

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
WCCOA

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**February 2020**

# 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](http://www.wccoa.net)*



**Wednesday, February 5 from 11 a.m. - 1 p.m.  
First Christian Church, 875 Haskins Rd., Bowling Green**

The Care Compass Project is free and open to all current and future caregivers but requires pre-registration by calling **1.800.367.4935**, **419.353.5661** or emailing **programs@wccoa.net**. Those wanting to learn about caregiving are welcome and those who are currently caregiving are encouraged to bring their care recipients. Separate caregiving sessions are provided during the training session to those community members in need of care.

**11:15 a.m.** As diseases progress so does the emotional state of those living through the disease process, as well as those caring for the person. This session will cover ways to recognize signs and management symptoms of anxiety and depression in yourself and in those you may be caring for. **Lisa Myers, LISW-S, WCCOA.**

**12:15 p.m. Lunch is provided by Brookdale of Bowling Green.**

**1:15 p.m.** Techniques will be shared to help manage pain, chronic diseases, and caregiving challenges. **Cindy Binkley, CPW**

The Care Compass Project is sponsored and brought to the community by: Brookdale of Bowling Green, Wood County Committee on Aging, BGSU Optimal Aging Institute, Golden Care Partners, Ohio Living Home Health, and Wood County Hospital. Caregivers are also encouraged to join the Facebook Community: **facebook.com**

**WoodCountyCareGiverCircle** for an ongoing support community.

**Newsletter Subscription RENEWAL Time for 2020....**The annual donation is \$5 for Wood County residents and \$12 for residents outside of Wood County. Donations can be made out to Wood County Committee on Aging and mailed to 305 North Main Street, Bowling Green, Ohio 43402 OR drop it off at a Senior Center near you. Ensure you have the following information enclosed: **your current mailing address, birthday, phone number and e-mail address if applicable.**

Financial hardship? Contact Holly Griggs in the Programs Department for assistance at 1.800.367.4935 or 419.353.5661 or email [programs@wccoa.net](mailto:programs@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

Please call for an appointment.

**Pemberville** 419.287.4109

2nd & 4th Tuesday, depart at 3 p.m.

**Perrysburg** 419.874.0847

Please call for appointment.

**Rossford** 419.666.8494

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

**Wayne** 419.288.2896

1st & 3rd Tuesday, depart at 2 p.m.

**Wood County** 419.353.5661

Every Wednesday, depart at 1:30 p.m.  
or 1.800.367.4935

## **Gift Shop**

*(Operated by the Wood County Senior Club.)*

**Open daily from 10 a.m. - 2 p.m.**

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

## **Newsletter Collation**

Friday, February 14 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

## Caregiver Support Group

**Wood County Senior Center**

**Monday, February 10 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, February 11 at 10:30 a.m.**

705 N. Main St., Walbridge, Ohio

Call Social Services at 419.353.5661

## Alzheimer's Association Caregiver Group

**Perrysburg**

**Tuesday, February 11 at 7 p.m.**

Way Library, 101 E. Indiana Ave., Perrysburg

Contact: Lynn Ritter, 419.537.1999

## Caregivers Support Group

**Monday, February 3 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, February 12 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

## Parkinson Project of NW Ohio

**Wednesday, February 12 at 7 p.m.**

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

**Tuesday, February 18 at 6 p.m.**

Waterford at Levis Commons, 7100 S. Wilkinson Way, Perrysburg.

## National Alliance on Mental Illness

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

## **Family Support Group**

**Wednesday, February 26 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

**Tuesday, February 11 & 25 at 6 p.m.**

Unison, 1084 S. Main St., Bowling Green.

For family and friends of those who have attempted or completed suicide. Questions? Contact Unison, at 419.352.4624

## Diabetes Interest Group

**Thursday, February 13 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](mailto:programs@wccoa.net)

## **Program & 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 & Service 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 email [programs@wccoa.net](mailto: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](http://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!**

Call your senior center to schedule!

Legal Services Site	Date & Time
Perrysburg	To be announced.
Bowling Green	To be announced.

## Blood Pressure & Blood Glucose Clinics

No charge for blood pressure screenings. \$1 fee for Blood Glucose screenings.

Site	Date	Time
Pemberville	February 4	10-12 p.m.
North Baltimore	February 5	10-12 p.m.
Wayne	February 7	10-12 p.m.
Perrysburg	February 13	10-12 p.m.
Northeast	February 19	10-12 p.m.
Grand Rapids	February 21	10-12 p.m.
Bowling Green	February 25	10-12 p.m.
Rossford	February 27	10-12 p.m.

## Podiatry Clinic *Facilitated by Maumee Bay Foot & Ankle Specialists.*

*For an appointment please call 419.691.1599.*

Podiatry Site	Date
Pemberville	March 11
Bowling Green	March 18

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

## March Cholesterol Clinics

The Wood County Committee on Aging, Inc. is currently scheduling **cholesterol screening clinics for March. 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 after February 14 ask for the Social Services Department.

**Wood County Senior Center:** 9 a.m. - 11 a.m. on March 5, 13, and 24

**Perrysburg Area Senior Center:** 9:30 a.m. - 11:30 a.m. on March 10

**Rossford Area Senior Center:** 9:30 a.m. - 11:30 a.m. on March 19

# Around the County, Events & Classes

**NOTE: Refer to the website [www.wccoa.net](http://www.wccoa.net) or visit your local Senior Center to view the cancellation and refund procedures for events, programs, and trips.**

## Poetry Contest Theme: *Persistence*

The poetry contest is in its fourteenth year! Voting will take place by our selected judges at BGSU and via the blog site. A \$50 gift card will be awarded to the first place winner. *Gift card sponsored by Bowling Green Manor & BG Care Center. All submissions become the property of WCCOA and can be published online or in print.*

**The entry rules are as follows:**

**Who can participate?** Open to Wood County residents that are age 50 & over

**Submissions accepted:** Beginning Tuesday, January 21, 2020

**Closing Date:** Friday, March 27, 2020

**Entries must be:** In English, double spaced, in a 12 point Times New Roman font or hand written. Entries must be entirely your own work and never previously published. Each person is limited to two (2) entries and intent to submit will not be accepted. Poems are to be no more than one (1) page.

Submissions must include your name, address, phone number, email address (if applicable) and date of submission. Winners will be announced April 24, 2020 on our blog and via phone call. All poems will be placed in a book and handed out to all participants who submitted poems.

**How do I submit my poem?** Please send your entries to the Programs Department at the Wood County Committee on Aging, 305 N. Main Street, Bowling Green, Ohio or email your entry to [programs@wccoa.net](mailto:programs@wccoa.net) For more information, please call 419.353.5661 or 800.367.4935.

