Host: Jackie Instone.**

Bingo... Thursday, July 18 at 6 p.m. *Sponsored by Bowling Green Manor & BG Care Center.*

Dominoes & Euchre Tournament... Saturday, July 20. Lunch served at 11:30 a.m. Games begin at 12:15 p.m. **Registration required.** *Prizes sponsored by WellsBrooke Home Health Care.*

Art Therapy... Monday, July 22 from 10:30 a.m. - 12 p.m. **See Page 7 for details!**

Seminar Series: Forensic History: Crimes, Frauds and Scandals... Monday, July 22 at 11 a.m. **Video and Discussion.** Topic: *The Tylenol Murders.* This lecture examines the 1982 Tylenol murders, in which seven people died after taking cyanide-laced acetaminophen capsules, and provides a rich backstory on the prime suspect.

Trivia... Tuesday, July 23 at 11:15 a.m. *Prizes sponsored by Bridge Home Health & Hospice.*

Movie Day... Tuesday, July 23 at 1 and 6 p.m. **Feature:** *On the Basis of Sex.* **Synopsis:** The life of Ruth Bader Ginsburg didn't start in the Supreme Court. Her personal and professional struggles for equal rights between men and women have defined American history and freedom like few events in the country's existence. Follow the many steps Ginsburg had to take and the many battles she had to win from Harvard Law School to the U.S. court system to prove that a woman could know the law and act upon it as fairly and impartially as any man. *Provided by the Wood County District Public Library.*

Name That Tune... Friday, July 26 at 12:30 p.m. *Larry McCoy, Ohio Living Home Health and Hospice.* Prizes will be awarded!

Mental Illness... Monday, July 29 at 11:15 a.m. **Chris Stearns, Wood Haven Health Care.** Get an overview of mental illness and the many facets, including some symptoms and treatments.

Hulu vs. Netflix vs. Amazon Prime... Tuesday, July 30 at 11:15 a.m. These video streaming services are becoming a popular alternative to the rising prices of cable and satellite subscriptions. Find out general information about each service with **Rita Brieschke, Program and Technology Specialist,** to see if these options might be right for you.

Ice Cream Truck... Wednesday, July 31 from 10 a.m. - 1 p.m. Enjoy a cold treat from the ice cream truck on the south side of the building. *Sponsored by Huntington Bank.*

Wayne

Classes or Programs held at the WAYNE Area Senior Center require registration.

Look for the **bold face registration required** and call 419.288.2896. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

Game Nights... Tuesdays, July 2 & 30 from 3-5 p.m. Bring a snack, we will be playing euchre and left, right, center.

July 4th Celebration... Wednesday, July 3 at 11:30 a.m. Wear your patriotic clothing! Prizes will be awarded.

New! Walking Club: Fridays, July 5 & 19 at 11 a.m. Walk with us around the Senior Center! Chair exercises will be held inside if it rains.

Exercise... Mondays, July 8 & 22 at 10:30 a.m. *Led by video.*

TRIP: Tornado Awareness... Wednesday, July 10 at 1 p.m. Depart for the Pemberville Site for an educational program by **Jay Berschback, Channel 13** for Tornado Safety. **Cost \$2, reg. required.**

TRIP: Mystery Supper... Thursday, July 11. Depart from center at 4:45 p.m. **Cost: \$2, dinner cost on your own. Reg. required, carpoolers welcome.**

Board Game... Friday, July 12 at 1 p.m. We will...

...introduce the game Aggravation for those interested in learning how to play.

Alzheimer's Disease... Wednesday, July 17 at 12:30 p.m. **Dakota Stone, Alzheimer's Association of NW Ohio** will be here for the 1st of a 3 part series, explaining the disease process.

Menu Talk... Tuesday, July 23 at 11:30 a.m. **Angie Bradford, Director of Food Services, WCCOA**, will be here to provide updates on the state and federal requirements for the WCCOA menus, and look for new ideas and feedback for upcoming menus.

Movie & Popcorn... Thursday, July 25 at 1:30 p.m. **Feature:** A Dog's Way Home.

VIDEO: Understanding and Applying Self Defense... Friday, July 26 at 12:30 p.m. Episode #2! Discussion led by **Rita Brieschke, WCCOA.**

Seminar Series: Regional Cultures in the US... Wednesday, July 31 at 11 a.m. **Barb Clark, WCCOA.** Topic: **Deep South.**

Grand Rapids

Classes or Programs held at the GRAND RAPIDS Area Senior Center require registration.

