

WOOD COUNTY COMMITTEE

ON
Aging
NOVEMBER 2021

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Your County Connection

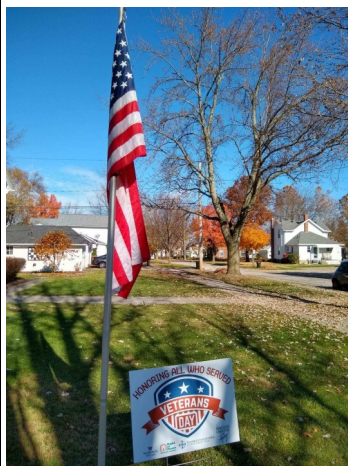
Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Veterans Day Recognition 2021

Monday, November 8 from 3 - 5 p.m.

In honor of Veteran's Day, we will be recognizing Wood County Veterans on Monday, November 8. Veterans who have registered for this program will receive a slice of pie, a yard sign and a poppy pin delivered to their homes.



If you are an interested Veteran or would like to thank a Veteran, please call the Programs Department to register at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net

Sponsored by:



REHABILITATION HOSPITAL
OF NORTHWEST OHIO

Holiday Parade Breakfast

Saturday, November 20 from 8:30 - 9:30 a.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green



Enjoy a **complimentary** breakfast including pancakes, sausage, fruit, and a muffin! **Tickets are required** to attend the breakfast and will be available starting Monday, November 1. Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. This event is provided by the Bowling Green Chamber of Commerce. This year's parade theme is "Elves on Main." The event showcases many area businesses through floats, cars, bands, and much more!

Sponsored by:



Newsletter Subscription Update

If you receive your newsletter in the mail, you will now see a date printed at the bottom of your address label, located on the back of the newsletter. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. If you wish, you may re-subscribe by stopping by the nearest Wood County Committee on Aging Senior Center. You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County.

Agency Services

Lunch

Monday - Friday, Hours Vary by Location

Hot lunches are available. *See your location's page for meal time and reservation requirements.*

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

Dinner

Tuesday - Thursday, Wood County Senior Center

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room will be available. **Reservations are required by 2 p.m. the day you wish to attend** by calling 419.353.5661 or 800.367.4935

Suggested donation: \$4 for those 60+
(\$7 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.

Friendly Visitor Program

The purpose of this program is to reduce loneliness and isolation. If you would like to inquire about having a friendly visitor, please contact Lisa Myers, Director of Social Services, at 419.353.5661 or 800.367.4935

Would you like to be a friendly visitor? We are always seeking volunteers for this program! Volunteers communicate with the older adult weekly, spend a minimum of 4 hours per month one-on-one with the older adult, provide emotional support, and build meaningful relationships. Requirements to volunteer for this program include: 21 years of age or older, ability to commit for at least 6 months, desire to work with older adults, and willingness to complete a background check. If interested, contact Lisa Myers (see contact info in above paragraph).

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

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

UnitedHealthcare Members

You might be eligible to receive a discount on our fitness classes!

Renew Active™ is the gold standard in Medicare fitness programs for body and mind! The program is available with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or are currently participating in a class, you may be eligible to receive a discount or have the class fee fully covered! *Contact Kinsey Kale, Program and Wellness Specialist* at 419.353.5661 or email programs@wccoa.net You can learn more at: UHCRenewActive.com

Clinics & Consultations

Podiatry Clinic

Facilitated by Maumee Bay Foot & Ankle Specialists.

For an appointment, please call 419.691.1599

Clinic Site	Date
Pemberville Area Senior Center	Dec. 8
Wood County Senior Center	Dec. 15

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

Memory Chat

Tuesday, November 9

Appointments available at 10:30 & 11:30 a.m.

**Location: Wood County Senior Center
140 S. Grove Street, Bowling Green**

Come to meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age, what is or 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, please call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Cholesterol Screening Clinics

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. **Must be a resident of Wood County & 25 years of age or older. Cost: \$20 for 60+, \$25 for ages 25-59. Appointment and pretest instructions required.** To schedule an appointment, please call the Social Services Department at 419.353.5661 or 800.367.4935

Clinic Site	Date	Time
Bowling Green	Nov. 4, 12, 23	9-11 a.m.
Perrysburg	Nov. 16	9-11 a.m.

Senior Legal

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

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!

Clinic Site	Date & Time
Perrysburg Area Senior Center	Dec. 2 2-4 p.m.
Wood County Senior Center	Dec. 9 4-6 p.m.

Blood Pressure & Blood Glucose Clinics

No appointment required.

No charge for blood pressure screenings.

\$1 fee for blood glucose screenings.

Clinic Site	Date	Time
North Baltimore	Nov. 2	10-12 p.m.
Wayne	Nov. 5	10-12 p.m.
Pemberville	Nov. 11	10-12 p.m.
Perrysburg	Nov. 16	10-12 p.m.
Northeast	Nov. 17	10-12 p.m.
Grand Rapids	Nov. 19	10-12 p.m.
Wood County	Nov. 22	10-12 p.m.
Rossford	Nov. 30	10-12 p.m.


YouTube

Discover us on YouTube by searching:


Wood County Committee on Aging, Inc.

WCCOA Support Groups

Caregiver Support Group

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

Location: Wood County Senior Center
140 S. Grove Street, Bowling Green
*Respite available for care recipients.
Please pre-register for respite.*

Thursday, November 18 at 10 a.m.

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

Care Compass Project

Wednesday, November 3 at 11 a.m.

**Topics: Technology & Caregiving
Visits During the Holidays**

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

The Care Compass project serves as a quarterly network gathering for caregivers. Care Compass is a place to gather together and obtain resources to make the journey of caregiving less stressful. *See more info on page 14.*

Grasping Your Grief

Wednesdays, November 3 & 17 at 1 p.m.