## Great Decisions 2020

Saturdays, January 25 - February 29  
9:30 a.m. – 11 a.m.

**Wood County Senior Center**

*Presented by BGSU University Professors*

This series is co-sponsored by the *American Association of University Women, & WCCOA, Inc.*

**Saturday, February 1** India and Pakistan  
Dr. Marc Simon, Professor Political Science

**Saturday, February 8** Red Sea Security  
Dr. Vibla Bhalla, Department of Ethnic Studies

**Saturday, February 15** Modern Slavery and Human Trafficking  
Dr. Priscilla Coleman, Dr. Su Yun Bae, Department of Human Development

**Saturday, February 22** China's Road into Latin America  
Dr. Amilcar Challu, History

**Saturday, February 29** Artificial Intelligence and Data  
Dr. Rob Green, Computer Science

**Registration is required.** *Manuals are available for purchase (but not required) and must be reserved when registering for the series.*

**Advanced payment of \$32** is required to place your manual order. You will be notified via phone when your order has arrived. **Register with the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

*\*\*All participants will be notified if there are any cancellations.*

**50+ Shades of Grey**  
**An "Adult" Art Exhibit**



**bowling green**  
**arts council**

**Eligibility & Requirements** Anyone age 50 or older living within 100 miles of Wood County. Artists may submit up to two original works in any two-dimensional medium. Bowling Green Arts Council (BGAC) members may submit up to three works. Work previously exhibited at a BGAC show is not eligible. **Paintings, photos, drawings, etc. must be framed; works on paper must be framed under glass or acrylic. All pieces must have a hanging wire. Entry Fees \$20.**

**Entry Procedures:** Entry forms with full rules are available at [www.BGartsCouncil.com](http://www.BGartsCouncil.com) OR [www.wccoa.net](http://www.wccoa.net) and must be mailed or hand delivered, *along with payment*, by February 3 to: **BG Arts Council, c/o Wood County Senior Center; Checks payable to: BG Arts Council.** Entry forms & fees must be postmarked or delivered to the Senior Center by **February 3!** **Opening reception** will be held on Friday, February 21, 2020 from 5-7 p.m. at the Wood County Senior Center, 305 N. Main St., Bowling Green.



# Around the County, Events & Classes



## NEW! Finding Your P.L.A.C.E

This project is in its sixth year and has a new focus for 2020! It connects multiple generations in a Montessori School setting.

Participants involved in the project include Bowling Green State University Students, Montessori School Students and community members diagnosed with mild memory loss or those looking to expand their learning opportunities, provide mentorship, increase socialization, and maintain life skills.

Engagement for the care recipient includes group movement exercises, classroom exploration, and activities that are provided for the home after each session.

Montessori School from 9:30 - 11:30 a.m.

Training date: February 18 from 9:30 - 10:30 a.m.

**Session dates are: Tuesdays, March 3, 24, 31, April 21, and May 5 from 9:30 - 11:30 a.m.**

**Cost:** \$50 for 5 sessions.

**Space is limited.** Please call 419.353.5661 or 1.800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information or to register.

## New Adventures Group Peace Love & Pottery Studio

**Tuesday, February 25. Leave the former Elder Beerman parking lot at 9:45 a.m.**

Paint your own pottery and support a local business! Need a new special bowl or plate, or a cute trinket to gift to someone? This is your opportunity to be creative —

with no experience needed!

Upon arrival, you will choose your project to paint.

Prices begin at \$12, with an average of \$25 per project. Lunch afterwards at Classic Café (meal cost on your own). **Transportation cost: \$2.**

**Space is limited.** Please call 419.353.5661 or 1.800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information or to register.



## AARP Tax-Aide

A reminder that the AARP sponsored tax assistance for the elderly program will be available Wednesday afternoons and Thursday mornings beginning February 5 until April 2 at the **Wood County Senior Center, 305 North Main St., Bowling Green, OH**

This program attempts to serve seniors with low -to-moderate income. Meet with trained & certified volunteer counselors. **NOTE: Please bring the following to your appointment:**

- Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse).
- All forms showing income.
- A copy of your 2018 income tax return.
- Expense Records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize. NOTE: especially large medical expenses may help for State taxes even if you do not itemize deductions.
- Affordable Care Act (medical insurance) documents.
- If any assets were sold, we need to know the cost basis and date of purchase of the asset.
- Voided Check if you want electronic refunds. Confidentiality is required of all tax counselors and preparers.
- You are required to arrive 20 minutes early to your appointment in order to fill out the required paperwork. You must have ALL documents listed above with you on the day of your appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances.

**NOTE: No appointments will be after April.**

For an appointment call Holly Griggs in the Programs Department at **419.353.5661 or 800.367.4935**

**Edward Jones: “Ready or Not? Preparing for the Unexpected”** Tuesday, February 25 at 9 a.m., **Chad Plontz**, Edward Jones Financial Advisor, Wood County Senior Center, 305 N. Main St., Bowling Green, with coffee and bagels. Why are some people more successful investors than others? Luck? Probably not. Do they know a “secret?” Definitely not – because there are no real secrets to investing. But there are rules you can follow to work toward your goals. To **register** call 419.343.0887 by Friday, February 21 or email [programs@wccoa.net](mailto:programs@wccoa.net)

# Dementia-Friendly Programs & Special Events

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

## Guiding Pathways

**Fridays, February 7 and 21  
from 10 a.m. - 2 p.m.**

at Wood Haven Health Care

1965 E. Gypsy Lane Rd., Bowling Green

**Cost:** \$10/session, lunch included

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, February 5 from 10 a.m. - 2 p.m.**  
at St. Timothy's, 871 E. Boundary St., Perrysburg

**Cost:** \$10/session, lunch included.

**Register** by calling the WCCOA the Wednesday before the session. *In collaboration with Kingston of Perrysburg & Arista Home Care Solutions.*

## Art Therapy

**Friday, February 28**

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

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



### Create Spring Button Art

When sorting through old boxes of buttons, you can't help but think about the past - clothing styles, a favorite jacket, or your mother's sewing box. In this art therapy group, we will be creating fun artwork using some of those old (and new)

buttons. Participants can create their own image or embellish one of the spring inspired images provided such as a flower, tree or butterfly. Art projects are geared towards any skill level with support and techniques offered to overcome any hurdle. This group is designed 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@wccoa.net](mailto:programs@wccoa.net)**

## WCCOA Birthday Dinner

Tuesday, February 11 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, February 19 at 12 p.m.

