

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
JUNE 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)*

### Elder Abuse Awareness Event

Tuesday, June 14 at 10 a.m.  
Wood County Senior Center



June is National Elder Abuse Awareness Month. In recognition, the Wood County Department of Job and Family Services and the Wood County Committee on Aging are partnering to hold a special event.

Join us around the flag pole at the Wood County Senior Center on Tuesday, June 14 to hear the presentation. Attendees are encouraged to wear purple for Elder Abuse Awareness. Light refreshments will be served.

### In Wood County there were 318 reports of elder abuse, neglect or exploitation in 2021.

Reports of elder abuse are on the rise as the population of those 60 years of age and over continues to grow. Some indicators of elder abuse may include an older adult appearing fearful, anxious or isolated. There may be physical injuries or it may appear that the person is neglecting his or her personal care. Other indicators might include missing possessions, financial transactions that are out of the ordinary or sudden changes to a will or property title. Risk of abuse can be mitigated by making certain financial, medical, and legal affairs in order.

If you suspect abuse of an older adult, you can call Wood County's Adult Protective Services hotline at 419.354.9669 or 888.860.4136 to make a report. The line is open 24 hours a day and 7 days a week.

## LivelyU Lifelong Learning Academy

*The next semester begins in June!*



### About Our Courses

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

### How can I learn more about the classes being offered?

Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations. Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) to learn more!

### Where are the courses held?

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

### How can I take these courses?

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

# 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, June 15**

**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@wcco.net](mailto:programs@wcco.net)

alzheimer's  association

## Cholesterol Screening Clinics

**Appointment and pretest instructions required. No appointments will be made until June 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	July 12, 13, 22	9-11 a.m.
Perrysburg	July 8, 19	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
Bowling Green	June 9	4-6 p.m.
Perrysburg	Sept. 1	2-4 p.m.

**Community Christian Legal Services also offers the following resources:**

**Weekly Office Hours:** Mondays, 1 - 3 p.m.

*541 W. Wooster Street, Bowling Green, First Floor*

**Monthly Clinic:** Third Thursday, 5 - 7 p.m.

*Bowling Green Alliance Church*

*1161 Napoleon Road, Bowling Green*

For questions, call 419.482.8502 or email [neighborhoodlegal@yahoo.com](mailto:neighborhoodlegal@yahoo.com)

## 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	June 1	10-12 p.m.
Wayne	June 2	10-12 p.m.
Perrysburg	June 7	10-12 p.m.
Pemberville	June 9	10-12 p.m.
Grand Rapids	June 14	10-12 p.m.
Walbridge	June 16	10-12 p.m.
Bowling Green	June 21	10-12 p.m.
Rossford	June 23	10-12 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, June 13 at 2:30 p.m.**

**Location:** Wood County Senior Center  
140 S. Grove Street, Bowling Green  
*Respite available for care recipients.  
Please pre-register for respite.*

**Thursday, June 23 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, June 1 & 15 at 1 p.m.**

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

This support group is for those who have experienced a loss within their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. *Facilitated by Lisa Myers, LISW-S, WCCOA and Jessica Ricker, MSW, LSW, WCCOA. 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

## Grief Share

Faith-based weekly grief support group  
**Location:** St. Mark's Lutheran Church, BG  
**Contact:** Joan Staib 419.308.1134 or  
Jan Ruffner 419.308.4072 for more information

## 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. Registration is required by contacting 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 at [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, June 15 - July 13 & Thursday, July 14 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.*

*Next Session: June 30 - August 4*

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 Wood Haven Health Care.*

## **Delay the Disease** **Cost: \$20**

*Wednesdays, June 8 - July 13 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, June 8 - July 13 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**

*Mondays, 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.*

## **Yoga** **Cost: \$40 per session**

**Beginner:** *Mondays, May 9 - Jun 27 at 10:30 a.m.*

*(No class May 30 & Jun 20)*

**Advanced:** *Tuesdays, Jun 7 - Jul 12 at 10:30 a.m.*

**Intermediate:** *Thursdays, May 12 - Jun 16 at 11 a.m.*

*Next session: Jun 23 - Jul 28*

*Caroline Dickinson, Certified Instructor.*

## **Tai Chi** **Cost: \$60**

*Wednesdays, May 25 - June 29 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, May 12 - July 7 at 5 p.m.*

*(No class May 19, 26 & 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, June 8 - July 13 at 10 a.m.*

*Sheila Brown, Certified Instructor.*

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

*Fridays, June 3 - July 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.

**Tom Hanks Movie Series:** Thursdays at 1 p.m.  
2<sup>nd</sup>: "Sully" (2016). 9<sup>th</sup>: "Forrest Gump" (1994).  
16<sup>th</sup>: "A League of Their Own" (1992).  
23<sup>rd</sup>: "A Beautiful Day in the Neighborhood" (2019).  
30<sup>th</sup>: "You've Got Mail" (1998).

