

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
MARCH 2022

## IN THIS ISSUE:

Index	Page
Agency Services .....	2
Clinics & Consultations.....	3
Fitness Classes.....	5
In-Person Programs.....	6-12
Virtual Programming.....	13
Around the County.....	14-16
Lunch Menu.....	17
Dinner Menu.....	18
Donors & Donations.....	19

# Your County Connection

## Enjoy, Enrich, Explore This Season of Life

*This edition is also available at [www.wccoa.net](http://www.wccoa.net)*

### Spring Home Repairs?

*Learn How to Work with Contractors!*

**Wood County Senior Center**

*140 S. Grove Street, Bowling Green*

In this three-part series, we take a comprehensive look at the homeowner-contractor relationship and provide tips for ensuring your project goes smoothly. Panelists include contractors, attorneys, and consumer advocates.

**Part I: What Can Go Wrong?      Tuesday, April 5 at 4:30 p.m.**

Learn common issues & legal basics.

*Moderator: Rachel Phipps, BG City Council*

*Panel: Judy Miller, Community Member; Elizabeth Geer-Fry Esq.; Annie Miner, Cocoon Shelter; Danielle Murphy, Consumer Education; Consumer Protection, Attorney General's Office\*.*

**Part II: Bidding & Contracting      Tuesday, April 19 at 4:30 p.m.**

Consider best practices for obtaining quotes and what a contract should include. *Moderator: Lisa Myers, MSW, LISW-S, WCCOA*

*Panel: Matt Snow, City of BG Housing Specialist; Jim Overmyer, Retired Contractor & Habitat for Humanity Worker; Elizabeth Geer-Fry Esq.*

**Part III: Q&A With Contractors      Tuesday, May 3 at 4:30 p.m.**

Hear directly from contractors, & learn about their expectations of clients.

*Moderator: Danielle Brogley, Director of Programs, WCCOA*

**Registration is required** by calling the Programs Department at 419.353.5661 or 800.367.4935  
or email [programs@wccoa.net](mailto:programs@wccoa.net)

*\*This event is not sponsored by the Ohio Attorney General's Office. The Ohio Attorney General's Office does not specifically endorse or recommend WCCOA or any products or services affiliated with WCCOA.*

*The goods/services are being provided by WCCOA.*

### Chronic Disease Self-Management (CDSM) Workshop

Fridays, February 25 - April 1 from 9:30 a.m. - 12 p.m.

**Perrysburg Area Senior Center**

*140 W. Indiana Avenue, Perrysburg*

This workshop is being offered in partnership with the Area Office on Aging of NWO. CDSM may be for you if you live with arthritis, lung disease, high blood pressure, heart disease, cancer, anxiety, depression, and other chronic conditions. You will gain confidence and new skills to better manage your chronic disease and feel healthier. You will regain control of your life and be able to do the things that matter to you. You will be calmer, less worried, and more confident about managing your health.

With CDSM you'll get the support you need, and learn techniques to increase your energy levels, reduce pain, fatigue and other symptoms, be more physically active, eat healthier, talk with your doctor and family about your health, relax, and deal with stress.

*CDSM is developed by Stanford University and licensed by the Self-Management Resource Center.*



**You must pre-register by contacting the Programs Department**  
at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

**Cost: \$15;** Includes the workshop manual the 6<sup>th</sup> edition of *Living a Healthy Life with Chronic Conditions*, and a Relaxation CD, *Time for Healing*.

# 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](mailto:programs@wccoa.net) You can learn more at: [UHCRenewActive.com](http://UHCRenewActive.com)

# Clinics & Consultations

## Podiatry Clinic

Provided by Maumee Bay Foot & Ankle Specialists  
For an appointment, please call 419.691.1599

Clinic Site	Date	Time
Pemberville Area Senior Center	April 13	1-3 p.m.
Wood County Senior Center	April 27	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, March 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. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto: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.

Clinic Site	Date	Time
Bowling Green	April 6, 8 & 26	9-11 a.m.
Perrysburg	April 12 & 29	9:30-11:30 a.m.

## Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*  
Call 1.888.534.1432, or fill out their intake form online at [www.lawolaw.org](http://www.lawolaw.org)

## Community Christian Legal Services

Community Christian Legal Services is here to help you understand your rights under the law. **Legal aid services include:** assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits. **Appointments are required.** Call your Senior Center to schedule!

Clinic Site	Date	Time
Wood County Senior Center	March 10	4-6 p.m.
Perrysburg Area Senior Center	March 17 April 7	3:30-5:30 p.m. 2-4 p.m.

## Blood Pressure & Blood Glucose Clinics

**Clinics** *No appointment or charge for blood pressure screenings. \$1 fee for blood glucose screenings. \*SMD=Self-Monitoring Device*

There are no clinics scheduled for March. Check back in the coming months for upcoming Blood Pressure & Blood Glucose Clinic dates! These clinics take place at all Senior Center locations.

## Hearing Clinics

*Provided by The Hearing Center at The Little Clinic*  
This clinic will provide users with a screening or cleaning and hearing aid check. A brief presentation will follow each clinic.  
Check site pages for topic and program times.



