

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
MAY 2022

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# Your County Connection

## Enjoy, Enrich, Explore This Season of Life

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



**Open House**  
***In Recognition of***  
***Older Americans Month***  
Thursday, May 19 from 4:30 - 6:30 p.m.  
**Wood County Senior Center**

**Welcome!** We invite you to experience the Wood County Committee on Aging/Wood County Senior Center as we share a glimpse of our programs, services, and classes. This event is open to anyone interested in learning more about what our eight senior centers offer to serve the older adults and families of Wood County.

### Some of our featured services at the event will include:

- ☐ Lunch & dinner services
- ☐ Home delivered meals
- ☐ Fitness classes
- ☐ Art programs
- ☐ LivelyU Lifelong Learning Academy
- ☐ Technology loans & assistance
- ☐ Social services
- ☐ Medical transportation
- ☐ Volunteer opportunities

Meet and connect with staff, volunteers, class instructors and active participants to learn more and get your questions answered.

Free balance screenings will be available during the event provided by BGSU's Physical Therapy Department. *Spaces are limited.*

**Registration is not required for this event.** If you would you like to join us for dinner, make your reservation by 2 p.m. on May 19. Dinner is served from 5:30 - 6:30 p.m.

***We can't wait to show you everything WCCOA has to offer!***



*The power to make it better.*

## AARP Driver Safety Program

Thursday, June 23 from 12:30 - 5 p.m.  
**Wood County Senior Center**

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

### Our Smart Driver course will help you:

- Receive a multi-year discount on your auto insurance.\*
- Refresh your driving skills and your knowledge of the rules — and hazards — of the road.
- Reduce your chances of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.  
**Registration required by calling 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

*\* Inquire with your insurance company for discount eligibility.*



# 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	June 15	1-3 p.m.
Wood County Senior Center	June 29	1-3 p.m.

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

## Memory Chat

**Wednesday, May 18**

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

**Location: Wood County Senior Center**

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

***\*Please note the April Cholesterol Clinics have been canceled.***

**Appointment and pretest instructions required. No appointments will be made until April 15 and after.** 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	May 4, 20, 24	9-11 a.m.
Perrysburg	May 10, 27	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
Perrysburg	Sept. 1	2-4 p.m.
Bowling Green	June 9	4-6 p.m.

## Blood Pressure & Blood Glucose Clinics

*No appointment or charge for blood pressure screenings. \$1 fee for blood glucose screenings.*

*\*SMD=Self-Monitoring Device*

Clinic Site	Date	Time
North Baltimore	May 3	10-12 p.m.
Wayne	May 5	10-12 p.m.
Perrysburg	May 10 *SMD	10-12 p.m.
Pemberville	May 12	10-12 p.m.
Bowling Green	May 13	10-12 p.m.
Walbridge	May 17	10-12 p.m.
Grand Rapids	May 19	10-12 p.m.
Rossford	May 26	10-12 p.m.



# WCCOA Support Groups

## Caregiver Support Group

**Monday, May 9 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, May 26 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 17.*

## Grasping Your Grief

**Wednesdays, May 4 & 18 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.* **New attendees must pre-register; please call ahead at 419.353.5661 or 800.367.4935**

## 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

**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

**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

**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

## Grandparents Raising Grandchildren Support

Offered by the Wood County Educational Service Center at Lake & Bowling Green Schools monthly.  
**Contact:** Sara Nidiffer for date & registration info at 419.409.2087 or [snidiffer@wcesc.org](mailto:snidiffer@wcesc.org)

## Parkinson's Caregiver Support

**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 Support

**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, May 4 - June 8 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, May 19 - June 23 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 Bowling Green Manor.*

## Delay the Disease Cost: \$20

*Wednesdays, May 25 - June 29 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, May 25 - June 29 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 & 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: May 9 - June 27 at 10:30 a.m.*  
*(No class May 30 & June 20)*  
*Tuesday Session: April 26 - May 31 at 10:30 a.m.*  
*Thursday Session: May 12 - June 16 at 11 a.m.*  
 Intermediate flow movements, stretch, and relaxation. *Caroline Dickinson, Certified Instructor.*

## Tai Chi Cost: \$60

*Wednesdays, April 13 - May 18 at 4:30 p.m.*  
*Next session: May 25 - June 29*  
 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, May 12 - June 30 at 5 p.m.*  
*(No class May 19 & June 23)*  
 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 Classic Cost: \$20\*

*Wednesdays, April 13 - May 18 at 10 a.m.*  
*Next session: May 25 - June 29*  
*Sheila Brown, Certified Instructor.*

## SilverSneakers Strength & Balance Cost: \$20\*

*Fridays, April 22 - May 27 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 include 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.** *April's featured movies can be found on page 19.*

**American Military History:** Mondays, May 2 & 16 at 11 a.m. Video series from *The Great Courses* followed by a group discussion. **This month's topics:** Knocking Iraq Out of Kuwait; Balkan Wars: Bosnia and Kosovo  
**Video Presenter:** Gen. Wesley Clark (Ret.).

**Staff Pick Movie:** Monday, May 2 at 1 p.m. What will this month's movie be? We'll give you a few clues. **Genre:** Drama/Crime. **Year:** 1967. **Synopsis:** A laid back Southern man is sentenced to two years in a rural prison, but refuses to conform. **Registration required.** *This month's movie was selected by Jason Miller, Manager of Human Resources, WCCOA.*

**Puzzle Swap:** Tuesday, May 3 at 12:30 p.m.  
 Join us for an opportunity to trade puzzles and gather some gently used ones to try at home. *Be sure to check that your puzzles have all of their pieces.*

**Civil War Miniseries:** Starting on Tuesday, May 3 at 1 p.m. To continue on various dates throughout the month of May. **Registration required.** *More information and dates can be found on page 18.*

**The Bob Ross Experience Painting Class:** Wednesday, May 4 **OR** Thursday, May 5. **Registration required.** *Details about this specialty art class can be found on page 17.*

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

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

**Cinco de Mayo Celebration:** Thursday, May 5 at 2:30 p.m. Explore the traditions of Cinco de Mayo while learning its history and partaking in festive snacks and mocktail margaritas. *Facilitated by Linda Gutierrez, Ohio Living.* **Registration required.**



