

WOOD COUNTY COMMITTEE

ON
Aging
JANUARY 2022

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Poetry Contest 2022

Theme: Coming of Age

The poetry contest is in its seventeenth year! A \$50 gift card will be awarded to the first place winner, sponsored by *Manor of Perrysburg*.

****All submissions become the property of WCCOA and can be published online or in print.****



The entry rules are as follows: The contest is open to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, Jan. 18 and will close on Friday, March 25 at 4 p.m.

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

Submissions must include your name, address, phone number, and email (if applicable). Winners will be announced April 22, 2022 on our blog and Facebook page and the winner will be called. All poems will be placed in a book that will be available to all participants by request.

How do I submit my poem? Please send your entries to the Programs Department at the Wood County Committee on Aging (140 S. Grove Street, Bowling Green) or email your entry to programs@wccoa.net. For more information, please call 419.353.5661 or 800.367.4935



The AARP-sponsored *Tax Assistance for the Elderly* program will be available beginning February 2022. This program attempts to serve seniors with low to moderate income. Trained & certified volunteer counselors are required to maintain confidentiality of clients. **Appointments are required for this program.**

Participants are required to commit to **TWO** appointments: a brief initial intake appointment and a second appointment to review your tax documents one week later. You must have **ALL** documents listed below on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances.

NOTE: No appointments will be taken before Thursday, January 20, 2022. Call the Wood County Senior Center for an appointment at 419.353.5661 or 800.367.4935

Please bring the following documents to your first appointment:

- ⇒ Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse).
- ⇒ All forms showing income.
- ⇒ A copy of your 2020 income tax return.
- ⇒ Expense records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize. **NOTE:** Large medical expenses may help for State taxes even if you do not itemize deductions.
- ⇒ Affordable Care Act (medical insurance) documents.
- ⇒ If any assets were sold, we need to know the cost basis and date of purchase of the asset.
- ⇒ Voided check if you would like electronic refunds.

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	
Wood County Senior Center	Feb. 9	1-3 p.m.
Pemberville Area Senior Center	Feb. 23	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, January 11

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

Location: Virtual on Zoom

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

Appointment and pretest instructions required.

To schedule an appointment, please call the Social Services Department at 419.353.5661 or 800.367.4935

Must be a resident of Wood County & 25 years of age or older. Cost: \$20 for 60+; \$25 for ages 25-59

****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.

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!

Check back in the coming months for upcoming Legal Clinic dates for 2022! These clinics will take place at the Wood County Senior Center in Bowling Green and the Perrysburg Area Senior Center four times a year.

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	Jan. 4	10-12 p.m.
Wayne	Jan. 6	10-12 p.m.
Perrysburg	Jan. 11	10-12 p.m.
Pemberville	Jan. 13	10-12 p.m.
Grand Rapids	Jan. 18	10-12 p.m.
Northeast	Jan. 20	10-12 p.m.
Wood County	Jan. 25	10-12 p.m.
Rossford	Jan. 27	10-12 p.m.



YouTube

Discover us on YouTube by searching:

LivelyU
VIRTUAL LEARNING ACADEMY

Wood County Committee on Aging, Inc.

WCCOA Support Groups

Caregiver Support Group

Monday, January 10 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, January 27 at 10 a.m.

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

Care Compass Project

Wednesday, February 2 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, January 5 & 19 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.****

Buti Chair Yoga Cost: \$20

Wednesdays, Jan. 5 - Feb. 9 from 5:30 - 6 p.m.
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.*

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.*

Club F.I.T. FREE

Tuesdays in January at 9 a.m.
This **Fitness Interactive Teaching** program will provide you with strengthening exercises and stretching tips to keep you actively independent. Taught by Certified Therapists. *Facilitated by Wood Haven Health Care.*

Delay the Disease Cost: \$20

Wednesdays, January 12 - February 16 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, January 12 - February 16 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

Wednesdays in January at 11:30 a.m.
Fridays in January at 11:30 a.m.
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: Jan. 24—Mar. 7 at 10:30 a.m.
(No class Jan. 17 & Feb. 21)
Tuesday Session: Jan. 11 - Feb. 15 at 10:30 a.m.
Thursday Session: Jan. 13 - Feb. 17 at 11 a.m.
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

*All SilverSneakers virtual classes listed below are FREE for SilverSneakers Members.