Location: Wood County Senior Center
140 S. Grove Street, Bowling Green

This support group is for those who have experienced a loss within their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. *Facilitated by Lisa Myers, LISW-S, WCCOA and Jessica Ricker, MSW, LSW, WCCOA.*

Friendship Line

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. Their trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

TOLL FREE:
800.971.0016



Other Local Support Groups

National Alliance on Mental Illness (NAMI) Family Support Group

Fourth Wednesday of each month at 6 p.m.

Location: 541 W. Wooster Street, 2nd Floor, BG
This group is for family of those with mental illness and meets on the fourth Wednesday of each month.
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support Group

Wednesdays at 12 p.m.

Location: 541 W. Wooster Street, 2nd Floor, BG
This group is for individuals with mental illness.
Contact: NAMI at 419.352.0626

Living Through Loss Grief Support Group

Third Monday of each month

Location: Blanchard Valley Hospital
1900 S. Main Street, Findlay
Contact: Bridge Home Health & Hospice for more information and to register at 419.423.5351

Grief Support

- ♦ Bridge Home Health & Hospice: 419.352.9808
- ♦ Hospice of Northwest Ohio: 419.661.4001
- ♦ Lutheran Social Services: 419.352.0702

**Call individual location for dates, registration information, and pricing.*

Parkinson's Caregiver Support Group

First Monday of each month at 6:30 p.m.

This group is for caregivers of those with Parkinson's Disease and meets on the first Monday of each month (except for holidays.)

Contact: Kristen Schuchmann for location & registration at 419.383.6737

Spousal or Partner Loss

Second & fourth Tuesday of each month at 3 p.m.

Location: Hospice of Northwest Ohio
30000 E. River Road, Perrysburg

Grief support group open to any man or woman who has experienced the death of a life partner or spouse.

Contact: Hospice of Northwest Ohio for more information and to register at 419.666.4001

Fitness Classes

All classes are one hour long unless otherwise noted. To register for any of the below fitness classes, please contact the Programs Department at 419.353.5661 or 800.367.4935

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.****

Tai Chi Practice: FREE

Wednesdays from 1 - 2 p.m.

Peer-led instruction with step-by-step learning for new participants. Participants may learn at their own pace.

Chair Yoga: Cost: \$20

Thursdays, October 14 - December 2 at 1 p.m.

(No class November 11 & 25)

Engage your breath and sensory awareness, and enjoy movement of the body. *Chelsea Cloeter, Certified Instructor.*

Dynamic Balance: Cost: \$20

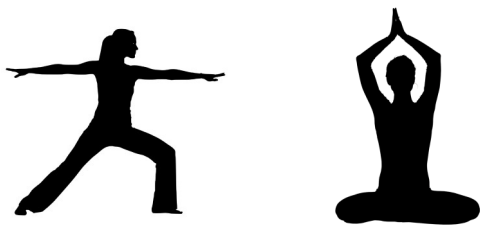
Wednesdays, October 27 - December 1 at 9 a.m.

Join in this class to work on range of motion, strength, balance, movement and fun! Participants may sit or stand. *Tammy Starr, PT, Certified Instructor.*

Delay the Disease: Cost: \$20

Wednesdays, October 27 - December 1 at 10 a.m.

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. *Tammy Starr, PT, Certified Instructor. Class is available in-person & on Zoom.*



Buti Chair Yoga: Cost: \$20

Wednesdays, November 3 - December 8 & Thursday, December 9 from 5:30-6 p.m. (No class Nov. 17)

Buti Yoga is a unique practice known for its cardio-intensive bursts of tribal dance, primal movement, and conditioning. Buti Chair Yoga incorporates these qualities while sitting in a chair to enhance posture and control movement. *Claire Semer, Certified Instructor.*

SilverSneakers Classic: Cost: \$15 per session*

Monday Session: Nov. 1 - Dec. 6 at 11:45 a.m.

Wednesday Session: Nov. 3 - Dec. 8 at 11:30 a.m.

Friday Session: Nov. 5 - Dec. 17 at 11:30 a.m.

(No class November 26)

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. *Jenny Triggs, Certified Instructor.*

***FREE for SilverSneakers Members**

Intermediate Yoga: Cost: \$40 per session

Monday Session: Nov. 22 - Jan. 10 at 10:30 a.m.

(No class December 20 & 27)

Tuesday Session: Nov. 16 - Jan. 4 at 10:30 a.m.

(No class December 21 & 28)

Thursday Session: Nov. 18 - Jan. 6 at 11 a.m.

(No class November 25 & December 23)

Intermediate flow movements, stretch, and relaxation. *Caroline Dickinson, Certified Instructor.*

Virtual Fitness Classes on Zoom

SilverSneakers Classic: Cost: \$15*

Wednesdays, November 17 - January 5 at 10 a.m.

(No class December 22 & 29)

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. *Sheila Brown, Certified Instructor*

***FREE for SilverSneakers Members**

SilverSneakers Strength & Balance: Cost: \$15*

Fridays, November 19 - January 14 at 9:30 a.m.

(No class November 26, December 24 & 31)

This class focuses on strength and balance. Participants will need a chair, ball, band and weights. *Sheila Brown, Certified Instructor.*

***FREE for SilverSneakers Members**

Wood County

(Located in Bowling Green)

Lunch Served Between 11:30 a.m. and 1 p.m.

Below you will find in-person programs scheduled for the WOOD COUNTY SENIOR CENTER. Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935 to register or for more info.

