

**WOOD COUNTY
COMMITTEE**

ON

Ageing

JULY 2021

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net



Wood County Fair – Senior Day

Thursday, August 5, 2021

Entertainment sponsored by:

*Wood Haven Health Care, Wood County Hospital,
Waterford at Levis Commons, Med1Care, & Right at Home*

- 9-9:50 a.m. Coffee & Donuts, Sponsored by Bowling Green Manor
James Adkins Duo, Findlay, Ohio
Americana, Bluegrass & Folk**
- 9:50 a.m. Welcome & Opening Address**
- 10 a.m. Bliss, Northwest Ohio
All Genres of Music**
- 11 a.m. Door Prize Drawing**
- 11:10 a.m. Elizabeth Hayes Review
Jazz Quartet**
- 12:10 p.m. Afternoon Address & Lunch, Sponsored by Northwest
Ohio Medical Equipment, Kingston of Perrysburg,
Otterbein Portage Valley Retirement Community,
Rehabilitation Hospital of Northwest Ohio,
Humana MarketPOINT
Menu: Stacked turkey or ham, cold beans, heritage
coleslaw, melon salad, Rice Krispies Treat, & water**
- 12:30 p.m. Lee Warren, Findlay, Ohio
Classic Rock & Country**
- 1:30 p.m. East of Cheyenne
Classic Country
Door Prize Drawing
Must be present to win**

Lunch reservations are required by Friday, July 30 and can be made by calling 419.353.5661 or 800.367.4935 or email programs@wccoa.net

All events are held under the tent. Enter through **Gate B or C off of Poe Road**. A free shuttle from the parking lot on Poe Road 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.

****Event is subject to change due to COVID-19.****

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 per meal are requested. Call Social Services at 419.353.5661 or 800.367.4935

Lunch (Reservations Required)

Monday - Friday, 11:30 a.m. - 1 p.m.

Hot lunches are available at the Wood County Senior Center in Bowling Green. **Reservations are required by 2 p.m. the day before** by calling 419.353.5661 or 800.367.4935

Suggested donation: \$2 for those 60+ (\$5 fee for those under 60)

Durable Medical Equipment Loans

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

Caregiver Support Group

Monday, July 12 at 2:30 p.m.

Location: Wood County Senior Center
140 S. Grove Street, Bowling Green
Respite available for care recipients.

Thursday, July 22 at 10 a.m.

Location: Perrysburg Area Senior Center
140 W. Indiana Avenue, Perrysburg

Space is limited! **Registration is required for this group** by calling the Social Services Department at 419.353.5661 or 800.367.4935

Newsletter Collation

Thursday, July 8 at 10 a.m.

Volunteers are always needed to help collate!

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. 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 front desk receptionist, newsletter collation, lunch assistance, and Home Delivered Meal delivery to homebound clients.

Please contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935

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 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@wcoa.net**

PEN PAL PROGRAM

Do you want a unique way to connect with others?

Join our Pen Pal group!

You can communicate with individuals throughout Wood County or even from other states such as Illinois & Connecticut. Choose your mode of preferred communication including mailed letters, emails, or phone calls.

Contact the Programs Department to complete your waiver and receive your Pen Pal's contact information.

Clinics & Consultations

Senior Legal

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

Podiatry Clinics

Facilitated by Maumee Bay Foot & Ankle Specialists.

For an appointment please call 419.691.1599

Podiatry Site	Date
Wood County Senior Center	August 11

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

Community Christian Legal Services

Christian Legal Services is here to help you understand your rights under the law. Legal aid 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 Area Senior Center	Sept. 2 2-4 p.m.
Wood County Senior Center	Sept. 9 4-6 p.m.

Technology Loans & Assistance

We're here to help! Please see information below on opportunities for technology loans and assistance. To inquire about any of the below services, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net

Technology Assistance

This is your opportunity to learn more about how to use your tablet, smartphone, or laptop computer. Test out Zoom or other trending apps with free assistance. Make an appointment for your in-person one-on-one training or to receive help over the phone.

Hotspot Loans

A hotspot is a portable wi-fi device. It is a pocket-sized mobile router that you can take with you anywhere to set up an internet connection. With the signal that the hotspot creates, you can connect your smart phone, tablet or laptop to the internet. This option is great for those who do not already have access to internet.

Hotspot loans are available for four weeks at a time to Wood County seniors.



Tablet Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

A tablet is a touch-screen mini computer that can be used to browse the internet, check emails, read books, play games, watch videos and much more! The tablets we have are about the size of a hard-cover book. They come with their own internet access! Even if you do not have internet available at your home, this tablet will allow you to have internet access from virtually anywhere!

Tablet loans are available for 6-weeks at a time to Wood County seniors. Assistance will be provided to anyone borrowing a tablet who needs it.



Do you have Bluetooth enabled hearing aids? You may be able to directly connect them to the Wood County Senior Center sound system during presentations! To learn more, contact the WCCOA Programs Department.