**Happy Hour:** Friday, May 6 at 12:30 p.m. Snacks sponsored by Waterford at Levis Commons. **Zoom option available.**

**Musical Monday:** Mondays, May 9 & 16 at 1 p.m. **Features:** 'Mamma Mia!' (May 9) & 'Mamma Mia! Here We Go Again' (May 16). **Movie 1 Synopsis:** The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. **Movie 2 Synopsis:** Five years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

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

**Guitar Circle:** Wednesdays, May 11 & 25 at 11:30 a.m. Interested participants will vary from beginner to intermediate players with the goal of creating a supportive environment for musicians to take turns sharing their knowledge and songs. Any player with a string instrument can join these sessions. **Initial registration required for first time participants.** *Sessions assisted by John Zanfardino.*



**Quick Recipes:** Wednesday, May 11 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! **Registration required.** *Facilitated by Bowling Green Manor.*

**Who, What, Where Trivia:** Thursday, May 12 at 12:30 p.m. Figure out who, what or where based on the clues provided. **Zoom option available.**

# Wood County Continued...



**T-Shirt to Tote Bag Craft:** Thursday, May 12 at 2:30 p.m. All supplies and guidance with project will be provided. **Registration required.** Sponsored by Kingston HealthCare.

## **Blood Pressure & Blood Glucose Clinic:**

Friday, May 13 from 10 a.m. - 12 p.m. No appointment required. *No charge for blood pressure screenings. \$1 fee for blood glucose screenings. Facilitated by Denise Kaminski, RN, WCCOA.*

**Coffee Crew:** Monday, May 16 at 10 a.m.

**Location:** Meet at Grounds for Thought (174 S. Main Street, Bowling Green). A coffee to get you through the day, and a crew to enjoy it with! **Registration required.** Coffee sponsored by Assurance Health. Host: Sarah Marsh.

**Ancestry Research Group:** Monday, May 16 at 2 p.m. Share ideas, plans and outcomes of your latest genealogical research. All participants are encouraged to bring along their own research methods, portable devices, and materials to explore who and where you came from through photos, stories and historical records.

**Brain Training:** Tuesday, May 17 at 9 a.m.

Video series from *The Great Courses* followed by a group discussion. **Registration required by May 13.** Breakfast provided by Brookdale of Bowling Green. **This month's topic:** Parkinson's Disease and Stroke. **Video Presenter:** Thad A. Polk, Ph.D.

**Teaching Kitchen:** Tuesday, May 17

from 11 a.m. - 12 p.m. Join us for a Teaching Kitchen Class by BGSU Dining. May's menu will include strawberry rhubarb pie with scratch made crust. **Registration required by Thursday, May 12.** **Cost: \$15**, due upon registration. See more info on page 18.

**Name That Tune:** Tuesday, May 17 at 1:30 p.m. TV theme songs from the 50s, 60s and 70s. **Zoom option available.**

**Science of Natural Healing:** Tuesday, May 17 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Treating High Blood Pressure Naturally. **Video Presenter:** Dr. Mimi Guarneri.

## **Abuse & Exploitation Prevention:**

Wednesday, May 18 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine. Zoom option available.*

**Movie Star Trivia:** Wednesday, May 18 at 12:30 p.m. **Zoom option available.**

**Romantic Comedy Movies:** Wednesdays, May 18 & 25 at 1:15 p.m. **Registration required.** Hosted by David Love.

**Karaoke:** Wednesday, May 18 at 4:30 p.m.

Join in for some pre-dinner music with no pressure! This low-key group prefers a "sing-a-long" format!

**Tranquil Coloring:** Thursday, May 19 at 1 p.m. Enjoy an afternoon of mindfulness with relaxing music, meditative coloring and the company of others who share similar interests. Coloring Pages and Pencils provided for the sessions. *Facilitated by Jan Chilcote.*

**Open House:** Thursday, May 20 from 4:30 - 6:30 p.m. *See details on the front page!*

**Lunch & Learn:** Friday, May 20 at 12 p.m.

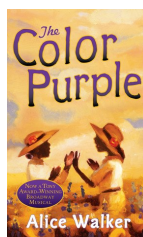
**This month:** Meet at Myla Marcus Winery in Bowling Green. The first 20 registered will receive lunch provided by Waterford at Levis Commons! **Registration required.** See more info on page 16.

**Art Therapy:** Monday, May 23 from 1 - 3 p.m.

**This month's project:** Words of Healing. **Cost: \$10.** **Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See more info on page 16.

**Brain Games:** Wednesday, May 25 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

**Acrylic Painting Class:** Wednesday, May 25 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5.** **Registration required.** Hosted by Leslie Miller.



**Reader's Café:** Tuesday, May 31 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting May 2) then join together to watch the film on the last Tuesday of the month. **Feature:** *The Color Purple* by Alice Walker.

**See the complete cards and games schedule on page 15!**  
**Billiards & Movie Rooms available by request, Monday through Friday.**

# 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.*

**Wii Bowling:** Thursdays at 12:30 p.m. Also available upon request!

**SilverSneakers Classic on Zoom:**

Wednesdays, April 13 - May 18 at 10 a.m. *The next session will run from May 25 - June 29.* 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.**

**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.

**Left, Right, Center:** Mondays, May 2 & 16 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

**Bingo:** Tuesday, May 3 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes & Crematory.*

**Ghosts of Digby:** Wednesday, May 4 at 12:15 p.m. A ghost town, on top of a ghost town, on top of a ghost railroad, on top of a ghost road; learn about the history of Digby Road and how this place has changed over time. *Presented by Mike McMaster, Wood County Museum.*

**Mother's Day Celebration:** Friday, May 6 at 12 p.m. Honoring all mothers with carnation flowers and sweet treats for all. *Carnations sponsored by Devoted Health, Treats sponsored by Walker Funeral and Kingston HealthCare.*

**T-Shirt to Tote Bag Craft:** Friday, May 6 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**Trivia:** Monday, May 9 at 12:15 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health & Hospice.*

**Knitting & Crocheting:** Monday, May 9 at 12:30 p.m. Bring your latest project or come ready to start a new one! Bring your own supplies.

**Dominoes:** Tuesdays, May 10 & 31 at 12:30 p.m.

**Menu Chat:** Wednesday, May 11 at 12:15 p.m. *Angie Bradford, Director of Food Service, WCCOA* will be here to discuss her requirements in the menu-making process and get your ideas for upcoming menus.