SilverSneakers Cardio & Tone Cost: \$15*

Thursdays, January 13 - February 17 at 11 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Chair Fitness Cost: \$15*

Mondays, January 17 - February 21 at 11 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Classic Cost: \$15*

Wednesdays, January 12 - February 16 at 10 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Strength & Balance Cost: \$15*

Fridays, January 21 - February 25 at 9:30 a.m.
Sheila Brown, Certified Instructor.

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.

Indiana Jones Movie Series: Thursdays at 1 p.m. Indiana Jones is an American media franchise based on the adventures of Dr. Henry Walton "Indiana" Jones, Jr., a fictional professor of archaeology. Movies in the series include "Raiders of the Lost Ark" (1981), "Indiana Jones & the Temple of Doom" (1984), "Indiana Jones & the Last Crusade" (1989), and Indiana Jones & the Kingdom of the Crystal Skull (2008). We will watch one movie from the series 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.** *January's featured movies can be found on page 15.*



American Military History: Mondays, January 3 & 24 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. *Facilitated by Liz Lauck, Program & Outreach Specialist, WCCOA.*

NEW! Coffee Crew: Tuesday, January 4 at 10 a.m. **Location:** Grounds for Thought (174 S. Main Street, Bowling Green). A coffee to get you through the day, and a crew to enjoy it with! Join this new group that will meet monthly on the first Tuesday at a local favorite spot. **Coffee cost on your own. Registration required.**



***VOLUNTEER OPPORTUNITY!** Interested in facilitating this group? Give the Programs Department a call!

BG Knitter's Guild: Wednesday, January 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Happy Hour: Friday, January 7 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!

Musical Monday: Monday, January 10 at 1 p.m. **Feature:** "Daddy Long Legs" **Synopsis:** A wealthy American has a chance encounter with a joyful young French woman, and anonymously pays for her education. She writes letters to her mysterious benefactor, nicknaming him from the description given by some of her fellow orphans. **Registration required.**

Alcohol Ink Tiles:

Tuesday, January 11 at 10:30 a.m. Alcohol inks are fast-drying, highly pigmented alcohol-based inks. Learn how to use these inks, and take home your work! *Hosted by Leslie Miller.* **Registration required by Jan. 7.** **Cost:** \$5, supplies provided.



Name that Tune: Tuesday, January 11 at 11 a.m. Can you name the song title and artist? *Facilitated by Aetna.*

Brain Training: Tuesday, January 18 at 9 a.m. Join us for this monthly video series from *The Great Courses* to learn more about "The Aging Brain." Each video preview will be followed by a group discussion. *Breakfast provided by Brookdale of Bowling Green.* **Registration required by Friday, January 14.** **This month's topic:** Emotional Aging **Video Presenter:** Thad A. Polk, Ph.D.

City of BG Community Development:

Tuesday, January 18 at 11 a.m. This presentation will provide information on fair housing, housing repairs, home purchasing, and BG Transit. The Housing Specialist will be available following the presentation to answer questions. Flyers and brochures will also be available for those interested in more information. *Presented by Matt Snow, Housing Specialist, City of Bowling Green.*

Wood County Continued...

