

WOOD COUNTY COMMITTEE

ON
Aging
DECEMBER 2021

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Great Decisions 2022

Saturdays, January 22 - February 26
from 9:30 – 11 a.m.

Wood County Senior Center

140 S. Grove St., Bowling Green

Presented by BGSU Professors

This series is co-sponsored by

*American Association of University
Women & WCCOA, Inc.*

Note: Topics may not be presented in this order.

Topics Include:

Changing Demographics: The world experienced remarkable demographic changes in the 20th century that continue today and have resulted in far-reaching social, economic, political, and environmental consequences all over the globe. These consequences are creating mounting challenges to development efforts, security, climate, and the environment, as well as the sustainability of human populations.

Climate Change: The ideological divide in the United States on the subject of climate change has impeded progress in curbing greenhouse emissions. But extreme weather events at both ends of the thermometer have focused attention on the consequences of inaction. What role will the United States play in future negotiations on climate?

Biden's Agenda: The new administration in Washington promised to reverse many of the policies of the past administration, especially in foreign policy. How will issues such as climate, the pandemic, and alliances be treated under the Biden administration?

Industrial Policy: The current discussion of industrial policy in the United States is not simply about whether or not to support specific companies or industries, but about trust or mistrust of the government and its ability to manage the economy and deal with a rising China. The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy?

Drug Policy in Latin America: The issue of migration to the United States from Latin America has overshadowed the war on drugs, which has been underway for decades with little signs of progress. What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug control policies that disrupt supply chains and punish drug possession?

Outer Space: The launch of Sputnik I in October 1957 marked the beginning of the space era and of the space race between the United States and the Soviet Union. In the 21st century, there are many more participants in space, including countries such as India and China, and commercial companies such as SpaceX. How will the United States fare in a crowded outer space?

**Registration is required by calling the Programs Department at
419.353.5661 or 800.367.4935 or email programs@wccoa.net**

Manuals are available for purchase (**but are not required**) and must be reserved when registering for the series. *Advanced payment of \$32 is required to place your manual order.*

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



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 1-3 p.m.
Wood County Senior Center	Dec. 15 1-3 p.m.

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

Memory Chat

Tuesday, December 14

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

Check back in the coming months for upcoming Cholesterol Clinic dates for 2022! These clinics will take place at the Wood County Senior Center in Bowling Green and the Perrysburg Area Senior Center during the months of March, July and November.

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
Wayne	Dec. 1	10-12 p.m.
North Baltimore	Dec. 2	10-12 p.m.
Perrysburg	Dec. 7	10-12 p.m.
Pemberville	Dec. 9	10-12 p.m.
Northeast	Dec. 14	10-12 p.m.
Grand Rapids	Dec. 16	10-12 p.m.
Wood County	Dec. 21	10-12 p.m.
Rossford	Dec. 28	10-12 p.m.


YouTube

Discover us on YouTube by searching:



Wood County Committee on Aging, Inc.

WCCOA Support Groups

Caregiver Support Group

Monday, December 13 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, December 23 at 10 a.m.

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

Care Compass Project

Wednesday, February 3 at 11 a.m.

Topics: Estate Planning

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, December 1 & 15 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.****

Chair Yoga: Cost: \$20

Thursdays, December 23 - January 27 at 1 p.m.
Engage your breath and sensory awareness, and enjoy movement of the body. *Chelsea Cloeter, Certified Instructor.*

Delay the Disease: Cost: \$20

Wednesdays, December 8 - January 12 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.*

Dynamic Balance: Cost: \$20

Wednesdays, December 8 - January 12 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.*



Get Moving Classic: FREE

Wednesday Session: Dec. 15 - Jan. 19 at 11:30 a.m.
Friday Session: Dec. 17 - Feb. 11 at 11:30 a.m.
(No class December 24 & 31)
Get Moving 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.*

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.*

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.

Zumba Gold Cost: \$20

Thursdays, December 16 - January 20 at 5 p.m.
Easy to follow dance moves to fun music in a party atmosphere. This class focuses on heart rate, range of motion and coordination. *Shannon Fisher, Licensed 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.** *December's featured movies can be found on page 16.*



BG Knitter's Guild: Wednesday, December 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Facebook Hacking vs. Impersonation: Thursday, December 2 at 11 a.m. This presentation will cover the difference between hacking and being impersonated on Facebook, what to do if YOU are the victim, and what to do if one of your friends is the victim. *Presented by Rita Brieschke, Program & Technology Specialist, WCCOA.*

"Die Hard" Movie Series: Thursdays, 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 the final two movies of the series this month.