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

### Grand Rapids Area Senior Center

### North Baltimore Area Senior Center

Cake sponsored by Briar Hill Health Campus & Heritage Healthcare.

### Northeast Area Senior Center

### Pemberville Area Senior Center

Cake & gifts sponsored by Brookdale of Bowling Green.

### Perrysburg Area Senior Center

Cupcakes sponsored by The Manor of Perrysburg.

**Entertainment:** Singer Jack Schilb. Sponsored by Waterford at Levis Commons.

**Rossford Area Senior Center** Cake from Perrysburg Commons / Gift bags from Walker Funeral Home

### Wayne Area Senior Center

Cake and gifts sponsored by Otterbein Portage Valley.

### Wood County Senior Center

**Entertainment:** Singer/guitarist Johnny Rodriguez.

## Mystery Restaurant

**Register with your site ASAP!**

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



### Wood County Senior Center

**Monday, Feb. 10.** Depart at 4 p.m. (See pg. 15)

### Wayne Area Senior Center

**Thursday, Feb. 13.** Depart at 11:15 a.m. (See pg. 16)

### North Baltimore Area Senior Center

**Thursday, Feb. 20.** Depart at 11 a.m. (See pg. 9)

### Rossford, Area Senior Center

**Friday, Feb. 21.** Depart at 11:30 a.m. (See pg. 13)

### Pemberville Area Senior Center

**Thursday, Feb. 27.** Depart at 4:30 p.m. (See pg. 11)

# Trips & Events

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



## April 26 to May 2, 2020

7 Days - 6 Nights \$779 pp/Double Occupancy

This tour includes:

- Motorcoach transportation
- 6 nights lodging & 4 consecutive nights in the Savannah area
- 10 meals: 6 breakfasts and 4 dinners
- Guided Trolley Tour of Savannah, followed by Hop-On/Hop-Off Privileges
- Guided tour of gorgeous Beaufort, SC, "Queen of the Carolina Sea Islands"...plus a visit to Penn Center
- Evening Show at Famous Savannah Theatre
- Guided tour of St. Simons Island
- Guided Tram tour of Jekyll Island



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](mailto:waggonertravels@aol.com)

**Departure:** Northeast Area 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 in Bowling Green  
\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$254 for single occupancy. Final Payment Due: 2/19/2020

**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**



## Discover Canyon Country June 19 - June 26, 2020.



**Highlights of the trip:** Enjoy time in magical Sedona and a scenic drive through Oak Creek Canyon where rock formations seem to change hue in every turn of the road. Climb aboard Zion's open-air tram with an expert guide and marvel at the red and white sandstone cliffs of Zion National Park. Experience an invigorating breakfast cruise along lovely Lake Powell. Explore the breathtaking views of the vast Grand Canyon. Experience Bryce Canyon National Park famous for its hoodoos.

## Irish Splendor

October 28 - November 4, 2020.



**Highlights of the trip:** Travel the Dingle Peninsula, one of the world's most beautiful coastal routes. See the Rock of Cashell, the historic site where St. Patrick preached. Overnight on the grounds of a historic castle where you will have the opportunity to kiss the famous Blarney Stone. Enjoy a sightseeing tour of Dublin, the "Fair City." Explore the charming town of Killarney and the Cliffs of Moher.

Contact Holly Griggs at the WCCOA for more information at 1.800.367.4935 or 419.353.5661 or email [hgriggs@wcco.net](mailto: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.

**Who Am I?...** Clues will be given daily about the life of someone famous or infamous. Try to guess who the person is. Identity will be revealed each Friday.

**Video Exercise...** Mondays & Tuesdays at 10 a.m. Any skill level welcome!

**NB Seniors vs. Woodlane...** Tuesdays at 10 a.m. A friendly challenge of Uno and Skip-Bo!

**Fall Prevention Club...** Thursdays in February at 1 p.m. Exercise tips and activities to prevent falls. A therapist will join us Thursday, February 13 with new exercises and tips. *Sponsored by Briar Hill Health Campus.*

**Wii Bowling...** Fridays at 1 p.m.

**Seminar Series: Successful Seniors...** Monday, February 3 at 12:15 p.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring: J.R. Tolkien.**

**My Plate...** Tuesday, February 4 at 12:15 p.m. **Lisa Schlumbohm, OSU Extension Office.** Learn how eating healthy has benefits that can help older adults.

**Bingo...** Tuesday, February 4 at 1:30 p.m. *Sponsored by Briar Hill Health Campus.*

**Shop at Great Scot...** Tuesdays, February 4 and 18. Leave the Center at 1:30 p.m., return by 3 p.m. *Intended for those who have no transportation to the store. Registration required.*

**Between Friends Book Club...** Friday, February 7 at 2 p.m. **Cheryl Heilman, North Baltimore Public Library.** Join us as we dive into new and exciting books based upon your interest.

**Puzzles Club...** Monday, Feb. 10 at 12:45 p.m. Socialize and work together to complete the puzzle.

**Census...** Wednesday, February 12 at 12:30 p.m. A representative from the **League of Women Voters** will share the importance of gathering the census data every 10 years. Stop in to hear how you can help make an impact on this process.

**Conversations over Manicures...** Wednesday, February 12 at 1:30 p.m. *Provided by Jana from Westhaven.* Ladies and gentlemen are both welcome to come and get their nails spruced up!

**Valentine's Day Party...** Friday, February 14 at 11:30 a.m. Do you have a special someone? Bring him/her to our observance of this love-filled holiday. Treats, games, and fun for all!

**My Plate...** Tuesday, February 18 at 12:15 p.m. **Lisa Schlumbohm, OSU Extension Office.** As we age, healthy eating can make a difference in our health, help improve how we feel, and encourage a sense of well-being.

**TRIP: Mystery Restaurant...** Thursday, February 20. Depart at 11 a.m. **Cost:** \$2, lunch cost on your own. **Registration required.**

**Bingo...** Thursday, February 20 at 1 p.m. *Sponsored by Bridge Home Health and Hospice.*

**Seminar Series Forensic History: Crimes, Frauds & Scandals...** Monday, February 24 at 12:30 p.m. Video Instructor: Dr. Elizabeth A. Murray. Discussion led by **Holly Griggs, WCCOA.** **Topic:** Investigating Incredible Bank Heists.