**Walbridge Talk:** Thursday, May 12 at 12:15 p.m. Learn more about your community with Mayor Ed Kolanko.

**Blood Pressure & Blood Glucose Clinic:** Tuesday, May 17 from 10 a.m. - 12 p.m.

**Bingo:** Tuesday, May 17 at 12:30 p.m. *Participants must bring their own place holders. Prizes sponsored by The Commons.*

**Birthday Lunch:** Wednesday, May 18 at 12 p.m. *Cake sponsored by Kingston.*

**Movie:** Wednesday, May 18 at 12:30 p.m.

**Feature:** "The Proposal" (2009). **Genre:** Romantic Comedy **Synopsis:** A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada.

**Successful Seniors:** Thursday, May 19 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.

**100 Pin Wii Bowling:** Mon., May 23 at 12:30 p.m.

**Bunco:** Tuesday, May 24 at 12:30 p.m. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, May 25 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

**Emergency Safety:** Thursday, May 26 at 12:30 p.m. Learn more about severe weather and building safety. *Presented by Wood County Emergency Management Agency.*



# 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.

**SilverSneakers Yoga:** Mondays, May 2 - June 13 at 11 a.m. *No class May 30.* **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.**

**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.*

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

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

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

**Now & Then:** Monday, May 2 at 12:30 p.m.  
**Topic:** Weekend Adventures. 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, May 2 at 1 p.m.



**T-Shirt to Tote Bag Craft:** Tuesday, May 3 at 1 p.m. All supplies and guidance with project will be provided.  
**Registration required.** *Sponsored by Kingston HealthCare.*

**Successful Seniors:** Wednesday, May 4 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.

**Euchre Tournament:** Thursday, May 5 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, May 6 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments with a bit of trivia, riddles, and jokes. **Reg required.** *Snacks sponsored by Waterford at Levis Commons.* **Zoom option available.**

**Muffins for Mom:** Monday, May 9 at 12:30 p.m.  
*Sponsored by ProHealth.*

**Pinocle Tournament:** Monday, May 9 at 12:45 p.m. **Registration required.**

**Breakfast Club:** Tuesday, May 10 at 9 a.m.  
**Location:** Frisch's Big Boy (10705 Fremont Pike, Perrysburg). *Hosted by Judy Schlink.* **Breakfast cost on your own.** **Register with the Senior Center.**

**Bingo:** Tuesday, May 10 at 12:45 p.m.  
*Participants must bring own placeholders.*  
*Sponsored by Waterford at Levis Commons.*

**Tornado Safety:** Wednesday, May 11 at 12:15 p.m. *Presented by Erin Konecki & Jeff Klein, Wood County Emergency Management Agency.*

**Trivia:** Monday, May 16 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Cupcakes sponsored by Heritage Health Care/Manor of Perrysburg.*

**Left, Right, Center:** Thursday, May 19 at 12:45 p.m. *Sponsored by Kingston of Perrysburg*

**Stroke Awareness:** Friday, May 20 at 12:15 p.m.  
*Presented by Angela Clabaugh, ProMedica Senior Care.*

**Hand & Foot Card Game:** Monday, May 23 at 12:45 p.m. **Registration required.**

**Movie Day:** Tuesday, May 24 at 12:45 p.m.  
**Feature:** "Marry Me" (2022). **Registration required.**  
*Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

**Caregiver Support Group:** Thursday, May 26 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.*

# Rossford

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

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

**Trivia:** Wednesday, May 4 at 12:30 p.m.  
*Hosted by Manor at Perrysburg.*

**Mother's Day Tribute:** Friday, May 6  
at 12:30 p.m. Join us as we pay tribute to all the Mom's out there. *Flowers courtesy of Manor at Perrysburg.*

**Game Day:** Wednesday, May 11 at 12:30 p.m.  
*Hosted by Kingston of Perrysburg.*

**Safe Drug Disposal Presentation:** Thursday, May 12 at 12:30 p.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 Coordinator, ARC & Deputy Kaleb Smith, ARC.*

**Pies for Guys:** Friday, May 13 at 1 p.m.  
Gentlemen, join us for a little chit chat and a sweet treat. *Pies provided by Waterford at Levis Commons.*



**Menu Chat:** Monday, May 16 at 12:30 p.m.  
*Angie Bradford, Director of Food Service, WCCOA* will be here to discuss her requirements in the menu-making process and get your ideas for upcoming menus.

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, May 18  
at 12:30 p.m. **Zoom option available.**

**Bingo:** Thursday, May 19 at 12:30 p.m.  
*Participants must bring their own placeholders. Prizes sponsored by The Commons.*



**Spring Tea Party:** Friday, May 20  
at 12:30 p.m. Bring a special tea cup along and share its story. The theme of this party is "Refined as Silver."

*Hosted by Kingston of Perrysburg. Gift basket provided by Rehabilitation Hospital of NWO.*

**Noodle Drum Exercise:** Monday, May 23  
at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.

**Jingo:** Wednesday, May 25 at 12:30 p.m.  
Jingo card and place holders will be provided.  
*Sponsored by Kingston of Perrysburg.*



**Successful Seniors:** Thursday, May 26 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.

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, May 26 from 10 a.m. - 12 p.m. No appointment required. *No charge for blood pressure screenings. \$1 fee for blood glucose screenings.*  
*Facilitated by Denise Kaminski, RN, WCCOA.*

**Darts:** Friday, May 27 at 1 p.m.

**Living in the American Old West (Part 2):**  
Tuesday, May 31 at 12:30 p.m. A look back in time to what it was like in the old west; the good, the bad and the ugly. Part 2 features food and clothing.  
*Presented by Heather Greeno, Wood Haven Health Care.*

**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 purchases to WCCOA!

If you have trouble finding us, you may also visit **<http://smile.amazon.com/ch/47-5225964>** to find WCCOA directly!

# 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.

**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 11 a.m. *Led by video.*

**Bridge:** Thursdays from 9 a.m. - 12 p.m. Please call for details on joining. **Registration required.**  
*Organized by Marilyn Bowlus.*

**Wii Bowling:** Fridays from 10 a.m. - 12 p.m.  
Come join us for this fun, active video game.

**Minutes with the Mayor:** Monday, May 2 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and offerings.

**Movie:** Wednesday, May 4 at 12:45 p.m.  
**Feature:** "Steel Magnolias" (1989). **Genre:** Comedy/Drama/Romance. **Synopsis:** A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and adventures.

