

WOOD COUNTY COMMITTEE

ON
Aging

FEBRUARY 2022

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net



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.

The Bob Ross Experience: Painting Class

Monday, February 14 from 9 a.m. - 12 p.m.

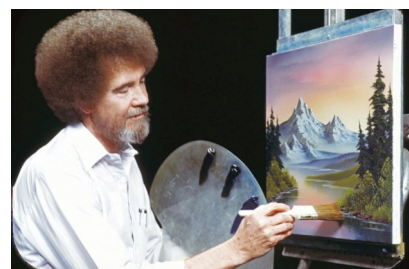
Wood County Senior Center

140 S. Grove St, Bowling Green

Cost: \$50 per person, *supplies included*

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. (As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.”)

Only Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.* **Advanced registration required by Monday, February 7. Class is limited to the first 9 participants!**



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, February 8

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	Feb. 1	10-12 p.m.
Wayne	Feb. 3	10-12 p.m.
Perrysburg	Feb. 8	10-12 p.m.
Pemberville	Feb. 10	10-12 p.m.
Northeast	Feb. 15	10-12 p.m.
Grand Rapids	Feb. 17	10-12 p.m.
Wood County	Feb. 22	10-12 p.m.
Rossford	Feb. 24	10-12 p.m.



YouTube

Discover us on YouTube by searching:

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VIRTUAL LEARNING ACADEMY

Wood County Committee on Aging, Inc.

WCCOA Support Groups

Caregiver Support Group

Monday, February 14 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, February 24 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, February 2 & 16 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 below classes are held at the Wood County Senior Center in Bowling Green, and are one hour long unless otherwise noted. To register, please contact the Programs Dept. 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, Feb. 23 - Mar. 30 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, February 3 - March 10 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 February 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 Briar Hill Health Campus.*

Delay the Disease Cost: \$20

Wednesdays, February 23 - March 30 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, February 23 - March 30 at 10 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 February at 11:30 a.m.
Fridays in February 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 Feb. 21)
Tuesday Session: Feb. 22 - Apr. 5 at 10:30 a.m.
(No class Mar. 15)
Thursday Session: Feb. 24 - Apr. 7 at 11 a.m.
(No class Mar. 17)
 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, February 3 - March 10 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: \$20*

Thursdays, February 24 - March 31 at 11 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Chair Fitness Cost: \$20*

Mondays, February 28 - April 4 at 11 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Classic Cost: \$20*

Wednesdays, February 23 - March 30 at 10 a.m.
Sheila Brown, Certified Instructor.

SilverSneakers Strength & Balance Cost: \$20*

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.

Romantic Movie Series: Thursdays at 1 p.m. In honor of Valentine's day, we will watch a romantic comedy each week. **Feb. 2:** "Crazy, Stupid, Love" (2011). **Feb. 10:** "Valentine's Day" (2010). **Feb. 17:** "The Proposal" (2009). **Feb. 24:** "Definitely, Maybe" (2008). **Registration required.**

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.** *February's featured movies can be found on page 15.*

Coffee Crew: Tuesday, February 1 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 & transportation on your own. Registration required.** ***VOLUNTEER OPPORTUNITY!** Interested in hosting this group? Give the Programs Department a call!

Puzzle Exchange: Tuesday, February 1 from 12:30 - 1:30 p.m. Bring along any size puzzle to exchange, or simply look at the puzzles and take one home! **You are not required to bring a puzzle in order to participate.** *Hosted by Jan Chilcote.*

BG Knitter's Guild: Wednesday, February 2 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Game Night: Wednesday, February 2 at 4 p.m. What game will we play tonight? Join us to find out!

Happy Hour: Friday, February 4 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 Waterford at Levis Commons.*

American Military History: Mondays, February 7 & 28 at 11 a.m. Join us for this video series from *The Great Courses*, as General Wesley K. Clark (Ret.) takes us through more than two centuries of America's wars. A discussion will follow.