Happy Hour: Friday, December 3 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.*

American Military History: Mondays, December 6 & 20 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.

Bingo: Wednesday, December 8 at 4:30 p.m. *Participants must bring their own placeholders. Sponsored by Bowling Green Manor.*

Holiday Lunch: Thursday, December 9 from 11:30 to 1 p.m. **Registration required by 2 p.m. on Monday, December 6.**

Brain Games: Friday, December 10 at 12:30 p.m. Riddles, trivia, and problem-solving exercises.

Breakfast Club: Tuesday, December 14 at 9 a.m. **Location:** Waffle House (1548 E. Wooster 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.**



Gnome Ornament Craft: Tuesday, December 14 at 10:30 a.m. Make a gnome for your holiday tree using a children's slipper! *Hosted by Leslie Miller.* **Registration required by Dec. 10.** **Cost:** \$5, *supplies provided.*

Coping with Grief & Loss: Tuesday, December 14 at 11 a.m. There are many types of loss and any loss can be devastating and life changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Piano Recital: Tuesday, December 14 at 6 p.m. Enjoy music with piano students of *Susan Holtzsch, The Studio Connection.*

Depression & Anxiety: Wednesday, Dec. 15 at 11 a.m. *Presented by Elizabeth Barga, DO, McLaren St. Luke's Family Medicine.*

Karaoke: Wednesday, December 15 at 4:30 p.m. Join us for some pre-dinner fun and entertainment!

The Mis-Origin of Historical Tradition (Part 3) Turkeyfoot Rock, "Does it Matter?": Thursday, December 16 at 11 a.m. This program goes to the root of the legend of this iconic Native American rock and beyond the movement of the rock between Toledo and Maumee. Is the origin of the legend of this rock truly unknown? How do the earliest written accounts differ from the modern interpretation of this landmark. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Wood County Continued...

Piano Recital: Thursday, December 16 at 6 p.m.
Enjoy music with piano students of *Amanda Mullins*.

Lunch & Learn: Friday, December 17
at 12 p.m. **Topic:** Winter Birds. *Presented by Jim Witter, Wood County Parks District.* The first 20 registered will receive a free lunch during the presentation *provided by Waterford at Levis Commons!* **Registration required by Wednesday, Dec. 15.** *See more info on page 14.*

Musical Monday: Monday, December 20
at 1 p.m. **Feature:** "White Christmas" **Synopsis:** A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. *Starring Bing Crosby, Rosemary Clooney, Danny Kaye, and Vera-Ellen.* **Registration required.**

Art Therapy: Monday, December 20
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. **This month's project:** Holiday cards. *Facilitated by Kaitlyn Harden, MA, ATR-P.* **Registration required.** *See more info on page 14.*

Brain Training: Tuesday, December 21 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 sponsored & provided by Brookdale of Bowling Green.* **Advanced registration required by Monday, December 20.** **This month's topic:** Aging & Brain Function **Video Presenter:** Thad A. Polk, Ph.D.

Teaching Kitchen: Tuesday, December 21
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, Dec. 15.** **Cost: \$15,** due upon registration. *See more info & menu on page 15.*

Movie Trivia: Tuesday, December 21
at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.*

The Science of Natural Healing: Tuesday, December 21 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. *Facilitated by Kinsey Kale, Program and Wellness Specialist*

Trivia: Tuesday, December 28 at 11 a.m.
Prize awarded! *Sponsored and facilitated by Bridge Home Health & Hospice.*

Reader's Café: Tuesday, December 28 at 3 p.m.
This club features books that have been turned into movies! Pick up a copy of the book to read (beginning December 1) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** *Miracle on 34th Street* by Valentine Davies. **Synopsis:** After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article.

Noon Year's Eve Toast: Thursday, December 30
at 11:50 a.m. Toast to the new year with us!

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).*

Puzzles: Available daily in the lounge

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 & Pinnocle: Fridays at 12:30 p.m.