**Grocery Pickup...** Wednesday, February 26 at 12:30 p.m. Are you interested in this online ordering service so that you can pick up your groceries without getting out of your vehicle? This presentation will focus on the specific services of Kroger, Walmart, and Meijer. **Rita Brieschke, Program and Technology Specialist, WCCOA.**

**Each One, Teach One...** Wednesday, February 26 from 1-2:30 p.m. Come join the fun as we learn to make winter food for our feathered friends. **Registration required.**

**Movie Day...** Thursday, February 27 at 12:45 p.m. **Feature:** The Help. **Synopsis:** In 1960 Mississippi Southern society girl Skeeter returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the black women who have spent their lives taking care of prominent white families.

# 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 Practice...** Mondays at 9:30 a.m. *Peer-led instruction.*

**Knitting for a Cause...** Tuesdays at 11 a.m. Bring your own needles; yarn will be provided. Make socks, scarves, washcloths or whatever you would like. Items donated within our community once completed!

**CLASS: Tai Chi...** Wednesdays at 9:30 a.m. **Certified Instructors: Taoist Tai Chi Society– USA.** Payment coordinated with Taoist Tai Chi Society. **Registration required.**

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

**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.

**Euchre ...** Fridays at 12:30 p.m.

**Technology Help Desk...** Need help figuring out your smartphone, tablet, television, or apps? **Call 567.249.4921 to schedule an appointment.**

**Movie Monday...** Monday, February 3 at 12:30 p.m. **Feature Movie:** Groundhog Day.

**Census...** Tuesday, February 4 at 12:30 p.m. A representative from the **League of Women Voters** will share the importance of gathering the census data every 10 years and how you can make a difference.

**Card Bingo...** Tuesday, February 4 at 12:30 p.m. Bring a \$2 gift to exchange to play!

**Series: Heart Health Month...** Wednesday, February 5 at 12:30 p.m. Learn more about heart health awareness with this FREE education Seminar. *Presented by Otterbein Pemberville.*

**Series: Health Talk...** Friday, Feb. 7 at 12:30 p.m. **Topic:** Polypharmacy, Avoid the Pitfalls of Overdose!, **Valorie Mahas, RN, Partners in Home, LLC.**

**Craft with SKLD...** Monday, February 10 at 12:30 p.m. *Sponsored by SKLD.* **Reg. required.**

**Dominoes...** Tuesday, February 11 at 12:30 p.m.

**Random Acts Series: Soap & Scrub**

**Making...** Wed., February 12 at 12:30 p.m. Learn

how to create your own jewelry using a poured painting method. Each participant will create earrings, necklace and a bracelet. **Cost: \$15 Reg. req.**

**Valentine's Day Craft...** Friday, February 14 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.* **Registration required.**

**TRIP: Levis Commons Movie...** Tues., Feb. 18. **Movie Cost:** \$6.25 See Site Manager for time. **Transportation Cost: \$1.25 Reg. Req.**

**Bunco...** Tuesday, Feb. 18 at 12:30 p.m. **Cost: \$2**

**Alzheimer's Association: Current Research...** Wednesday, Feb. 19 at 12:30 p.m. **Dakota Stone, LSW, NWO Alzheimer's Association.**

**Jingo...** Thursday, February 20 at 11 a.m. *Sponsored by Kingston of Perrysburg.* **Reg. req.**

**Book Series: Two for the Dough...** Friday, February 21 from 12:30 - 2:30 p.m. **Featured book:** Two for the Dough by Janet Evanovich. *Supported by the Walbridge Public Library.* Books available at the beginning of the month.

**Pokeno...** Monday, February 24 at 12:30 p.m. **Susan Snoddy, Perrysburg Commons.**

**TRIP: Tuesday Breakfast Club...** Tuesday, February 25 at 9:30 a.m. Join us for breakfast this morning at *The Skillet, 101 South Main St, Walbridge.* **Host: Ruth Mudryk. Reg. required.**

**Left Right Center...** Tuesday, February 25 at 12:30 p.m. **Cost: 15¢ per game.** Nickels game.

**Walbridge Talk...** Wed., Feb. 26 at 12:30 p.m. Get a better look inside the Village of Walbridge.

**Wii Bowling vs. SKLD Perrysburg...** Thursday, February 27 at 12:30 p.m. Join us for a Wii Bowling competition with SKLD Perrysburg at the Northeast Area Senior center!

**Seminar Series: Successful Seniors....** Friday, February 28 at 12:15 p.m. We will explore an individual who has reached incredible success after age 60. **Featuring: David H. Murdock**

# 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.

**Jigsaw Puzzles...** Daily from 10 a.m. –2 p.m.  
Gather round the table fitting pieces together.

**Euchre & Uno...** Daily from 10 a.m. - 2 p.m.

**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 your own supplies.*

**Club F.I.T. ...** Wednesdays at 11 a.m. *Facilitated by Otterbein Senior Healthcare.* 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.

**Minutes with the Mayor...** Monday, Feb. 3 at 12:30 p.m. **Pemberville Mayor Carol Bailey.**

**Men Who Changed the World...** Tuesday, February 4 at 12:30 p.m. Learn about famous and some not-so-famous men who were inventors. This month we will focus on *Henry Ford.*

**Intergenerational Concert...** Wednesday, February 5 at 12:45 p.m. Join **The Bethlehem Preschool** for their first special concert. You won't find a more adorable group to enjoy the day with!

**Luckey Happenings...** Thursday, February 6 at 12:30 p.m. **Mayor Cory Panning of Luckey** will give a report on the news of the town.

**Bingo...** Thursday, February 6 at 1 p.m. **Stephanie Kozak, Kingston Healthcare.**

**Medical Marijuana...** Friday, February 7 at 12:30 p.m. Medical marijuana is now a reality in Ohio. **Dr. Jacobus, Blanchard Valley Health Systems** will give an introduction to this medication, including qualifying conditions, risks, and benefits.

**Women in History...** Monday, February 10—Friday, February 14 at 11:45 a.m. Clues will be given each day; make your guess and answers will be drawn on Friday. Winner gets a prize!

**Trivia...** Monday, February 10 at 1 p.m. **Christy Montgomery, Bridge Home Health & Hospice.**

**ICE App...** Wednesday, February 12 at 12:30 p.m. Both iPhones and Androids typically have an In Case of Emergency (ICE) app that allows first responders to access critical medical information on your phone. Learn more and add this to your own phone with **Rita Brieschke, WCCOA.**

**Current Events...** Thursday, February 13 at 12:45 p.m. Join host **Wes Long** in his discussion of current events and get different perspectives of a variety of the situations occurring around the world.

**Valentine's Day Party...** Friday, February 14 at 11:30 a.m. Do you have a special someone? Bring him/her to our observance of this love-filled holiday. Treats, games, and fun for all!