Hearing Clinic	Date	Time
Pemberville	March 8	12:45 -1:30 p.m.
Northeast	March 9	10:45 -11:45 a.m.
Bowling Green	March 11	9:30-10:45 a.m.
Perrysburg	March 15	10:45 - 12 p.m.

# WCCOA Support Groups

## Caregiver Support Group

Monday, March 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, March 24 at 10 a.m.

**Location:** Perrysburg Area Senior Center

140 W. Indiana Avenue, Perrysburg

## Care Compass Project

Wednesday, June 1 at 11 a.m.

**Topic(s):** Caregiver Resources

**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, March 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](http://www.wccoa.net)  
\*\*Participants must bring in their own water bottles to all fitness classes.\*\*

## Buti Chair Yoga

Cost: \$20

Wednesdays, Mar. 2 - Apr. 13 from 5:30 - 6 p.m.

(No class April 6)

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, March 31 - May 5 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 9 a.m.

This Fitness Interactive Teaching program will provide you with strengthening exercises and stretching tips to keep you actively independent. *Facilitated by ProHealth Partners, Inc.*

## 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 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 at 11:30 a.m.

Fridays 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. 31 - Mar. 21 at 10:30 a.m.

(No Class February 21 & March 14)

Next Session will run from Mar. 28 - May 2

Tuesday Session: Mar. 8 - Apr. 19 at 10:30 a.m.

(No class March 15)

Thursday Session: Mar. 24 - Apr. 28 at 11 a.m.

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

## Tai Chi

Cost: \$60

Wednesdays, March 2 - April 6 at 4:30 p.m.

This class is the 24 Movement Yang Form. Designed to improve balance, coordination, and increase mobility. *Richard Messer, 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, March 24 - April 28 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 Classic

Cost: \$20\*

Wednesdays, February 23 - March 30 at 10 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 Strength & Balance

Cost: \$20\*

Fridays, March 4 - April 8 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. Plan to bring (and take with you) all necessary materials/projects each week.

**How About a Movie?** Fridays at 1 p.m. View and discuss seldom-seen classic motion pictures. Genres including war, westerns, drama, action, adventure, comedy, film noir, science-fiction, documentary, romance, crime, seasonal and musicals, primarily from the golden age of Hollywood, 1930 to 1990! *Hosted by John Blinn. Registration required.* March's featured movies can be found on page 15.

**Safe Drug Disposal Presentation:** Tuesday, March 1 at 11 a.m. This presentation is brought to the community through the partnership of the Wood County Prevention Coalition and the Wood County Addiction Response Collaborative (ARC). Learn how to identify narcotics, where to look, who to call, safe disposal drop offs, and what to do if exposed. *Presented by Madison Weilnau, Program Coord., ARC & Deputy Kaleb Smith, ARC.* The Wood County Prevention Coalition will provide free Deterra packets & drug drop box magnets to all who attend.

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

**Historical Literature Group:** Wednesdays, March 2 - April 6 from 1 - 2 p.m. *Facilitated by Shelby House, English Education Major, BGSU.* **Registration required.** See more info on page 14.

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

**Drawing/Intro to Charcoal:** Wednesdays, March 2 - April 6 from 4:30 - 6:30 p.m. *Facilitated by Rae Phillips, Art Education Major, BGSU.* **Registration required.** See more info on page 14.

**Star Wars Movie Series:** Thursdays, March 3, 10 & 17 at 1 p.m. View the original trilogy. "A New Hope" (1977); "The Empire Strikes Back" (1980); "Return of the Jedi" (1983). **Registration required.** Snacks provided by Devoted Health.

**Home Safety:** Thursday, March 3 at 11 a.m. Gather tips to age in place and stay safe at home. *Presented by Jessica Ricker, MSW, LSW, WCCOA.*

**Happy Hour:** Friday, March 4 at 12:30 p.m. *Sponsored by Waterford at Levis Commons.* **Zoom option available.**

**American Military History:** Mondays, March 7 & 14 at 11 a.m. Video series from *The Great Courses* followed by a group discussion. **This month's topics:** Korea & the Cold War; The U.S. Enters Vietnam. **Video Presenter:** Gen. Wesley Clark (Ret.).

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

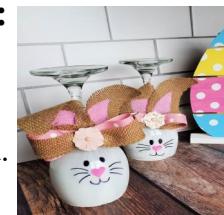
**Science of Natural Healing:** Tuesday, March 8 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Food Sensitivity & the Elimination Diet. **Video Presenter:** Dr. Mimi Guarneri.

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

**Who, What, Where:** Wednesday, March 9 at 11 a.m. Figure out who, what, or where based on the clues provided. **This month:** Who am I? **Zoom option available.**

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

**Spring Bunny Upcycling Craft:** Thursday, March 10 at 2:30 p.m. We will make a bunny votive holder using a wine glass. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*



**How Much Do Hearing Aids Really Cost?** Friday, March 11 at 11 a.m. Learn about the latest hearing aids and how to go about purchasing them. *Presented by Elliot Sells, The Hearing Center at The Little Clinic.* Hearing aid screenings and cleaning will be provided from 9:30-10:45 a.m.