The Science of Natural Healing: Tuesday, January 18 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. She discusses the benefits of dietary supplements including vitamins, herbs, and supplements. Discussion to follow. *Facilitated by Kinsey Kale, Program & Wellness Specialist, WCCOA.*

Movie Trivia: Tuesday, January 18 at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.*

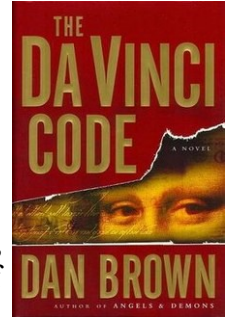
Exercise & Aging: Wednesday, January 19 at 11 a.m. *Presented McLaren St. Luke's Family Medicine.*

Karaoke: Wednesday, January 19 at 4:30 p.m. Join us for some pre-dinner fun and entertainment!

Lunch & Learn: Friday, January 21 at 12 p.m. **Topic:** Preventing Falls. *Presenters are faculty in the Doctor of Physical Therapy (DPT) Program in the College of Health and Human Services at Bowling Green State University. The first 20 registered will receive a free lunch during the presentation provided by Waterford at Levis Commons! Registration required by January 19. See more info on page 14.*

Teaching Kitchen: Tuesday, January 25 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 Thursday, January 20. **Cost: \$15**, due upon registration. *See more info & menu on page 14*

Reader's Café: Tuesday, January 25 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (beginning January 3) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** *The Da Vinci Code* by Dan Brown. **Synopsis:** A murder inside the Louvre, and clues in Da Vinci paintings, lead to the discovery of a religious mystery protected by a secret society for two thousand years, which could shake the foundations of Christianity.



Brain Games: Wednesday, January 26 at 12:45 p.m. Riddles, trivia, and problem-solving exercises.



Acrylic Painting Class: Wednesday, January 26 at 3 p.m. This class is open to all levels of painting experience! This month we will paint a winter bird scene, with the option of painting a chickadee or a cardinal. *Hosted by Alicia Cantu. Reg. required. Cost: \$5, supplies provided.*

Art Therapy: Monday, January 31 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:** Gratitude Jars. *Facilitated by Kaitlyn Harden, MA, ATR-P.*

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:** \$1.25 per donut.

Euchre & Pinochle: Fridays at 12:30 p.m.

Left Right Center: Monday, Jan. 3 at 12:30 p.m.

Bingo: Tuesday, January 4 at 12:30 p.m.
*Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.*

Craft: Friday, January 7 at 12:30 p.m. All supplies and guidance with project will be provided.

Registration required. *Sponsored by Kingston of Perrysburg.*

Bingo & Lunch at the Perrysburg Area Senior Center: Tuesday, January 11 at 9 a.m.
Meet at the Perrysburg Area Senior Center (140 W. Indiana Ave., Perrysburg) for bingo and lunch afterwards. *Must bring placeholders for bingo.*
Lunch cost on your own.

SilverSneakers Classic on Zoom:
Wednesdays, January 12 - February 16 at 10 a.m.
This class 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.*
Cost: \$15 or free for SilverSneakers members.

Biography of Betty White: Wednesday, January 12 at 12:30 p.m. Learn the history of Betty White including her decades long career and the impact she has had.

Walbridge Talk with Mayor Kolanko:
Thursday, January 13 at 12:15 p.m. Learn more about the village and the updates of your community.

Yahtzee: Tuesday, January 18 at 12:30 p.m. *Prizes sponsored by The Commons.*

Birthday Lunch: Wednesday, January 19 at 12 p.m. *Sponsored by Orchard Villa.*

Movie: Wednesday, January 19 at 12:30 p.m.
Feature: "Hairspray" (2007). **Synopsis:** Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show.

Blood Pressure & Blood Glucose Clinic:
Thursday, January 20 from 10 a.m. - 12 p.m.

The Ghosts of Digby: Monday, January 24 at 12:15 p.m. A ghost town, on top of a ghost town, on top of a ghost railroad, on top of a ghost road; learn about the history of Digby Road and how this place has changed over time. *Presentation by Mike McMaster, Wood County Museum.*

Winter Hat Project: Monday, January 24 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.

Bunco: Tuesday, January 25 at 12:30 p.m.
Advanced registration required. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, January 26 at 12:45 p.m. Riddles, trivia, and problem-solving exercises.