Virtual Fitness Classes on Zoom

To register for any of the below fitness classes, please contact the Programs Department at 419.353.5661 or 800.367.4935. A completed waiver and payment are due before participation begins. Exercise balls and bands are available for loan from the WCCOA Programs Department.

Cash or check payment accepted. All checks can be made payable to:

Wood County Committee on Aging

Refer to *Programs and Registration Guidelines* at www.wccoa.net for our cancellation policy.

SilverSneakers Classic

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. A chair is used often for seated exercises or for standing support.

Mondays, July 5 - August 9 at 10 a.m.

Wednesdays, May 19 - June 23 at 10 a.m.

Sheila Brown, Certified Instructor

Cost: FREE for SilverSneakers Members or Non-members pay \$15 (per 6-week session)

SilverSneakers Strength & Balance

This class focuses on strength and balance. Participants will need a chair, ball, band and weights.

Fridays, July 2 - August 6 at 9:30 a.m.

Sheila Brown, Certified Instructor

Cost: FREE for SilverSneakers Members or Non-members pay \$15 (per 6-week session)

SilverSneakers Boom MOVE

MOVE is all about breaking a sweat and having fun. This class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, providing you with a great cardio workout. This class is open to all, dancers and non-dancers.

Come ready to dance our way to cardiovascular fitness!

Saturdays, June 24 - August 28 at 9:30 a.m.

Adrienne Ansel, Certified Instructor

Cost: FREE for SilverSneakers members or Non-members pay \$15 (per 6-week session)



NEW! Summer Fitness Challenges

To recognize Fall Prevention Awareness day on September 22, we are offering two Summer Fitness Challenges! (*See the second challenge on page 5.*) You may choose to participate in one or both challenges. **You can keep track of your exercises on your own, or pick up a post card to guide you, available at the Wood County (Bowling Green), Rossford, Northeast (Walbridge), or Perrysburg Senior Centers.**

Six-Pack Challenge

July—September Prizes Sponsored by Genesis Village

Count the number of times you complete the strength exercises listed below. (*All exercises can be completed sitting or standing.*) The person who completes the 6 exercises the most times from July through September will win the GRAND PRIZE! All other participants will be entered to win second prize.



Sit-to-Stand: Stand up from a chair or other surface without using your hands. Repeat five times.

Seated Leg Lift: Lift the knee to the chest, straighten leg out and lower to the floor pointing the toe throughout. Repeat five times on each leg.

Double Straight-Leg Lift: Extend the leg in front of you with toes pointed until parallel to the floor. Sweep the leg to the side as far as it will go. Return to the center front position before lowering to the floor. Repeat five times on each side.

Shoulder Touch/Reach Overhead: Stretch arms to the side, level with your shoulders and palms up. Bend elbows and tap shoulders, and return them to sides. Then reach arm over head by ears to reach for the ceiling. Repeat five times.

Side Bend: Sitting in a chair with feet firmly planted on the ground, stretch out your right hand above your head and lean to the left aiming to touch your finger tips to the ground. Then repeat on the left side. Repeat five times.

Ankle Circles: Sitting in a chair with your back tall, either bend a knee or extend your leg in front of you. Circle your ankle five times to the right and then five times to the left. Then point and flex your foot five times. Repeat on the other leg.

In-Person Fitness Classes

To register for any of the below fitness classes being held at the Wood County Senior Center, please contact the Programs Department at 419.353.5661 or 800.367.4935.

A completed waiver and payment are due before participation begins.

Cash or check payment accepted. All checks can be made payable to:

Wood County Committee on Aging

Refer to *'Programs and Registration Guidelines'* for our cancellation policy www.wccoa.net

Participants must bring in their own water bottles to all fitness classes.

Intermediate Yoga

Intermediate flow movements, stretch, and relaxation.



Mondays, July 12 - August 16

11 a.m. - 12 p.m.

Caroline Dickenson, Certified Instructor

Cost: \$40 (per 6-week session)



Tai Chi Practice

Wednesdays from 1 to 2 p.m.

Peer-led instruction

Maximum of 10 participants.

Delay the Disease

OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and help **delay** the progression of symptoms associated with Parkinson's **disease**.

Wednesdays, July 21 - August 25
at 10 a.m.

Class is available in-person & on Zoom.

Tammy Starr, PT, Certified Instructor

Cost: \$20 (per 6-week session)

Dynamic Balance

Join in this class to work on range of motion, strength, balance, movement and fun!
Participants may sit or stand.

Wednesdays, July 21 - August 25
at 9 a.m.

Tammy Starr, PT, Certified Instructor

Cost: \$20 (per 6-week session)

UnitedHealthcare Members

You might be eligible to take our fitness classes through your insurance!