**Spelling Bee:** Monday, March 14 at 1 p.m. Put your spelling skills to the test! **Zoom option available.**

# Wood County Continued...

**Brain Training:** Tuesday, March 15 at 9 a.m. Video series from *The Great Courses* followed by a group discussion. *Breakfast provided by Brookdale of Bowling Green.* **Registration required by Mar. 11.**

**This month's topic:** Dementia & Alzheimer's Disease. **Video Presenter:** Thad A. Polk, Ph.D.

**Traditional Irish Music:** Tuesday, March 15 at 4:30 p.m. *Sponsored by Devoted Health. See more info on page 15.*

**Nutrition & Aging:** Wednesday, March 16 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.*

**Movie Star Trivia:** Wednesday, March 16 at 12:30 p.m. **Zoom option available.**

**Karaoke:** Wednesday, March 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, March 18 at 12 p.m. Local author Tom Lambert will join us to discuss the process of writing a book. He will also read from his book *Living with Earl*. The first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required by March 16. See more info on page 14.**

**Coffee Crew:** Monday, March 21 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! **Coffee cost & transportation on your own.** **Registration required.**

**Musical Monday:** Monday, March 21 at 1 p.m. **Feature:** "Guys and Dolls". **Registration required.**

**Consumer Fraud Presentation:** Tuesday, March 22 at 10:30 a.m. *Presented by Amy Carles, Senior Outreach & Education Specialist, Office of the Ohio Consumers' Counsel; Katie Harper, Consumer Educator—Consumer Protection, Office of the Ohio Attorney General; Christi Twarogowski, General Analyst, US Postal Inspection Service; Brandon Smith, Public Affairs Specialist, Social Security Administration; Jenni Espay, Volunteer Coordinator, Ohio SMP/Pro Seniors.* **Zoom option available.**

**Name That Tune:** Tuesday, March 22 at 1:30 p.m. Can you name the song? **Zoom option available.**

**Reader's Café:** Tuesday, March 22 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read ) then join together to watch the film on the last Tuesday of the month. Discussion to follow. **Feature:** *The Prize Winner of Defiance, Ohio* by Terry Ryan.

**Brain Games:** Wednesday, March 23 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

**Teaching Kitchen:** Friday, March 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, March 23.** **Cost:** \$15, due upon registration. *See more info & menu on page 16.*

**Scattergories:** Monday, March 28 at 12:30 p.m. Enjoy a friendly thought-provoking word game.

**Art Therapy:** Monday, March 28 from 1 - 3 p.m. **This month's project:** Nesting Dolls. *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.* **Cost:** \$10. **Registration required.** *See more info on page 14.*

## 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.**

**Tai Chi Practice:** Tuesdays at 10 a.m. Learn some movements of the popular Tai Chi workout. *Peer-led instruction.*

**SilverSneakers Classic on Zoom:**  
Wednesdays, February 23 - March 30 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:** \$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 of 3/13 and sweet treat.  
**Cost:** \$1.25 per donut.

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

**Bingo:** Tuesday, March 1 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes & Crematory.*

**Wood County Historic Society: Tales of Misty Part 2:** Wednesday, March 2 at 12:15 p.m. Charles W. Evers and the Pioneer Scrap-book of Wood County, Ohio. Hear from noted local historian pioneer scrapbook that was instrumental in preserving much of Wood County's local legends and lore.  
*Presentation by Mike McMaster, Wood County Museum.*



### Spring Bunny Upcycling

**Craft:** Friday, March 4 at 12:30 p.m.  
We will make a bunny votive holder using a wine glass. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston of Perrysburg.*

**Left, Right, Center:** Monday, March 7 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

**Dominoes:** Tuesdays, March 8 & 29 at 12:30 p.m.

### How Much Do Hearing Aids Really Cost?

Wednesday, March 9 at 12 p.m. Learn about the latest hearing aids and how to go about purchasing them.

*Presented by Elliot Sells, The Hearing Center at The Little Clinic. Hearing aid screenings and cleaning will be provided from 10:45 - 11:45 a.m.*

### Walbridge Talk with Mayor Kolanko:

Thursday, March 10 at 12:15 p.m.

**Knitting & Crocheting:** Monday, March 14 at 12:30 p.m. Bring your latest project or come ready to start a new! Bring your own supplies.

### Home Safety:

Tuesday, March 15 at 12:30 p.m. Gather tips to age in place and stay safe at home.

*Presented by Jessica Ricker, MSW LSW, WCCOA.*

### Bingo:

Tuesday, March 15 at 12:30 p.m.  
*Prizes sponsored by The Commons.*

**Birthday Lunch:** Wednesday, March 16 at 12 p.m.  
*Cake sponsored by Orchard Villa.*

### Movie:

Wednesday, March 16 at 12:30 p.m.  
**Feature:** "Murder Mystery" (2019).