**How About a Movie?** Fridays at 1 p.m.  
View and discuss seldom-seen classic motion pictures. *Hosted by John Blinn.* **Registration required.** *June's featured movies can be found on page 19.*

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

**Game Night:** Wednesday, June 1 at 4 p.m.  
What game will we play tonight? Join us to find out!

**Food Delivery Apps:** Thursday, June 2 at 11 a.m. **and** 4:30 p.m. Ordering food from home is now easier than ever! This lecture provides an overview of the most popular food delivery apps, such as Grubhub or DoorDash. You'll learn about the pros and cons, how to search for new restaurants, and more. *Presented by Rita Brieschke, Program & Tech. Specialist, WCCOA.*

**Happy Hour:** Friday, June 3 at 12:30 p.m.  
*Snacks sponsored by Waterford at Levis Commons.*  
**Zoom option available.**

**American Military History:** Mondays, June 6 & 13 at 11 a.m. Video series from *The Great Courses* followed by a group discussion.

**This month's topics:** Afghanistan, Iraq, and Terrorism; Facing Wars Past and Future  
**Video Presenter:** Gen. Wesley Clark (Ret.)

**Staff Pick Movie:** Monday, June 6 at 1 p.m.  
What will this month's movie be? We'll give you a few clues. **Genre:** Bio/Drama. **Year:** 2005.

**Synopsis:** A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis. **Registration required.** *This month's movie was selected by Stephanie Spencer, Administrative Assistant, WCCOA.*

**Fact or Fiction:** Wednesday, June 8 at 11 a.m.  
Can you answer correctly if a statement is true or false?  
*Facilitated by Amada Senior Care.*

**Guitar Circle:** Wednesdays, June 8 & 22 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, June 8 at 4 p.m.  
Join this monthly group to add another quick recipe to your repertoire! **Registration required.** *Facilitated by Bowling Green Manor.*



**Wine Cork Succulent Magnet Craft:** Thursday, June 9 at 2:30 p.m.  
All supplies/guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**NEW! Comedy Special Viewing:** Thursday, June 9 from 4:30-5:30 p.m. Come and view a 60-minute stand-up comedy special to lighten up your night! **Feature:** Jeff Foxworthy - *The Good Old Days* (2022). **Registration required.**

**Breakfast Club:** Monday, June 13 at 9 a.m.  
**Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). **Registration required.** **Cost of breakfast on your own.** *Hosted by Assurance Health.*

**Spelling Bee:** Monday, June 13 at 1:15 p.m. Put your spelling skills to the test! **Zoom option available.**



**Dragonfly House Plant Decor:** Tuesday, June 14 at 10:30 a.m. All supplies/guidance with project will be provided. **Cost: \$5. Registration required.** *Hosted by Leslie Miller.*

**Reminiscing:** Tuesday, June 14 at 11 a.m.  
**This month's topic:** Childhood games & pastimes.  
*Presented by Ohio Living.*

# Wood County Continued...

**Medication Safety:** Wednesday, June 15 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

**Movie Star Trivia:** Wednesday, June 15 at 12:30 p.m. **Zoom option available.**

**Karaoke:** Wednesday, June 15 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, June 16 at 1 p.m. Enjoy an afternoon of mindfulness with relaxing music, meditative coloring and the company of others who share similar interests. *Facilitated by Jan Chilcote.*

**Lunch & Learn:** Friday, June 17 at 11:30 a.m. **This month:** Henry County in the Great War. *Presented by Mike McMaster, Wood County Museum.* The first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required.** *See more info on page 16.*

**Brain Training:** Tuesday, June 21 at 9 a.m. Video series from *The Great Courses* followed by a group discussion. **Registration required by June 17.** *Breakfast provided by Brookdale of Bowling Green.* **This month's topic:** Aging Well: Diet & Stress  
**Video Presenter:** Thad A. Polk, Ph.D.

**Blood Pressure & Blood Glucose Clinic:** Tuesday, June 21 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.*

**Teaching Kitchen:** Tuesday, June 21 at 11 a.m. Join us for a Teaching Kitchen Class by BGSU Dining. June's menu will include summer salsas and dips! **Registration required by Thursday, June 16.** **Cost: \$15,** due upon registration. *See more info on page 18.*

**Science of Natural Healing:** Tuesday, June 21 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Stress and the Mind-Body Connection.  
**Video Presenter:** Dr. Mimi Guarneri.