**Bingo:** Thursday, May 5 at 12:45 p.m.  
*Participants must bring their own placeholders. Prizes provided by Bowling Green Manor.*

**Mother's Day Carnations:** Friday, May 6 at 12:45 p.m. Carnations will be given in honor of Mother's Day. Participants will be encouraged to share stories about their own mother or of being a mother. *Sponsored by Otterbein.*

**T-Shirt to Tote Bag Craft:** Monday, May 9 at 10:30 a.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**Successful Seniors:** Monday, May 9 at 12:15 p.m.  
Each month we will explore an individual who has reached incredible success after age 60.  
**This month's feature:** Duncan Hines.

**Fort Portage:** Wednesday, May 11 at 12:15 p.m.  
Although described at the time as, "a place of not much importance," Fort Portage played a role in forging a trail through Wood County's Great Black Swamp. Learn about this largely forgotten historic site in Wood County during the War of 1812 and how it has survived in modern memory. *Presented by Mike McMaster, Wood County Museum.*

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, May 12 from 10 a.m. - 12 p.m. No appointment required. *No charge for blood pressure screenings. \$1 fee for blood glucose screenings. Facilitated by Denise Kaminski, RN, WCCOA.*

**Funny Friday:** Friday, May 13 at 1 p.m.  
Get your chuckles out while we watch a (clean) comedy stand-up video.

**Trivia:** Monday, May 16 at 12:45 p.m.  
*Hosted by Bridge Home Health & Hospice.*

**Name That Tune:** Tuesday, May 17 at 1:30 p.m.  
TV theme songs from the 50s, 60s and 70s.  
**Zoom option available.**

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein Pemberville.*

**Breakfast Club:** Thursday, May 19 at 9 a.m.  
**Location:** Country Farmhouse (117 E. Main Street, Wayne). **Breakfast cost on your own. Register with the Senior Center.**

**Trivia Battle:** Friday, May 20 at 1 p.m.  
Let's test our brains with a trivia competition against other Senior Centers in Wood County! *Prize sponsored by Rehabilitation Hospital of NWO.*

**Mystery Game:** Monday, May 23 at 12:45 p.m.  
Come enjoy a variety of games with us...could be Bingo, Left Right Center, Jingo or whatever Stephanie brings! *Facilitated by Kingston HealthCare.*

**Movie:** Wednesday, May 25 at 12:45 p.m.  
**Feature:** "The Odd Couple" (1968). **Genre:** Comedy. **Synopsis:** A New Yorker newly separated from his wife moves in with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day.

**History of the Barn Quilt Trail:** Thursday, May 26 at 12:45 p.m. The Ohio quilt trail is "ground zero" for the barn quilt movement. Barn quilts tell stories about individual farms, historical events or communities while also adding visual interest to the countryside. *Presented by Kim Thomas.*





# 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.

**Birthday Acknowledgements:** Monday, May 2 at 12:30 p.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center.  
*Sponsored by Deck-Hanneman.*

**Coffee Chat:** Wednesday, May 4 at 12:30 p.m. Join us for coffee, desserts and dialogue about current events, *provided by Right at Home Health Care.*

## The Mis-Origin of Historical Tradition

**(Part 2):** Friday, May 6 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.*

## T-Shirt to Tote Bag Craft:

Monday, May 9 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*



**Mother's Day Celebration:** Wednesday, May 11 at 12:30 p.m. Join us for treats and flowers for each mother as we celebrate this special day.  
**Registration required by May 4.** *Sponsored by Deck Hanneman.*

**Who, What, Where Trivia:** Thursday, May 12 at 12:30 p.m. Figure out who, what or where based on the clues provided. **Zoom option available.**

**Would You Rather Fitness:** Friday, May 13 at 11:45 a.m. Join us for a light and fun way to get some steps in!



**Successful Seniors:** Tuesday, May 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:** Grandma Moses.

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Birthday treats and birthday gifts sponsored by Bowling Green Manor.*

## Blood Pressure & Blood Glucose Clinic:

Thursday, May 19 from 10 a.m. - 12 p.m. No appointment required. *No charge for blood pressure screenings. \$1 fee for blood glucose screenings. Facilitated by Denise Kaminski, RN, WCCOA.*

**Walking Club:** Thursday, May 19 at 11 a.m. Each month we will enjoy the summer weather while getting a little exercise!

**Trivia Battle:** Friday, May 20 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Prize sponsored by Rehabilitation Hospital of NWO.*

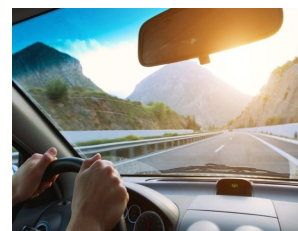
**Trivia:** Monday, May 23 at 12:30 p.m.  
*Sponsored by Grand Rapids Care Center.*

**Walking Trip:** Wednesday, May 25 at 11 a.m. Meet us at Grand Rapids Park (Carp Street, Grand Rapids) to explore the local natural sites along the river.

**Sponsored Bingo:** Thursday, May 26 at 10:30 a.m. Come enjoy this senior favorite with us.  
*Prize sponsored by Kingston of Perrysburg.*

**Hobby Corner:** Friday, May 27 at 12:30 p.m. Come and enjoy conversation while doing your favorite hobby! Please bring all supplies needed for hobby.

**Driving Safety (Part 3):** Tuesday, May 31 at 12:30 p.m. Join us for this presentation and leave with a few tips to keep you safe on the road. *Presented by Sandy Wiechman, BGSU Safe Communities Coordinator.*



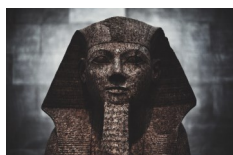
# North Baltimore

**\*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.

**Exercise:** Mondays at 10:15 a.m.  
*Led by video.*

**Ancient Egypt:** Thursdays at 1 p.m. Join us for this educational video series from *The Great Courses*.



Learn about the history of ancient Egyptian civilization with course instructor Bob Brier, Ph.D. We will hold a group discussion following each 30-minute video.