RenewActive™
by UnitedHealthcare

Renew Active™, the gold standard in Medicare fitness programs for body and mind! The program is available at no additional cost with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or currently participating in class you may be eligible for these classes covered through our insurance. Contact Kinsey Kale, Program and Wellness Specialist at 419.353.5661 or email programs@wccoa.net

You can learn more at: UHCRenewActive.com

NEW! Summer Fitness Challenges Cont.

(See more details and second challenge on page 4.)

Race Around the County

July—September Prizes Sponsored by Genesis Village

We calculated the distance between all of our eight Senior Centers, as the crow flies! There are 82 miles to complete a full circle as you can see on the map to the right. Keep track of the miles you walk every day from July through September.

(Marching in place works, too! 15 minutes=1 mile)

Once you have walked a total of 82 miles, give us a call to see if you have won the "Race Around the County"! A GRAND PRIZE will be awarded to the race winner, and all other participants will be entered to win second prize.



Wood County

(Located in Bowling Green)

Below you will find programs scheduled for the WOOD COUNTY SENIOR CENTER.

NOTE: All in-person programs require advanced registration.

Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935

Watercolor Art Group: Thursdays from 10 a.m. — 12 p.m. Create alongside your peers in this weekly group opportunity. Plan to bring (and take with you) all necessary materials/projects each week.

How about a Movie? Fridays at 1 p.m. View and discuss seldom-seen classic motion pictures. Movies will be of all genres including war, westerns, drama, action, adventure, comedy, film noir, science-fiction, documentary, romance, crime, seasonal and musicals, primarily from the golden age of Hollywood 1930 to 1990! *Hosted by John Blinn. July's featured movies can be found on page 12.*



Fourth of July Celebration: Friday, July 2 at 1 p.m. Join us for a sweet summer treat sponsored by *Wood Haven Health Care*, and entertainment with guitarist *Jack Schilb*.

BG Knitter's Guild: Wednesday, July 7 at 1 p.m. Bring your own supplies and join this knitting group! *Host: Jackie Instone.*

"Has Fallen" Movie Series: Thursdays, July 8, 15 & 22 at 1 p.m. "Has Fallen" is an American action film series starring Gerard Butler as United States Secret Service agent Mike Banning. The series includes the films *Olympus Has Fallen* (2013), *London Has Fallen* (2016), and *Angel Has Fallen* (2019). We will watch one movie from the series each week.

American Military History: Mondays, July 12 & 26 at 11 a.m. Join us for this video series from *The Great Courses*, as Wesley K. Clark (Ret.), Former NATO Supreme Allied Commander Europe, takes us through more than two centuries of America's wars. Discussion to follow.

Breakfast Club: Tuesday, July 13 at 9 a.m. **Location:** Everyday People Café, 309 S. Main St., Ste. D, Bowling Green. Join a group to gather and enjoy each other's company and a meal together! **Cost: breakfast cost on your own.**

Trivia: Tuesday, July 13 at 11 a.m. Prizes awarded. *Facilitated and sponsored by Bridge Home Health & Hospice.*

Safe Communities Seminar: Tuesday, July 13 at 1 p.m. Join Wood County Safe Communities for a 4-part series on 'Safe Senior Driving Habits' starting in July when we will discuss tips for driving wellness. *Hosted by Sandy Wiechman, Safe Communities Coordinator of Wood County. Participation also available on Zoom.*

Guiding Pathways: Friday, July 16 from 10 a.m. — 2 p.m. This respite program is designed for those with early-to-moderate stage memory loss. Programming includes: art, science, socialization, small group games, exercise, and meditation. Lunch included. **Register at least one week prior to the session. Cost: \$10 Call for more details!**

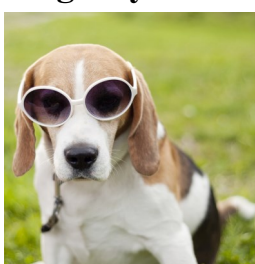
Musical Monday: Monday, July 19 at 1 p.m.

Feature: The Greatest Showman

Synopsis: Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth. .



Dog Days of Summer Drive-Thru:



Monday, July 19 from 2 — 3 p.m. Bring your pet along to this drive-thru event to receive an ice cream cone and a dog treat!

First come, first served, while supplies last.

Sponsored by Humana MarketPOINT.

Wood County Continued...

(Located in Bowling Green)

Below you will find programs scheduled for the WOOD COUNTY SENIOR CENTER.

NOTE: All in-person programs require advanced registration.

Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935

Fair Housing, Elderly Home Repair, & BG

Transit: Thursday, July 22 at 11 a.m. Learn more about each of these programs including fair housing laws, grants to income-eligible Bowling Green residents for home repairs, and a reduced fare ID card program for elderly and disabled riders to utilize the transit system for transportation needs in Bowling Green at a discounted rate. *Presented by Matthew Snow, Housing Specialist, City of Bowling Green.*

Tech. Discussion Group: Monday, July 26 at 1 p.m. **Topic:** YouTube

Bring your questions to discuss YouTube. This is your opportunity to get to know YouTube a little better and use some of the great features that are available with the help of staff and your fellow peers! *Facilitated by Rita Brieschke, Program & Technology Specialist, WCCOA.* Participation on Zoom also available.