Watercolor Art Group: Thursdays from 10 a.m. - 12 p.m. Create alongside your peers in this weekly group activity. 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. 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.* **Registration required.** *November's featured movies can be found on page 16.*

American Military History: Mondays, November 1 & 15 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. A discussion will follow.

Puzzle Exchange: Tuesday, November 2 from 12:30 - 1:30 p.m. Make this winter a great piece in history by puzzling your way through it! Bring along any size puzzle to exchange, or simply come to look at the puzzles and take one home! **You are not required to bring a puzzle in order to participate.** *Hosted by Jan Chilcote.*

BG Knitter's Guild: Wednesday, November 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

"Die Hard" Movie Series: Thursdays, November 4, 11 & 18 and December 2 & 9 at 1 p.m. Die Hard is an action film series that originated with Roderick Thorp's novel *Nothing Lasts Forever*. All five films revolve around a New York City/Los Angeles police detective who continually finds himself in the middle of a crisis where his is the only hope against disaster. We will watch one movie from the series each week.

Happy Hour: Friday, November 5 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes. Event will include snacks and mocktails! *Sponsored by Ayden Care Waterville.*

The Mis-Origin of Historical Tradition (Part 2) Roche de Boeuf: Monday, November 8 at 11 a.m. Learn about the history of one of the Maumee River's most iconic islands, once part of Wood County. Learn about the accounts of this island, from the time of New France in the 1750s, through the British controlled Maumee River, and from Anthony Wayne's battle and beyond *Presented by Mike McMaster, Wood County Museum.*

Breakfast Club: Tuesday, November 9 at 9 a.m. **Location:** Frisch's Big Boy, 1006 N. Main St., Bowling Green. Join a group to gather and enjoy each other's company and a meal together! **Breakfast cost on your own.** **Registration required.**

Stained Glass Craft: Tuesday, November 9 at 10:30 a.m. Learn how to make this simplified version of stained glass using a picture frame and sharpies! This project will have a fall theme. *Hosted by Leslie Miller.* **Registration required by Nov. 5.** **Cost: \$5, supplies provided.**

Safe Winter Driving: Wednesday, November 10 at 11 a.m. Are you ready for winter? Let's talk tips and safety as you prepare for winter driving. *Presented by Sandy Wiechman, Safe Communities Coordinator of Wood County.*

Bingo: Wednesday, November 10 at 4:30 p.m. *Participants must bring their own placeholders.* *Sponsored by Bowling Green Manor.*

Thanksgiving Lunch: November 11 at 11:30 to 1 p.m. Celebrate this holiday with friends and give thanks for all the blessings this year has provided. **Advanced registration required.**

Brain Games: Friday, November 12 at 12:30 p.m. Riddles, trivia, and problem-solving exercises.

Musical Monday: Monday, November 15 at 1 p.m. **Feature:** Mary Poppins
Synopsis: In turn of the century London, a magical nanny employs music and adventure to help two neglected children become closer to their father.

Wood County Continued...

Brain Training: Tuesday, November 16 at 9 a.m. Join us for this monthly video series from *The Great Courses* to learn more about “The Aging Brain.” Each month will spotlight a new topic featuring a 30-minute video followed by a group discussion. *Breakfast is sponsored and provided by Brookdale.* **Advanced registration required by Monday, November 15.** **This month’s topic:** Aging & Brain Structure
Video Presenter: Thad A. Polk, Ph.D.

Movie Trivia: Tuesday, November 16 at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.*

The Science of Natural Healing: Tuesday, November 16 at 4:30 p.m. Join us for this video series from *The Great Courses* presented by Dr. Mimi Guarneri as she discusses the benefits of dietary supplements such as vitamins, herbs, and supplements. Discussion to follow.

Constipation & Aging: Wednesday, November 17 at 11 a.m. *Presented by Shikha Mistry, MD, McLaren St. Luke’s Family Medicine.*

Family Feud: Thursday, November 18 at 4:30 p.m. Compete in this iconic game to name the most popular responses to survey questions! *Hosted by Rita Brieschke, WCCOA.*

Lunch & Learn: Friday, November 19 at 12 p.m. **Topic: One-Act Play Viewing & Meet the Playwright.** *See more info on page 14.* The first 20 registered will receive a free lunch, *compliments of Waterford at Levis Commons!* **Registration required by November 17.**

Trivia: Tuesday, November 23 at 11 a.m. Prize awarded! *Sponsored and facilitated by Bridge Home Health & Hospice.*

Acrylic Painting Class: Wednesday, November 24 at 3 p.m. This class is open to all levels of painting experience! *Hosted by Alicia Cantu.* **Reg. required.** **Cost: \$5, supplies provided.** *Pictures of November’s paintings can be found on page 15.*

Karaoke: Wednesday, November 24 at 4:30 p.m. Join us for some pre-dinner fun and entertainment!

Art Therapy: Monday, November 29 from 1 - 3 p.m. Attend this class monthly to experience the many benefits art therapy can provide. Art projects are geared towards any skill level with support and techniques offered to overcome any hurdle. **Reg. required.** *See more info on page 14.*



Teaching Kitchen: Tuesday, November 30 from 11 a.m. - 12 p.m. Join us this month for a Teaching Kitchen Class with Dietitian Paige from The Teaching Kitchen by BGSU Dining. **Registration required by Wednesday, Nov. 23.** **Cost: \$15,** due upon registration. *See more info & menu on page 15.*

Reader's Café: Tuesday, November 30 at 1 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (beginning November 1) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** *Hidden Figures* by Margot Lee Shetterly.

Wood County Cards & Games

Euchre: Mondays at 1 p.m.
Fridays at 1 p.m.

Bingo: Tuesdays at 1 p.m.
Participants must bring their own placeholders.

Hand & Foot: Tuesdays at 1 p.m.
Fridays at 10 a.m.