**Movie...** Tuesday, February 18 at 10 a.m. **Feature:** Somewhere in Time starring Christopher Reeve and Jane Seymour. **Synopsis:** The story of a playwright (Christopher Reeves) who becomes obsessed with a photograph of a young woman at the Grand Hotel. Through self-hypnosis he wishes himself back in time to the year 1912 to find love with actress Elise McKenna, but comes into conflict with Elise's manager.

**Card-O...** Thursday, February 20 at 12:30 p.m. **Eve Alloway, Eden Springs Healthcare.**

**Myocardial Infarctions (Heart Attack)...** Monday, February 24 at 12:30 p.m. **Chris Stearns, Wood Haven Health Care.** Review the symptoms, the treatment, and the prevention.

**Census...** Wednesday, February 26 at 12:30 p.m. A representative from the **League of Women Voters** will share the importance of gathering the census data every 10 years.

**TRIP: Mystery Restaurant...** Thursday, February 27. Depart at 4:30 p.m. **Cost:** \$2, dinner cost is on your own. **Registration required.**

**Seminar Series: Successful Seniors...** Friday, February 28 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring:** David Howard Murdock.

# 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. Classes held in the Schaller Building, 130 W. Indiana Ave., Perrysburg. **Cost:** \$2/class. Light weights available.

**CLASS: Silver Sneakers-Cardio Drumming...** Mondays (except 2nd Monday) and Wednesdays at 9 a.m. **Certified Instructor:** Sheila Brown. This combines movement with the powerful beat and rhythms for a fun workout. **FREE** for Silver Sneakers members, \$4 for non-members.

**CLASS: Silver Sneakers Classic...** Mondays (except 2nd Monday) and Wednesdays at 9:45 a.m. Low-impact cardio movements with light resistance equipment will be used to strengthen and tone. **FREE** for Silver Sneakers members, \$4 for non-members.

**Line Dancing...** Tuesdays at 10 a.m. Held in the Schaller Building, 130 W. Indiana Ave., Perrysburg. Attend to learn new dances and get moving. **Peer led instruction.**

**Technology Help Desk...** Tuesdays and Thursdays from 12 –2 p.m. **by appointment.**

**Tai Chi...** Wednesdays and Fridays at 10:15 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.**

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

**Bingo...** Monday, February 3 at 12:30 p.m. *Sponsored by Perrysburg Commons.*

**Texas Hold ‘em Poker Tournament...** Monday, February 3 at 1 p.m. **Cost:** \$2

**Crafting...** Tuesday, February 4 at 9 a.m. *Sponsored by Kingston of Perrysburg.* **Reg. req.**

**CarFit...** Wednesday, February 5 from 10 a.m. – 12 p.m. Registration is required by calling **Sandy Wiechman, BGSU Safe Communities Coordinator,** at 419.372.9353 or 419.277.3245.

**Knock Box Program...** Thursday, February 6 at 12:15 p.m. **Aaron Harwell, Fire Marshall, City of Perrysburg.** Learn what the Knox Box program is and how it can benefit you during emergency situations.

**Bunco Tournament...** Friday, February 7 at 1 p.m. **Cost:** \$1. **Registration required.**

**Pinochle Tournament...** Monday, February 10 at 1 p.m. **Cost:** \$1. **Registration required.**

**TRIP: Breakfast Club...** Tuesday, February 11 at 9 a.m. **American Table, 580 Craig Drive, Perrysburg.** **Registration required.**

**DEMO: Tai Chi for Arthritis...** Wednesday, February 12 at 12:15 p.m. **Mackenzie Chojnacky, Wellness Coordinator, Kingston Rehabilitation.**

**Euchre Tournament...** Thursday, February 13 at 1 p.m. **Cost:** \$1. **Reg. required by February 11.**

**Trivia...** Tuesday, February 18 at 12:30 p.m. *Sponsored by the Manor of Perrysburg.*

**Jingo...** Thursday, February 20 at 12:45 p.m. *Sponsored by Kingston of Perrysburg.*

**Hand & Foot Canasta...** Monday, February 24 at 1 p.m. Try a friendly game of canasta with a twist!

**Perrysburg City Update...** Tuesday, Feb. 25 at 12:15 p.m. **Mayor Mackin, City of Perrysburg.**

**Movie Day...** Tuesday, February 25 at 12:45 p.m. *Sponsored by Witzler-Shank Funeral Home.*

**Feature:** The Mule. **Synopsis:** A crime drama film produced and directed by Clint Eastwood. Based on the New York Time’s article “The Sinaloa Cartel’s 90-Year-Old Drug Mule” which recounts the story of Leo Sharp, a World War II veteran who became a drug courier for the Sinaloa Cartel in his 80s. *Sponsored by Witzler-Shank Funeral Home.* **Registration required.**

**Left, Right, Center...** Wed, Feb. 26 at 12:45 p.m.

**Seminar Series: Successful Seniors...** Friday, February 28 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring: Duncan Hines.**



# 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. Body recall is a pioneer in designing and teaching fitness and flexibility training for older adults. **Register today!**

## **The Census 2020: Information &**

**Opportunity...** Monday, February 3 at 12:30 p.m. Heather Snyder, Census Bureau. Learn more about the importance of the census and the opportunity to earn some extra cash.

## **Our Friends to the North: Fact or Fiction?**

... Tuesday, February 4 at 12:30 p.m. **Mary Tebbe, WCCOA.** A fun way to learn a little more about Canada, you decide: fact or fiction?

**Mornings with Kelly...** Wed., Feb. 5 at 10 a.m. Enjoy a donut, coffee and some great conversation with friends. *Hosted by Kelly Scherff, Right at Home.*

**Census...** Wednesday, February 5 at 12:30 p.m. A representative from the **League of Women Voters** will share the importance of gathering the census data every 10 years. Stop in to hear how you can help make an impact on this process.

## **Seniors & Opioids: What You Need to**

**Know...** Thursday, February 6 at 12:30 p.m.

**Jeffrey Medere, D.A.R.T. Officer, Area Office on Aging.** Seniors are prescribed opioids more than any other age group. Learn how this could affect you, your risks, and the proper disposal of these drugs.