Reader's Café: Tuesday, July 27 at 1 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (beginning July 1) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** Eat Pray Love by Elizabeth Gilbert (Continued on next column.)

Eat Pray Love Synopsis: Liz Gilbert (Julia Roberts) thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India and Bali.

Stocks: The Nuts & Bolts: Tuesday, July 27 at 2 p.m. During this session, you will select your own stock in our mock purchase exercise. We will also cover dividends, investment strategies, and different ways to own stock. *Facilitated by Chad Plontz, Financial Planner, Edward Jones.* Participation also available on Zoom.

Website Cookies: Thursday, July 29 at 1 p.m. Have you been noticing notifications about cookies when you visit websites? This presentation will dive into what those cookies (not the sweet kind) entail, why we're seeing the notification now, and how to secure your privacy while browsing the web. You may even receive a sweet treat to-go when you join in-person! *Rita Brieschke, Program & Technology Specialist, WCCOA.* Participation also available on Zoom.

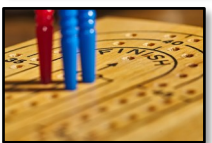
Wood County Cards & Games

NOTE: Games that do not require a passage of game pieces between players have been chosen to adhere to COVID safety protocols. More games will be added to the calendar as COVID regulations change.



Bingo

Tuesdays at 1 p.m.
Play for fun! Participants must bring their own placeholders.



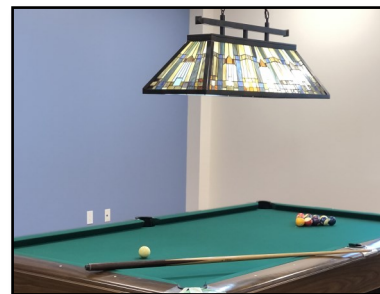
Cribbage

Wednesdays at 1 p.m.



Mah Jongg

Thursdays at 1:30 p.m.



Billiards Room

Available by appointment, Monday-Friday.
Participants must bring their own pool cues.

Perrysburg

Below you will find programs scheduled for the PERRYSBURG AREA SENIOR CENTER.

NOTE: All in-person programs require advanced registration.

Please call the Perrysburg Area Senior Center at 419.874.0847 to register or for more information.



Wii Bowling: Every Wednesday at 1 p.m.



Crafting: Tuesday, July 6 at 1 p.m. *Supplies provided.* This month we will be making a hanging wind spinner. . Participation on Zoom also available. *Sponsored by Kingston of Perrysburg.*

Breakfast Club: Thursday, July 15 at 9:30 a.m. Frisch's Big Boy, 10705 Fremont Pike, Perrysburg. Join us as we gather together to enjoy each other's company and share a meal! *Host: Judy Schlink*
Cost: Breakfast cost on your own.

"Adverteasing": Thursday, July 15 at 1 p.m. Test your knowledge on this classic game of advertising-themed trivia. *Facilitated by Kingston of Perrysburg.*

Bingo: Friday, July 16 at 1 p.m. Bring your own bingo markers.

Movie: Cruella Tuesday, July 27 at 1 p.m.

Synopsis: (2021) American crime comedy-drama film based on the character Cruella de Vil from Dodie Smith's 1956 novel The Hundred and



One Dalmatians and Disney's 1961 animated film adaptation. Set in the 1970s London punk rock movement as Estella, an aspiring fashion designer, explores the path that will lead her to become a notorious criminal known as Cruella de Vil. . *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

Caregiver Support Group Thursday, July 22 at 10 a.m. This group is for anyone providing caregiving assistance to individuals throughout Wood County. The group provides resources, advice on stress of caregiving, recommendations, and an outlet for caregivers to connect with one another. *Hosted by Jessica Ricker, LSW, WCCOA.*
Please contact Jessica Ricker in our Social Services Department for more information or to register at 419.353.5661 or 800.367.4935

Wayne

Below you will find programs scheduled for the WAYNE AREA SENIOR CENTER.
Please call the Wayne Area Senior Center at 419.288.2896 to register or for more information.

Breakfast Club:

Thursday, July 15 at 9:30 a.m.

Location: Country Farmhouse, 117 E. Main St., Wayne

Join us as we gather together to enjoy each other's company and share a meal.

Cost: Breakfast cost on your own.

Advanced registration required by calling the Wayne Area Senior Center.



LivelyU
VIRTUAL LEARNING ACADEMY

Discover us on YouTube by searching:
Wood County Committee on Aging, Inc.

We have over 100 videos archived for your educational use. Watch anytime, anywhere! For more information on our LivelyU Virtual Learning Academy or our YouTube channel, email programs@wcco.net

Northeast

(Located in Walbridge)

Below you will find programs scheduled for the NORTHEAST AREA SENIOR CENTER.