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

**Blood Pressure & Blood Glucose Clinic:**

Tuesday, May 3 from 10 a.m. - 12 p.m. No appointment required. *No charge for blood pressure screenings. \$1 fee for blood glucose screenings. Facilitated by Denise Kaminski, RN, WCCOA.*

**Donut Days:** Tuesdays, May 3 & 17 at 11 a.m.  
*Sponsored by Wood Haven Health Care.*

**Friday Donuts:** Friday, May 6  
at 10:30 a.m. *Sponsored by Heritage Health Care.*

**Flowers for Mom:** Friday, May 6  
at 12 p.m. All mothers attending lunch will receive a flower! **Registration required.** *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Breakfast Club:** Tuesday, May 10 at 9:30 a.m.  
**Location:** McDonald's (12776 Deshler Road, North Baltimore). **Breakfast cost on your own. Register with the Senior Center.**

**May Trivia & Treats:** Tuesday, May 10  
at 12:15 p.m. Fun trivia and treats in honor of Spring!  
*Sponsored & presented by Wood Haven Health Care.*



**May Wild Flowers Painting Craft:** Wednesday, May 11  
at 11 a.m. **Registration required.**  
*Project supplies and guidance provided by Happy Camper Art Studio. Sponsored by Briar Hill Health Campus.*

**Successful Seniors:** Monday, May 16 at 11 a.m.  
Each month we will explore an individual who has reached incredible success after age 60.  
**This month's feature:** David Murdock.

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Cake sponsored by Briar Hill Health Campus.*

**Trivia Battle:** Friday, May 20 at 12:30 p.m.  
Let's test our brains with a trivia competition against other senior centers in Wood County! *Prize sponsored by Rehabilitation Hospital of NWO.*

**Menu Chat:** Monday, May 23 at 12:15 p.m.  
*Angie Bradford, Director of Food Service, WCCOA* will be here to discuss her requirements in the menu making process and get your ideas for upcoming menus.

**Bingo:** Thursday, May 26 at 12:30 p.m.  
*Prizes sponsored by Bridge Home Health & Hospice.*

**Facebook Hacking vs. Impersonation:**  
Tuesday, May 31 at 12:15 p.m. This presentation will cover the difference between hacking and being impersonated on Facebook, what to do if YOU are the victim, and what to do if one of your friends is the victim. *Presented by Rita Brieschke, Program & Technology Specialist, WCCOA.*



## 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



# 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:** Thursdays at 1:15 p.m.

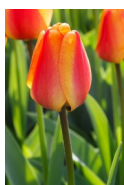
**Puzzle It Out:** Fridays at 11 a.m. Enjoy some puzzles, coffee, and catching up as you work through our new collection of puzzles.

**Fitness Fun:** Mondays, May 2 & 16 at 11:15 a.m.  
*Led by video.*

**Outsmart Yourself: Brain Based Strategies to a Better You:** Tuesdays, May 3 & 31 at 12:30 p.m. Enjoy this video series from *The Great Courses* for better living. Discussion to follow.

**Topics: May 3:** Tune Up Your Brain with Meditation; **May 31:** Take the Sleep Challenge

**Successful Seniors:** Wednesday, May 4 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 Ingles Wilder



**Mother's Day Celebration:** Friday, May 6 at 1 p.m. Enjoy an afternoon to celebrate all the mothers in our lives, with snacks, beverages and good company.  
*Sponsored by Otterbein.*

**Make and Take Craft:** Tuesday, May 10 at 1 p.m. Flex your creative skills and make craft that you can take with you! *Led by Lori Stitely. Sponsored by Bowling Green Manor.*

**Bingo:** Wednesday, May 11 at 1 p.m.  
*Participants must bring their own placeholders. Sponsored by St. Catherine's Manor Fostoria.*

**Trivia Battle:** Friday, May 13 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 Senior Center to see other sites and challenge them. *Prize sponsored by Rehabilitation Hospital of NWO.*

**Birthday Lunch:** Wednesday, May 18 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein.*

**Bingo:** Wednesday, May 18 at 1 p.m.  
*Participants must bring their own placeholders. Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, May 19 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 with the Senior Center.**

**Safe Drug Disposal Presentation:** Monday, May 23 at 12:30 p.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.

**Fort Portage: Wood County's Other War of 1812 Fort:** Tuesday, May 24 at 12:30 p.m. Although described at the time as, "a place of not much importance," Fort Portage played a role in forging a trail through Wood County's Great Black Swamp. Learn about this largely forgotten historic site in Wood County during the War of 1812 and how it has survived in modern memory. *Presented by Mike McMaster, Wood County Museum.*

**Recipe Swap:** Friday, May 27 at 12:30 p.m. Bring in your favorite spring time recipes throughout the month to share! Work with your peers to create the first chapter of "Tastes of Wayne Cook Book"!

## **Pen Pal Program**

**Do you want a unique way to connect with others? Join our Pen Pal group!**

You can communicate with individuals throughout Wood County or even from other states such as Illinois & Connecticut. Choose your mode of preferred communication including mailed letters, emails, or phone calls.

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



# 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, May 6 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 Trivia:** Thursday, May 12 at 12:30 p.m. Figure out who, what or where based on the clues provided. **In-person participation in Grand Rapids & BG.**

**Name That Tune:** Tuesday, May 17 at 1:30 p.m.  
TV theme songs from the 50s, 60s and 70s.  
**In-person participation in Pemberville & BG.**

**Abuse & Exploitation Prevention:**  
Wednesday, May 18 at 11 a.m.  
*Presented by McLaren St. Luke's Family Medicine.*  
**In-person participation in BG.**

**Movie Star Trivia:** Wed., May 18 at 12:30 p.m.  
**In-person participation in Rossford & BG.**

**Brain Games:** Wednesday, May 25 at 12:45 p.m.  
Riddles, trivia and problem-solving exercises.  
**In-person participation in Walbridge & BG.**

**Bingo:** Friday, May 27 at 1 p.m.  
*Cover-all prize sponsored by Devoted Health.*



## Wood County Senior Center 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.

## Technology Loans & Assistance

**We're here to help!** Please see information below on opportunities for technology loans and assistance. To inquire about any of the below services, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

### Technology Assistance

Make an appointment for your in-person, one-on-one training or to receive help over the phone.

### Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for four weeks at a time to Wood County seniors.

### Tablet Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

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

# Around the County, Events & Classes

## Should I Stay or Should I Go? *Considering Moving*

Tuesdays, May 17 & 24 from 6 - 8 p.m.