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

Pinochle: Thursdays at 1 p.m.

Mah Jongg: Thursdays at 1:30 p.m.

Party Bridge: Fridays at 1 p.m.
Please call the Programs Department if you are interested in playing.

Billiards Room: Available by appointment, Monday-Friday. *Participants must bring your own pool cue(s).*

Northeast

(Located in Walbridge)

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

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

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

Breakfast Club: Mondays at 9:15 a.m.

Breakfast cost on your own. Call for registration and location information.

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

Donuts and 3/13: Fridays at 9:30 a.m.
Enjoy a game and sweet treat. **Cost:** \$1 per donut.

Euchre: Fridays at 12:30 p.m.

Bingo: Tuesday, November 2 at 12:30 p.m.
*Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.*

Wii Sports: Wednesday, November 3 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!

Walbridge Talk with Mayor Kolanko:
Thursday, November 4 at 12:15 p.m. Learn more about the village and the updates of your community.



Mason Jar Leaf Lantern Craft:
Friday, November 5 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.**
Sponsored by Kingston of Perrysburg.

Trivia: Monday, November 8 at 12:15 p.m.
Test your best trivia skills! *Sponsored & facilitated by Bridge Home Health & Hospice.*

Dominoes: Tuesday, November 9 at 12:30 p.m.

Wood County Senior Center Thanksgiving Dinner: Tuesday, November 9 at 5:30 p.m. **Cost: \$4 suggested donation.** Meet at the Wood County Senior Center for Thanksgiving Dinner! ***Carpooling is encouraged. No transportation will be provided by WCCOA.***

Winter Hat Project: Wednesday, November 10 & Monday, November 29 at 12:30 p.m. As winter and the holidays approach, join us in creating winter hats that will be donated to a local charity of the participants choosing. Bring your own needles or crochet hooks. Yarn will be provided.

Thanksgiving Lunch & Veterans Day

Ceremony: Thursday, November 11 at 11:45 a.m.
Join in a celebration and recognition of our Veterans. Honor Guard Ceremony will be performed by VFW 9963 Walbridge Ohio. **Registration required for Veterans by November 3.** **Advanced registration required for Lunch.**

Brain Games: Friday, November 12 at 12:30 p.m.
Riddles, trivia, and problem-solving exercises.
Participation on Zoom also available.

Yahtzee: Tuesday, November 16 at 12:30 p.m.
Prizes sponsored by Perrysburg Commons.

Movie: Wednesday, November 17 at 12:30 p.m.
Feature: My Fair Lady **Genre:** Musical
Sponsored by Walker Funeral Home.

Blood Pressure & Blood Glucose Clinic:
Wednesday, November 17 from 10 a.m. - 12 p.m.

Cooking Class for One or Two: Friday, November 19 at 12:30 p.m. A large percentage of the population is cooking for one or two, so you are not alone! There are many reasons people find for not wanting to cook or eat alone. This program will share strategies for cooking for one or two, learn how to reduce recipe ingredients for smaller amounts, and learn new recipe ideas to add to your weekly menu when cooking for one or two. *Presentation by Susan Zies and Shannon Smith, OSU Extension Office.*

Bunco: Tuesday, November 23 at 12:30 p.m.
Advanced registration required. Prizes and individual dice sponsored by Kingston Perrysburg.

OSU vs. MI Tailgate Party: Wednesday, November 24 at 11:30 a.m. Kick off the biggest rivalry in college football! Come dressed in support of your team! Enjoy a tailgating lunch of chicken wings along with trivia, prizes, football cookies, and a popcorn bar to help celebrate! Afterwards make your own Buckeye Necklace to wear during the game! *Trivia and prizes sponsored by Mayor Ed Kolanko, cookies and necklace making sponsored by The Commons, and a popcorn bar sponsored by Kingston of Perrysburg.*

Dominoes: Tuesday, November 30 at 12:30 p.m.

Perrysburg

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

Below you will find programs scheduled for the PERRYSBURG AREA SENIOR CENTER.
Please call the Perrysburg Area Senior Center at 419.874.0847 to register or for more information.

Bingo: Tuesdays at 9 a.m. *Participants must bring their own place holders.*

Line Dancing: Tuesdays at 10 a.m. **Schaller Building** (130 W. Indiana Ave., Perrysburg). Attend this class to learn new dances and get moving! *Peer-led instruction.*

Wii Bowling: Wednesdays at 1 p.m. **Registration required.**

Tai Chi: Thursdays at 10 a.m. **Schaller Building** (130 W. Indiana Ave., Perrysburg). Learn some movements of the popular Tai Chi workout. *Peer-led instruction.*

Texas Hold 'Em Tournament: Mondays, November 1 & 15 at 1 p.m.



Mason Jar Leaf Lantern Craft: Tuesday, November 2 at 12:45 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*

Euchre Tournament: Thursday, November 4 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, November 5 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes and will include snacks and mocktails! **Registration required.** *Sponsored by Ayden Care Waterville.*

Pinochle Tournament: Monday, November 8 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, November 9 at 9 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! *Hosted by Judy Schlink.* **Breakfast cost on your own. Registration required.**

Thanksgiving Lunch: Thursday, November 11 at 12 p.m. **Registration required by Monday, November 8.**

Veterans Day Recognition: Thursday, November 11 at 12:30 p.m. *Certificates sponsored by Lakes of Monclova. Cookies sponsored by Comfort Keepers.* **Veterans, please register in advance.**

Bingo: Friday, November 12 at 12:45 p.m. *Participants must bring their own place holders. Sponsored by Bridge Home Health & Hospice.*

Trivia: Monday, November 15 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Tik Tok Tech. Talk: Tuesday, November 16 at 12:30 p.m. Have you been curious about this trending and fast-growing social media app? Tik Tok is a unique video-sharing app that has grown tremendously in popularity across generations. Come to find out what it's all about! *Rita Brieschke, Program & Technology Specialist, WCCOA.*

Birthday Lunch: Wednesday, November 17 at 12 p.m. *Cupcakes sponsored by Heritage Health Care/Manor of Perrysburg.*

Caregiver Support Group: Thursday, November 18 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, MSW, LSW, WCCOA.*

Thanksgiving Word Game: Thursday, November 18 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

Hand & Foot Card Game: Monday, November 22 at 12:45 p.m.