Bernina Stitching Post Quilt Show & Tour:

Wednesday, December 1 at 1 p.m. Meet at 30600 Drouillard Road, Unit F, Walbridge to see all of the beautiful quilts created at this local shop! Carpooling is encouraged.

Holiday Ornament Craft: Friday, December 3 at 12:30 p.m. All supplies and guidance with project will be provided.

Registration required. Sponsored by Kingston of Perrysburg.



Walbridge Talk with Mayor Kolanko:

Monday, December 6 at 12:15 p.m. Learn more about the village and the updates of your community.

Bingo: Tuesday, December 7 at 12:30 p.m.
Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.

Winter Hat Project: Wednesday, December 8 & Friday, December 17 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.

Holiday Lunch: Thursday, December 9 at 12 p.m.
Registration required by 2 p.m. on December 6.

Brain Games: Friday, December 10 at 12:30 p.m.
Riddles, trivia, and problem-solving exercises.

Trivia: Monday, December 13 at 12:15 p.m.
Test your best trivia skills! *Sponsored & facilitated by Bridge Home Health & Hospice.*

Blood Pressure & Blood Glucose Clinic:

Tuesday, December 14 from 10 a.m. - 12 p.m.

Dominoes: Tuesday, December 14 at 12:30 p.m.

Movie: Wednesday, December 15 at 12:30 p.m.

Feature: "White Christmas" Synopsis: A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. *Starring Bing Crosby, Rosemary Clooney, Danny Kaye, and Vera-Ellen. Sponsored by Walker Funeral Home.*

Coping with Grief & Loss: Thursday, December 16 at 12:30 p.m. There are many types of loss and any loss can be devastating and life changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Holiday Gift Game: Monday, December 20 at 12:30 p.m. Bring two wrapped gifts, one valued at \$5 for a card story game and one "useful" gift for a white elephant dice game! *Gifts may not be food items.*
Registration required.

Yahtzee: Tuesday, December 21 at 12:30 p.m. *Prizes sponsored by The Commons.*



Bunco: Tuesday, December 28 at 12:30 p.m. **Advanced registration required.**
Prizes and individual dice sponsored by Kingston of Perrysburg.

Wii Sports: Wednesday, December 29 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!

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@wccoa.net**

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.

Euchre Tournament: Thursday, December 2 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, December 3 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.*

Texas Hold 'Em Tournament: Monday, December 6 at 1 p.m.

Holiday Ornament Craft: Tuesday, December 7 at 12:45 p.m. All supplies and guidance with project will be provided.

Registration required. *Sponsored by Kingston of Perrysburg.*



Winter Safety: Wednesday, December 8 at 12:30 p.m. *Presented by Angela Clabaugh, Promedica Skilled Nursing & Rehab.*

Holiday Lunch: Thursday, December 9 at 12 p.m. **Registration required by 2 p.m. on December 6.**

Bingo: Friday, December 10 at 12:45 p.m. *Participants must bring their own place holders. Sponsored by Bridge Home Health & Hospice.*

Pinochle Tournament: Monday, December 13 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, December 14 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.

Birthday Lunch: Wednesday, December 15 at 12 p.m. *Cupcakes sponsored by Heritage Health Care/Manor of Perrysburg.*

Charades: Thursday, December 16 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

Holiday Song Work Game & Sweets: Friday, December 17 at 12:30 p.m. *Sponsored by The Commons.*

Trivia: Monday, December 20 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Hand & Foot Card Game: Monday, December 20 at 12:45 p.m.

Coping with Grief & Loss: Tuesday, December 21 at 12:30 p.m. There are many types of loss and any loss can be devastating and life changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Caregiver Support Group: Thursday, December 23 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. **Advanced registration required by calling Jessica at 419.353.5661.** *Hosted by Jessica Ricker, MSW, LSW, WCCOA.*

Movie Day: Tuesday, December 28 at 12:45 p.m. **Feature:** "Addams Family 2" **Synopsis:** Hoping to get closer as a family, the Addams clan embark on an adventurous road trip in a hideous and humongous camper. **Advanced registration required.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

Noon Year's Eve: Thursday, December 30 at 11 a.m. Bring in 2022 with us today! Come dressed for the photo booth and be ready to bring in the new year! We will have a toast at noon. *Sponsored by Heritage Health Care & Manor of Perrysburg.*

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.