Art Therapy: Monday, February 7 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:** Bleeding Tissue Paper Art. *Facilitated by Kaitlyn Harden, MA, ATR-P.* **Registration required.** *See more info on page 14.*



Paper Roses: Tuesday, February 8 at 10:30 a.m. Create paper roses made from old book pages. Learn about this beautiful way to repurpose old books, and take home flowers that never die! *Hosted by Leslie Miller.* **Registration required by Feb. 4.** **Cost:** \$5, *supplies provided.*

Name that Tune: Tuesday, February 8 at 11 a.m. Can you name the song? *Facilitated by Aetna.*

Fact or Fiction: Wednesday, February 9 at 11 a.m. Can you answer correctly if a statement is true or false? *Facilitated by Amada Senior Care.*

Quick Recipes: Wednesday, February 9 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! *Facilitated by Bowling Green Manor.* **Registration required.**

Craft: Thursday, February 10 at 2:30 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*

Bob Ross Experience: Monday, February 14 from 10 a.m. - 12 p.m. With more than 1,500 Bob Ross Teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. *Hosted by Nate Miller, CRI®.* **Registration required by Monday, February 7.** *See more information on the cover.*

Wood County Continued...

Musical Monday: Monday, February 14 at 1 p.m. **Feature:** "South Pacific" **Synopsis:** On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. **Registration required.**



Brain Training: Tuesday, February 15 at 9 a.m. Join us for this monthly video series from *The Great Courses*. Each video preview will be followed by a group discussion. *Breakfast provided by Brookdale of Bowling Green.* **Registration required by Feb 11.** **This month's topic:** Strategies for an Aging Memory. **Video Presenter:** Thad A. Polk, Ph.D.

Science of Natural Healing: Tuesday, Feb. 15 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** Lowering Cholesterol Naturally. Discussion to follow.

Stroke Risks in Older Adults: Wednesday, February 16 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.*

Movie Trivia: Wednesday, February 16 at 12:30 p.m. *Hosted via Zoom by Mary Tebbe, Rossford Area Site Manager, WCCOA.*



Karaoke: Wednesday, February 16 at 4:30 p.m. Join this group for some pre-dinner music with no pressure to get up and "perform"! This low-key group prefers a "sing-a-long" format.

Lunch & Learn: Friday, February 18 at 12 p.m. **Location:** Bowling Green Beer Works (322 N. Grove Street, Bowling Green). The first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **All purchases made at the brewery will be on your own. Registration required by Jan. 19.** *See more info on page 14.*

Antiques Roadshow: Tuesday, February 22 at 2 p.m. Items highlighted this month are: jewelry, sewing thimbles, items on dressing tables/desks, ink quills, perfume bottles. **Registration required.** *Hosted by Fern Kao.*

Reader's Café: Tuesday, February 22 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (beginning February 1) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** *The Notebook* by Nicholas Sparks

Afternoon Art: Tuesday, February 22 at 4:30 p.m. Students from Chapman Leaning Community will teach origami and provide opportunities for connecting through coloring. Stop in and enjoy your afternoon of art and conversation.

Brain Games: Wednesday, February 23 at 12:45 p.m. Riddles, trivia, and problem-solving.

Healthcare & Your Retirement: Friday, February 25 at 10:30 a.m. *Presented by Chad Plontz, Financial Planner, Edward Jones.*

Teaching Kitchen: Friday, February 25 from 11 a.m. - 12 p.m. Join us for a Teaching Kitchen Class with Dietitian Paige from The Teaching Kitchen by BGSU Dining. **Registration required by Wednesday, February 23.** **Cost: \$15**, due upon registration. *See more info & menu on page 16.*

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.

SilverSneakers Classic on Zoom:

Wednesdays, January 12 - February 16 at 10 a.m.

(*New session begins February 23.*) 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:** \$20 per session or FREE for SilverSneakers members.

Register with the Programs Dept. at 419.353.5661.

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.

Bingo: Tuesday, February 1 at 12:30 p.m.

Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

Left Right Center: Wednesday, February 2 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

Craft: Friday, February 4 at 12:30 p.m. All supplies and guidance with project will be provided.

Registration required. *Sponsored by Kingston of Perrysburg.*

10 Warning Signs of Alzheimer's Disease:

Monday, February 7 at 12:30 p.m. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. *Presentation by Dwight Smith, Community Educator, Alzheimer's Association.*

Dominoes: Tuesday, February 8 at 12:30 p.m.