Look for the **bold face registration required** and call 419.601.1896. Deadline for registration is three (3) days prior to classes. **Program dates and times are subject to change. Please call site to verify.**

A schedule for cards and games may be obtained at the site.

Exercise... Thursdays at 10:30 a.m. *Led by video.*

Forensic History: Crimes, Frauds, and Scandals... Wednesday, July 10 at 12:30 p.m. **Rita Brieschke, WCCOA.** Topic: *Dissecting Hollywood Deaths.* This video course is a journey through time and place from the perspective of forensic science and criminal history.

Hulu vs. Netflix vs. Amazon Prime... Mon., July 15 at 12:30 p.m. These video streaming services are becoming a popular alternative to the rising prices of cable and satellite subscriptions. Find out general information about each service with **Rita Brieschke, Program and Technology Specialist, WCCOA.**

Evolution of Farming... Monday, July 22 at 12:30 p.m. **Alan Sundermeier, OSU Extension Educator.** A slide presentation will provide information on the changes from past to present in the farming industry. *Time for questions and answers to follow.*

Seminar Series: Regional Cultures in the US... Tuesday, July 23 at 12:30 p.m. **Sharon Parsons, WCCOA.** Explore with us this month the region and culture of the **Amish.**

Luncheon Menu

Served at 12:00 p.m., Noon, Monday through Friday.

No reservations necessary.

There is a \$2 suggested donation for those 60 and over and a \$5 fee for those under 60.

July 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Macaroni Casserole OR Veal Patty peas, mandarin orange salad, blueberry crisp	2 Chicken Pot Pie OR Cabbage Roll green beans, cinnamon applesauce, macaroni salad, Sidekick slushie	3 Pulled Pork OR Shredded Chicken potato wedges, peaches & pears, coleslaw, cookies	4 All sites closed for the 4th of July!	5 Cube Steak OR Tuna & Noodles buttered beets, ambrosia, tomato zucchini salad, graham crackers
8 Stuffed Chicken Breast OR Smoked Sausage baked sweet potatoes, orange juice, corn relish, brownies	9 Turkey Taco OR Beef Fajita Taco black beans & rice, fruited Jell-O	10 Baked Ham OR Chicken Wings cauliflower, mandarin oranges & grapes, Betty's salad, pudding	11 Hamloaf OR Chicken Chimichunga creamed corn, tropical fruit, broccoli salad, coconut cream pie	12 Hamburger Pie OR Cheese Roll Up mixed vegetables, celery w/ peanut butter, glazed bananas & strawberries, pound cake
15 Stuffed Pepper OR Chicken Nuggets Riviera blend vegetables, mixed fruit, pineapple juice, Greek pasta salad, cookies	16 Roast Pork OR King Ranch Chicken Casserole tomato-zucchini blend, pears, cherry crunch	17 Birthday Celebration! Beef Stroganoff noodles, squash, melon, coleslaw, cake & ice cream	18 Chipped Ham OR Chicken Salad Sandwich 3-bean salad, mandarin orange salad, marinated vegetable salad, lemon bar	19 Goulash OR Pecan Crusted Tilapia far east blend vegetables, banana, peaches & cream w/ granola
22 Bratwurst OR Grilled Chicken Sandwich mashed potatoes, sauerkraut, pineapple & cottage cheese, Rice Krispies Treat	23 Beef Lasagna OR Stuffed Chicken Breast lima beans, grapes, Caesar salad, pineapple pie	24 Turkey Stew OR Ham & Bean Soup rosy applesauce, broccoli salad, cornbread, fruit sorbet	25 Chicken Paprikash OR Meatloaf noodles, mixed vegetables, cauliflower peanut salad, peaches	26 Scalloped Potatoes & Ham OR Lemon Pepper Tilapia Kyoto blend vegetables, grape juice, pickled beets, bread pudding
29 Sweet & Sour Chicken OR Pork Cutlet wild rice, oriental blend vegetables, tropical fruit, mandarin oranges & Jell-O	30 Baked Chicken OR Vegetable Lasagna winter blend vegetables, apple, Texas caviar salad, pound cake	31 Turkey OR Liver & Onions au gratin potatoes, carrot & celery sticks, orange sections		

Dinners are served at 5:30 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day. (Menu is subject to change.)

There is a \$4 suggested donation those over 60 and \$7 fee for those under 60 years of age.