**St. Patrick's Day Celebration:** Thursday, March 17 at 12 p.m. Dress in green!

**Bunco:** Tuesday, March 22 at 12:30 p.m. **Advanced registration required.** *Prizes and individual dice sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, March 23 at 12:45 p.m. Riddles, trivia, and problem-solving.  
**Zoom option available.**

### Effective Communication Strategies with Memory Loss:

Thursday, March 24 at 12:30 p.m.  
Communication with a person with dementia requires patience, understanding and good listening skills. The We will discuss strategies to understand each other better. *Presented by Natalie Tousley, Community Educator, Alzheimer's Association of NWO.*

**Wii Sports:** Monday, March 28 at 12:30 p.m.

**Successful Seniors:** Thursday, March 31 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.

# 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.*

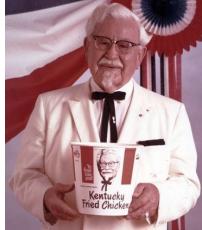
**Line Dancing:** Tuesdays at 10 a.m. **Schaller Building** (130 W. Indiana Ave., Perrysburg). Attend this class to learn new dances and get moving! *Peer-led instruction.*

**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.*

**Mardi Gras Celebration:** Tuesday March 1 at 12:30 p.m. Enjoy a mask craft, paczki's and some fun facts. *Sponsored by Manor of Perrysburg.*

**Successful Seniors:** Wednesday, March 2 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.



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

**Happy Hour:** Friday, March 4 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes. **Registration required.** *Sponsored by Waterford at Levis Commons. Zoom option available.*

**Now & Then:** Monday, March 7 at 12:30 p.m. **Topic:** Technology. Join us for a reminiscing discussion on how things are now compared to how they used to be. *Facilitated by Comfort Keepers.*

 **Texas Hold 'Em Tournament:** Monday, March 7 at 1 p.m.

**Breakfast Club:** Tuesday, March 8 at 9 a.m. Frisch's Big Boy (10705 Fremont Pike, Perrysburg). *Hosted by Judy Schlink. Breakfast cost on your own. Registration required.*



**Spring Bunny Upcycling Craft:**

Tuesday, March 8 at 12:45 p.m. We will make a bunny votive holder using a wine glass. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston of Perrysburg.*

**Hydration & UTIs:** Wednesday, March 9 at 12:15 p.m. *Presented by Angela Clabaugh, Promedica Senior Care.*

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

**How Much Do Hearing Aids Really Cost?**

Tuesday, March 15 at 12:15 p.m. Learn about the latest hearing aids and how to go about purchasing them. *Presented by Elliot Sells, The Hearing Center at The Little Clinic. Hearing aid screenings and cleaning will be provided from 10:45 a.m. - 12 p.m.*

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

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

**Trivia:** Monday, March 21 at 12:30 p.m. **Sponsored by Heritage Health Care/Manor of Perrysburg.**

**Movie Day:** Tuesday, March 22 at 12:45 p.m. **Feature: "Sing 2"** **Registration req.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

**Caregiver Support Group:** Thursday, March 24 at 10 a.m. The group provides resources and advice on the stresses 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.*

**Home Safety:** Thursday, March 24 at 12:30 p.m. Gather tips to age in place and stay safe at home. *Presented by Jessica Ricker, MSW, LSW, WCCOA*

**Hand & Foot Card Game:** Monday, March 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.

**Mardi Gras Party:** Tuesday, March 1 at 12 p.m. Dress up in your Mardi Gras colors and join the fun, you might find the baby in your king cake and become king or queen of Mardi Gras. *Sponsored by Devoted Health.*

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

**Miles & Minutes Awards:** Friday, March 4 at 1 p.m. Today we celebrate those who have worked hard at their fitness regimen and hand out awards and prizes to 3 dedicated folks. *Presented by Mary Tebbe, Site Manager.*

**We Are All Your Dear Friends & Relatives:** Tuesday, March 8 at 12:30 p.m. Spiritualism, or communicating with the dead, rose from obscurity on the exact date of March 31<sup>st</sup>, 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 Historical Museum.*

**Game Day:** Wednesday, March 9 at 12:30 p.m.  
*Hosted by Kingston of Perrysburg.*

**Home Safety:** Thursday, March 10 at 12:30 p.m. Aging in place within your home can require careful planning. We will speak about an at-home safety checklist, and local resources that are available to assist in being proactive with your safety. *Presented by Jessica Ricker, MSW, LSW, WCCOA.*



Go to [smile.amazon.com](http://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!

**Birthday Lunch:** Wednesday, March 16 at 12 p.m. *Cake sponsored by Waterford at Levis Commons.*

**Movie Star Trivia:** Wednesday, March 16 at 12:30 p.m. **Zoom option available.**

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

**Pies for Guys:** Friday, March 18 at 1 p.m. Gentlemen, join us for a little chit chat and a sweet treat. *Pies provided by The Waterford at Levis Commons.*



**Successful Seniors:** Thursday, March 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:** Duncan Hines.

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

**Who, What, Where?:** Tuesday, March 29 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, March 30 at 12:30 p.m. Jingo card and place holders will be provided. *Sponsored by Kingston of Perrysburg.*



## 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](http://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 from 10 a.m. - 12 p.m. Roll some strikes while playing against others or in a solo game. Come join us for this fun, active video game.

**Funny Fridays:** Fridays at 1 p.m. Get your chuckles out every Friday in March while we watch a (clean) comedy stand-up video.

**Bingo:** Thursday, March 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, March 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.

## How Much Do Hearing Aids Really Cost?

Tuesday, March 8 at 12:15 p.m. Learn about the latest hearing aids and how to go about purchasing them. *Presented by Elliot Sells, The Hearing Center at The Little Clinic. Hearing aid screenings and cleaning will be provided from 12:45 - 1:30 p.m.*

**Movie:** Wednesday, March 9 at 10 a.m.

**Feature:** "On Golden Pond"

## Blood Pressure & Blood Glucose Clinic:

Thursday, March 10 from 10 a.m. - 12 p.m.