Wood County Historic Society: Tales of

Misty Part 1: Wednesday, February 9 at 12:15 p.m. Charles W. Evers and the Pioneer Scrap-book of Wood County, Ohio. Hear from noted local historian

(Continued...)

...Charles Evers about Wood County's last bear hunt, the origin of the "Devil's Hole," and Mahlon Meeker's thrilling escape from a pack of hungry wolves. Although published one year after his death in 1910, Charles Evers' Pioneer Scrap-book was instrumental in preserving much of Wood County's local legends and lore. *Presentation by Mike McMaster, Wood County Museum.*

Walbridge Talk with Mayor Kolanko:

Thursday, February 10 at 12:15 p.m. Learn more about the village and the updates of your community.

Valentine's Day Trivia & Treats: Friday, February 11 at 12:30 p.m. This special event will test your knowledge of famous couples, candy facts and more! *Sponsored & facilitated by Orchard Villa.*

Blood Pressure & Blood Glucose Clinic:

Tuesday, February 15 from 10 a.m. - 12 p.m.

Yahtzee: Tuesday, February 15 at 12:30 p.m.

Prizes sponsored by The Commons.

Movie: Wednesday, February 16 at 12:30 p.m.

Feature: "Going in Style" (2017). *Crime/Comedy.*

Birthday Lunch: Wednesday, February 16 at 12 p.m. *Sponsored by Orchard Villa.*

Successful Seniors: Thursday, February 17 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** David Murdock.

Knitting and Crocheting: Friday, February 18 at 12:30 p.m. Bring your latest project or come ready to start a new! Bring your own supplies.

Bunco: Tuesday, February 22 at 12:30 p.m.

Advanced registration required. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, February 23 at 12:45 p.m. Riddles, trivia, and problem-solving.

Wii Sports: Monday, February 28 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!

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.*



Craft: Tuesday, February 1 at 12:45 p.m. This month, we will be making a Valentine Ombre Heart. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*

Heart Disease: Wednesday, February 2 at 12:15 p.m. *Presented by Angela Clabaugh, Promedica Senior Care.*

Euchre Tournament: Thursday, February 3 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, February 4 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 Waterford at Levis Commons.*

SilverSneakers Yoga: Mondays, February 7 - March 21 at 11 a.m. (No class Feb. 21.) **Schaller Building** (130 W. Indiana Ave., Perrysburg). This class will move your whole body through a complete series of seated and standing yoga poses. *Joe Sparks, Certified Instructor.* **Cost:** \$20 per session or FREE for SilverSneakers Members. **Register with the Programs Dept. at 419.353.5661.**

Now and Then: Monday, February 7 at 12:30 p.m. **Topic:** Kitchen Gadgets. 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, February 7 at 1 p.m.

Breakfast Club: Tuesday, February 8 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.**

Successful Seniors: Tuesday, February 8 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Duncan Hines.

Trivia: Monday, February 14 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Pinochle Tournament: Monday, February 14 at 12:45 p.m. **Registration required.**

Transcontinental Airport of Toledo: Tuesday, February 15 at 12:30 p.m. *Previously recorded presentation. Presented by Mike McMaster, Wood County Museum.*

Birthday Lunch: Wednesday, February 16 at 12 p.m. *Cupcakes sponsored by Heritage Health Care/Manor of Perrysburg.*

Left, Right, Center: Thursday, February 17 at 12:45 p.m. *Sponsored by Kingston of Perrysburg*

Movie Day: Tuesday, February 22 at 12:45 p.m. **Feature:** "Free Guy" **Synopsis:** When a bank teller discovers he's actually a background player in an open-world video game, he decides to become the hero of his own story -- one that he can rewrite himself. **Advanced registration required.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

Caregiver Support Group: Thursday, February 24 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.*

Hand & Foot Card Game: Monday, February 28 at 12:45 p.m. **Registration required.**

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, February 1 at 11 a.m. Enjoy some coffee, donuts, and great conversation with friends. *Hosted & sponsored by Right at Home Health Care.*

Trivia: Wednesday, February 2 at 12:30 p.m.
Hosted by Manor at Perrysburg.