July 2019		
Tuesday	Wednesday	Thursday
Roast Pork Brussels sprouts, mashed potatoes, fruited Jell-O, cookies	BBQ Ribs baked beans, potato salad, strawberries & blueberries, shortcake	All sites are closed for the 4th of July!
BirthDay Celebration! Hamloaf 9 sweet potatoes, cauliflower, cinnamon applesauce, cake & ice cream	Chicken Cordon Bleu 10 rice, broccoli, pears, cherry cobbler	Turkey Pot Roast 11 fresh fruit, apricots, pasta salad, cheese biscuit, peanut butter pie
Sausage Patties 16 hash browns, pancakes, apples & oranges, tomato juice	Roast Beef 17 scalloped potatoes, corn, mandarin oranges & grapes, chocolate pudding	Teriyaki Chicken 18 winter blend vegetables, wilted lettuce salad, pineapple, cookies
Chicken Caesar Salad 23 melon, corn relish, bran muffin, pie	BBQ Pork Chop 24 baked potato, green beans, pears in Jell-O, brownies	Grilled Ham & Cheese Sandwich 25 broccoli soup, banana, orange sections, ice cream cake
Cabbage Roll 30 mashed potatoes, tossed salad, strawberries & grapes, cookies	Pecan Crusted Tilapia 31 small whole potatoes, Riviera blend vegetables, fresh fruit cup, cracker pudding	

When making your reservation, a chicken breast can be requested instead of the listed entrée.

Reader's Café and Dominoes every Tuesday evening at 4:30 p.m. & 6 p.m., respectively.

Dominoes and Euchre Tournament...

Saturday, July 20. Lunch served at 11:30 a.m.

Games begin at 12:15 p.m. **Registration required.** Prizes sponsored by *WellsBrooke Home Health Care.*

BG Knitter Guild... Wednesday, July 17 at 6 p.m.
Host: Jackie Instone

Bingo... Thursday, July 18 at 6 p.m. *Sponsored Bowling Green Manor and Bowling Green Care Center.*

Movie Day... Tuesday, July 23 at 1 and 6 p.m.
Feature: On The Basis of Sex **Synopsis:** The life of Ruth Bader Ginsburg didn't start in the Supreme Court. Her personal and professional struggles for equal rights between men and women have defined American history and freedom like few events in the country's existence. *Provided by the Wood County District Public Library.*

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. Nutrition and ingredient information is available upon request.

Dinner Menu

Donors & Donations



Friends of the Wood County Committee on Aging, Inc. are reminded that for many years the WCCOA has been the recipient of gifts to honor and memorialize friends and relatives. WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services.

Donations

Kitchen Fund

Walbridge VFW #9963
Ladies Auxiliary VFW #9963

In Memory of George Knauss

Joanne and Leo Navin
Tamara and Craig Premo

North Baltimore Area Senior Center

Amy & David Brehm

In Memory of Dr. Evan McFee

Gaylyn & Janice Finn
Daniel & Marti Bragg
Helen Dermer
Howard & Linda Cotrell & Brenda Whitmer
Elizabeth & Lynn Wineland
Herbert & Norma Hoover
Robert & Rebecca McOmber
George & Nancy Seifert
Heather Watson



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If you have trouble finding us, you may also visit <http://smile.amazon.com/ch/47-5225964> to find WCCOA directly!



Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging.

Visit www.krogercommunityrewards.com and register or re-enroll today. **You need to re-enroll every year.**

Our organization number has been changed for 2019 and is now **VB952!**

If you have any questions, please contact us at 419.353.5661 or 800.367.4935

**WOOD COUNTY
COMMITTEE**



Wood County Committee on Aging, Inc.
305 North Main Street
Bowling Green, Ohio
43402

419.353.5661 or 1.800.367.4935

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To contact WCCOA: wccoa@wccoa.net
To register for programs and events: programs@wccoa.net

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



Center Locations:

North Baltimore Area Senior Center , 514 West Water Street, North Baltimore, Ohio 45872 Monday through Friday 10 a.m. to 2 p.m.	419.257.3306
Grand Rapids Area Senior Center , 23019 Kellogg Rd., Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
Northeast Area Senior Center , 705 North Main Street, Walbridge, Ohio 43465 Monday through Friday 8:30 a.m. to 4:30 p.m.	567.249.4921
Pemberville Area Senior Center , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
Perrysburg Area Senior Center , 140 West Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
Rossford Area Senior Center , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.666.8494
Wayne Area Senior Center , 202 East Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
Wood County Senior Center , 305 North Main Street, Bowling Green, Ohio 43402 Monday 8 a.m. to 5 p.m., Tuesday 8 a.m. to 7 p.m., Wednesday 8 a.m. to 7 p.m., Thursday 8 a.m. to 7 p.m., Friday 8 a.m. to 4 p.m.	419.353.5661 800.367.4935

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