## Spring Bunny Upcycling Craft:

Monday, March 14 at 10:30 a.m. We will make a bunny votive holder using a wine glass. All supplies and guidance with project will be provided.

**Registration required.** Sponsored by *Kingston Healthcare.*

**Emergency Preparedness:** Tuesday, March 15 at 12:45 p.m. If you lost your home in a disaster, what would you do? Where would you go? Do you have a plan? When disaster strikes, the key to your recovery is how well prepared you are. The Wood County EMA will be providing information on how to be best prepared if disaster strikes your family. *Presented by Jeff Klein, Director, Wood County Emergency Management.*

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

**Breakfast Club:** Thursday, March 17 at 9 a.m. **Location:** Panera Bread (1540 E. Wooster St., BG). **Breakfast cost on your own.** **Advanced registration required.**

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

**Name That Tune:** Tuesday, March 22 at 1:30 p.m. at 1:15 p.m. Can you guess these songs from the 50s, 60s and 70s? **Zoom option available.**

**Movie:** Wed., March 23 at 12:45 p.m. **Feature:** "The Curious Case of Benjamin Button" (2008).

**Mystery Game:** Monday, March 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.*

**Home Safety:** Tuesday, March 29 at 12:30 p.m. Aging in place within your home can require careful planning. We will speak about an at-home safety checklist, and local resources that are available to assist in being proactive with your safety. *Presented by Jessica Ricker, MSW, LSW, WCCOA.*

## The Mis-Origin of Historical Tradition, Part 4: The Legend of Holcomb Road:

Wednesday, March 30 at 12:15 p.m. Holcomb Road in Montgomery Township, Wood County enters what could be the largest, most ominous woods in the area. The history of this place is old and interesting. The true origin of the Urban Legend, told by teens for decades, is revealed. Was this the site of a horrible bus crash? *Presented by Mike McMaster, Wood County Museum.*

# 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.

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

**Coffee Chat:** Wednesday, March 2 at 12:30 p.m. Meet us at Miss Lily's (24174 Front St., Grand Rapids) for coffee, desserts and dialogue, *provided by Right at Home Health Care*. **Register w/ Senior Ctr.**

**Successful Seniors:** Tuesday, March 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:** JRR Tolkien.

**Who, What, Where:** Wednesday, March 9 at 11 a.m. Figure out who, what, or where, based on the clues provided. **This month:** Who am I? **Zoom option available.**

**Would You Rather Fitness:** Friday, March 11 at 11:45 a.m. A fun way to get some steps in!

**Spring Bunny Upcycling Craft:** Monday, March 14 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.** Sponsored by Kingston Healthcare.

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

**St. Patty's Day Party:** Thursday, March 17 at 12:30 p.m. Join us for themed treats, swag and a raffle! *Sponsored by Amada Senior Care.*

**Trivia Battle:** Friday, March 18 at 12:30 p.m.

**Masterworks of American Art:** Tuesday, March 22 at 12:15 p.m. Video series from *The Great Courses*. **This month's topic:** Art in the New World.

**Home Safety:** Wednesday, March 23 at 12:30 p.m. *Presented by Jessica Ricker, MSW, LSW, WCCOA.*

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

**Trivia:** Monday, March 28 at 12:30p.m., *Sponsored by Grand Rapids Care Center.*

**Driving Safety (Part 1):** Tuesday, March 29 at 12:30 p.m. *Presented by Sandy Wiechman, Coordinator, Safe Communities of Wood County.*

# 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:** Thursdays at 11 a.m. Join us for this educational video series from *The Great Courses*.

**Wii Bowling:** Fridays at 12:30 p.m.

**Donut Days:** Tuesday, March 1 & 15 at 11 a.m. *Sponsored by Wood Haven Health Care.*

**Mardi Gras Party:** Tuesday, March 1 at 12:30 p.m. Enjoy themed trivia and lots of beads!

**Friday Donuts:** Friday, March 4 at 10:30 a.m. 11 a.m. *Sponsored by Heritage Health Care*

**Exercise:** Mondays, March 7 & 21 at 11 a.m. *Led by video.*

**St. Patrick's Day Event:** Tuesday, March 8 at 12:15 p.m. *Sponsored by Wood Haven Healthcare.*

**Honeycomb Craft:** Wed., March 9 at 11 a.m. *Project supplies/guidance provided by Happy Camper Art Studio. Sponsored by Briar Hill.*

**Successful Seniors:** Monday, March 14 at 11 a.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Art Koff.

**Trivia Battle:** Thursday, March 17 at 12:30 p.m.

**Home Safety:** Friday March 18 at 12:30 p.m. Gather tips to age in place and stay safe at home. *Presented by Jessica Ricker, MSW, LSW, WCCOA.*

**Breakfast Club:** Tuesday, March 22 at 9:30 a.m. at McDonald's (North Baltimore). Breakfast cost on your own. **Registration required**

**Bingo:** Thursday, March 24 at 12:30 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Scattergories:** Monday, March 28 at 12:30 p.m. You will need a pencil and pad of paper to play. **Zoom option available.**

# 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.

**Euchre:** Wednesdays at 1 p.m. *Peer Lead*

**Puzzle It Out:** Fridays at 11 a.m. Enjoy some puzzles, coffee, and catching up as you work through our new collection of puzzles.