Wii Sports: Monday, January 31 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 PERRYBURG 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.*

Now and Then: Monday, January 3 at 12:30 p.m. **Topic:** Holiday Traditions. Join us for a reminiscing discussion on how things are now compared to how they used to be. *Facilitated & sponsored by Comfort Keepers.*

Texas Hold 'Em Tournament: Monday, January 3 at 1 p.m.

Craft: Tuesday, January 4 at 12:45 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*

Euchre Tournament: Thursday, January 6 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, January 7 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.**



Pinochle Tournament: Monday, January 10 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, January 11 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.**

Ways to Stay Active Indoors: Wednesday, January 12 at 12:15 p.m. *Presented by Angela Clabaugh, Promedica Skilled Nursing & Rehab.*

Trivia: Tuesday, January 18 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Birthday Lunch: Wednesday, January 19 at 12 p.m. *Cupcakes sponsored by Heritage Health Care/Manor of Perrysburg.*

Left, Right, Center: Thursday, January 20 at 12:45 p.m. *Sponsored by Kingston of Perrysburg*

Hand & Foot Card Game: Monday, January 24 at 12:45 p.m. **Registration required.**

Movie Day: Tuesday, January 25 at 12:45 p.m. **Feature:** "Then Came You" **Synopsis:** Annabelle, a lonely widow, plans a trip around the world, with her husband's ashes in tow, to visit the places they loved in the movies. Eventually, she arrives at the Inn in Loch Lomond, run by Howard, a Scotsman. In the first stop on her planned journey, the two meet and their lives are changed forever with a second chance at love. **Advanced registration required.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*



Caregiver Support Group: Thursday, January 27 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.*

10 Super Foods to Boost Your Health in COVID Times: Monday, January 31 at 12:30 p.m. *Previously recorded presentation by Mark Goodwin, BGSU Student/Registered Dietician.*

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, January 4 at 11 a.m. Enjoy some coffee, donuts, and great conversation with friends.
Hosted & sponsored by Right at Home Health Care.

Adam Phillips, A Wood County Pioneer

and The End of Days: Tuesday, January 4 at 12:30 p.m. The Wood County Museum sits within the confines of beautiful Adam Phillips Park, but who was Adam Phillips? Learn about one of Wood County's earliest pioneers and his belief that the end of days was near. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Trivia: Wednesday, January 5 at 12:30 p.m.
Hosted by Manor at Perrysburg.

The Language of Color: Tuesday, January 11 at 12:30 p.m. Learn how color can communicate without words. *Presented by Mary Tebbe, WCCOA.*

Game Day: Wednesday, January 12 at 12:30 a.m.
Hosted & sponsored by Kingston of Perrysburg.

Pies for Guys: Friday, January 14 at 1 p.m. Gentlemen, join us for a little chit chat and a sweet treat. *Pies provided by The Commons.*

Movie Trivia: Wednesday, January 19 at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA.*

Bingo with Jennifer: Thursday, January 20 at 12:30 p.m. *Participants must bring their own placeholders. Prizes sponsored by The Commons*

Noodle Drum Exercise: Monday, January 24 at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.

Jingo: Wednesday, January 26 at 12:30 p.m. Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

Who, What, Where: Thursday, January 27 at 12:30 p.m. This month try to figure out who I am based clues given. *Mary Tebbe, WCCOA.*

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.



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.

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

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.

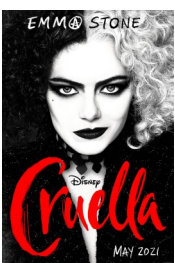
Minutes with the Mayor: Monday, January 3 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs as well as what Pemberville has to offer.

Breakfast Club: Wednesday, January 5 at 9 a.m.
Location: Juniper Brewing Company (139 S. Main Street, 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.