NOTE: All in-person programs require advanced registration.

Please call the Northeast Area Senior Center at 567.249.4921 to register or for more info.

Breakfast Club: Every Monday at 9:15 a.m. at Susie's Skillet: 101 South Main St, Walbridge.
Cost: Breakfast cost on your own.

Wii Bowling: Every Thursday at 12:30 p.m.



Craft: Friday, July 2 at 12:30 p.m. This month, we will be making a butterfly hanger solar light. Supplies provided. .
Sponsored by Kingston of Perrysburg.

Bingo: Tuesday, July 6 at 12:15 p.m. Participants must bring their own space holders. *Sponsored by Walker Funeral Homes.*

Knitting and Crocheting Group: Wednesdays, July 7 & 28 at 10 a.m. Bring your yarn and needles to work on your individual project!

Brain Games: Friday, July 9 at 10 a.m. Riddles, trivia, and problem-solving exercises. Participation on Zoom also available.

Wii Sports: Friday, July 16 at 12:30 p.m. Learn all of the different games that Wii Sports has to offer. Take your turn at trying tennis, baseball, boxing and golf! .

Yahtzee: Tuesday, July 20 at 12:30 p.m. *Prizes sponsored by Perrysburg Commons.*

Movie: The Best Exotic Marigold Hotel: Wednesday, July 21 at 11:45 p.m.

Synopsis: Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.
Movie and grab-and-go treats after the program sponsored by Walker Funeral Homes.



Safe Medication Practices for Better Health: Friday, July 23 at 12:30

This program is designed to offer helpful information about appropriate medication use and inspire safe medication practices for life. Medications help us live longer and healthier lives. They can also produce harmful effects when not used properly. *Susan Zies, Extension Educator, OSU Extension Office*

Bunco: Tuesday, July 27 at 12:30 p.m. Bunco is a social dice game, traditionally played with 12 players who are divided into three tables with four players at each table. But really, almost any number can play. All participants will use their own dice that will be provided to play this game. No sharing of the dice will occur. *Prizes and individual dice sponsored by Kingston Perrysburg.*

North Baltimore

Below you will find programs scheduled for the NORTH BALTIMORE AREA SENIOR CENTER. Please call the North Baltimore Area Senior Center at 419.257.3306 to register or for more information.

Breakfast Club:

Tuesday, July 13 at 9:30 a.m. at McDonald's, 12776 Deshler Rd., North Baltimore
Join us as we gather together to enjoy each other's company and share a meal.

Cost: Breakfast cost on your own.

Advanced registration required by calling the North Baltimore Area Senior Center.

Rossford

Below you will find programs scheduled for the ROSSFORD AREA SENIOR CENTER.

NOTE: All in-person programs require advanced registration.

Please call the Rossford Area Senior Center at 419.666.8494 to register or for more information.

Darts: Thursday, July 1 at 2 p.m. Darts will be provided and sanitized.

Coffee Hour: Tuesday, July 6 at 11 a.m. Enjoy some coffee and great conversation with friends. Take home packaged snacks *sponsored by Right at Home Health Care. Hosted by Kelly Scherff, Right at Home.*



Smart Speakers: Thursday, July 8 at 1 p.m. What are devices like ‘Google Home’ and ‘Amazon Alexa’ used for and why are they such a big hype right now? This program will feature the Amazon Alexa. Learn more about these speakers with voice assistant capabilities with *Rita Brieschke, Program and Technology Specialist, WCCOA.*

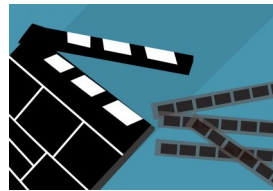
“Adverteasing”:

Wednesday, July 14 at 11 a.m. Test your knowledge on this classic game of advertising-themed trivia. .

Facilitated by Stephanie Kozack, Kingston of Perrysburg.



Bingo: Thursday, July 15 at 11 a.m. Bingo card and place holders provided. *Prizes sponsored by Perrysburg Commons. Facilitated by Jennifer Douglas, Perrysburg Commons.*



Movie Trivia: Tuesday, July 20 at 10 a.m. *Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA.*
Participation on Zoom only.

Memory Bank, Changes Over Time:

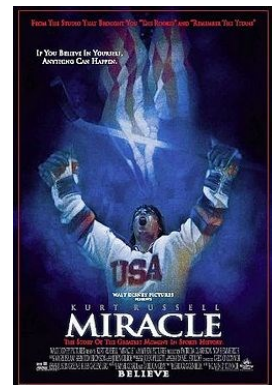
Thursday, July 22 at 10 a.m. In this six-part series we will take a look at how things have changed from when you were a child, young adult or parent and the impact those changes have had on our lives and society as a whole. *Participation on Zoom also available.*

Jingo: Wednesday, July 28 at 11 a.m. Jingo card and place holders will be provided. *Sponsored by Kingston of Perrysburg.*

Movie: Miracle

Thursday, July 29 at 1 p.m.