Trivia: Wednesday, December 1 at 12:30 p.m.
Hosted by Manor at Perrysburg.

Miles and Minutes Awards: Friday, December 3 at 12:30 p.m. ***Rescheduled program from a previous date.*** Join us as we acknowledge those who have walked the walk and worked out faithfully. *Prizes sponsored by Rehabilitation Hospital of Northwest Ohio.*

Coping with Grief & Loss: Monday, December 6 at 12:30 p.m.. There are many types of loss and any loss can be devastating and life-changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*



Coffee Hour: Tuesday, December 7 at 11 a.m.
Enjoy some coffee, donuts, and great conversation with friends.
Hosted & sponsored by Right at Home Health Care.

Holiday Lunch: Thursday, December 9 at 12 p.m.
Reservations required by 2 p.m. on December 6.

Divas & Desserts: Friday, December 10 at 1 p.m.
Ladies, enjoy some great conversation with friends, a special drink, and a sweet dessert. *Dessert provided by Perrysburg Commons.*

Are You Energy Smart?: Tuesday, December 14 at 12:30 p.m. Find out how much you know about being energy efficient and learn ways to save money. *Presented by Mary Tebbe, Rossford Area Site Manager, WCCOA.*

Movie Trivia: Tuesday, December 21 at 12:30 p.m.
Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA.

The Big Hunt: Tuesday, December 28 at 12:30 p.m. We have a list of 20 items with assigned point values. Find the items, bring them into the Center, and whoever accumulates the most points is this month's winner!



Jingo: Wednesday, December 29 at 12:30 p.m.
Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

New Year's Celebration: Thursday, Dec. 30 at 12 p.m. Join us as we welcome the new year a little early and make some noise! Don't forget to bring your predictions for what next year will bring.



amazon smile

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

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!

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.

Wonders of the National Parks: Wednesdays at 12:45 p.m. Discover awe-inspiring natural landscapes and explore the geological histories and mysteries of our national parks with this video series from *The Great Courses*. Discussion to follow.

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.

Bingo: Thursday, December 2 at 11 a.m.
Come enjoy this favorite with us. *Prizes sponsored by Bowling Green Manor.*

Coping with Grief & Loss: Thursday, December 2 at 12:30 p.m. There are many types of loss and any loss can be devastating and life-changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Holiday Ornament Craft: Monday, December 6 at 10:30 a.m. All supplies and guidance with project will be provided.

Registration required. *Sponsored by Kingston Healthcare.*



Minutes with the Mayor: Monday, December 6 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.

Exercise: Tuesdays, December 7 & 21 at 10:30 a.m.
Led by Video.

Holiday Lunch: Thursday, December 9 at 12 p.m.
Registration required by 2 p.m. on December 6.

Movie: Tuesday, December 14 at 10 a.m.

Feature: "White Christmas" (1954).

Synopsis: A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. *Starring Bing Crosby, Rosemary Clooney, Danny Kaye, and Vera-Ellen.*



Breakfast Club: Thursday, December 16 at 9:30 a.m. **Location:** Waffle House (1548 E. Wooster St., 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.**

Trivia: Monday, December 20 at 12:45 p.m.
Interesting questions will be posed providing you with an enlightening and fun afternoon. *Sponsored by Bridge Home Health & Hospice.*

Musical Movie: Tuesday, December 28 at 12:45 p.m. **Feature:** "Guys and Dolls" (1955). **Synopsis:** Gambler Nathan has few options for the location of his big craps game. Needing \$1,000 to pay a garage owner to host the game, Nathan bets Sky that he cannot get virtuous Sarah out on a date. Despite some resistance, Sky negotiates a date with her in exchange for bringing people into her mission. Meanwhile, Nathan's longtime fiancée wants him to go legit and marry her. *Starring Marlon Brando, Jean Simmons, Frank Sinatra and Vivian Blaine.*

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, December 1 at 12:30 p.m. Join us for coffee, donuts and dialogue.
Facilitated by Right at Home Health Care.