**Brain Games:** Wednesday, June 22 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**



**Acrylic Painting Class:** Wednesday, June 22 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5.** **Registration required.** *Hosted by Leslie Miller.*

**AARP Driver Safety Program:** Thursday, June 23 from 12:30 - 5 p.m. **Registration required.** *See more info and cost on page 17.*

**Scattergories:** Monday, June 27 at 12:30 p.m. Enjoy a thought-provoking word game. **Zoom option available.**

**Musical Monday:** Monday, June 27 at 1 p.m. **Feature:** "The Music Man" (1962).  
**Synopsis:** Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town. **Registration required.**

**Art Therapy:** Monday, June 27 from 1 - 3 p.m. **This month's project:** String Painting. **Cost: \$10.** **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See more info on page 16.*

**Trivia:** Tuesday, June 28 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

**Reader's Café:** Tuesday, June 28 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting June 1) then join together to watch the film on the last Tuesday of the month. **Feature:** *Water for Elephants* by Sara Gruen.

**VA Aid & Housebound Benefits:** Wednesday, June 29 at 11 a.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA.*

**Fourth of July Celebration:** Thursday, June 30 at 4:30 p.m. Live entertainment with singer/guitarist John Pickle! *Sponsored by Devoted Health. See more info on page 16.*

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

# 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 16 - July 25 at 11 a.m. *No classed May 30, June 13 & 20, July 4 & 11. Schaller Building (130 W. Indiana Ave.) 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.

**Line Dancing:** Tuesdays at 10 a.m.  
**Schaller Building (130 W. Indiana Ave.)**  
*Peer-led instruction.*

**Club F.I.T.:** Wednesdays at 10 a.m.  
**Schaller Building (130 W. Indiana Ave.)** This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you actively independent. *Facilitated by various local therapy departments. Cost: FREE. Register with the Programs Dept. at 419.353.5661.*

**Needlework Group:** 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.*

**Navigating The Senior Care Maze:**  
Wednesday, June 1 at 12:15 p.m. Learn more about what options are out there when planning for senior care. *Presented by Dwight Smith, Amada Senior Care.*

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

**Happy Hour:** Friday, June 3 at 12:30 p.m.  
This hour is filled with happy thoughts and uplifting moments! **Reg required.** *Snacks sponsored by Waterford at Levis Commons. Zoom option available.*

**Now & Then:** Monday, June 6 at 12:30 p.m.  
**Topic:** Movies/Entertainment. Join us for a reminiscing discussion! *Facilitated by Comfort Keepers.*

**Texas Hold ‘Em Tournament:** Monday, June 6 at 1 p.m.

## VA Aid & Housebound

**Benefits:** Tuesday, June 7 at 12:15 p.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need help with daily activities or you’re homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA.*



## Wine Cork Succulent Magnet

**Craft:** Tuesday, June 7 at 1 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

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

**PTSD Awareness:** Friday, June 10 at 12:15 p.m.  
*Presented by Angela Clabaugh, ProMedica Senior Care.*

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

**Breakfast Club:** Tuesday, June 14 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, June 14 at 12:45 p.m.  
Players from the Northeast Area Senior Center will join us! *Sponsored by Waterford at Levis Commons.*

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

**Left, Right, Center:** Thursday, June 16 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

**Father’s Day Floats:** Friday, June 17 at 12:30 p.m. *Sponsored by ProHealth.*



# Perrysburg Continued...

**Wedding Celebration:** Tuesday, June 21 at 12:30 p.m. Please bring your wedding photo in before Tuesday, June 14 for a special name that couple game! *Sponsored by Wood Haven Health Care.*

**Trivia:** Monday, June 27 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Hand & Foot Card Game:** Monday, June 27 at 12:45 p.m. **Registration required.**

**Movie Day:** Tuesday, June 28 at 12:45 p.m.  
**Feature:** "Dog" (2022). **Reg. required.** *Sponsored by Walker Witzler-Shank Funeral Homes & Crematory.*

**Menu Chat:** Wed., June 29 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.

**Caregiver Support Group:** Thursday, June 30 at 10 a.m. **Advanced registration required by calling Jessica at 419.353.5661.** *Hosted by Jessica Ricker, MSW, LSW, WCCOA.*

## 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.

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, June 2 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.*

**VA Aid & Housebound Benefits:** Thursday, June 2 at 12:30 p.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA.*

**Trivia Battle:** Friday, June 3 at 12:30 p.m.  
Let's test our brains with a trivia competition against other senior centers in Wood County!