**Divas & Desserts...** Friday, February 7 at 1 p.m. **Mary Tebbe, WCCOA.** Dress your best if you desire and join the diva fun! *Dessert Sponsored by Perrysburg Commons.*

**Game Day...** Monday, February 10 at 12:30 p.m. **Stephanie Kozak, Kingston Residence of Perrysburg.**

**ICE App...** Tuesday, February 11 at 12:30 p.m. In Case of Emergency (ICE) is an app that allows first responders to access critical medical information on your phone from the lock screen. Learn more and add this to your own phone with **Rita Brieschke, Program and Technology Specialist, WCCOA.**

## **Make Me Laugh: Valentine Edition...**

Wednesday, February 12 at 12:30 p.m. **Mary Tebbe, WCCOA.** Enjoy jokes and funny stories that will make you laugh and/or question humanity! This month's 'funnies' are all about sweethearts and love.

## **Depression in the Maturing Adult...**

Thursday, February 13 at 12:30 p.m. **Valorie Mahas, R.N., Partners in Home Care.** Learn the signs of depression and how it can affect older.

**Valentines 20 Questions...** Friday, February 14 at 12:30 p.m. **Mary Tebbe, WCCOA.** Pick a number between 1 and 20 and see which "love" question you get. Get to know each other better.

**Trivia...** Tuesday, February 18 at 12:30 p.m. *Prizes provided by the Manor at Perrysburg.*

## **Seminar Series: Successful Seniors...**

Wednesday, February 19 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring:** Laura Ingalls Wilder.

**Bingo...** Thursday, February 20 at 12:30 p.m. **Susan Snoddy, Perrysburg Commons.** *Prizes sponsored by Perrysburg Commons.*

**TRIP: Mystery Restaurant...** Friday, February 21. Leave Center at 11:30 a.m. **Cost:** \$2 for transportation, Lunch Cost on own. **Reg. required.**

**Noodle Drum Exercise...** Monday, February 24 at 12:30 p.m. Join **Mary Tebbe, WCCOA** as she leads us in some great exercise.

**Jingo...** Tuesday, February 25 at 12:30 p.m. **Stephanie Kozak, Kingston of Perrysburg.**

## **Seminar Series: The Science of Natural**

**Healing...** Thursday, February 27 at 12:30 p.m. **Rita Brieschke, WCCOA.** *A video and discussion series.* **Topic:** Turning Stress into Strength.

**Miles and Minutes...** All are welcome to join our miles and minutes fitness group. Log your miles walked or your minutes you have worked out and quarterly we will give awards and prizes. Any questions, please contact Mary Tebbe at the Center.

# 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, January 13 - March 16 at 10 a.m. (No class January 20 & February 17.) **Cost:** \$28/8 weeks. Advanced flow movements and breath work.

**CLASS: Intermediate Yoga...** Tuesdays, February 11 - March 31 at 5 p.m. **Cost** \$28/8 weeks. Intermediate flow movements, stretch, and relaxation.

**CLASS: Intermediate/Advanced Yoga...** Thursdays, February 13 - March 26 at 10 a.m. (No class February 27.) **Cost:** \$28/8 weeks. Advanced flow movements and breath work.

**CLASS: Club F.I.T. ...** *Sponsored by Briar Hill Health Care Campus*, Tuesdays, in February 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, February 11 - April 28 from 2:30 - 3:30 p.m. **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 Parkinson's symptoms. **Registration required.**

**Tai Chi Practice...** Tuesdays and Thursdays, from 11:30 a.m. – 12:30 p.m. **Peer-led instruction. Registration required.**

**CLASS: Line Dancing...** Fridays, February 14-March 20 at 1 p.m. **Cost:** \$21/6 weeks. **Certified Instructor:** Amy Rahmel. Learn the basic dance steps for multiple line dances. *No dance experience necessary.* **Registration required.**

## Water Fitness Classes

Certified Instructor: Abby Seaman  
**Registration required. Minimum of 6.**

**CLASS: Water Fitness...** Mondays, January 13 - March 2 at 10 a.m. (No class January 20 & February 17.) **Cost:** \$21/6 weeks. A blend of cardio and water-resistance exercises.

**CLASS: Water Fitness...** Wednesdays, January 22 – February 26 at 10 a.m. **Cost:** \$21/6 weeks. A blend of cardio and water-resistance exercises.

**CLASS: Water Fitness...** Fridays, February 14 - March 20 at 10 a.m. **Cost:** \$21/6 weeks. A blend of cardio and water-resistance exercises.

## **CLASS: Tai Chi for Arthritis & Fall**

**Prevention...** Thursdays, January 16 - April 30 at 5:30 p.m. at the BG Care Center, 850 W. Poe Rd., Bowling Green. **Cost:** \$20/16 wks. **Certified Instructor:** Tammy Starr. An evidence-based program that incorporates tai chi principles for improving health and wellness as well as effective fall prevention. Practicing this program improves muscular strength, confidence, and better balance. **Registration required**

## **CLASS: Dancing with Parkinson's...**

Sundays, January 19 - April 5 at 1:30 p.m. at The Beat, 1330 Brim Rd., Bowling Green. **Cost:** \$30/12 wks.

**Certified Instructor:** Tammy Starr. Enjoy moving to upbeat music while exploring various dance and other social and global dance forms. Caregivers are welcome. No prior dance experience is necessary! Dance is a natural way to coordinate balance and big movement, to move through Parkinson's Disease. **Registration required.**

**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.** Appointments required.

# Wood County (continued)

**Readers' Café...** Tuesdays in February at 4:30 p.m. **Featured book:** *The Best of Enemies* by Osha Gray Davidson. **Register for book.** *Supported by the Wood County District Public Library.*

**Census...** Monday, February 3 at 11:15 a.m. A representative from the **League of Women Voters** will share the importance of gathering the census data every 10 years. Stop in to hear how you can help make an impact on this process.

**Breakfast Club...** Tues., Feb. 4 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.**

**Manicure Day...** Tuesday, February 4 from 10 - 11:45 a.m. *Provided by Wood Haven Health Care.*

**How About a Movie?...** Tuesdays, February 4 & 18 at 1 p.m. **Host: John Blinn.** View and discuss seldom-seen classic motion pictures. Movies of all genres, primarily from the golden age of Hollywood 1930 through 1990. Featured movies— **Feb. 4:** *The Lost Valentine* (2011). **Feb. 18:** *Of Human Hearts* (1938). FREE popcorn at movie showings.

**Craft...** Thursday, February 6 at 10 a.m. Create doily tea light holders and Valentine Cards with **Host: Leslie Miller.** **Cost: \$5. Reg. req. Min of 4.**

**Trivia...** Monday, February 10 at 11 a.m. *Prizes sponsored by Briar Hill Health Campus.*

**TRIP: Mystery Restaurant...** Monday, February 10 at 4 p.m. **Cost: \$2,** dinner cost on your own. **Registration required, starting Jan. 27.**

**Myocardial Infarction (Heart Attack)...** Tuesday, February 11 at 11:15 a.m. **Chris Stearns, Wood Haven Health Care.** Review the symptoms, the treatment, and the prevention.