Bingo: Thursday, January 6 at 11 a.m.
Come enjoy this favorite with us. *Participants must bring their own placeholders. Prizes provided by Bowling Green Manor.*

Craft: Monday, January 10 at 10:30 a.m. All supplies and guidance with project will be provided.
Registration required. *Sponsored by Kingston Healthcare.*

Movie: Thursday, January 13 at 10 a.m.



Feature: "Cruella" (2021).
Synopsis: Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.

Beachcombing: Friday, January 14 at 12:45 p.m.
The process of 'combing' the beach. Follow Kim down the path less traveled as she talks about the hobby of searching the shorelines, looking for treasures and items that have value or interest.
Presented by Kim Thomas.

Trivia: Tuesday, January 18 at 12:45 p.m.
Interesting questions will be posed providing you with an enlightening and fun afternoon. *Sponsored by Bridge Home Health & Hospice.*

Birthday Lunch: Wednesday, January 19 at 12 p.m. *Cake and ice cream sponsored by Otterbein Pemberville.*

Cross of Iron, Cross of Gold: Thursday, January 20 at 12:15 p.m. Learn how the 1918 sinking of the U.S.S. Ticonderoga, the largest American naval disaster of World War I, left its mark on Wood County and how this event still survives in modern memory. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Random Games: Monday, January 24 at 12:30 p.m. Come enjoy a variety of games with us...could be Bingo, Left Right Center, Jingo or whatever Stephanie brings! *Facilitated by Kingston of Perrysburg.*

Movie: Thursday, January 27 at 12:45 p.m.

Feature: "Catch Me If You Can" (2002).

Synopsis: Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.



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.

Puzzle Mania: Daily. Enjoy this fan favorite activity while chatting with friends!

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

Coffee Chat: Wednesday, January 5 at 12:30 a.m. Join us for coffee, donuts and dialogue. *Facilitated by Right at Home Health Care.*

Winter Craft: Monday, January 10 at 12:30 a.m. Join us for this easy craft that you can take home and admire! **Registration required by Jan. 5.** *Sponsored by Kingston of Perrysburg.*

Woody County Parks Presentation: Tuesday, January 11 at 12:30 p.m. Join us for an overview of the Wood County Parks in a whirlwind type fashion, spending a few minutes on each one! *Presented by Jim Whitter, Woody County Parks.*

Woodbury House: Tuesday, January 18 at 12:30 p.m. Hear about possibly the oldest recorded ghost story in Wood County, and what dark secrets it holds. *Presented by Mike McMaster, Wood County Museum.*

Birthday Lunch: Wednesday, Jan. 19 at 12 p.m. *Birthday treats sponsored by Bowling Green Manor.*

Lifelong Health: Wednesday, January 26 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.

Sponsored Bingo: Thursday, Jan. 27 at 10:30 a.m. *Participants must bring their own placeholders. Prizes sponsored by Kingston of Perrysburg.*

Trivia: Monday, January 31 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.

New Year's Greetings and a Card: Fridays at 11:15 a.m. Help share the joy of the new year with our local care facilities. Share a cheerful message in a greeting card to brighten someone's day, while enjoying beverages and the company of friends.

Exercise: Mondays, January 3 & 24 at 11:15 a.m. *Led by video.*

Outsmart Yourself: Brain Based Strategies to a Better You: Thursdays, January 6 & 13 at 12:30 p.m. Enjoy this video series from *The Great Courses* for better living. Discussion to follow.

Easy Four-Ingredient Recipes: Tuesday, January 11 at 1 p.m. Broaden your knowledge in the kitchen with only four ingredients! Join us to watch a cooking demonstration and learn some fun recipes to take home. *Provided by Bowling Green Manor.*

Bingo: Wednesday, January 12 at 1 p.m. *Participants must bring their own placeholders. Sponsored by Bridge Home Health & Hospice.*

Birthday Lunch: Wednesday, January 19 at 12 p.m. *Cake & ice cream sponsored by Otterbein.*

Breakfast Club: Thursday, January 20 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne); Join us as we gather together to enjoy each other's company and share a meal. **Breakfast cost on your own. Registration required.**

Bingo: Tuesday, January 25 at 1 p.m. *Participants must bring their own placeholders. Sponsored by St. Catherine's Manor Fostoria.*

Fort Portage: Wood County's Other War of 1812 Fort: Wednesday, January 26 at 12:30 p.m. Although described at the time as, "a place of not much importance," Fort Portage played a role in forging a trail through Wood County's Great Black Swamp. Learn about this largely forgotten historic site during the War of 1812 *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

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. A group discussion will follow each 30-minute video.