Movie Day: Tuesday, November 23 at 12:45 p.m. **Feature:** Cinderella Synopsis: A modern movie musical with a bold take on the classic fairytale. Our ambitious heroine has big dreams and with the help of her fab Godmother, she perseveres to make them come true. **Advanced registration required.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

CBD Oils: Monday, November 29 at 12:45 p.m. While controversial, there is growing awareness about the possible health benefits of CBD oil. *Presentation previously recorded and presented by Bridge Home Health and Hospice.*

Rossford

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

Below you will find programs scheduled for the ROSSFORD AREA SENIOR CENTER.
Please call the Rossford Area Senior Center at 419.666.8494 to register or for more information.



Coffee Hour: Tuesday, November 2 at 11 a.m.
Enjoy some coffee, snacks, and great conversation with friends.
Hosted & sponsored by Right at Home Health Care.

Trivia: Wednesday, November 3 at 12:30 p.m.
Hosted by Manor at Perrysburg.

Miles and Minutes Awards: Friday, November 5 at 12:30 p.m. Join us as we acknowledge those who have walked the walk and worked out faithfully. *Prizes sponsored by Rehabilitation Hospital of Northwest Ohio.*

The History of the Donut:

Monday, November 8 at 12:15 p.m.
Presented by Heather Greeno, Wood Haven Health Care.



Game Day: Wednesday, November 10 at 12:30 p.m. Enjoy a friendly Thanksgiving word game. *Facilitated by Kingston of Perrysburg.*

Thanksgiving Lunch & Veteran

Recognition: Thursday, November 11 at 12 p.m.
Join us for a traditional Thanksgiving lunch with all the trimmings. We will also be giving thanks to all of our Veterans. **Reservations required.**

Pies for Guys: Friday, November 12 at 1 p.m.
Gentlemen, join us for a little chit chat and a sweet. *Pies provided by Perrysburg Commons.*

Healthy Living For Your Brain & Body:

Tips From the Latest Research: Monday, November 15 at 12:30 p.m. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. *Presented by Cathy Tippenhauer, Alzheimer's Association.*

Movie Trivia: Tuesday, November 17 at 12:30 p.m.
Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA. Participation on Zoom also available.

Bingo: Thursday, November 18 at 12:30 p.m.
Bingo card and place holders provided. *Sponsored & facilitated by Perrysburg Commons.*

The Big Hunt: Thursday, November 22 at 12:30 p.m. We have a list of 20 items with assigned point values. (There will be a new list each month.) Find the items, bring them into the Center, and whoever accumulates the most points is this month's winner!



Jingo: Wednesday, November 24 at 12:30 p.m.
Jingo card and place holders will be provided. *Sponsored by Kingston of Perrysburg.*

Memory Bank, Changes Over Time:

Monday, November 29 at 12:30 p.m.

This Month's Topic: Music

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.

Smart Speakers: Tuesday, November 30 at 12:15 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 & Technology Specialist, WCCOA.*



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@wcco.net**

Pemberville

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

Below you will find programs scheduled for the PEMBERVILLE AREA SENIOR CENTER.
Please call the Pemberville Area Senior Center at 419.287.4109 to register or for more information.

Cards: Daily before and after lunch.
Various card games are played. Join us!

Wii Bowling: Fridays at 10:30 a.m. Roll some strikes while playing against others or in a solo game. Come join us for this fun, active video game.

Nifty Knitting: Mondays at 10:30 a.m.
Knitted hats, baby blankets, and scarves will be donated to various charitable organizations.
Facilitated by Anna Meiring.

Minutes with the Mayor: Monday, November 1 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs as well as what Pemberville has to offer.

Wood County Parks: Tuesday, November 2 at 1 p.m. Join us as we learn more about nature and the care of Wood County's park system. *Jim Witter, Wood County Park District.*

Bingo: Thursday, November 4 at 11 a.m.
Come enjoy this favorite with us. *Prizes sponsored by Bowling Green Manor.*



Turkey Flower Pot Craft:
Wednesday, November 10 at 10:30 a.m.
All supplies and guidance with project will be provided. **Registration required.**
Sponsored by Kingston Healthcare.

Thanksgiving Lunch: November 11 at 12 p.m.
Celebrate this holiday with friends and give thanks for all the blessings this year has provided. **Advanced registration required.**

Trivia: Monday, November 15 at 12:45 p.m.
Interesting questions will be posed providing you with an enlightening and fun afternoon. *Sponsored by Bridge Home Health & Hospice.*

Movie: Tuesday, November 16 at 12:30 p.m.
Feature: Wild Oats (2016). **Synopsis:** After she receives a mistakenly huge insurance check, a recently widowed retiree brings her best friend along on an adventure to the Canary Islands, where they become media favorites and escapees from justice.