The Mis-Origin of Historical Tradition (Part 1) The Count of Presque Isle:

Tuesday, February 8 at 12:30 p.m. Wood County raconteur Charles Evers tells the account of the Revolutionary War hero and French Count of Presque Isle Hill. Who was this French Count? Where is Presque Isle Hill? Learn how tall-tales from long ago get put through the test of modern history. *Presented by Mike McMaster, Wood County Museum.*

Game Day: Wednesday, February 9 at 12:30 p.m.
Hosted & sponsored by Kingston of Perrysburg.

Navigating The Senior Care Maze: Thursday, February 10 at 12:30 p.m. Learn more about what options are out there when planning for senior care as you age. *Presented by Dwight Smith, Amada Senior Care.*

Movie Trivia: Wednesday, February 16 at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA.*

Bingo: Thursday, February 17 at 12:30 p.m.
Participants must bring their own placeholders. Prizes sponsored by The Commons.

Divas and Desserts: Friday, February 18 at 1 p.m. Ladies, enjoy some great conversation with friends, a special drink, and a sweet dessert. *Desserts provided by The Commons.*

Who, What, Where?: Tuesday, February 22 at 12:30 p.m. This month try to figure out who I am based on the clues given. *Presented by Heather Greeno, Wood Haven Health Care.*

Jingo: Wednesday, February 23 at 12:30 p.m. Jingo card and place holders will be provided. *Sponsored by Kingston of Perrysburg.*

Successful Seniors: Thursday, February 24 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Laura Ingalls Wilder.

Corn Hole: Friday, February 25 at 1 p.m. Join us for some friendly competition as you toss those bean bags. All are welcome and easy enough for anyone to play. *Hosted by Bob Counterman.*

Noodle Drum Exercise: Monday, February 28 at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.

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.

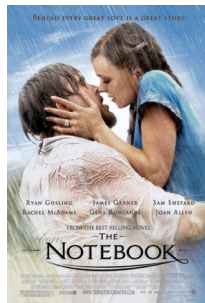
Wood County Hospital Guild: Wednesday, February 2 at 12:30 p.m. The Wood County Hospital Guild, 1954 - today. Take a trip down memory lane as we learn the history of the Wood County Hospital Guild and the many contributions the Guild has made to the hospital and the community. *Presented by Laurie Newlove, Director of Lifeline & Volunteer Services, Wood County Hospital.*

Bingo: Thursday, February 3 at 11 a.m.
Come enjoy this favorite with us. *Participants must bring their own placeholders. Prizes provided by Bowling Green Manor.*

Minutes with the Mayor: Monday, February 7 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.

Movie: Tuesday, February 8 at 10 a.m.

Feature: "The Notebook" **Synopsis:** 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.



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

Craft: Monday, February 14 at 10:30 a.m. Join us for a little creative fun. All supplies and guidance with project will be provided. **Registration required.**
Sponsored by Kingston Healthcare.

Valentine's Day Party: Monday, February 14 at 12:30 p.m. Join in the festivities while we enjoy cookies and a game with prizes. *Hosted & sponsored by Bowling Green Manor.*

Birthday Lunch: Wednesday, February 16 at 12 p.m. *Cake & ice cream sponsored by Otterbein Pemberville.*

Breakfast Club: Wednesday, February 17 at 9 a.m. **Location:** Granny's Kitchen (1105 W. Main St., Woodville). 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 Battle: Friday, February 18 at 12:30 p.m.
Let's test our brains with a trivia competition against other senior centers in Wood County!

An Introduction to the Origins of Spiritualism: Wednesday, February 23 at 12:15 p.m. Spiritualism, or communicating with the dead, rose from obscurity on the exact date of March 31st, 1848 in the tiny village of Hydesville, New York. It quickly grew to be one of America's fastest growing religious movements. Learn about the Fox sisters – mediums to the afterlife... or charlatans?
Presented by Mike McMaster, Wood County Museum.

Movie: Thursday, February 24 at 12:45 p.m.
Feature: "Singin' In The Rain" **Synopsis:** A silent film star falls for a chorus girl just as he and his delusional and jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood.