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

Donut Days: Tuesdays, January 4 & 18 at 11 a.m. Join us for donuts and coffee. *Sponsored by Wood Haven Health Care.*



Great Decisions Video Series: Brexit and the European Union: Wednesday, January 5 at 12:15 p.m. *Video followed by a discussion.* With the “Brexit transition period” coming to an end this year, the United Kingdom will formally leave the European Union at the start of 2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave? Who will step up and take command of Europe now that Angela Merkel is out the spotlight?

Exercise: Mondays, January 10 & 24 at 11 a.m. *Led by video.*

Breakfast Club: Tuesday, January 11 at 9:30 a.m. at McDonald’s (12776 Deshler Rd., North Baltimore). Breakfast cost on your own. **Registration required.**

Winter Trivia & Treats: Tuesday, January 11 at 12:30 p.m. Fun trivia and treats to start off the new year! *Sponsored and presented by Wood Haven Health Care.*

Snowman Painting: Wednesday, January 12 at 11 a.m. Join us to paint a snowman! No prior painting experience needed. Step-by-step instruction will be provided. *Sponsored by Briar Hill Health Campus.*



Sponsored Bingo: Thursday, January 20 at 12:30 p.m. Come play this classic with us! *Participants must bring their own placeholders. Sponsored by Bridge Home Health & Hospice.*

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.

Happy Hour: Friday, January 7 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes. **In-person participation in Perrysburg & Bowling Green.**

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

Exercise and Aging: Wednesday, Jan. 19 at 11 a.m. *Presented by McLaren St. Luke’s Family Medicine.* **In-person participation in Bowling Green.**

Lunch & Learn: Friday, January 21 at 12 p.m. **Topic:** Preventing Falls. *Presenters are faculty in the Doctor of Physical Therapy (DPT) program in the College of Health and Human Services at Bowling Green State University. See more info on page 14.* **In-person participation in Bowling Green.**

Brain Games & Trivia: Wednesday, January 26 at 12:45 p.m. Riddles, trivia, and problem-solving exercises. **In-person participation in Walbridge & Bowling Green.**

Bingo: Friday, January 28 at 1 p.m. Cover-all prize awarded, *compliments of The Commons.*

Around the County, Events & Classes

Art Therapy

Monday, January 31 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. *Facilitated by Kaitlyn Harden, MA, ATR-P.*
Registration req. Sponsored by Amada Senior Care.

This month's project: Gratitude Jars. This workshop entails the exploration of personal affirmations, and the expression of daily gratitude through the creation of a gratitude jar.



Lunch & Learn

Topic: Preventing Falls

Friday, January 21 at 12 p.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

The purpose of this Lunch and Learn is to equip participants with facts and skills to remain healthy and active by staying fall free. This presentation will include getting the facts, debunking myths, understanding and checking risks, and learning to prevent falls. *Presenters are faculty in the Doctor of Physical Therapy (DPT) Program in the College of Health and Human Services at Bowling Green State University.*

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



Teaching Kitchen

Tuesday, January 25 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:** Chicken Pot Pies

Class is limited to the first 15 participants. **Registration required by Thursday, January 20.**

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



Wednesday, February 2, 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. The Basics of Estate Planning: *Presented by Tim Alley, Esq., Chamberlain Law Group, Ltd.*

An estate plan will ensure an older adult has the peace of mind that their assets and belongings will be distributed the way they'd like. We will explain what an estate is, what an estate plan is, and share a straightforward guide that explains how to get started with estate planning.