**Fitness Fun:** Tuesdays, June 7 & 21 at 11:15 a.m.  
*Led by video.*

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

**Bingo:** Wednesday, June 8 at 1 p.m.  
*Sponsored by St. Catherine's Manor Fostoria.*

**Cross of Iron, Cross of Gold: The Sinking of the USS Ticonderoga in World War I:**  
Friday, June 10 at 12:30 p.m. Learn how the 1918 sinking of the U.S.S. Ticonderoga, the largest American naval disaster of World War I, left its mark on Wood County and how this event still survives in modern memory. *Presented by Mike McMaster, Wood County Museum.*

**Spelling Bee:** Monday, June 13 at 1:15 p.m.  
Put your spelling skills to the test!  
**Zoom option available.**

**Bingo:** Tuesday, June 14 at 1 p.m.  
*Sponsored by Bowling Green Manor.*

**Birthday Lunch:** Wednesday, June 15 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein.*

**Bingo:** Wednesday, June 15 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, June 16 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.**

**Fathers Day Celebration:** Friday, June 17 at 12:30 p.m. Enjoy a special tribute to the fathers in our lives with special treats *provided by Otterbein.*

**Recipe Swap:** Friday, June 24 at 12:30 p.m. Bring in your favorite spring time recipes throughout the month to share! Work with your peers to create the second chapter of "Tastes of Wayne" cook book!

# 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, June 1 at 12:30 p.m.  
*Hosted by Manor of Perrysburg.*

**Long-Term Care Options:** Tuesday, June 7 at 12:30 p.m. Gain more knowledge on long-term care, what's available, and the options you have. *Presented by Dwight Smith, Amada Senior Care.*

**Game Day:** Wednesday, June 8 at 12:30 p.m.  
*Hosted by Kingston of Perrysburg.*

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

**Birthday Lunch:** Wednesday, June 15 at 12 p.m.  
*Cake sponsored by Partners in Home Care.*

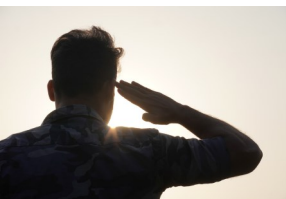
**Movie Star Trivia:** Wednesday, June 15 at 12:30 p.m. **Zoom option available.**

**Bingo:** Thursday, June 16 at 12:30 p.m.  
*Prizes sponsored by The Commons.*

**Father's Day Tribute:** Friday, June 17 at 12:30 p.m. Join us as we pay tribute to all the Dads out there. *Snacks courtesy of Manor of Perrysburg.*

**Successful Seniors:** Wednesday, June 22 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

**Blood Pressure & Blood Glucose Clinic:** Thursday, June 23 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.*



**VA Aid & Housebound Benefits:** Thursday, June 23 at 12:30 p.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need

help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA.*

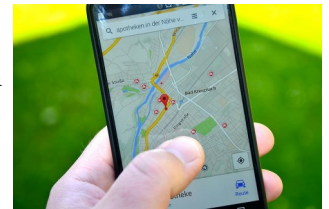
**Darts:** Friday, June 24 at 1 p.m.

**Noodle Drum Exercise:** Monday, June 27 at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.

**Living in the American Old West (Part 3):** Tuesday, June 28 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 3 features kids, fun, and games. *Presented by Heather Greeno, Wood Haven Health Care.*

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

**Maps/Navigation on your Smart Phone:** Thursday, June 30 at 12:30 p.m. Visit sites around the world from the comfort of home, get a bird's-eye-view of your childhood neighborhood, or simply get directions with this navigation app. *Presented by Rita Brieschke, Program & Technology Specialist, WCCOA.*



## 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!

# Northeast

(Located in Walbridge)

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

Below you will find programs scheduled for the NORTHEAST AREA SENIOR CENTER.

Please call the Northeast Area Senior Center at 567.249.4921 to register or for more info.

**Breakfast Club:** Mondays at 9:15 a.m.  
**Breakfast cost on your own. Call for registration and location information.**

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

**SilverSneakers Classic on Zoom:**  
Wednesdays, June 8 - July 13 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 Department 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.

**Facebook Hacking vs. Impersonation:** Wed., June 1 at 12:30 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. *Rita Brieschke, Prog. & Tech. Specialist, WCCOA.*

**Wine Cork Succulent Magnet Craft:** Friday, June 3 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Left, Right, Center:** Monday, June 6 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, June 7 at 12:30 p.m.  
*Sponsored by Walker Funeral Homes & Crematory.*

**Wood County Historic Society: Mis-Origin of History Part 4: The Legend of Holcomb Road:** Wednesday, June 8 at 12:15 p.m. *Presented by Mike McMaster, Wood County Museum.*

**Walbridge Talk:** Thursday, June 9 at 12:15 p.m. Learn more about your community with Mayor Ed Kolanko.

**Trivia:** Monday, June 13 at 12:15 p.m. *Facilitated by Bridge Home Health & Hospice.*

**Lunch & Bingo at the Perrysburg Area Senior Center:** Tuesday, June 14 at 12 p.m. Meet at the Perrysburg location (*140 W. Indiana Ave.*) for lunch and stay for bingo after. *Participants must bring own place holders. Lunch cost on your own. Bingo sponsored by Waterford at Levis Commons.*