Mystery Game: Monday, February 28 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.*

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, February 2 at 12:30 p.m. Join us for coffee, donuts and dialogue. *Facilitated by Right at Home Health Care.*

Bowling: Thursday, February 3 at 11 a.m. Meet us at Al-Mar Lanes (1010 N. Main St, BG) to enjoy a few rounds of bowling & lunch! *Sponsored by Bowling Green Manor.* **Registration req. by Feb. 1.**

Successful Seniors: Tuesday, February 8 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Colonel Sanders.

Would You Rather Fitness: Friday, February 11 at 11:45 a.m. Join us for a light and fun way to get some steps in!

Valentine Paper Heart Craft: Monday, February 14 at 12:30 a.m. **Registration required by Feb. 9.** *Sponsored by Kingston of Perrysburg.*

Birthday Lunch: Wednesday, Feb. 16 at 12 p.m. *Birthday treats sponsored by Bowling Green Manor.*

The Mis-Origin of Historical Tradition (Part 1): Thursday, February 17 at 12:30 p.m. Wood County raconteur Charles Evers tells the account of the Revolutionary War hero and French Count of Presque Isle Hill. *Mike McMaster, Wood County Museum.*

Trivia Battle: Friday, February 18 at 12:30 p.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

Lifelong Health: Tuesday, February 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.

Sponsored Bingo: Thursday, Feb. 24 at 10:30 a.m. *Participants must bring their own placeholders.* *Sponsored by Kingston of Perrysburg.*

Trivia: Monday, February 28 at 12:30 p.m. *Sponsored by Bridge Home Health & Hospice.*

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.

Donut Days: Tuesdays, February 1 & 15 at 11 a.m. Join us for donuts and coffee. *Sponsored by Wood Haven Health Care.*

Life Along the Portage: Wednesday, February 2 at 12:15 p.m. Learn about one of Wood County's earliest pioneers. *Mike McMaster, Wood Co. Museum.*

Ancient Egypt: Thursdays at 11 a.m. Join us for this educational video series from *The Great Courses*. A group discussion will follow each 30-minute video.

Wii Bowling: Fridays at 12:30 p.m. Join us in a friendly Wii bowling competition!

Successful Seniors: Monday, February 7 at 11 a.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** J.R.R. Tolkien.

Breakfast Club: Tuesday, February 8 at 9:30 a.m. at McDonald's (12776 Deshler Rd., North Baltimore). Breakfast cost on your own. **Registration required.**

Trivia & Treats: Tuesday, February 8 at 12:15 p.m. Fun trivia & treats in honor of Valentine's Day! *Sponsored by Wood Haven Health Care.*

Craft: Wednesday, February 9 at 11 a.m. *Sponsored by Briar Hill Health Campus.*

Exercise: Mondays, February 14 & 28 at 11 a.m. *Led by video.*

Birthday Lunch: Wednesday, February 16 at 12 p.m. *Cake sponsored by Briar Hill.*

Sponsored Bingo: Thursday, February 17 at 12:30 p.m. Come play this classic with us! *Participants must bring their own placeholders.* *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.

Sent with Love: 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.

Outsmart Yourself: Brain Based Strategies to a Better You: Tuesdays, February 1 & 15 at 12:30 p.m. Enjoy this video series from *The Great Courses* for better living. Discussion to follow.

Shutnok: A Wood County Legend: Thursday, February 3 at 12:30 p.m. Shutnok was described in 1909 by newspaper editor Charles Evers as the tallest sand dune in Wood County. Learn about its history, including its legends, of this forgotten place in Plain Township. Does the ghost of Ottawa Chief Tondaganie's daughter still haunt the place called Shutnok? *Mike McMaster, Wood County Museum.*

Exercise: Mondays, February 7 & 28 at 11:15 a.m. *Led by video.*

Make & Take Craft: Tuesday, February 8 at 1 p.m. Flex your creative skills with this craft that you can take with you! *Provided by Bowling Green Manor.*

Successful Seniors: Wednesday, February 9 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Art Koff.

Be Mine?: Monday, February 14 at 1 p.m. Enjoy an afternoon to celebrate and make and share valentines with friends, while enjoying a festive treat.