Breakfast Club: Thursday, November 18 at 9:30 a.m. **Location:** Everyday People Café (309 S. Main Street, Suite D, Bowling Green). Join us as we gather together to enjoy each other's company and share a meal. **Breakfast cost on your own. Advanced registration required.**

Shutnok Sand Dune: Thursday, November 18 at 12:45 p.m. Shutnok was described in 1909, by newspaper editor Charles Evers, as the tallest sand dune in Wood County. Learn about its history, including its legends, of this forgotten place in Plain Township, Wood County. Does the ghost of Ottawa Chief Tondaganie's daughter still haunt the place called Shutnok? *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*



Bingo: Monday, November 22 at 12:30 p.m.
Come enjoy this favorite with us. *Prizes sponsored by Kingston of Perrysburg.*

Movie: Wednesday, November 24 at 12:30 p.m.
Feature: You've Got Mail (1998). **Synopsis:** Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity.



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 at 419.353.5661 or 800.367.4935 to complete your waiver and receive your Pen Pal's contact information.



Grand Rapids

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER.
Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

Bingo: Tuesdays & Fridays at 10:30 a.m.

Coffee Chat: Wednesday, November 3 at 11 a.m.
Join us for coffee, donuts and dialogue about current events. *Facilitated by Right at Home Health Care.*

Thanksgiving Lunch: November 11 at 12 p.m.
Celebrate this holiday with friends and give thanks for all the blessings this year has provided.
Registration required.



The History of Wood County (Part 2):

Tuesday, November 16 at 12:30 p.m. The story of Wood County continues. This program covers Charles Evers life as the owner of the Sentinel newspaper, his many business endeavors, and the period of his life as chief storyteller of Wood County. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Sponsored Bingo: Wednesday, November 17 at 12:30 p.m. Come enjoy this favorite with us. *Prize sponsored by Kingston of Perrysburg.*

Trivia: Monday, November 29 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Wayne

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

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.



Puzzle It Out: Fridays at 11 a.m.
Enjoy some puzzles, coffee, and catching up.

Exercise: Mondays, November 1 & 15 at 11:15 a.m.
Led by video.

Wii Bowling: Wednesdays, November 3 & 17 at 12:30 p.m. Spare, Strike, Turkey, Oh My! Join in some Wii Sports fun with friends.

Learn with the Library: Thursday, November 4 at 12:30 p.m. Relive the glory days of your youth with this presentation by the Wayne Public Library on "Remembering School Days". A short video and a pictorial history of the Elmwood Local School District will be shared to help spark memories and a discussion of school days past. *Presented by Morgan Hutchison, Wayne Public Library.*

Bingo: Wednesday, November 10 at 1 p.m.
Participants must bring their own placeholders. Prizes sponsored by Bridge Home Health & Hospice.

Thanksgiving Lunch: November 11 at 12 p.m.
Celebrate this holiday with friends and give thanks for all the blessings this year has provided. **Registration required.**

Meet Me At: Thursday, November 18 at 9 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. **Breakfast cost on your own. Registration required.**

Preventing Scams: Monday, November 22 at 12:30 p.m. It is estimated that the older adult population loses about 3 Billion dollars annually to fraud. Falling a victim to a scam can spark feelings of devastation and put someone in a vulnerable position. In this program you will learn more about the top types of scams, tips to avoid scams, and recommendations of where to report potential scams to. *Presented by Jessica Ricker, WCCOA*

Bingo: Wednesday, November 24 at 1 p.m.
Participants must bring their own placeholders. Sponsored by St. Catherine's Manor Fostoria.



Snowman Clothes Pin Craft:

Tuesday, November 30 at 1 p.m.
Engage in a festive craft, creating a large snowman to adorn your home or refrigerator. *Led by Wayne's very own Dorothy Cline & Martha Stetter.*

North Baltimore

Lunch Served at Noon. Call to make a reservation by 2 p.m. the day before.

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.

Wii Bowling: Fridays in November at 12:45 a.m. Join us in a friendly bowling competition.

Thanksgiving Lunch: November 11 at 12 p.m.
Registration required.

Great Decisions 2021: The World Health Organization's Response to COVID: Friday, November 12 at 12:30 p.m. Video followed by a discussion. The COVID-19 pandemic has thrust the World Health Organization (WHO) into the limelight, for better and for worse. What is the WHO's role in responding to international pandemics and what can be done to improve the response to future health crises? *Facilitated by Danielle Brogley, WCCOA.*

Breakfast Club: Tuesday, November 16 at 9:30 a.m. at McDonald's (12776 Deshler Rd., North Baltimore). Breakfast cost on your own.
Registration required.

Thanksgiving Craft: Tuesday, November 16 at 12:45 p.m. We will be making an Indian Corn craft using beads and pipe cleaners. No experience necessary.
Cost: \$2 Registration required.



The History of Wood County (Part 2): Wednesday, November 17 at 12:30 p.m. The story of Wood County continues. This program covers Charles Evers life as the owner of the Sentinel newspaper, his many business endeavors, and the period of his life as chief storyteller of Wood County. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Virtual Programs on Zoom

If you are interested in joining virtual programs, please contact the Programs Department at 419.353.5661 or 800.367.4935 to be added to the weekly email list containing all of the Zoom access information.

Bingo: Wednesday, November 3 at 10 a.m. Cover-all prize awarded, *compliments of Bridge Home Health & Hospice.*

Care Compass: Wednesday, November 3 at 11 a.m. *See more info on page 14.* **Registration required.** In person participation in BG.

Brain Games: Friday, November 12 at 12:30 p.m. Riddles, trivia, and problem-solving exercises. **In-person participation in Walbridge.**

Movie Trivia: Tuesday, November 16 at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.* **In-person participation in Rossford & BG.**

Constipation & Aging: Wednesday, November 17 at 11 a.m. *Presented by Shikha Mistry, MD, McLaren St. Luke's Family Medicine.* **In-person participation in BG.**

Scattergories: Tuesday, November 23 at 10 a.m. Enjoy a friendly, thought-provoking word game. You will need a pencil and pad of paper to play.