**Dominoes:** Tuesday, June 14 at 12:30 p.m.

**Birthday Lunch:** Wednesday, June 15 at 12 p.m. *Cake sponsored by Walker Family Funeral Homes.*

**Movie:** Wednesday, June 15 at 12:30 p.m.  
**Feature:** "A League of Their Own" (1992).  
**Genre:** Comedy/Drama

**VA Aid & Housebound Benefits:** Thursday, June 16 at 12:30 p.m. If you are a veteran and need help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Denise Kaminski, RN, WCCOA.*

**Father's Day Celebration:** Friday, June 17 at 12:15 p.m. Celebrating all dads with ice cream, trivia and prizes! *Ice cream desserts sponsored by Kingston & Walker Funeral Home. Trivia & prizes sponsored by Devoted Health.*

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

**Brain Games & Trivia:** Wednesday, June 22 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

**Successful Seniors:** Thursday, June 23 at 12:30 p.m. **This month's feature:** JRR Tolkien.

**100 Pin Wii Bowling:** Mon., June 27 at 12:30 p.m.

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

**Safe Drug Disposal Presentation:** Wed., June 29 at 12:15 p.m. *Presented by Madison Weinau, Program Coord., ARC & Deputy Kaleb Smith, ARC.*

# 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, June 1 at 12:30 p.m.  
Join us for coffee, desserts and dialogue about current events, *provided by Right at Home Health Care.*

**Trip: Rita's Sweet Treat:** Thursday, June 2 at 12:30 p.m. Meet at Rita's Dairy Bar in Grand Rapids (24030 Front St, Grand Rapids, OH 43522) to enjoy some ice cream together! **Registration required.**  
*Sponsored by BG Manor.*

**The Mis-Origin of Historical Tradition (Part 3) :** Friday, June 3 at 12:30 p.m. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

**Birthday Acknowledgements:** Monday, June 6 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.*

**Successful Seniors:** Tuesday, June 7 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** David Murdock.

**Who, What, Where Trivia:** Thursday, June 9 at 12:30 p.m. Figure out who, what or where based on the clues provided. **Zoom option available.**

**Would You Rather Fitness:** Friday, June 10 at 11:45 a.m. Join us for a light and fun way to get some steps in!

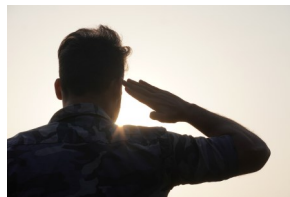


## **Wine Cork Succulent**

**Magnet Craft:** Monday, June 13 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston of Perrysburg.*

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

Tuesday, June 14 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.*



## **VA Aid & Housebound Benefits:**

Tuesday, June 14 at 12:15 p.m. If you are a veteran and need help with daily activities or you're homebound, you may qualify.

Come learn more about this valuable benefit.  
*Presented by Denise Kaminski, RN, WCCOA.*

**Birthday Lunch:** Wednesday, June 15 at 12 p.m.  
*Birthday treats and birthday gifts sponsored by Bowling Green Manor.*

**Walking Club:** Thursday, June 16 at 11 a.m.  
Each month we will enjoy the summer weather while getting a little exercise!

**Father's Day Celebration:** Friday, June 17 at 12:30 p.m. Join us for treats for each father as we celebrate this special day. **Registration required by June 10.** *Sponsored by Deck Hanneman.*

**Sponsored Bingo:** Thursday, June 23 at 10:30 a.m. Come enjoy this senior favorite with us.  
*Prize sponsored by Kingston of Perrysburg.*

**Trivia Battle:** Friday, June 24 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

**Trivia:** Monday, June 27 at 12:30 p.m.  
*Sponsored by Grand Rapids Care Center.*

**Driving Safety (Part 4):** Tuesday, June 28 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.*

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



# 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. Easy exercises to loosen the joints. *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. A group discussion will follow each 30-minute video. **This month's topics:** The Fabulous XVIIth Dynasty Rolls On; Akhenaten the Heretic Pharaoh; The Discovery Of Tutankhamen's Tomb; The Murder of Tutankhamen—A Theory; Medicine—The Necessary Art.

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

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

Wednesday, June 1 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.*

**VA Aid & Housebound Benefits:** Wednesday, June 1 at 12:30 p.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA.*

**Friday Donuts:** Friday, June 3 at 10:30 a.m. *Sponsored by Heritage Health Care.*

**Successful Seniors:** Monday, June 6 at 11 a.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Laura Ingalls Wilder.

**Donut Days:** Tuesdays, June 7 & 21 at 11 a.m. *Sponsored by Wood Haven Health Care.*



## **Acrylic Pour Painting:**

Wednesday, June 8 at 11 a.m.