11:45 a.m. How to Complete an Advance Care Directive: *Presented by Elizabeth Geer Fry, Esq.*

The purpose of any advance directive is to enable you to speak for yourself and to let other people know what choices you have made and what is important to you in time of medical care. This session will cover the preparation of an advance care directive and will discuss the legal variance state to state. You will leave with a notarized document for the state of Ohio.

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

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. *Hosted by John Blinn.*

Reserve your seat now! This program fills up quickly.

January 7: “Call Northside 777” (1948) *Starring James Stewart, Richard Conte, & Lee J. Cobb*

January 14: “The Street with No Name” (1948) *Starring Mark Stevens, Richard Widmark, & Lloyd Nolan*

January 21: “Panic in the Streets” (1950) *Starring Richard Widmark & and Paul Douglas*

January 28: “House of Bamboo” (1955) *Starring Robert Ryan & Robert Stack*

Guiding Pathways

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

Wood County Senior Center

140 S. Grove St, Bowling Green
Fridays, January 7 & 21
from 10 a.m. - 2 p.m.
Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg
Wednesday, January 12
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@wcco.net

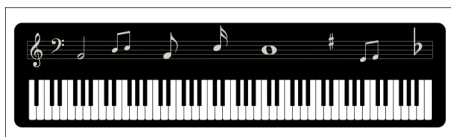
Musikgarten For Adults Preview Classes

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 Holtzsch.*

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

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 University Professors

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

Topic descriptions can be found on the Foreign Policy Association website at: www.fpa.org



January 22: Changing Demographics Led by Dr. Kelly Balistreri, Department of Sociology, BGSU

January 29: Climate Change Led by Dr. Marc Simon, Department of Political Science, BGSU

February 5: Russia Led by Dr. Stefan Fritsch, Department of Political Science, BGSU

February 12: Outer Space Led by Dr. Arpan Yagnik, Communication, PSU

February 19: Drug Policy in Latin America Led by Dr. Amilcar Challu, Department of History, BGSU

February 26: Industrial Policy Led Dr. William Sawaya, Department of Management, BGSU

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

Manuals are available for purchase (**but are not required**) and must be reserved when registering for the series. *Advanced payment of \$35 is required to place your manual order.*

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



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



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.

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.

January 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Pork Sandwich 3 OR Grilled Chicken Breast Sandwich cheesy potato casserole, red apple, creamy coleslaw, brownie	Sweet & Sour 4 Chicken OR Baked Ham oriental vegetables, rice, Asian salad, pineapple	Beef Stew OR 5 Tuna & Noodles green beans, fruited Jell- O, broccoli salad, cornbread	BBQ Chicken Wings 6 OR Pork Cutlet cauliflower, apricots, cherry crisp	Meatloaf OR 7 Dilled Salmon carrots, 3-bean salad, grape juice, graham crackers
Country Fried Steak 10 OR Honey Mustard Chicken Breast mashed potatoes, peaches, tomato juice, pudding	Beef Fajita Strips 11 OR Turkey Tacos black beans & tomatoes, lettuce & tomatoes, pears	Spaghetti & 12 Meatballs OR Chicken Alfredo Midori blend vegetables, banana, heritage slaw, sherbet	Cube Steak 13 OR Turkey baked potato, Betty salad, orange sections	Sloppy Joe 14 OR Salmon Burger roasted sweet potatoes, fruit cocktail, 3-bean salad, Rice Krispies Treat
All sites are closed. 17	Chicken a la King 18 OR Swedish Meatballs Brussels sprouts, brown rice, peaches & pears, fruit punch juice	Birthday Lunch! 19 Stuffed Chicken (Broccoli) Breast redskin mashed potatoes, rosy applesauce, citrus slaw, cake & ice cream	Stuffed Pepper OR 20 Chicken Macaroni Casserole winter blend vegetables, grapes, peach crunch	Plantation Supper 21 OR Lemon Pepper Cod riviera blend vegetables, orange, Texas caviar bean salad, lemon bar
Chipped Beef OR 24 Creamed Chicken mashed potatoes, buttered carrots, black-eyed Susan salad, chocolate pudding	Hamloaf OR 25 Vegetable Lasagna corn, Caesar salad, ambrosia	Hamburger Pie 26 OR Smoked Sausage squash, emerald pears, strawberries & blueberries, angel food cake	Roast Beef OR 27 Almondine Pollock stewed tomatoes, sauerkraut salad, cinnamon applesauce	Cream of Potato 28 Soup OR Vegetable Soup egg salad sandwich, celery with peanut butter, orange sections
Cabbage Roll OR 31 Veal Patty mixed vegetables, mandarin orange salad, carrot sticks, sherbet				