**Outsmart Yourself: Brain Based Strategies to a Better You:** Thursdays, March 3 & March 24

at 12:30 p.m. Enjoy this video series from The Great Courses for better living. Discussion to follow.

**Topic for March 3:** Eat Slow, Eat Small, Eat Smart.

**Topic for March 24:** The Myth of Multitasking.

**Fitness Fun:** Mondays, March 7 & 21  
at 11:15 a.m. *Lead by Video*.

**Spring Shindig:** Tuesday, March 8 at 1 p.m.  
Enjoy some treats and games as we hop into spring!  
*Sponsored by: Bowling Green Manor*

**Successful Seniors:** Wednesday, March 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:** Grandma Moses.

**Spelling Bee:** Monday, March 14 at 1 p.m.  
Put your spelling skills to the test!  
**Zoom option available.**

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

**Bingo:** Wednesday, March 16 at 1 p.m.  
*Participants must bring their own placeholders.*  
*Sponsored by St. Catherine's Manor Fostoria.*

**Breakfast Club:** Thursday, March 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. **Cost**  
**on your own. Register w/ Senior Center.**

**Trivia Battle:** Friday, March 18 at 12:30 p.m.  
Let's test our brains with a trivia competition against  
other senior centers in Wood County! We will zoom  
from the center to see other sites and challenge them.

**Home Safety:** Monday, March 28 at 12:30 p.m.  
Gather tips to age in place and stay safe at home.  
*Presented by Jessica Ricker, MSW, LSW, WCCOA.*

**Bingo:** Tuesday, March 29 at 1 p.m.  
*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, March 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 & BG.**

**Who, What, Where:** Wednesday, March 9  
at 11 a.m. Figure out who, what, or where, based on  
the clues provided. **This month:** Who am I?  
**In-person participation in Grand Rapids & BG.**

**Spelling Bee:** Monday, March 14 at 1 p.m.  
Put your spelling skills to the test!  
**In-person participation in Wayne & BG.**

**Nutrition & Aging:** Wednesday, March 16  
at 11 a.m. *Presented by McLaren St. Luke's Family  
Medicine.* **In-person participation in BG.**

**Movie Star Trivia:** Wed., Mar. 16 at 12:30 p.m.  
**In-person participation in Rossford & BG.**

**Consumer Fraud Presentation:** Tuesday,  
March 22 at 10:30 a.m. *See more info on page 7.*  
**In-person participation in BG.**

**Name That Tune:** Tuesday, March 22 at 1:30 p.m.  
Tune in for a live Zoom game of 'Name That Tune'  
with songs of the 50's, 60's and 70's.  
**In-person participation in Pemberville & BG.**

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

**Bingo:** Friday, March 25 at 1 p.m. *Cover-all prize  
sponsored by Devoted Health.*

**Scattergories:** Monday, March 28 at 12:30 p.m.  
Enjoy a friendly thought-provoking word game. You  
will need a pencil and pad of paper to play.  
**In-person participation in North Baltimore & BG.**

# Around the County, Events & Classes

## Art Therapy

Monday, March 28 from 1 - 3 p.m.  
**Wood County Senior Center**  
140 S. Grove Street, Bowling Green  
**Cost: \$10 (Supplies Provided)**



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, LPC, ATR-P.* **Registration required.** Sponsored by Amada Senior Care.

**This month's project:** Create your own nesting dolls, similar to that of a Matryoshka Russian nesting doll. We will be using wooden or cardboard cut-out dolls to decorate however you wish, in order to explore topics of self-identity. Plan to wear old clothes or a paint shirt if you would like to paint.

## Drawing/Intro to Charcoal

Wednesdays, March 2 - April 6 from 4:30 - 6:30 p.m.  
**Wood County Senior Center**  
**Cost: \$10 (Supplies Provided)**



Join this six-week course to enhance your skills and encourage mindfulness! Enjoy basic drawing exercises including drawing from observation, making shapes, creating contour lines, and shading forms within a composition. Participants will learn skills including creating variations of line blocking out shapes, working with positive and negative space, and shading. In the final weeks, participants will create original artwork. *Facilitated by Rae Phillips, Art Education Major, BGSU.* **Registration required.**

## Historical Literature Group

Wednesdays, March 2 - April 6 from 1 - 2 p.m.  
**Wood County Senior Center**

We will dive deeper into *The Beekeeper of Aleppo*, a novel by Christy Lefteri. (Available for loan through WCCOA.) This unforgettable novel puts human faces on the Syrian war with the immigrant story of a beekeeper, his wife, and the triumph of spirit when the world becomes unrecognizable.

During the first four sessions, we will analyze different aspects of the novel, and during the last two sessions, participants will be provided guidance to write their own stories of a personal journey.

*Facilitated by Shelby House, English Education Major, BGSU.* **Registration required.**

## LIVING WITH EARL



Tom Lambert

Tom Lambert is a Bowling Green, Ohio author of the books *Living with Earl* (2015) and *Dying with Earl* (2017). Tom will join us at this month's lunch and learn to discuss the process of writing a book. He will also read from his book *Living with Earl*.