Winter Gnome Craft: Monday, December 6 at 10:30a.m. Let's jump on this craze by making our very own winter gnome! Join us for this easy craft that you can take home and admire all winter long.
Reg. req. *Sponsored by Kingston of Perrysburg.*

Coping with Grief & Loss: Tuesday, December 7 at 12:30 p.m. There are many types of loss and any loss can be devastating and life changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Holiday Lunch: Thursday, December 9 at 12 p.m.
Registration required by 2 p.m. on December 6.

Sponsored Bingo: Wednesday, December 15 at 12:30 p.m. Come enjoy this favorite with us. *Prize sponsored by Kingston of Perrysburg.*

The Ghosts of Digby: Tuesday, December 21 at 12:15 p.m. Learn the fascinating history of what lies beneath the surface of Digby Road, from its beginnings in 1838 to its vanishing in the 20th century. *Presented by Mike McMaster, Wood County Museum.*

Lifelong Health: Wednesday, December 22 at 12:15 p.m. This video series from *The Great Courses* will guide you on a fascinating journey through all levels of optimum health and well-being, presenting medical information and expert advice.

Trivia: Thursday, December 23 at 12:30 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.

Seasons Greetings Cards: Wednesdays at 11 a.m. Help spread holiday cheer by creating cards and a small craft for our local nursing home residents while catching up with friends!

Wii Bowling: Thursdays, December 2 & 30 at 12:30 p.m. Spare, Strike, Turkey, Oh My! Join in some Wii Sports fun with friends.

Exercise: Mondays, December 6 & 20 at 11:15 a.m.
Led by video.

Trivia: Wednesday, December 8 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Holiday Lunch: Thursday, December 9 at 12 p.m.
Registration required by 2 p.m. on December 6.

Holiday Bash: Friday, December 10 from 10 a.m. to 2 p.m. Join the all-day festivities for the holiday season! Bring something, take something with our white elephant exchange. Bring your sweet tooth for cookie decorating after lunch. *Sponsored by Buggy Whip Bakery.*

Bingo: Tuesday, December 14 at 1 p.m.
Participants must bring their own placeholders.
Sponsored by Bowling Green Manor.

Breakfast Club: Thursday, December 16 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.**

Coping with Grief & Loss: Friday, December 17 at 12:30p.m. There are many types of loss and any loss can be devastating and life changing. This program will explore strategies for coping with grief and loss. *Presented by Lisa Myers, LISW-S, WCCOA.*

Origins of Carols: Tuesday, December 21 at 12:30 p.m. Learn and share traditional carols for the holidays. *Presented by Reverend Sullivan, United Methodist Church.*

Bingo: Tuesday, December 28 at 1 p.m.
Participants must bring their own placeholders.
Sponsored by St. Catherine's Manor Fostoria.

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.

Ancient Egypt: Tuesdays at 11 a.m. Join us for this educational video series from *The Great Courses*. Learn about the history of ancient Egyptian civilization with course instructor Bob Brier, Ph.D. We will hold a group discussion following each 30-minute video.

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

Holiday Lunch: Thursday, December 9 at 12 p.m.
Registration required by 2 p.m. on December 6.

Great Decisions 2021: Struggles Over the Melting Arctic: Wednesday, December 8 at 12:30 p.m. *Video followed by discussion.* President Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?

Breakfast Club: Tuesday, December 14 at 9:30 a.m. at McDonald's (12776 Deshler Rd., North Baltimore). Breakfast cost on your own.
Registration required.

The Ghosts of Digby: Wednesday, December 15 at 12:30 p.m. Did you know there is a place in Wood County that sits on a ghost town, on top of a ghost railroad, on top of a ghost road? Learn the fascinating history of what lies beneath the surface of Digby Road. Learn about the origin of this place from its 1838 beginnings to its vanishing in the 20th century. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Sponsored Bingo: Thursday, December 16 at 12:45 p.m. Come play this classic with us. *Sponsored by Bridge Home Health & Hospice.*

Holiday 'Candy Train' Workshop: Monday, December 20 at 1 p.m. Join us in making a holiday "train" with graham crackers, candies, and royal icing. A fun addition to your holiday display. Please bring a large cookie sheet for transportation.
Cost: \$2. Registration required.