Bring on the Bluebirds: Wednesday, November 24 at 10 a.m. Brilliant blue makes this bird a handsome addition to any backyard. This distinctive thrush has won the hearts of many. Learn the life history and how to attract these blue beauties to your yard! The Eastern Bluebird has a unique history and at one point were at the brink of extinction. Discover how far this species has come and what we can do to continue to help protect this amazing species. *Presented by Lauren Stewart, Naturalist, Maumee Bay State Park.*

Bingo: Wednesday, November 24 at 1 p.m. Cover-all prize awarded, *compliments of Perrysburg Commons.*

Acrylic Painting Class: Wednesday, November 24 at 3 p.m. This class is open to all levels of painting experience! *Hosted by Alicia Cantu.* **Registration required.** **Cost: \$5, supplies included.** **In-person participation in BG.**

Around the County, Events & Classes

Art Therapy

Monday, November 29
from 1 - 3 p.m.

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

Cost: \$10; supplies included

Attend this class monthly to experience the many benefits art therapy can provide including improved cognitive function, improved mood, enhanced motor skills, increased social interaction, greater self-expression, pain relief, and improved memory.

Art projects are geared towards any skill level with support and techniques offered to overcome any hurdle.

This month's project: Leaf Painting. This workshop is designed to help us connect with the energies of autumn, and embrace the transitions in our lives that often are reflective of seasonal changes. Participants will be offered an array of fall leaves, and different opportunities to leaf thread, leaf paint, leaf rub, and/or leaf print. **Please bring a paint shirt, and any fall leaves that might inspire your craft.** Facilitated by Kaitlyn Harden, MA, ATR-P. **Registration required.**



Sponsored by:



Lunch & Learn

Topic: One-Act Play Viewing & Meet the Playwright

Friday, November 19 from 12 - 1:30 p.m.

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

Enjoy lunch while we view a recorded one-act play which offers a humorous and uplifting take on personal loss. *Troubles in Henry's Nose* presents lunch as a cornucopia of blessings and the seniors who partake in those blessings. It shows us that our dearly departed never really depart and that they help push us ahead in our lives. It also shows how we get both the good and the bad from life, while putting a humorous spin on the bad.

The play has been hosted by Senior Centers in Massachusetts, New Jersey, Pennsylvania, New York, Connecticut and Ohio.

The filmed play runs for 65 minutes. Directly following the viewing of the play, the playwright Tim Bosworth will join us on Zoom for a discussion.

Advanced registration required. The first 20 registered will receive a free lunch, *compliments of Waterford at Levis Commons!*

Sponsored by:



THE WATERFORD AT LEVIS COMMONS



Wednesday, November 3
11 a.m. - 12:30 p.m.

Topics: Technology & Caregiving
Managing Holiday Visits
Available In-Person & On Zoom!

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, October 29** 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. Technology and It's Impact on Caregiving

11:45 a.m. Managing Visits During the Holidays

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

Around the County, Events & Classes



Grandparents Raising Grandchildren Holiday Outreach Project

Help us give back this holiday season by supporting local grandparents who are raising their grandchildren. Wood County Job & Family Services and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age).

Interested grandparents in need are asked to complete an application. **The application deadline is Friday, December 3, 2021.** For more information or to receive an application, contact the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Guiding Pathways

*Respite Program for Those With
Early- to Moderate-Stage Dementia*

St. Timothy's Church

871 E. Boundary St., Perrysburg

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

*Support provided by Arista Home Care Solutions,
Kinston of Perrysburg & St. Timothy's Church*



Wood County Senior Center

140 S. Grove St, Bowling Green

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

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



Acrylic Painting Class

Wednesday, November 24 at 3 p.m.

Wood County Senior Center

140 S. Grove St, Bowling Green

Cost: \$5 per session, *supplies included*

In preparation for the holiday season, you will have the choice between two painting options in the November class. Give away as a gift, or decorate your own home! This class is open to all levels of painting experience. Alicia will walk you through the painting step-by-step. *Hosted by Alicia Cantu. Participation on Zoom also available. **Advanced registration required.***



Teaching Kitchen

Tuesday, November 30 from 11 a.m. - 12 p.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

Join us this month for a Teaching Kitchen class with Dietitian Paige from The Teaching Kitchen by BGSU Dining. This hands-on cooking class is available to everyone, regardless of culinary experience. Paige will guide you through basic culinary skills while you craft a delicious dish together.

Menu: Perfect pumpkin soup with homemade honey biscuits

Class is limited to the first 15 participants.

Registration required by Wednesday, November 24.

Cost: \$15 per person (due upon registration)

****This class can be accommodated for any physical limitations.****

Around the County, Events & Classes



How about a Movie?

Fridays at 1 p.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

View and discuss seldom-seen classic motion pictures. **Reserve your seat now! This program fills up quickly.** Hosted by John Blinn.

Friday, November 5: "To Hell and Back" (1955) Starring Audie Murphy & Marshall Thompson

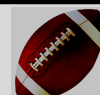
Friday, November 12: "The Red Badge of Courage" (1951) Starring Audie Murphy & Bill Mauldin

Friday, November 19: "Bad Boy" (1949) Starring Audie Murphy, Lloyd Nolan & Jane Wyatt



Football Pick 'Em Challenge

October 8 - December 10



Participate in this friendly competition and guess the winners each week for the ten pre-selected football games (both NFL & NCAA). Register today to receive your weekly score sheets and more information. The final winner in December will receive a \$100 gift card *sponsored by Browning Masonic Retirement Community.*



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.

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 for a limited time.***



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.***

Served Monday through Friday

Check your location's page for meal time and reservation requirements.