Synopsis: Based on the true story of the most famous team in the history of American sports: The 1980 U.S. Olympic hockey team. Follow the team from the selection process to what was dubbed the “Miracle on Ice”.



Pemberville

Below you will find programs scheduled for the PEMBERVILLE AREA SENIOR CENTER. Call 419.287.4109 to register or for more information.

Breakfast Club: Thursday, July 22 at 9:30 a.m.

Location: Country Farmhouse, 117 E. Main St., Wayne; Join us as we gather together to enjoy each other’s company and share a meal.

Cost: Breakfast cost on your own. **Advanced registration required by calling the Pemberville Area Senior Center.**

Grand Rapids

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER. Call 419.601.1896 to register or for more information.

Breakfast Club: Thursday, July 15 at 9:30 a.m.

Location: Frisch’s Big Boy, 10705 Fremont Pike, Perrysburg. Join us as we gather together to enjoy each other’s company and share a meal.

Cost: Breakfast cost on your own. **Advanced registration required by calling the Perrysburg Area Senior Center** as this is a collaborative event.

LivelyU VIRTUAL LEARNING ACADEMY

YOUR ONLINE PROGRAMMING OPTION



If you're interested in joining our LivelyU Virtual Learning Academy (VLA) and the other program offerings via Zoom, contact the Programs Department for more information by calling 419.353.5661 or 800.367.4935 or email programs@wcco.net

Don't have a smart phone, tablet, or computer? No problem! You can join any Zoom by calling in from your phone! (If you do not have long distance, you may incur charges on your phone bill.)

**VLA indicates programming included in our LivelyU VLA.*

“Happy” Hour: Friday, July 2 at 2 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes stirred in.

Listening Hour: Tuesday, July 6 at 2 p.m. Join us as we share common concerns, fears and special moments with support and facilitation from *Francesca Leass, LISW-S, LICDC-CS, Behavioral Health Specialist/MAT Clinical Supervisor, Wood County Community Health Center.*

***VLA: California Dreamin’ Trip:** Wednesday, July 7 at 10 a.m. Learn more about this travel opportunity! (See page 13.) *Presented by Ed McKenna, Collette Travel.*

Safe Medication Practices for Better Health: Thursday, July 8 at 10 a.m. This program is designed to offer helpful information about appropriate medication use and inspire safe medication practices for life. *Susan Zies, Extension Educator, OSU Extension Office.*

***VLA: Brain Games:** Friday, July 9 at 10 a.m. Riddles, trivia, and problem-solving exercises.

***VLA: Life After Retirement:** Monday, July 12 at 10 a.m. What happens next? Join *Bob Barr, Retired Social Worker*, as he discusses changes in relationships, interests, hobbies and more after retirement.

Name that Tune: Tuesday, July 13 at 10 a.m. Challenge yourself to naming the song and artist from a variety of music genres! *Prize sponsored by Aetna.*

Scattergories: Wednesday, July 14 at 10 a.m. Enjoy a friendly thought-provoking word game. You will need a pencil and pad of paper to play.

***VLA: Outdoor Hazards:** Thursday, July 15 at 10 a.m. Learn some of the hazards you might encounter while you are soaking up that sunshine! From wild animals to looming storms, learn what to avoid and how to identify venomous snakes, and poisonous plants. Enjoy the outdoors this summer... safely! *Lauren Stewart, Naturalist, Maumee Bay State Park.*

Virtual Dining: Friday, July 16 at 12 p.m. Join in our lunch conversation on Zoom! The **first 15 registered** will receive a free delivered lunch, *compliments of Waterford at Levis Commons!* **Zoom participation is required in order to receive lunch.**

You Decide: Monday, July 19 at 10 a.m. We will read court cases/ethically challenging scenarios and you decide on the outcome.

Movie Trivia: Tuesday, July 20 at 10 a.m. The **first 10 registered** will receive movie snacks. *Mary Tebbe, Rossford Area Site Manager, WCCOA.*

***VLA: Heat & Summer Precautions:** Wednesday, July 21 at 10:30 a.m. *Presented by McLaren St. Luke’s Family Medicine.*

***VLA: Dementia Friends Training:** Friday, July 23 at 10 a.m. Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Join this program to learn more.