Wood County Senior Center



**Part I: May 17** All the Factors, Decisions to Move  
**Part II: May 24** Individual-Personal Considerations: Small Group Work

In this two-part interactive series, we will explore the many factors to consider when moving. These factors include:

- Social Connections, Emotional Support, Financial Situation, Spiritual Connections, Health Status
- Physical Assistance, Community Connections

Panelists will discuss these various topics to consider and will leave time for questions and answers. Come for dinner prior to each session if you choose, served at 5 p.m. Please request your dinner reservation upon registering for the program. Plan on arriving 10 minutes prior to session if you have not completed the required presurvey for the series. All registered participants will receive the survey via email or mail upon registering for this series. **Registration required.**

### Panelists include:

- Dr. H. Casey Cromwell, Associate Professor of Psychology, BGSU
- Dr. Yiwei Chen, Professor of Psychology, BGSU
- Dr. Vivian J. Miller, LSW, Assistant Professor of Social Work, Optimal Aging Institute Director, BGSU
- Mr. Matt Molnar, MSW, LISW-S, Assistant Clinical Professor of Social Work, BGSU

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## Lunch & Learn

Friday, May 20 at 12 p.m.

Meet us at Myla Marcus Winery!

133 S. Main St. Bowling Green



**MYLA**  
MARCUS WINERY

Join us at this local spot to meet with founder and owner Kevin Madaras! You'll hear and learn about the wine-making process and how Kevin journeyed to creating his own wine and opening a storefront in downtown Bowling Green. All purchases at the winery will be on your own but no purchase is required to attend the program. *Space is limited*; the first 20 registered will receive lunch provided by Waterford at Levis Commons! **Registration required by May 18.**

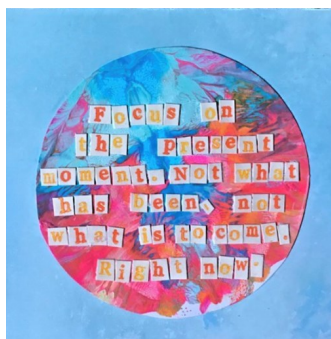
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## Art Therapy

Monday, May 23 from 1 - 3 p.m.

Wood County Senior Center

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:** In this workshop, we will explore letting go of control through symmetry paintings. Through paint dripping and paper folding, a pattern of paint is created and discovered that you would not have been able to make through traditional painting. Words of healing will then be used to embellish the paintings, and will be added to a personal deck of healing cards. Let's take a chance at letting go of control! Please bring a paint shirt and words of healing that have helped you in the past.

# Around the County, Events & Classes

## The Bob Ross Experience: Painting Class

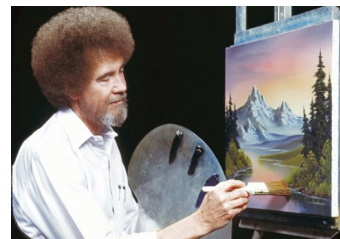
**\*TWO DATES TO CHOOSE FROM!\***

Wednesday, May 4 from 3 p.m. - 6 p.m.

**OR** Thursday, May 5 from 9 a.m. - 12 p.m.

**Wood County Senior Center**



**Cost: \$50, supplies provided**



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 Wednesday, April 27. Each class is limited to the first 9 participants!**  
**The same piece of art will be offered each day. \*No refunds will be available after April 27.**

 	<h3>Care Compass Project</h3> <p>Wednesday, June 1 11 a.m. - 1 p.m. <b>Topic: Caregiver Resources</b> <b><i>Available In-Person &amp; On Zoom!</i></b></p>
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The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, May 27** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wccoa.net](mailto:programs@wccoa.net)

*Lunch is provided by Brookdale of Bowling Green for the first 20 participants registered.*

### 11 a.m. Caregiver Support Program

*Presented by Jennifer Forshey, LSW, Family Caregiver Specialist, Area Office on Aging of NWO*

Families, not social service agencies, nursing homes or government programs, are the main providers of long-term care for older persons in Northwestern Ohio. The National Family Caregiver Support Program, implemented as a part of the Older Americans Act of 2000, recognizes the monumental role caregivers play in caring for older family members. The Caregiver Support Program offers a variety of resources for caregivers such as educational opportunities, respite opportunities, and caregiver counseling.

### 11:45 a.m. Managing Caregiver Stress

*Presented by Salli Bollin, Executive Director, MemoryLane Care Services*

Caregivers will often face stressors that they may not recognize nor have the tools to manage. This program will identify common causes of caregiver stress, explore how it impacts an individual’s well-being, and discuss methods to proactively manage stress. As part of the session, local support and resources and practical strategies to minimize stress that can fit into the busy schedule of a caregiver will be shared.

*The Care Compass Project is brought to the community by:*





# Around the County, Events & Classes

## Civil War Miniseries

Varying Dates Throughout May at 1 p.m.  
Wood County Senior Center

Ken Burns' "The Civil War" miniseries is a comprehensive examination of this horrific war between the states from 1861-1865. *Hosted by Joe Long.* **Registration required.**

**Tuesday, May 3:** Episode 1 "The Cause" (1 hour, 40 minutes)

**Wednesday, May 4:** Episode 2 "A Very Bloody Affair" (1 hour, 9 minutes)

**Wednesday, May 11:** Episode 3 "Forever Free" (1 hour, 16 minutes)

**Thursday, May 12:** Episode 4 "Simply Murder" (1 hour, 1 minute)

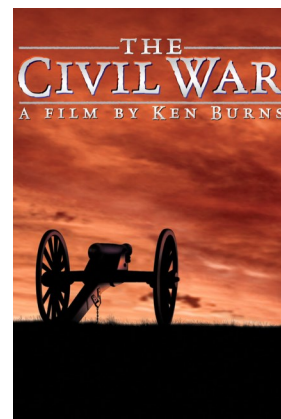
**Tuesday, May 17:** Episode 5 "The Universe of Battle" (1 hour, 36 minutes)

**Thursday, May 19:** Episode 6 "Valley of the Shadow of Death" (1 hour, 9 minutes)

**Tuesday, May 24:** Episode 7 "Most Hallowed Ground" (1 hour, 12 minutes)

**Thursday, May 26:** Episode 8 "War is All Hell" (1 hour, 9 minutes)

**Tuesday, May 31:** Episode 9 "The Better Angels of Our Nature" (1 hour, 8 minutes)



## Teaching Kitchen

Tuesday, May 17 from 11 a.m. - 12 p.m.  
Wood County Senior Center



Join us this month for a Teaching Kitchen class by BGSU Dining. This hands-on cooking class is available to everyone, regardless of culinary experience. You will be guided through basic culinary skills while you craft a dish together.