**Registration required.** *Project supplies and guidance provided by Happy Camper Art Studio. Sponsored by Briar Hill Health Campus.*

**Ice Cream Sundae Monday:** Monday, June 13 at 12 p.m. Join us for ice cream sundaes this summer! Sugar free options available. *Sponsored by Briar Hill Health Campus.*

**Breakfast Club:** Tuesday, June 14 at 9:30 a.m. **Location:** McDonald's (12776 Deshler Road, North Baltimore). **Breakfast cost on your own. Register with the Senior Center.**

**Birthday Lunch:** Wednesday, June 15 at 12 p.m. *Cake sponsored by Briar Hill Health Campus.*

**Father's Day Pie Party:** Friday, June 17 at 12 p.m. We will celebrate all of the fathers in attendance with a piece of pie.

**Trivia & Treats:** Tuesday, June 21 at 12:15 p.m. Fun trivia and treats in honor of summer! *Sponsored & presented by Wood Haven Health Care*

**Bingo:** Thursday, June 23 at 1 p.m. *Prizes sponsored by Bridge Home Health & Hospice.*

**Trivia Battle:** Friday, June 24 at 12:15 p.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

**Scattergories:** Monday, June 27 at 12:30 p.m. Enjoy a thought-provoking word game. **Zoom option available.**

**Reminiscing:** Wednesday, June 29 at 12:15 p.m. **This month's topic:** Childhood games & pastimes. *Presented by Ohio Living.*



## **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!

**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. Roll some strikes while playing against others or in a solo game. Come join us for this fun, active video game.

**Bingo:** Friday, June 3 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Minutes with the Mayor:** Monday, June 6 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs as well as what Pemberville has to offer.

**Successful Seniors:** Tuesday, June 7 at 12:15 p.m. Each month we will explore an individual who has reached incredible success after age 60.  
**This month's feature:** Colonel Sanders.

**Who Am I:** Tuesday, June 7 at 12:45 p.m. Test your wits with a guessing game! Clues will be given...see if you can guess the person. Prizes for top guessers. *Hosted by Wood Haven Health Care.*

**Movie:** Wednesday, June 8 at 12:45 p.m.  
**Feature:** "The Bridges of Madison County" (1995).  
**Genre:** Drama/Romance. **Synopsis:** Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson for four days in the 1960s.

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, June 9 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.*

**VA Aid & Housebound Benefits:** Thursday, June 9 at 12:30 p.m. Veteran benefits help veterans, their spouses and their families in many different ways. If you need help with daily activities or you're homebound, you may qualify. Come learn more about this valuable benefit. *Presented by Denise Kaminski, RN, WCCOA..*

**Funny Friday:** Friday, June 10 at 1 p.m.  
Enjoy a (clean) comedy stand-up video.



**Wine Cork Succulent Magnet Craft:** Monday, June 13 at 10:30 a.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Birthday Lunch:** Wednesday, June 15 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein Pemberville.*

**Podiatry Clinic:** Wednesday, June 15 from 1 - 3 p.m. *Facilitated by Maumee Bay Foot & Ankle Specialists.* **Appointments must be made by calling 419.691.1599**

**The Battle of Fallen Timbers:** Thursday, June 16 at 12:45 p.m. The Battle of Fallen Timbers in Maumee, Ohio was one of America's most pivotal events. On the morning of August 20, 1794, Native American forces, under the command of Chief Little Turtle battled with the U.S. Army lead by General 'Mad' Anthony Wayne for control of the Ohio territory. *Presented by Joel Burg, Historic Reenactor/Educator.*

**Trivia Battle:** Friday, June 17 at 1 p.m.  
Let's test our brains with a trivia competition against other Senior Centers in Wood County!

**Trivia:** Tuesday, June 21 at 12:45 p.m.  
*Hosted by Bridge Home Health & Hospice.*

**Movie:** Wednesday, June 22 at 12:45 p.m.  
**Feature:** "Julie & Julia" (2009). **Genre:** Biography/Drama/Romance. **Synopsis:** Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

**Breakfast Club:** Thursday, June 23 at 9 a.m.  
**Location:** Granny's Kitchen (1105 W. Main Street, Woodville). **Breakfast cost on your own. Register with the Senior Center.**

**Mystery Game:** Monday, June 27 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.*

# 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, June 3 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.**

**Spelling Bee:** Monday, June 13 at 1:15 p.m. Put your spelling skills to the test! **In-person participation in Wayne & BG.**

**Medication Safety:** Wednesday, June 15 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.* **In-person participation in BG.**

**Movie Star Trivia:** Wednesday, June 15 at 12:30 p.m. **In-person participation in Rossford & BG.**

**Brain Games:** Wednesday, June 22 at 12:45 p.m. Riddles, trivia and problem-solving exercises.  
**In-person participation in Walbridge & BG.**