Tech. Discussion Group: Monday, July 26 at 1 p.m. **Topic:** YouTube; **In-person participation also available. See info on Page 7.** *Facilitated by Rita Brieschke, Program & Technology Specialist, WCCOA.*

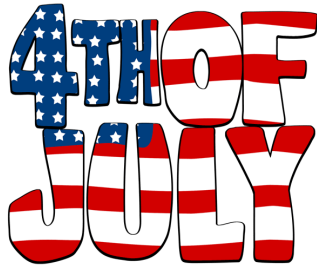
Bingo: Tuesday, July 27 at 10 a.m. Cover-all prize awarded, *compliments of Bridge Home Health & Hospice.*

***VLA: Stocks: The Nuts & Bolts:** Tuesday, July 27 at 2 p.m. During this session, you will select your own stock in our mock purchase exercise. We will also cover dividends, investment strategies, and different ways to own stock. **In-person participation also available. See info on Page 7.** *Facilitated by Chad Plontz, Financial Planner, Edward Jones.*

***VLA: Website Cookies:** Thursday, July 29 at 1 p.m. **In-person participation also available. See info on Page 7.** *Facilitated by Rita Brieschke, Program & Technology Specialist, WCCOA.*

Bingo: Friday, July 30 at 1 p.m. Cover-all prize

Around the County, Events & Classes



Fourth of July Celebration

Friday, July 2 at 1 p.m.
Wood County Senior Center
140 S. Grove St, Bowling Green

Enjoy a sweet summer treat, *sponsored by Wood Haven Health Care*, and entertainment with guitarist *Jack Schilb*.



Dog Days of Summer Drive-Thru

Monday, July 19 from 2 — 3 p.m.
Wood County Senior Center
140 S. Grove St, Bowling Green

Bring your pet along to this **FREE** drive-thru event to receive an ice cream cone and a dog treat! **First come, first served, while supplies last.**
Sponsored by Humana MarketPOINT.

Guiding Pathways

Fridays, July 16 & August 20
10 a.m. — 2 p.m.

Wood County Senior Center
140 S. Grove St, Bowling Green

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

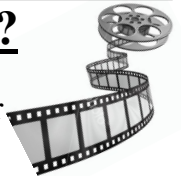
This respite program is designed for those with early-to-moderate stage memory loss. Programming includes: art, science, socialization, small group games, exercise, and meditation.

Register at least one week prior to each session by calling the WCCOA Programs Department at 419.353.5661 or 800.367.4935

How about a Movie?

Fridays at 1 p.m.

Wood County Senior Center
More information on page 6.



View and discuss seldom-seen classic motion pictures.
Hosted by John Blinn.

Friday, July 9: “Onionhead” (1958)
Starring Andy Griffith, Felicia Farr, & Walter Matthau

Friday, July 16: “Little Miss Marker” (1980)
Starring Walter Matthau, Julie Andrews, & Tony Curtis

Friday, July 23: “Sunshine Boys” (1975)
Starring Walter Matthau, George Burns, & Richard Benjamin

Friday, July 30: “Odd Couple” (1968)
Starring Jack Lemmon & Walter Matthau

“90 Plus Spectacular”

Celebrating Those 90 Years of Age and Over in Wood County!

This event will be moved to Monday, September 20, 2021. Stay tuned for more information!

Call WCCOA at 419.353.5661 or 1.800.367.4935 or email programs@wcco.net for more information or with questions.

In-Person Program Guidelines

- Registration is required for all in-person programs by contacting the Senior Center you plan to attend.
- Participants must call the Senior Center they are attending to answer three COVID pre-screening questions before entering the building.
- Masks are encouraged.
- Your temperature will be taken upon entry.
- Vaccines are NOT required, but are encouraged, in order to participate at any WCCOA location.
- Class and program sizes will be dependent upon the reopening phase for each site. Please check with your location for program limits.

Around the County, Events & Classes



Wednesday, September 1
11 a.m. - 12:30 p.m.

Topic: Hard Conversations about Hospice and Palliative Care

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, August 27** by calling **1.800.367.4935** or **419.353.5661** or emailing **programs@wcco.net**. Lunch is provided by Brookdale of Bowling Green for the first 20 participants registered.

11:00 a.m. Busting Myths of Hospice and Palliative Care

11:45 a.m. Dying to Know: What to Expect When Death is Near

The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Committee on Aging, Ohio Living, Golden Care Partners, and Wood County Hospital.



Pricing for the below travel opportunities is available for single, double and triple occupancy. Call the WCCOA Programs Department or email **programs@wcco.net** for more information.

*Effective for travel starting October 1, 2021, the REAL ID Act standards for identification while travelling will be in effect. A state issued drivers license will no longer be accepted for domestic air travels within the United States. A REAL ID compliant form must be shown when booking and during travel.