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

Lunch Menu

November 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Veal Picatta OR Chicken Stir Fry Asian blend vegetables, brown rice, apricots, fruity fine dessert	2 Roast Pork OR Vegetable Lasagna key west blend vegetables, cabbage/ apple/raisin salad, peaches	3 Meatloaf OR Stuffed Chicken Breast Scandinavian blend vegetables, pineapple, Caesar salad, ice cream	4 Chili OR Ham & Potato Soup heritage slaw, pears & grapes, orange juice, cornbread	5 Beef Lasagna OR Tuna & Noodles lima beans, citrus sections, cauliflower peanut salad, graham crackers
8 Sloppy Joe OR Shredded Chicken Sandwich sweet potato fries, tropical fruit, pea salad, pudding	9 Chef Salad with Ham, OR Egg & Cheese OR Tuna Salad lettuce blend with tomatoes & green peppers, potato salad, cantaloupe & grapes, blueberry muffin	10 Honey Mustard Chicken Breast OR Liver & Onions au gratin potatoes, corn relish, mandarin orange salad	11 Thanksgiving Celebration! Turkey mashed potatoes, dressing, green beans, cranberry fruited Jell-O, pumpkin pie	12 Stuffed Green Pepper Soup OR Turkey Stew broccoli salad, banana, apple crisp, bran muffin
15 Macaroni & Cheese with Ham OR Chicken & Dumplings stewed tomatoes, 3-bean salad, pears	16 Chipped Turkey Sandwich OR Bologna Salad Sandwich baked bean salad, peaches, coleslaw, cookies	17 Birthday Lunch! Roast Beef mashed potatoes, citrus sections, carrot sticks, cake & ice cream	18 Pork Chop OR Chicken & Noodles squash, apple, berry blend with yogurt & granola	19 Pepper Steak OR Teriyaki Chicken oriental vegetables, white rice, Asian salad, mandarin oranges in Jell-O
22 Chipped Beef OR Creamed Chicken mashed potatoes, sugar snap peas, mandarin orange salad, biscuit, pineapple pie	23 Goulash OR Almondine Pollock corn, cabbage/apple/raisin salad, peaches	24 Meatloaf OR Chicken Wings mixed vegetables, grapes & pears, spinach/orange salad, graham crackers	25 All sites are closed. Happy Thanksgiving!	26 All sites are closed.
29 Cabbage Roll OR Country Fried Steak mashed potatoes, pears, fruit slushie	30 King Ranch Chicken Casserole OR Beef Lasagna green beans, tossed salad, fruit salad			

Served Tuesday through Thursday, 5:30 to 6:30 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.

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

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room is available.

November 2021			
Tuesday	Wednesday	Thursday	
BBQ Chicken baked potato, carrots, mandarin orange salad, sherbet	Mushroom Steak European blend vegetables, potato cheese bake, peaches, cookies	3 Pecan Crusted Tilapia Nantucket blend vegetables, rice, pineapple, Brussels sprout salad, cherry fluff	4
Thanksgiving Dinner! Turkey mashed potatoes, green beans, cranberry Jell-O salad, bread dressing, pumpkin pie	9 Smothered Chicken Breast w/ Swiss & Bacon broccoli, rice, apple, cherry crisp, breadstick	10 Goulash corn, coleslaw, strawberries & grapes, garlic bread, lemon bar	11
Bratwurst small whole potatoes, squash, grape juice, pudding	16 Liver & Onions mashed potatoes, capri blend vegetables, melon, blueberry pie	17 Chicken Salad Croissant cream of broccoli soup, red skinned potato salad, rosy applesauce	18
Chicken & Waffles hash brown potatoes, orange juice, baked apples	23 No evening meal will be served.	24 All sites closed. Happy Thanksgiving!	25
Hot Dog baked beans, potato salad, SideKick fruit slushie, coconut cream pie	30		

BG Knitter's Guild: Wednesday, November 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Bingo: Wednesday, November 10 at 4:30 p.m. *Participants must bring their own placeholders. Sponsored by Bowling Green Manor.*

The Science of Natural Healing: Tuesday, November 16 at 4:30 p.m. Join us as we watch a video presented by Dr. Mimi Guarnieri as she discusses the benefits of dietary supplements such as vitamins, herbs, and supplements. Discussion to follow.

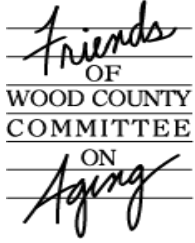
Family Feud: Thursday, November 18 at 4:30 p.m. Compete in this iconic game to name the most popular responses to survey questions! *Hosted by Rita Brieschke, WCCOA.*



Karaoke: Wednesday, November 24 at 4:30 p.m. Join us for some after-dinner fun and entertainment!

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/>

Thank you to all who have donated. We couldn't do what we do without YOU!

John R. Blinn, Capital Campaign

John & Alice Calderonello, Capital Campaign

Geoffrey Howes, Capital Campaign

Sharon Hubbell, In Memory of June & George Hubbell

Barbara Murphy, Capital Campaign

Cynthia Pauwels, Capital Campaign

Sharron Wacławski, Capital Campaign

Walbridge VFW Post 9963, Kitchen Fund

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@wccoa.net

Technology 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. 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!

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



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

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 November 25 & 26 in observance of Thanksgiving.

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 W. Water Street, North Baltimore, Ohio 45872 Monday through Friday 10 a.m. to 2 p.m.	419.257.3306
Northeast Area Senior Center , 705 N. 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 W. 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 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
Wood County Senior Center , 140 S. Grove Street, Bowling Green, Ohio 43402 Monday 8 a.m. to 5 p.m., Tuesday through 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