Holiday Trivia & Treats: Wednesday, December 22 at 12:45 p.m. Fun holiday-themed trivia and treats to wrap up the year. *Sponsored by Wood Haven Health Care.*

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, December 1 at 10 a.m. Cover-all prize awarded, *compliments of Bridge Home Health & Hospice.*

Brain Games: Friday, December 10 at 12:30 p.m. Riddles, trivia, and problem-solving exercises. **In-person participation in Walbridge & Bowling Green.**

Depression & Anxiety: Wednesday, Dec. 15 at 11 a.m. *Presented by Elizabeth Barga, DO, McLaren St. Luke's Family Medicine.* **In-person participation in Bowling Green.**

Lunch & Learn: Friday, December 17 at 12 p.m. **Topic:** Winter Birds. *Presented by Jim Witter, Wood County Parks District. See more info on page 14.* **In-person participation in Bowling Green.**

Movie Trivia: Tuesday, December 21 at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.* **In-person participation in Rossford & Bowling Green.**

Bingo: Wednesday, December 22 at 1 p.m. Cover-all prize awarded, *compliments of The Commons.*

Around the County, Events & Classes

Art Therapy

Monday, December 20
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: Holiday Cards. Join us for an afternoon making holiday cards using a variety of materials including tissue paper, sequins, glitter, buttons, tin foil and stickers! Inspirations will be provided to create your own set of cards or a set to give as a gift. In this monthly creative group, we offer the opportunities to be creative and gather with others.



Facilitated by Kaitlyn Harden, MA, ATR-P.

Registration required.

Sponsored by:



Lunch & Learn

Topic: Winter Birds

Friday, December 17 at 12 p.m.
Wood County Senior Center
140 S. Grove Street, Bowling Green

Join Jim from Wood County Parks for a presentation on winter birds! He'll highlight season bird movement, common species at the feeders and preferred seed for different common species during the presentation. *Presented by Jim Witter, Certified Interpretive Guide, Program Coordinator, Wood County Park District.*

Advanced registration required. The first 20 registered will receive a free lunch during the presentation *provided by Waterford at Levis Commons!*

Teaching Kitchen

Tuesday, December 21 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: Healthy Holiday Snacks—Strawberry Santas, Kiwi Christmas Trees, Healthy Christmas Granola

Class is limited to the first 15 participants.

Registration required by Wed., December 15.

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



Wednesday, February 3, 2022
11 a.m. - 12:30 p.m.

Topic: Estate Planning
Available In-Person & On Zoom!

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, January 28** by calling 1.800.367.4935 or 419.353.5661 or emailing programs@wccoa.net
Lunch is provided by Brookdale of Bowling Green for the first 20 participants registered.

11:00 a.m. Medicare, Medicaid, Estate Planning Trusts, Guardianships

11:45 a.m. Advanced Care Directives

The Care Compass Project is brought to the community by: Brookdale of Bowling Green, WCCOA, 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*

Wood County Senior Center
140 S. Grove St, Bowling Green
Fridays, December 3 & 17
from 10 a.m. - 2 p.m.

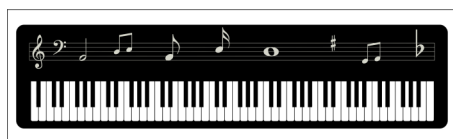
St. Timothy's Church
871 E. Boundary St., Perrysburg
Thursday, December 9
from 10 a.m. - 2 p.m.
*Support provided by Arista Home Care Solutions,
Kinston of Perrysburg & St. Timothy's Church*

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 or email programs@wccoa.net



Musikgarten For Adults Preview Classes

Enjoying the Piano Together
Tuesday, January 11 **OR** 18 from 10 - 11 a.m.
Wood County Senior Center
140 S. Grove Street, Bowling Green

Take this opportunity to try a preview class free of charge with our friends from *The Studio Connection*!

If you've always wanted to learn to play chords and melodies by ear, or have a life-long goal of learning to play the piano, join this recreational piano class for adults. This class is open to students with or without previous musical experience in a comfortable, no-pressure environment. Recent scientific studies have established the connection between active music-making and improved physical wellness. Bring your love for music and a willingness to sing, play instruments, move and have fun as we explore the piano together. The same class will be presented on both preview dates, so those interested should choose one of the two offered.

Registration required one week prior to each session. *Instructed by Susan Holtzscher.*

If you are interested in taking the full nine-week *Musikgarten For Adults* class after the preview or would like more information, contact *The Studio Connection* at 419.419.3355 or email info@studioconnection.net



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. 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.*

Reserve your seat now! This program fills up quickly.