**May Menu:** strawberry rhubarb pie with scratch made pie dough

Class is limited to the first 15 participants. **Registration required by Thursday, May 12.**

**Cost:** \$15 per person (due upon registration\*) *\*No refunds will be available after Thursday, May 12.*



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## A Matter of Balance

Tuesdays, April 5 - May 24 from 1 - 3 p.m.  
Wood County Senior Center  
**Cost: \$15**

Are you experiencing a fear of falling?  
Are you limiting your activities due to this fear?  
Are you becoming physically weak?

**If you answered "yes" to any of the questions above, 'A Matter of Balance' is for you!**

*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

***This program is supported by:***



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

**Registration required.** For more information, contact the Programs Department  
at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net)



# Around the County, Events & Classes

*Take charge of your long-lasting health concerns and your life!*



## Chronic Disease Self-Management (CDSM) Workshop

Tuesdays, June 7 - July 12 from 1 - 3:30 p.m.

**Wood County Senior Center**

**Cost: \$15, includes book & CD**

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family.

**Register TODAY!** Call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

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

## Guiding Pathways

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

### Wood County Senior Center

*140 S. Grove St, Bowling Green*

**Fridays, May 6 & 20**

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

*Support provided by Amada Senior Care.*

### St. Timothy's Church

*871 E. Boundary St., Perrysburg*

**Wednesday, May 11**

**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)

## How about a Movie?

**Fridays at 1 p.m.**

**Wood County Senior Center**

View and discuss seldom-seen classic motion pictures. Genres include 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.* **Reservations required.**

**May 6:** "Remember?" (1939) *Starring Robert Taylor, Greer Garson, Lew Ayres*

**May 13:** "Johnny Eager" (1941) *Starring Robert Taylor, Lana Turner, Edward Arnold*

**May 20:** "Westward the Women" (1951) *Starring Robert Taylor, Denise Darcel, Hope Emerson*

**May 27:** "Above and Beyond" (1952) *Starring Robert Taylor, Eleanor Parker, James Whitmore*

# Travel Opportunities



Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net) for more information.

## **Irish Splendor** **March 21 - 28, 2023** *8 days with 8 meals*

Experience a true taste of “Irish Splendor” on a trip that combines fabulous accommodations, stunning scenery and incredible cuisine. Make a return to times past when you join us on an unforgettable tour of the amazing “Emerald Isle.”

**Trip Highlights:** Dublin, Christ Church Cathedral, Blarney Castle, Killarney, Dingle Peninsula, Farm Visit, Cliffs of Moher, Whiskey Distillery, Castle Stay.

*Spots will be held for WCCOA until September 22, 2022.*



## **Alaska Discovery Land & Cruise** **May 2023** *12 days with 26 meals*

Your tour opens in Fairbanks, in the great state of Alaska, on an adventure that brings together the best of both land and sea.

**Highlights:** Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage.

*Spots will be held for WCCOA for a limited time.*

## **Tropical Costa Rica** **November 6 - 14, 2023** *9 days with 14 meals*

Your trip to Costa Rica opens in the colorful capital city of San Jose, the perfect place to relax and soak up the sights as your adventure begins. Enjoy the history, beauty and sunshine this country has to offer!

**Trip Highlights:** San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Guanacaste.

*Spots will be held for WCCOA until May 6, 2023.*



## Served Monday through Friday

\*Menu is subject to change. \* Check your location's page for meal time and reservation requirements.  
There is a \$2 suggested donation for those 60 and over, and a \$5 fee for those under 60.

# Lunch Menu

May 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Teriyaki Chicken OR</b> <b>Cube Steak</b> peas & onions, macaroni salad, orange juice, grapes	<b>2 Goulash OR</b> <b>Chicken Nuggets</b> carrots, potato salad, mandarin orange salad	<b>3 Ground Bologna OR</b> <b>Chipped Turkey</b> baked bean salad, tomato zucchini salad, tropical fruit, cookies	<b>4 Chicken Alfredo OR</b> <b>Sweet &amp; Sour Meatballs</b> noodles, green beans with almonds, Caesar salad, fruit cocktail	<b>5 Pork Cutlet OR</b> <b>Lasagna "Sandwich"</b> Italian blend vegetables, celery sticks & peanut butter, melon
<b>Mac &amp; Cheese with</b> <b>Ham OR Chicken Breast</b> succotash, pineapple- orange juice, cherry crisp	<b>9 Stuffed Green Pepper</b> <b>Soup OR White Chicken</b> <b>Chili</b> marinated vegetable salad, tropical fruit, banana, bran bread	<b>10 Turkey OR</b> <b>Liver &amp; Onions</b> mashed potatoes, carrot & chickpea salad, emerald pears, graham crackers	<b>11 Chicken Salad OR</b> <b>Chef Salad with Ham,</b> <b>Egg &amp; Cheese</b> redskin potato salad, watermelon & grapes, banana nut muffin	<b>12 Beef Lasagna OR</b> <b>Tuna &amp; Noodles</b> harvard beets, pea salad, peaches, fruit pie
<b>Country Fried Steak</b> <b>OR Cabbage Roll</b> mashed potatoes, creamy slaw, cinnamon applesauce, lemon bar	<b>16 Beef &amp; Bean Chili</b> <b>OR Ham &amp; Potato Soup</b> cucumber salad, peaches & pears, cornbread, sidekick fruit slushie	<b>17 Birthday Lunch!</b> <b>Roast Beef</b> au gratin potatoes, Normandy blend vegetables, cranberry fruited Jell-O, cake & ice cream	<b>18 Chicken Wings OR</b> <b>Smoked Sausage</b> squash, cauliflower peanut salad, banana	<b>19 Spaghetti &amp;</b> <b>Meatsauce OR Honey</b> <b>Mustard Chicken</b> <b>Breast</b> noodles, Italian green beans, tossed salad, breadstick, pineapple
<b>BBQ Beef OR</b> <b>Turkey Burger</b> sweet potato fries, sauerkraut salad, mixed fruit, fig cookie	<b>23 Pork Chop OR</b> <b>Chicken Lasagna</b> tomato-zucchini blend, mandarin orange salad, blueberry crisp	<b>24 Grilled Chicken</b> <b>Breast OR Liver &amp;</b> <b>Onions</b> small whole potatoes, Texas caviar bean salad, apple juice, lemon pie	<b>25 Sweet &amp; Sour Chicken</b> <b>OR Pork Chop Suey</b> brown rice, cauliflower, Caesar salad, apricots	<b>26 Hamloaf OR</b> <b>Catfish</b> baked potato, orange, peaches & cream, granola
<b>30 ALL SITES CLOSED</b> <b>Memorial Day</b>	<b>31 Stuffed Pepper OR</b> <b>Chicken/Stuffing</b> <b>Casserole</b> mixed vegetables, pasta salad, grape juice, peaches			