Birthday Lunch: Wednesday, February 16 at 12 p.m. *Cake & ice cream sponsored by Otterbein.*

Breakfast Club: Thursday, February 17 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.**

Trivia Battle: Friday, February 18 at 12:30 p.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

Bingo: Tuesday, February 22 at 1 p.m. *Participants must bring their own placeholders. Sponsored by St. Catherine's Manor Fostoria.*

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, February 4 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.**

Stroke Risks in Older Adults: Wednesday, February 16 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.* **In-person participation in Bowling Green.**

Movie Trivia: Wednesday, February 16 at 12:30 p.m. *Mary Tebbe, Rossford Area Site Manager, WCCOA.* **In-person participation in Rossford & Bowling Green.**



Animal Tracks: Thursday, February 17 at 10 a.m. Learn how to identify the tracks of Ohio animals in the snow! *Presented by Haley Wasserman, Naturalist, ODNR.*

Brain Games: Wednesday, February 23 at 12:45 p.m. Riddles, trivia, and problem-solving exercises. **In-person participation in Walbridge & Bowling Green.**

Around the County, Events & Classes

Art Therapy

Monday, February 7 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 required. *Sponsored by Amada Senior Care.*

This month's project: Bleeding Tissue Paper Art. During this session we will create hidden images using white crayons, that will become visible through the application of a little water and bleeding tissue paper. Every image is a surprise in the way that the colors mingle together to create a work of art!



Lunch & Learn

Meet Us At Bowling Green Beer Works!

Friday, February 18 at 12 p.m.

Bowling Green Beer Works

322 N. Grove Street, Bowling Green

Join us at this local brewery to hear more about the beer brewing process and how this business became the first nano brewery in Bowling Green! Bowling Green Beer Works creates small batch, hand crafted beer, cider, and wine on site. **Advanced registration required.** Lunch will be *sponsored and provided by Waterford at Levis Commons* for the first 20 registered. **All purchases made at the brewery will be on your own** (no purchase is required to attend the program).



**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 if you choose to attend in-person.

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.

February 4: "Bringing up Baby" (1938) *Starring Katharine Hepburn & Cary Grant*

February 11: "Mr. Lucky" (1943) *Starring Cary Grant, Laraine Day & Charles Bickford*

February 18: "Room for One More" (1952) *Starring Cary Grant & Betsy Drake*

February 25: "Father Goose" (1963) *Starring Cary Grant, Leslie Caron & Trevor Howard*

Guiding Pathways

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

Wood County Senior Center

140 S. Grove St, Bowling Green

Fridays, February 4 & 18

from 10 a.m. - 2 p.m.

Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, February 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@wcco.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@wcco.net For more information, please call 419.353.5661 or 800.367.4935



Around the County, Events & Classes



Teaching Kitchen

Friday, February 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 dish together. **Menu:** Valentines Cookie Decorating

Class is limited to the first 15 participants. **Registration required by Wednesday, February 23.**

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

Great Decisions 2022

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

Wood County Senior Center or Virtually via Zoom

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



Remaining topics include:

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

Register by calling the Programs Dept. at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

****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@wccoa.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.

February 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	Black-Eyed Peas Hash (Sausage) OR Chicken & Dumplings French green beans, cabbage/apple/raisin salad, peaches, pie	Pepper Steak OR Chicken Teriyaki white rice, lima beans, tossed salad, apricots	Turkey Pot Roast OR Meat & Bean Chili broccoli salad, banana, cornbread, fruit sorbet	Scalloped Potatoes & Ham OR Cheese Manicotti Sicilian blend vegetables, pickled beets, garlic bread, baked apple
Chicken Cordon Bleu OR Liver & Onions small whole potatoes, mixed fruit, orange juice, gingerbread	Italian Lasagna OR BBQ Chicken Breast peas & carrots, potato salad, mandarin oranges & Jell-O	Calico Beans OR Chicken Tenders Nantucket blend vegetables, spinach salad, berry blend with yogurt & granola	King Ranch Chicken Casserole OR Pork Chop Italian green beans, pineapple, cauliflower & peanut salad, frozen yogurt	Sliced Ham OR Tuna Salad Sandwich baked beans, orange sections, carrot sticks, cookies
Cube Steak OR Chicken Breast peas & onions, redskin mashed potatoes, mandarin orange salad, raspberry sorbet	Goulash OR Pecan Crusted Tilapia broccoli, peaches & cottage cheese, SideKicks fruit slushie	Birthday Lunch! Roast Pork cabbage & noodles, pears, marinated carrot salad, cake & ice cream	Hamloaf OR Chicken Chimichanga stewed tomatoes, tossed salad, orange	Hamburger OR Hot Dog baked beans, yellow apple, citrus slaw, cookie
All sites are closed in observance of Presidents' Day.	Pulled Pork OR Grilled Chicken Breast Sandwich cheesy potato casserole, red apple, creamy coleslaw, brownie	Beef Stew OR Tuna & Noodles green beans, fruited Jell-O, broccoli salad, cornbread	Chicken Wings OR Pork Cutlet cauliflower, apricots, cherry crisp	Meatloaf OR Dilled Salmon carrots, 3-bean salad, grape juice, graham crackers
Country Fried Steak OR Honey Mustard Chicken Breast mashed potatoes, peaches, tomato juice, pudding				