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.

January 2022			
Tuesday	Wednesday	Thursday	
Pork Chop 4 baked potato, green beans, fruited Jell-O, ice cream	Stuffed Salmon 5 mixed vegetables, rice pilaf, broccoli salad, strawberries & blueberries, cookies	Shredded Chicken Sandwich 6 sweet potato fries, coleslaw, fresh fruit, coconut cream pie	
Birthday Dinner! Meatloaf 11 mashed potatoes, riviara blend vegetables, orange juice, cake & ice cream	Chicken Tacos 12 redskin potatoes, lettuce & tomatoes, banana, pie	Chef Salad w/ Turkey 13 lettuce, tomato & green peppers, melon & grapes, potato salad, cornbread muffin, pudding	
Turkey 18 mashed potatoes, peas & onions, citrus sections, pumpkin roll	Teriyaki Chicken Breast 19 winter blend vegetables, wild rice, pickled beets, pears, pecan pie	Meat Lasagna 20 carrots, tossed salad, pineapple juice, garlic bread, cookies	
Ham 25 creamed corn, melon, apple crisp	Baked Chicken 26 sweet potatoes, broccoli, peaches, bread pudding	Meat Chili 27 celery & carrot sticks, fresh fruit, corn relish, cornbread	

BG Knitter's Guild:
Wednesday, January 5
at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*



The Science of Natural Healing: Tuesday, January 18 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.

Karaoke: Wednesday, January 19 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



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!

Joyce Butler, *In Memory Of Richard Dauer*
Christ's Church in Bowling Green, *Capital Campaign*
Stephen Dermer, *In Memory Of Jane Knisely*
Jo & Jeff Graber, *In Memory Of Maria "Jane" Bejarano*
John Brown Hall, *Capital Campaign*
James Hammer, *In Memory Of Jane Knisely*
Rick & Jackie Metz, *In Memory Of Gerald Brogley & David Tebbe*
Sandra & Loring Todd, Jr., *Capital Campaign*
Mary Jo Wagner, *In Memory Of Jane Knisely*
Walbridge VFW Post 9963
Robert & Judy Wilhelm, *In Memory Of Jane Knisely*
Donald & Karen Young, *Capital Campaign*

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

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.



About Our Courses

LivelyU Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting.

How can I learn more about the classes being offered?

Courses are featured in a brochure separate from this newsletter which will be available at all WCCOA locations beginning January 3, 2022. Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wccoa.net to learn more!

Where are the courses held?

Currently, all courses will be held at the Wood County Senior Center (140 S. Grove Street, Bowling Green).

How can I take these courses?

Any person wishing to take a LivelyU Learning Academy course may pay a \$20 tuition for the calendar year. This tuition payment will allow access to any courses happening throughout all three semesters of the Learning Academy, March through November of 2022. **Registration is required for all courses.**

**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

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www.wccoa.net



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woodcountycouncilonaging.blogspot.com/

All sites will be closed January 17 in observance of Martin Luther King, Jr. Day.

Newsletter Subscriptions

If you receive your newsletter in the mail, you will 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

Ohio's First Nationally Accredited Senior Center