**Bingo:** Friday, June 24 at 1 p.m.  
*Cover-all prize sponsored by Devoted Health.*

**Scattergories:** Monday, June 27 at 12:30 p.m. Enjoy a thought-provoking word game. **In-person participation in North Baltimore & BG.**



## Wood County Senior Center Cards & Games

**Euchre:** Mondays at 1 p.m.  
Fridays at 1 p.m.

**Bingo:** Tuesdays at 1 p.m.

**Hand & Foot:** Tuesdays at 1 p.m.  
Fridays at 10 a.m.

**Dominoes:** Tuesdays at 3 p.m.

**Cribbage:** Wednesdays 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 through Friday *Participants must bring 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

## Fourth of July Celebration

### *Live Music with John Pickle*

Thursday, June 30 from 4:30 - 5:30 p.m.

Wood County Senior Center

Enjoy music from singer and guitarist John Pickle! He charms audiences with the variety of songs he selects, his energy level, sense of humor and lots of audience participation. Celebrate the 4<sup>th</sup> of July EARLY with us! *Sponsored by Devoted Health.*

Would you like to stay for dinner (served from 5:30 to 6:30 p.m.)? Please make your reservation no later than Thursday, June 30 at 2 p.m. **Menu:** Hot dog, baked beans, coleslaw, melon salad, cookies. See page 22 for more dinner details!

## Lunch & Learn

### *Henry County in the Great War*

Friday, June 17 at 11:30 a.m.

Wood County Senior Center

This month, *Mike McMaster, Education Coordinator, Wood County Museum*, joins us to discuss Henry County in the Great War; a topic that was the basis for his Masters thesis and for his second published book *Henry County in the Great War: German-Americans, Patriots, and Loyalty, 1914-1918*.



In 1918, The League of American Patriots of Henry County (Napoleon, Ohio), was formed with the reported purpose of stamping out pro-German propaganda in the county. Despite their stated goal, they set their aim on the German Lutheran churches, especially their parochial schools, under the lead of Napoleon's Methodist and Presbyterian ministers. Several high profile Loyalty Trials were held by the League, with nearly all of their targets on German Democrats running for office. In 1918 in Henry County, Ohio, like many other places in the United States at the time, petty religious, political, and personal grudges were exacerbated by the German spy hysteria that gripped America. Patriotism was used as a cloak to settle these scores.

*Space is limited; the first 20 registered will receive lunch provided by Waterford at Levis Commons!*

**Registration required by June 15.**

## Art Therapy

Monday, June 27 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. **Registration required.** *Sponsored by Amada Senior Care. Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.*



**This month's project:** Explore a new way to paint using strings and ball chains on black canvas. This mentally soothing method of painting will help stimulate your creativity through exploration. Please bring a paint shirt.



# Around the County, Events & Classes



*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 is 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.*



## Care Compass Project

Wednesday, June 1

11 a.m. - 1 p.m.

**Topic: Caregiver Resources**

**Available In-Person & On Zoom!**

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

## Wood County Fair – Senior Day

Thursday, August 4, 2022

### Entertainment sponsored by:

*Devoted Health, Rehabilitation Hospital of Northwest Ohio,  
Right at Home, Wood County Hospital, Wood Haven Health Care*

- 9-9:50 a.m.**    **Coffee & Donuts**, Sponsored by Devoted Health  
**Jake Pilewski**, Rossford, Ohio  
*Jazz, Blues, Folk, Country & Rock*
- 9:50 a.m.**    **Welcome & Opening Address**  
*National Anthem by Jake Pilewski*
- 10 a.m.**       **Spittin' Image**, Greenville, Ohio  
*Classic Country, Classic Rock, Bluegrass, & Blues*
- 11 a.m.**       **Door Prize Drawing**  
*Must be present to win*
- 11:10 a.m.**   **Bliss**, Northwest Ohio  
*All Genres of Music*
- 12:10 p.m.**   **Afternoon Address & Lunch**, Sponsored by Amada Senior Care, Bowling Green Manor, Bridge Home Health & Hospice, Hanneman Family Funeral Homes, and ProHealth.  
**Menu:** Stacked turkey or ham, cold beans, heritage coleslaw, melon salad, Rice Krispies Treat, & water
- 12:30 p.m.**   **Mike Bishop**, North Canton, Ohio  
*Comedy Magic Show*
- 1:30 p.m.**    **Just Jazz**, Mansfield, Ohio  
*Jazz*
- 2:30 p.m.**    **Door Prize Drawing**  
*Must be present to win*



**Lunch reservations are required by Friday, July 29** and can be made by calling 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

All events are held under the tent. Enter through **Gate B or C off of Poe Road**. A free shuttle from the parking lot on Poe Road to the Fairgrounds is provided via golf carts courtesy of the Wood County Sheriff's Office. When you are in the parking lot, call 419.352.8257 for your free shuttle into the fairgrounds on Senior Day.