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.

February 2022

Tuesday	Wednesday	Thursday
Spaghetti & Meat Sauce Italian blend vegetables, coleslaw, fruit juice, garlic bread, cheesecake	Bratwurst mashed potatoes, sauerkraut, cantaloupe, apple strudel	Chicken Noodle Soup 3 grilled cheese sandwich, broccoli salad, orange, cherry crisp
Birthday Dinner! Salisbury Steak small whole potatoes, Brussels sprouts, mandarin orange salad, cake & ice cream	Roast Pork scalloped potatoes, cooked cabbage, grapes, pumpkin pecan cake	Chicken Lasagna 10 carrots, peaches & cottage cheese, fruit juice, garlic bread, cookies
Macaroni & Cheese with Ham stewed tomatoes pears, tossed salad, pudding	Open-Faced Roast Beef mashed potatoes, Prince Charles blend vegetables, apple juice, pie	Stuffed Green Pepper 17 corn, oranges, 3-bean salad, macaroni salad, lemon bar
Chef Salad with Ham, Turkey & Egg pea salad, ambrosia, blueberry muffin	Meatloaf mashed potatoes, roasted cauliflower, mixed fruit, sherbet	Turkey Pot Roast Stew 24 banana, pickled beets, pasta salad, cheese biscuits, cookies

BG Knitter's Guild:

Wednesday, February 2 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*



Game Night: Wednesday, February 2 at 4 p.m. What game will we play tonight? Join us to find out!

Quick Recipes: Wednesday, February 9 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! *Facilitated by Bowling Green Manor. Registration required.*

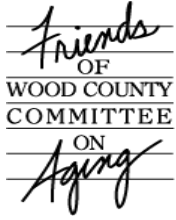
Science of Natural Healing: Tuesday, February 15 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guameri. **This month's topic:** Lowering Cholesterol Naturally. Discussion to follow.

Karaoke: Wednesday, February 16 at 4:30 p.m. Join this group for some pre-dinner music with no pressure to get up and "perform"! This low-key group prefers a "sing-a-long" format.



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!

Roger Anderson, Capital Campaign

Sharon Conner & Shelley Conner Anderson, In Memory of Kenneth Williamson

Michael & Emily Black, In Memory of Maria "Jane" Bejarano

Greg & Maria Braknis, Capital Campaign

Mary Ann Bockbrader, In Memory of Maria "Jane" Bejarano

Janet L. Endsley, Capital Campaign

Mary Ann Gibson, In Memory of Kenneth Williamson

Lawrence & Candace Gillen, Capital Campaign

Donna Huffman, In Memory of Maria "Jane" Bejarano

David & Jenny Lahman, In Memory of Maria "Jane" Bejarano

Deborah LeGalley, Capital Campaign

Wendy Lewis, In Memory of Kenneth Williamson

Diane Markham, In Memory of Kenneth Williamson

Mount Ararat Investment Club, Capital Campaign

Karen Rahe Family, In Memory of Maria "Jane" Bejarano

Sandy Schroeder, In Memory of Kenneth Williamson

VFW Post 9963, Kitchen Fund



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LEARNING ACADEMY

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 is available at all WCCOA locations. 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 & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



All sites will be closed February 21 in observance of Presidents' 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