Friday, December 3: “It Happened on 5th Avenue” (1947)

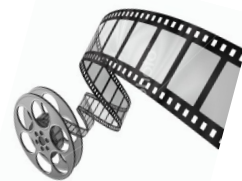
Starring Don Defore, Victor Moore & Ann Harding

Friday, December 10: “Yes Virginia, There Is a Santa Claus” (1991)

Starring Richard Thomas, Ed Asner & Charles Bronson

Friday, December 17: “A Christmas Story 2” (2012)

Starring Daniel Stern & Braeden Lemasters



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.

December 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
		Vegetable Soup OR Broccoli Soup chicken salad sandwich, celery sticks, orange sections	Hamloaf OR Turkey Tetrazzini broccoli, banana, peachy fine dessert, breadstick	Stuffed Green Pepper OR Reuben Casserole 3 riviera blend vegetables, pineapple with cottage cheese, fruit sorbet
BBQ Chicken OR Liver & Onions 6 mashed potatoes, carrot sticks, black eyed Susan salad	Chicken Tenders OR Black Eyed Peas Hash (Sausage) 7 Sicilian blend vegetables, grape juice, Texas caviar bean salad, Rice Krispies Treat	Chicken Paprikash OR Baked Ham 8 stewed tomatoes, noodles, tossed salad, orange	Holiday Lunch! Roast Beef 9 baked potato, carrots, mandarin orange salad, fruit of the forest pie	Beef Spanish Rice OR Chicken Lasagna 10 kyota blend vegetables, peaches, apple crisp
Hamburger Pie OR Cheese Manicotti 13 winter blend vegetables, oranges, cucumber salad, cookies	Stuffed Chicken Breast OR Pork Ribette 14 baked sweet potatoes, carrot & chickpea salad, fruited Jell-O	Birthday Lunch! Hamloaf 15 corn, mixed fruit, fruit juice, cake & ice cream	Spaghetti & Meatsauce OR Lemon Pepper Pollock 16 peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers	Hamburger OR Hot Dog 17 wedge fries, coleslaw, apple
Veal Picatta OR Chicken Stir Fry 20 Asian blend vegetables, brown rice, apricots, fruity fine dessert	Pork Chop OR Vegetable Lasagna 21 key west blend vegetables, peaches, cabbage/apple/raisin salad	Meatloaf OR Chicken Cordon Bleu 22 Scandinavian blend vegetables, pineapple, Caesar salad, ice cream	Chili OR Ham & Potato Soup 23 heritage slaw, pears & grapes, orange juice, cornbread	All sites are closed. 24
All sites are closed. 27	Pulled Pork Sandwich OR Shredded Chicken Sandwich 28 sweet potato fries, coleslaw, tropical fruit	Honey Mustard Chicken Breast OR Liver & Onions 29 au gratin potatoes, mandarin orange salad, corn relish, pie	New Year's Eve Celebration! Pork Roast OR Cube Steak 30 mashed potatoes, sauerkraut, citrus fruit, sherbet	All sites are closed. 31

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.

December 2021			
Tuesday	Wednesday	Thursday	
	Chicken Supreme winter blend vegetables, rice pilaf, pineapple with cottage cheese, cherry crunch	Spaghetti & Meatsauce Prince Charles blend vegetables, wilted lettuce salad, peaches, garlic bread, pudding	2
Holiday & Birthday Dinner! Glazed Ham baked potato, green bean casserole, pineapple rings, cake & ice cream	BBQ Chicken sweet potatoes, cinnamon applesauce, tossed salad, pie	Macaroni & Cheese stewed tomatoes, celery, mandarin orange salad, cookies	9
Baked Steak mashed potatoes, succotash, fruited Jell-O sherbet	Grilled Cheese Sandwich tomato soup, peaches with cottage cheese, 3 bean salad, carrot cake	Chicken Tenders French fries, coleslaw, fresh fruit, brownie	16
Hamloaf au gratin potatoes, cauliflower, fruit juice, cookies	Chicken Cordon Bleu broccoli, wild rice, apricots, cherry cobbler	Teriyaki Salmon asparagus, white rice, mandarin orange salad, cauliflower salad, lemon bar	23
Turkey Pot Roast broccoli salad, fresh fruit, cheese biscuit, peanut butter pie	Sausage Pizza Nantucket blend vegetables, coleslaw, pears, breadstick, cookies	Roast Pork mashed potatoes, sauerkraut, orange sections, pumpkin pecan cake	30

BG Knitter's Guild: Wednesday, December 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Bingo: Wednesday, December 8 at 4:30 p.m. *Participants must bring their own placeholders. Sponsored by Bowling Green Manor.*



Karaoke: Wednesday, December 15 at 4:30 p.m. Join us for some after-dinner fun and entertainment!