**Fair Housing...** Thursday, Feb. 13 at 11:15 a.m. Learn about the City of Bowling Green's housing programs and the BG Transit system. Presented by **Matthew Snow, City of BG.**

**Name That Tune...** Friday, February 14 at 12:30 p.m. *Sponsored by Americare Home Health.*

**Dominoes & Euchre Tournament...** Saturday, February 15. Lunch served at 11:30 a.m. Games begin at 12:15 p.m. **Registration required.** *Prizes sponsored by Brookdale of Bowling Green.*

**Breakfast Edition: Brain Training ...** Tuesday, February 18 at 9 a.m. *Breakfast sponsored by Brookdale of Bowling Green.* **The Aging Brain Series. Topic:** Why don't we live forever? **Reg. req.**

**Tuesday Trivia...** Tuesday, February 18 at 5 p.m. Winner gets the prize! *Prize sponsored by Sundae Station.* **Host: Holly Griggs, WCCOA.**

**Managing Arthritis...** Wednesday, February 19 at 10:30 a.m. **Olabisi Abokede, MD, St. Luke's Hospital, Family Medicine Center.**

**Birthday Entertainment...** Wednesday, February 19 at 11:15 a.m. **Entertainment:** Singer/guitarist Johnny Rodriguez. *Sponsored by Bowling Green Manor and Bowling Green Care Center.*

**BG Knitter Guild...** Wednesday, February 19 at 6 p.m. **Host: Jackie Instone.**

**New! Acrylic Painting Workshop...** Wednesday, February 19 from 6– 8 p.m. Create a piece of work from start to finish with instructor Nicky Clere. **Cost:** \$10 if you bring your own supplies, \$15 and all supplies will be provided. (Supply list available upon request.) **Reg. required by February 14.**

**BG Recycling Expansion...** Thursday, February 20 at 11:15 a.m. **Amanda Gamby, City of Bowling Green.**

**Seminar Series: Forensic History: Crimes, Frauds & Scandals...** Mon., Feb. 24 at 11 a.m. **Video Topic:** *How Reliable is Eyewitness Testimony?*

**Edward Jones: Rules of the Road...** Tuesday, February 25 at 9 a.m. See page 6 for details!

**Trivia...** Tuesday, February 25 at 11:15 a.m. *Prizes sponsored by Bridge Home Health & Hospice*

**Movie Day...** Tuesday, February 25 at 1 & 6 p.m. **Feature:** *Isn't It Romantic.* *Provided by the Wood County District Public Library.*

**Short Stacks Book Club...** Thursday, Feb. 27 at 3 p.m. **Featured book: Eleanor Oliphant Is Completely Fine** by Gail Honeyman. Visit the Programs Department to pick up a copy!

**Seminar Series: Successful Seniors ...** Friday, February 28 at 11:15 a.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring: Colonel Harland David Sanders.**

# 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.

**Ohio Car Plates...** Wednesday, February 5 at 12:30 p.m. **Sandy Wiechman, BGSU Safe Communities** will explain about the new laws.

**Bingo...** Tuesday, February 11 at 1 p.m. *Prizes Sponsored by St Catherine's.*

**TRIP: Mystery Restaurant...** Thursday, February 13. Depart from the Center at 11 a.m. **Cost:** \$2, lunch cost on your own. **Registration required; carpoolers welcome.**

**Valentine Party...** Friday, February 14 at 1:30 p.m. Refreshments and a valentine exchange.

**Ugly Sweater Contest...** Wednesday, Feb. 19 at 1 p.m. There will be judging with prizes for the ugliest sweater!

**ICE App...** Thursday, February 20 at 12:30 p.m. Both iPhones and Androids typically have an In Case of Emergency (ICE) app that allows first responders to access critical medical information on your phone from the lock screen. Learn more from **Rita Brieschke, Technology Specialist, WCCOA.**

**Seminar Series: Successful Seniors...** Tuesday, February 25 at 11:30 a.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring:** Art Koff.

**Movie & Lunch...** Friday, February 28 at 10:30 a.m. **Feature Movie:** The Art of Racing in the Rain. **Synopsis:** A race car driver learns that the techniques needed on the racetrack can also be used to successfully navigate everyday life.

# 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.

**Jigsaw Puzzles...** Daily from 10 a.m. to 2 p.m.

**Bingo...** Mon., Tues., and Fri. at 10:30 a.m. Prize for the coverall winner on Friday, Feb. 28. *Sponsored by Parsons Countyline Farm Event Venue.*

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

**Phase 10 Cards...** Every Thursday at 10:30 a.m.

**Intergenerational Program...** Thursdays in February. The Otsego High School Venture Bound Students will participate in games and assist with serving our meal and cleaning up.

**Walking Group...** Fridays at 11:30 a.m.

**Consumer Protection...** Friday, Feb. 7 at 12:30 p.m. **Amy Carles, Ohio Consumer Counsel.** Protect yourself from unscrupulous sales practices. Learn how to identify scams and how to effectively say "No" to those who try to sell unnecessary goods and services.

**TRIP: BG –Thrift Shopping & Lunch...** Tues., Feb. 11 leave the Grand Rapids site at 10:30 a.m. return by 2 p.m. Travel to Bowling Green and thrift shop. **Transportation cost:** \$2.50 and lunch and shopping cost on own. **Reg. req. by Feb. 7.**

**Video Series: Forensic History, Crimes, Frauds, and Scandals...** Friday, Feb. 14 at 12:30 p.m. **Topic:** Blood Doping & Other Sport Scandals. Facilitated by **Rita Brieschke, WCCOA.**

**Myocardial Infarction ...** Tues., Feb. 18 at 12:30 p.m. **Chris Stearns, Wood Haven Health Care.**

**Battle of the Sexes Trivia Challenge...** Friday, February 21 at 12:30 p.m. Men vs. Woman in this monthly trivia challenge!

**Seminar Series: Successful Seniors...** Friday, Feb. 28 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **Featuring:** Maurien Kornfeld.