## 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.

May 2022			
Tuesday	Wednesday	Thursday	
<b>Sausage Pizza</b> Nantucket blend vegetables, coleslaw, pears, cookies	<b>3 Salmon Patty</b> red skin potatoes, broccoli, apple slices, lemon pudding	<b>4 Beef Taco Salad</b> lettuce, tomato & onion, corn relish, orange, breadstick, éclair cake	<b>5</b>
<b>Birthday Dinner! Hamloaf</b> cheesy potato bake, Brussels sprouts, pickled beets, cake & ice cream	<b>10 Mushroom &amp; Swiss Chicken Breast</b> wild rice, Prince Charles blend vegetables, heritage slaw, strawberries, angel food cake	<b>11 Beef Burrito</b> black beans & rice, tossed salad, watermelon & grapes, apple pie	<b>12</b>
<b>Macaroni &amp; Cheese with Ham</b> stewed tomatoes, wilted lettuce salad, fruit juice, chocolate cream pie	<b>17 Roast Pork</b> mashed sweet potatoes, sauerkraut, mandarin oranges & grapes, cheesecake	<b>18 Chicken Salad Croissant</b> pea salad, celery sticks with peanut butter, citrus fruit, cookies	<b>19</b>
<b>Roast Beef</b> mashed potatoes & gravy, green beans, orange juice, apple pie	<b>24 Sausage &amp; Cheese Breakfast Casserole</b> hash browns, juice, biscuit, banana	<b>25 Hot Dog</b> French fries, fruited Jell-O, blueberry crisp	<b>26</b>
<b>Spaghetti &amp; Meatsauce</b> European blend vegetables, Caesar salad, citrus sections, garlic bread, cracker pudding	<b>31</b>		

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

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

**Quick Recipes:** Wednesday, May 11 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, May 17 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarnieri. **This month's topic:** Treating High Blood Pressure Naturally. Discussion to follow.

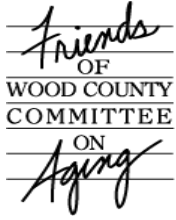
**Karaoke:** Wednesday, May 18 at 4:30 p.m. Join this group for some pre-dinner music with no pressure to get up and "perform"! This low-key group prefers a "sing-a-long" format.

**Acrylic Painting Class:** Wednesday, May 25 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5**, supplies provided. *Hosted by Leslie Miller. Registration required.*

*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!**

**John & Alice Calderonello, Capital Campaign**

**Geoffrey Howes & Christen Giblin, Capital Campaign**

**Sandra Hurst, Capital Campaign**

**Susan Jaros, Capital Campaign**

**Nada Knauss, Capital Campaign**

**Amy Lanning, Capital Campaign**

**Barbara Murphy, Capital Campaign**

**Cynthia Pauwels, Capital Campaign**

**Molly Robinson, Capital Campaign**

**Roger Swinney, Capital Campaign**

**Walbridge VFW Post 9963, Kitchen Fund**



## Save the date for these upcoming events!

*Watch our future newsletters for more details...*

**June 21 at 12:30 p.m. Wedding Celebration—Perrysburg Area Senior Center**  
Wedding cake, centerpieces, old wedding photos, and lots of reminiscing!  
*Sponsored by Wood Haven Health Care.*

**June 30 at 4:30 p.m. Fourth of July Celebration—Wood County Senior Center**  
Live entertainment with John Pickle! *Sponsored by Devoted Health.*

**July 1 at 12:30 p.m. Fourth of July Celebration—Northeast Area Senior Center**  
Patriotic trivia and dessert! *Sponsored by Devoted Health.*

**July 1 at 12:30 p.m. Fourth of July Celebration—Wayne Area Senior Center**  
Wear your red, white and blue for your shot at winning the most patriotic outfit competition!  
*Sponsored by Otterbein.*

**August 4 at 10 a.m. Senior Day at the Wood County Fair—Wood County Fairgrounds**  
Donuts, coffee, lunch, entertainment and door prizes! *Entertainment sponsored by Devoted Health, Right at Home, Rehabilitation Hospital of Northwest Ohio, Wood Haven Health Care, & Wood County Hospital.*  
*Lunch sponsored by Amada Senior Care, Bowling Green Manor, Bridge Home Health and Hospice, Hanneman Family Funeral Homes, & ProHealth.*

## **Program & Service Scholarship Fund**

Would you like to participate in programs, classes or events but do not have the resources to do so?

**The WCCOA Program & Service Scholarship Fund can assist you!** Fill out the application form 30 days prior to an event, class or program to be considered for a scholarship. Call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)



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 register for programs & events: [programs@wccoa.net](mailto:programs@wccoa.net)

We're on the Web!

[www.wccoa.net](http://www.wccoa.net)



FACEBOOK

[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



LOGSPOT

[woodcountycommitteeonaging.blogspot.com/](http://woodcountycommitteeonaging.blogspot.com/)



**All WCCOA locations will be closed on Monday, May 30 in observance of Memorial 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. 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. *Free 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 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
<b>North Baltimore Area Senior Center</b> , 514 W. Water Street, North Baltimore, Ohio 45872 Monday through Friday 10 a.m. to 2 p.m.	419.257.3306
<b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 8:30 a.m. to 4:30 p.m.	567.249.4921
<b>Pemberville Area Senior Center</b> , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
<b>Perrysburg Area Senior Center</b> , 140 W. Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
<b>Rossford Area Senior Center</b> , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.666.8494
<b>Wayne Area Senior Center</b> , 202 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
<b>Wood County Senior Center</b> , 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*