The Science of Natural

Healing: Tuesday, December 21 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.

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



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!

Michael & Emily Black, *In Memory of Richard "Dick" Dauer*
Mark Bonhard, *In Memory of Mary Oberdick*
Mike & Tanya Brown, *In Memory of Richard "Dick" Dauer*
Shawn & Jennifer Burke
Joyce Butler, *In Memory of Richard "Dick" Dauer*
Stephen Chang, *In Memory of Barbara McNamara*
Christ's Church, Bowling Green, *In Memory of David Tebbe*
Cirrus Wealth Management, *In Memory of Mary Oberdick*
The Constantini Family, *In Memory of Ruthanna Allion*
James Clark, *In Memory of Maria Jane Berjarano*
Doug & Kathy Cook, *In Memory of Maria Jane Berjarano*
John Cornelius, *In Memory of Richard "Dick" Dauer*
Jane Leiby & Mary Daniels, *In Memory of Ruthanna Allion*
Kelli Dennis, *In Memory of Richard "Dick" Dauer*
Helen Dermer, *In Memory of Brenda Kirkbride & Ruthanna Allion*
Gary & Sue Donaldson, *In Memory of Richard "Dick" Dauer*
Linda & Ronald Dunmyer, *In Memory of Maria Jane Berjarano*
Donna Farmer & Family, *In Memory of Maria Jane Berjarano*
Bill & Kerry Foster, *In Memory of Richard "Dick" Dauer*
Jennifer Sponsler & Bob French, *In Memory of Maria Jane Berjarano*
Jeanette Frioni
Shirley Garner, *In Memory of Sharon Trumbull*
Penny Getz, *In Memory of Richard "Dick" Dauer*
Jeffrey & Jo Grabe, *In Memory of Maria Jane Berjarano*
John Hall, *BGHS Class of 1960 Project*
Health Information Services, *In Memory of Isabel "Inky" Maccariella*
Vicki Hoffmann, *Capital Campaign*
Donna Holloway, *In Memory of Richard "Dick" Dauer*
Independent Freewill Baptist, *In Memory of Maria Jane Berjarano*
Mary Kuhlman, *In Memory of Maria Jane Berjarano*
Denny & Cathy Layman, *In Memory of Richard "Dick" Dauer*
Catherine Marso, *Capital Campaign*
Tim & Josette McCarthy, *Capital Campaign*
Harold Mercer, *In Memory of Velma Mercer*
Rick & Jackie Metz, *In Memory of David Tebbe & Gerald Brogley*
Gary & Barbara Mussett, *In Memory of Richard "Dick" Dauer*
Dale & Denise Niese, *Capital Campaign*
Judy Peper, *In Memory of Maria Jane Berjarano*
Margaret Roller & Family, *In Memory of Richard "Dick" Dauer*
Kamila & Lukasz Rostocki, *In Memory of Richard "Dick" Dauer*
Leonard & Carol Simons, *In Memory of Ruthanna Allion*
Colleen Smith, *Capital Campaign*
Kathleen Snyder
Loring & Sandra Todd, *BGHS Class of 1960 Project*
Joyce Vascik, *In Memory of Karen Langlois*
Wanda Volland, *In Memory of Maria Jane Berjarano*
Lynn Walbolt, *In Memory of Maria Jane Berjarano*
Mary Lou Welling, *In Memory of Mary Ann Ward*
Ruth Wengert, *In Memory of Maria Jane Berjarano*
Women's Club of Bowling Green, *Garden Group*
Donald & Karen Young, *BGHS Class of 1960 Project*

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



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woodcountycommitteeonaging.blogspot.com/

All sites will be closed December 24, 27 & 31.

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 above. 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.

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

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