**Synopsis:** Mark Twain seemingly transcends time, logic, and even death to reside with a 68-year-old man in an Ohio college town. How he arrived there and who he really is are the underlying questions never too far from his host's mind. His time with 'Tom' is humorous, thought provoking, memorable, and their bond and similarities unveil with every passing day as the key to his mystery is sought.

If you would like to read *Living with Earl* before the program, contact the Programs Department to loan a copy. Tom will also have books available for purchase when he joins us on March 18. The first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required by March 16.**



LivelyU Lifelong 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. **To learn more information and view the class offerings that will begin in March 2022, pick up a brochure at any Senior Center Locations!**

# 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. Reservations required.*

**March 4:** "Five Came Back" (1939)

*Starring Lucille Ball & Chester Morris.*

**March 11:** "Miss Grant Takes Richmond" (1949)

*Starring Lucille Ball & William Holden.*

**March 18:** "Forever Darling" (1956)

*Starring Lucille Ball & Desi Arnaz*

**March 25:** "Stone Pillow" (1985)

*Starring Lucille Ball*

## Toraigh

### **Traditional Irish Music**

Tuesday, March 15 from 4:30 - 5:30 p.m.

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

Join us for live Irish music with the band Toriagh (pronounced "Tory"). This Irish Gaelic word means "seek" or "search", and represents the search for great times by bringing people together with the lively, toe-tapping, and heart-warming traditional music of Ireland. **Band Members:** Bob Midden & Kathy Moss from Bowling Green, Chuck Boyer from Toledo, and Marty Brogan from Perrysburg. *Sponsored by Devoted Health.*

## Guiding Pathways

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

### **Wood County Senior Center**

140 S. Grove St, Bowling Green

Fridays, March 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, March 9

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

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

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

This respite program is designed for those with early- to moderate-stage memory loss.

**Programming includes:** art, science, socialization, small group games, exercise, and meditation.

**Register at least one week prior to each session** by calling the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@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](mailto:programs@wccoa.net). For more information, please call 419.353.5661 or 800.367.4935

# Around the County, Events & Classes



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.

**March Menu:** Black-eyed pea mushroom burger with homemade garlic aioli on a brioche bun and coleslaw

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

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

*\*No refunds will be available after Wednesday, March 23.*

## Mental Health First Aid

Wednesday, April 27 from  
8:30 a.m. - 4:30 p.m.

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

Mental Health First Aid is a training that will teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. You will learn common signs and symptoms of mental illness and substance use, how to interact with a person in crisis, and how to connect the person with help. *Facilitated by Jessica Schmitt-Hartman & Courtney Rice, National Alliance on Mental Illness (NAMI) Wood County.*

**Registration required** by calling 419.353.5661 or 1.800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)



**A MATTER OF  
BALANCE**  
MANAGING CONCERN'S ABOUT FALLS

Tuesdays, April 5 - May 24 from 1 - 3 p.m.

**Wood County Senior Center**  
140 S. Grove Street, Bowling Green  
**Cost: \$15**

During this 8-week class, participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

**For more information, contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)**



**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](mailto: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. ***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.

## March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beef Fajita Strips Tacos OR Turkey Taco</b> black beans and tomatoes, lettuce and pears	<b>1</b> <b>Cube Steak OR Almond Fish</b> scalloped potatoes, coleslaw, rosy applesauce, lemon meringue pie	<b>2</b> <b>Spaghetti &amp; Meatballs OR Chicken Alfredo</b> Midori vegetables, heritage slaw, banana, sherbet	<b>3</b> <b>Sloppy Joe OR Salmon Burger</b> roasted sweet potatoes, bean salad, fruit cocktail, Rice Krispy treat	<b>4</b>
<b>Chicken a la King or Swedish Meatballs</b> rice, brussel sprouts, peaches & pears, fruit juice	<b>7</b> <b>Chef Salad with Ham or Chicken Salad</b> potato salad, cranberry Jell-O salad, blueberry muffin	<b>8</b> <b>Stuffed Pepper or Chicken Macaroni Casserole</b> winter blend vegetables, grapes, peach crunch	<b>9</b> <b>Stuffed Chicken Breast w/Broccoli or Liver and Onions</b> redskin mashed potatoes, citrus slaw, cinnamon applesauce, pineapple upside down cake	<b>10</b> <b>Plantation Supper or Lemon Pepper Cod</b> riviera blend vegetables, Texas caviar bean salad, orange, lemon bar
<b>Chipped Beef or Creamed Chicken</b> mashed potatoes, black-eyed Susan salad, buttered carrots, chocolate pudding	<b>14</b> <b>Hamburger Pie or Smoked Sausage</b> squash, emerald pears, angel food cake with strawberries & blueberries	<b>15</b> <b>Birthday Lunch! Hamloaf</b> corn, marinated vegetable salad, mandarin orange salad, cake & ice cream	<b>16</b> <b>Reuben Casserole or Chicken Breast</b> mixed vegetables, fruit lime Jell-O, green apple, brownie	<b>17</b> <b>Cream of Potato Soup or Vegetable Soup</b> egg salad, celery sticks with peanut butter, orange sections
<b>Cabbage Roll or Veal Patty</b> mixed vegetables, carrot sticks, mandarin orange and grapes	<b>21</b> <b>Blacked-Eyed Pea Hash or Chicken Dumplings</b> french green beans, cabbage apple raisin salad, peaches, pecan pie	<b>22</b> <b>Pepper Steak or Chicken Teriyaki</b> rice, lima beans, tossed salad, apricots	<b>23</b> <b>Turkey Pot Roast or Meat &amp; Bean Chili</b> broccoli salad, corn bread, banana, fruit sorbet	<b>24</b> <b>Scalloped Potatoes with Ham or Cheese Manicotti</b> Sicilian blend vegetables, pickled beets, garlic bread, baked apples
<b>Chicken Cordon Bleu or Liver and Onions</b> small whole potatoes, mixed fruit, orange juice, gingerbread cake	<b>28</b> <b>Italian Lasagna or BBQ Chicken Breast</b> peas & carrots, potato salad, mandarin oranges with Jell-O	<b>29</b> <b>Calico Beans or Chicken Tenders</b> Nantucket blend vegetables, spinach salad, berry blend with yogurt & granola	<b>30</b> <b>King Ranch Chicken Casserole or Pork Chop</b> Italian green beans, cauliflower and peanut salad, pineapple, frozen yogurt	