**California Dreamin':
Monterey Yosemite & Napa
March 28—April 4, 2022**
8 days with 12 meals

Included in this trip: Monterey, Scenic 17-Mile Drive, Yosemite National Park, Sacramento, Choice tour, Lake Tahoe Scenic Cruise, Napa Valley Vineyard Tour and Wine Tasting, San Francisco. **Spots will be held for WCCOA until September 28, 2021.**

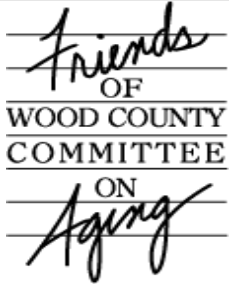


**Iceland's Magical Northern Lights
October 10—16, 2022**
7 days with 10 meals



Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights. **Spots will be held for WCCOA until April 11, 2022.**

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://friendsofwcco.com/>

Kern Ackerman, *Capital Campaign*
Holly Bielawa, *Capital Campaign*
Doris Christensen, *In Memory of Herbert Hoover*
Friends of Wood County Committee on Aging, *Capital Campaign*
David & Betty Goodman, *Capital Campaign*
Joseph & Elayne Jacoby, *Capital Campaign*
Harold L. Mercer, *In Memory of Velma Mercer*
Rick & Jacqueline Metz, *In Memory of Herbert Hoover*
Jason Miller, *In Memory of Herbert Hoover*
Thomas & Joyce Mosier, *In Memory of Herbert Hoover*
Denise Niese, *In Memory of Jane Knisely & Herbert Hoover/Building Fund*
Audrey Oswald, *In Memory of Herb Hoover*
Tamara L. Premo, *Capital Campaign*
George & Nancy Seifert, *In Memory of Herbert Hoover*
Barb & Rich Smigelski, *In Memory of Betty Smigelski*
June Van Vorhis, *In Memory of Herbert Hoover*
Walbridge VFW Post 9963, *Kitchen Fund*
Dan & Karen Weber, *In Memory of Betty Smigelski*
Jacqueline & Chet Yawberg, *In Memory of Betty Smigelski*

New Dining Room Chairs & Lounge Furniture

The Friends of WCCOA Board of Directors voted earlier this year to provide the funds necessary to purchase new dining room chairs and lounge furniture for the new WCCOA/WCSC building. A committee of Friends of WCCOA members reviewed three proposals and selected Kwalu from Atlanta, Georgia to supply the furniture. Sample furniture and fabrics were reviewed and selections were made. WCCOA has now received 180 chairs for the dining room along with nine side tables, one loveseat, and 20 side chairs for the lounge and hallway. WCCOA is so fortunate to have this wonderful organization to assist in its mission.



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 and register or re-enroll today. **You need to re-enroll every year.**

Our organization number is: **VB952**
If you have any questions, please contact us at
419.353.5661 or 800.367.4935

Home Delivered Meals Menu

Modified Menu for July 2021

**Menu changes may occur due to availability of certain items. **

July 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
			Pulled Pork Sandwich 1 potato wedges, peaches & pears, coleslaw, cookies	Cube Steak 2 buttered beets, tomato zucchini salad, ambrosia
All sites closed. Happy 4th of July! 	Smoked Sausage 6 baked sweet potatoes, orange juice, corn relish, brownies	Beef Fajita Tacos 7 black beans & rice, lettuce/tomato/cheese, fruited Jell-O	Chicken Wings 8 cauliflower, 3 bean salad, mandarin oranges & grapes	Vegetable Lasagna 9 mixed vegetables, celery with peanut butter, pound cake with glazed bananas & strawberries
Stuffed Pepper 12 riviera blend vegetables, Greek pasta salad, mixed fruit, pineapple juice	Roast Pork 13 tomato - zucchini blend, pears, cherry crunch	Beef Stroganoff 14 squash, noodles, tossed salad, melon	Chipped Ham Sandwich 15 baked bean salad, carrots, mandarin orange salad, ice cream	Pecan Crusted Tilapia 16 far east blend vegetables, banana, peaches & cream with granola
Bratwurst 19 mashed potatoes, sauerkraut, pineapple & cottage cheese, Rice Krispies Treat	Stuffed Chicken Breast 20 lima beans, Caesar salad, grapes & pears	Birthday Lunch! Meatloaf 21 mixed vegetables, cauliflower peanut salad, peaches, cake & ice cream	Turkey Stew 22 rosy applesauce, heritage slaw, fruit sorbet, cornbread	Scalloped Potatoes & Ham 23 Kyoto blend vegetables, pickled beets, grape juice, pudding
Sweet & Sour Chicken 26 oriental vegetables, wild rice, tropical fruit, mandarin oranges in Jell-O	Grilled Chicken 27 winter blend vegetables, Texas caviar, apple, pound cake	Turkey 28 au gratin potatoes, celery sticks, orange sections	Hot Dog 29 baked beans, banana, cranberry juice, peach crisp	Chipped Beef 30 Midori blend vegetables, mashed potatoes, apricots, pie, biscuit

WOOD COUNTY
COMMITTEE



Wood County Committee on Aging, Inc.
140 South Grove 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/



All sites will be closed on Monday, July 5 in observance of Independence Day.

WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
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
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 , 140 South Grove Street, Bowling Green, Ohio 43402 Monday through Thursday 8 a.m. to 4:30 p.m., Friday 8 a.m. to 4 p.m.	419.353.5661 800.367.4935

Ohio's First Nationally Accredited Senior Center