# 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.

February 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Cordon Bleu</b> 3 <b>OR Liver &amp; Onions</b> scalloped potatoes, mixed fruit, orange juice, gingerbread	<b>Baked Chicken OR</b> 4 <b>Italian Lasagna</b> peas & carrots, potato salad, mandarin oranges and Jell-O	<b>Calico Beans OR</b> 5 <b>Chicken Nuggets</b> Nantucket blend vegetables, spinach salad, berry blend w/ yogurt & granola	<b>King Ranch Chicken</b> 6 <b>Casserole OR Pork Chop</b> Italian green beans, pineapple, cauliflower & peanut salad, frozen yogurt	<b>Sliced Ham OR</b> 7 <b>Tuna Salad on a Croissant</b> baked beans, orange sections, carrots & celery sticks, cookies
<b>Hamburger OR</b> 10 <b>Hot Dog</b> baked beans, yellow apple, citrus slaw, Rice Krispies Treat	<b>Goulash OR Pecan</b> 11 <b>Crusted Tilapia</b> broccoli, peaches & cottage cheese, cherry surprise	<b>Roast Pork OR</b> 12 <b>Grilled Chicken Breast</b> cabbage & noodles, pears with Jell-O, marinated carrot salad	<b>Hamloaf OR Chicken</b> 13 <b>Chimichunga</b> black beans & tomatoes, tossed salad, mandarin oranges & bananas	<b>Turkey Tetrazzini</b> 14 <b>OR Salmon Patty</b> spinach, Texas caviar bean salad, SideKicks frozen fruit slushie
<b>All sites closed for</b> 17 <b>Presidents' Day!</b>	<b>Pulled Pork OR</b> 18 <b>Grilled Chicken Breast</b> <b>Sandwich</b> cheesy potato casserole, red apple, creamy coleslaw, brownie	<b>Birthday Lunch!</b> 19 <b>Meatloaf</b> carrots, fruited Jell-O, broccoli salad, cornbread, cake & ice cream	<b>Ham, Broccoli, Rice</b> 20 <b>Bake OR BBQ Chicken</b> <b>Wings</b> cauliflower, apricots, cherry crisp	<b>Beef Stew OR</b> 21 <b>Lemon Dilled Salmon</b> green beans, carrot salad grape juice, graham crackers w/ frosting
<b>Country Fried Steak</b> 24 <b>OR Honey Mustard</b> <b>Chicken Breast</b> mashed potatoes, peaches, tomato juice, pudding	<b>Cube Steak OR</b> 25 <b>Turkey</b> baked potato, Betty's (spinach) salad, orange sections	<b>Roast Beef OR</b> 26 <b>Almond Fish</b> scalloped potatoes, rosy applesauce, coleslaw, lemon meringue pie	<b>Sloppy Joe OR</b> 27 <b>Shredded Chicken</b> <b>Sandwich</b> roasted sweet potatoes, fruit cocktail, heritage coleslaw, Rice Krispies Treat	<b>Chicken &amp;</b> 28 <b>Dumplings OR</b> <b>Tuna &amp; Noodles</b> peas, marinated vegetable salad, pears

## 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.

February 2020			
Tuesday	Wednesday	Thursday	
<b>Macaroni &amp; Cheese w/ Ham</b> stewed tomatoes, pears, Caesar salad, pudding	<b>4 Salisbury Steak</b> scalloped potatoes, Brussels sprouts, mandarin orange salad, pumpkin pecan cake	<b>5 Chicken Lasagna</b> carrots, peaches & cottage cheese, fruit juice, cookies, garlic bread	<b>6</b>
<b>Birthday Dinner! Roast Pork</b> mashed sweet potatoes, cooked cabbage, oranges, cake & ice cream	<b>11 Grilled Roast Beef Sandwich</b> French fries, applesauce, broccoli salad, pie	<b>12 Stuffed Green Pepper</b> corn, grapes & cantaloupe, 3-bean salad, lemon bar	<b>13</b>
<b>Chef Salad w/ Ham &amp; Turkey</b> pea salad, ambrosia, blueberry muffin	<b>18 Turkey Pot Roast Stew</b> banana, pickled beets, pasta salad, cheese biscuits, cookies	<b>19 Meatloaf</b> redskin potatoes, roasted cauliflower & carrots, mixed fruit, sherbet	<b>20</b>
<b>Sweet &amp; Sour Meatballs</b> rice, oriental blend vegetables, fresh fruit cup, blueberry crisp	<b>25 Vegetable Lasagna</b> mixed vegetables, Caesar salad, berry blend, pound cake, garlic bread	<b>26 Oven Roasted Chicken</b> baked potato, Prince Charles blend vegetables, cantaloupe, brownie	<b>27</b>

*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, February 15. Lunch served at 11:30 a.m. Games begin at 12:15 p.m. **Registration required.** Prizes sponsored by WellsBrooke Home Health Care.

**Tuesday Trivia...** Tuesday, February 18 at 5 p.m. Challenge your mind and test your knowledge. Winner gets the prize! *Prize Sponsored by Sundae Station. Host: Holly Griggs, WCCOA.*

**BG Knitter Guild...** Wednesday, February 19 at 6 p.m. **Host: Jackie Instone**

**Bingo...** Thursday, February 20 at 6 p.m. *Sponsored Bowling Green Manor and Bowling Green Care Center.*

**Movie Day...** Tuesday, February 25 at 1 p.m. and 6 p.m. **Feature: Isn't It Romantic** *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.*

# 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.

Visit our website at <http://friendsofwccoa.com/>

## Capital Campaign Donations (Listed in no particular order)

Eve Blass · Martha & Roger Mazzarella · John Blinn · Gary & Janet Delong · Joyce Kepke · Zone Enterprises— Joe & Lynne Long · The Mannick & Smith Group, Inc. · Barbara A. Holley · Holley Properties Management Company, Ltd. · John W. Sampen & Marilyn Shrude

### Kitchen Fund

Walbridge VFW #9963

### In Memory of Boncille Vicki Hackathorn

Melinda Dunlap

### In Memory of Peter Wood

George & Nancy Seifert  
Laurel J. Krone  
Jane Wood

### In Memory & Honor of Robert Graves Family

Anne Graves



Go to **smile.amazon.com** - It is the same Amazon you know. When purchasing items, please indicate **Friends of Wood County Committee on Aging, Inc.** as your charitable organization of choice. Amazon donates 0.5% of the price of your eligible AmazonSmile purchase to WCCOA!

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](http://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](mailto:wccoa@wccoa.net)

To register for programs and events: [programs@wccoa.net](mailto:programs@wccoa.net)

We're on the Web!

[www.wccoa.net](http://www.wccoa.net)



FACEBOOK

[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



LOGSPOT

[woodcountycommitteeonaging.blogspot.com/](http://woodcountycommitteeonaging.blogspot.com/)

**All sites will be closed Monday, February 17  
Observance of Presidents' Day.**

## Center Locations:

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

*Ohio's First Nationally Accredited Senior Center*