## 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 entree.*

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.

### March 2022

Tuesday	Wednesday	Thursday
<b>Sweet &amp; Sour Meatballs</b> rice, oriental blend vegetables, fresh fruit cup, blueberry crisp	<b>1 Vegetable Lasagna</b> mixed vegetables, Caesar salad, berry blend with pound cake	<b>2 BBQ Chicken Breast</b> 3 small whole potatoes, Prince Charles vegetable blend, cantaloupe, brownie
<b>Birthday Dinner!</b> <b>Oven Roasted Chicken</b> baked potato, brussel sprouts, fruit Jell-O, cake & ice cream	<b>8 Salad w/beef, egg and cheese</b> cauliflower salad, grapes, breadstick, sherry strudel dessert	<b>9 Ham &amp; Potato Soup</b> 10 waldorf salad, cornbread, tomato juice, banana, cookie
<b>Corned Beef</b> boiled potatoes, cooked cabbage & carrots, emerald pears, Irish cream pie	<b>15 Country Fried Steak</b> 16 mashed potatoes, European blend vegetables, peach cobbler	<b>17 Tilapia</b> rice pilaf, corn, apple, ambrosia salad
<b>Pomodoro Chicken</b> wild rice, peas, marinated vegetable salad, melon, cookies	<b>22 Breakfast Dinner</b> 23 pancakes, sausage links, hash browns, citrus sections, baked apples	<b>24 Roast Beef</b> potato cheese bake, lima beans, mandarin oranges & grapes, lemon cream pie
<b>Bratwurst</b> mashed potatoes, sauerkraut, melon, carrot cake	<b>29 BBQ Beef Sandwich</b> ranch fries, coleslaw, mixed fruit, cracker pudding	<b>30 Chicken Lasagna</b> 31 Carrots, tossed salad, garlic bread, cherry cobbler

# Dinner Menu

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

**Drawing/Intro to Charcoal:** Wednesday, March 2 - April 6 from 4:30 - 6:30 p.m. *Facilitated by Rae Phillips, Art Education Major, BGSU. Registration required. See more info on page 14.*

**Science of Natural Healing:** Tuesday, March 8 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** Food Sensitivity & the Elimination Diet. Discussion to follow.

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

**Traditional Irish Music:** Tuesday, March 15 at 4:30 p.m. *See more info on page 14.*

**Karaoke:** Wednesday, March 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.*

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Visit our website at <http://friendsofwccoa.com/>

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ON  
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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. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). 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. *Access to the newsletter is also available by email and on the WCCOA website.*

## WCCOA SENIOR CENTER LOCATIONS

<b>Grand Rapids Area Senior Center</b> , 23019 Kellogg Road, Grand Rapids, Ohio 43522	419.601.1896
Monday through Friday 10 a.m. to 2 p.m.	
<b>North Baltimore Area Senior Center</b> , 514 W. Water Street, North Baltimore, Ohio 45872	419.257.3306
Monday through Friday 10 a.m. to 2 p.m.	
<b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465	567.249.4921
Monday through Friday 8:30 a.m. to 4:30 p.m.	
<b>Pemberville Area Senior Center</b> , 220 Cedar Street, Pemberville, Ohio 43450	419.287.4109
Monday through Friday 10 a.m. to 2 p.m.	
<b>Perrysburg Area Senior Center</b> , 140 W. Indiana Avenue, Perrysburg, Ohio 43551	419.874.0847
Monday through Friday 8:30 a.m. to 4:30 p.m.	
<b>Rossford Area Senior Center</b> , 400 Dixie Highway, Rossford, Ohio 43460	419.666.8494
Monday through Friday 8:30 a.m. to 4:30 p.m.	
<b>Wayne Area Senior Center</b> , 202 E. Main Street, Wayne, Ohio 43466	419.288.2896
Monday through Friday 10 a.m. to 2 p.m.	
<b>Wood County Senior Center</b> , 140 S. Grove Street, Bowling Green, Ohio 43402	419.353.5661
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.	800.367.4935