## Teaching Kitchen

Tuesday, June 21 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.

**June Menu:** summer salsas and dips

Class is limited to the first 15 participants. **Registration required by Thursday, June 16.**

**Cost:** \$15 per person (due upon registration\*) *\*No refunds will be available after Thursday, June 16.*

# 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, June 3 & 17**

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

*Support provided by Amada Senior Care.*

### St. Timothy's Church

*871 E. Boundary St., Perrysburg*

**Wednesday, June 8**

**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.**

**June 3:** "I'll See You in My Dreams" (1951) *Starring Doris Day, Danny Thomas, Frank Lovejoy*

**June 10:** "Storm Warning" (1951) *Starring Ginger Rogers, Ronald Reagan, Doris Day*

**June 17:** "The Winning Team" (1952) *Starring Doris Day, Ronald Reagan, Frank Lovejoy*

**June 24:** "Teacher's Pet" (1958) *Starring Clark Gable, Doris Day, Gig Young*



# 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** **September 2023**

More information to come!

*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

June 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Hot Dog OR Hamburger</b> baked beans, coleslaw, rosy applesauce, brownie	<b>Meatloaf OR Chicken Paprikash</b> noodles, lima beans, Betty's salad, pears	<b>Chef Salad with Turkey, Cheese, &amp; Egg OR Tuna Salad</b> lettuce blend, potato salad, cantaloupe & grapes, blueberry muffin
<b>Chicken &amp; Dumplings OR Baked Ham</b> French green beans, citrus sections, pickled beets, frozen yogurt	<b>Swedish Meatballs OR Veal Patty</b> oriental vegetables, noodles, Asian salad, pineapple	<b>Ham &amp; Bean Soup OR Turkey Pot Roast</b> tomato juice, apple/cabbage/raisin salad, peaches, cornbread	<b>Taco Meat OR Chicken Strips</b> tortillas, lettuce/tomatoes/cheese, refried beans, mixed fruit, cookies	<b>Pepper Steak OR Lemon Pepper Pollock</b> stewed tomatoes, rice, tropical fruit, cherry crunch
<b>Cream of Broccoli Soup OR Vegetable Soup</b> egg salad sandwich, celery sticks with peanut butter, orange sections	<b>Roasted Pork OR Broccoli Stuffed Chicken Breast</b> baked potato, corn relish, berry blend with yogurt & granola	<b>Birthday Lunch! Hamloaf</b> riviera blend vegetables, watermelon, apple juice, cake & ice cream	<b>Chicken Patty OR Sausage Patty (Sandwich)</b> hash brown casserole, 3-bean salad, fruit sorbet	<b>Scalloped Potatoes &amp; Ham OR Roasted Vegetable Lasagna</b> winter blend vegetables, plums, citrus slaw, banana bread
<b>ALL SITES CLOSED! Juneteenth</b>	<b>Teriyaki Chicken OR Cube Steak</b> peas & onions, grape juice, macaroni salad, orange	<b>Ground Bologna OR Chipped Turkey (Sandwich)</b> baked bean salad, tropical fruit, tomato zucchini salad, cookies	<b>Chicken Alfredo OR Sweet &amp; Sour Meatballs</b> noodles, green beans with almonds, Caesar salad, fruit cocktail	<b>Pork Cutlet OR Lasagna Roll Up</b> Italian blend vegetables, celery sticks with peanut butter, melon
<b>Macaroni &amp; Cheese with Ham OR BBQ Chicken Breast</b> succotash, pineapple-orange juice, cherry crisp	<b>Stuffed Green Pepper Soup OR White Chicken Chili</b> marinated vegetable salad, tropical fruit, banana, bran bread	<b>Turkey OR Liver &amp; Onions</b> mashed potatoes, emerald pears, carrots & chickpea salad, graham crackers	<b>Chicken Salad OR Chef Salad with Ham, Cheese &amp; Egg</b> lettuce blend, redskin potato salad, watermelon & grapes, banana nut muffin	

## 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.

June 2022			
Tuesday	Wednesday	Thursday	
	<b>Ham</b> corn, baked potato, melon, breadstick, apple strudel bites	<b>1</b>	<b>2</b> <b>Chicken Stew</b> pineapple with cottage cheese, 3-bean salad, biscuit, strawberry pie
<b>Birthday Dinner!</b> <b>Ground Beef Baked Ziti</b> carrots, spinach salad, fresh fruit, cake & ice cream	<b>7</b> <b>Sweet &amp; Sour Pork</b> rice, oriental vegetables, pears & grapes, Asian salad, lemon bar	<b>8</b>	<b>9</b> <b>Beef Stroganoff</b> noodles, capri blend vegetables, potato salad, peach crunch
<b>Stuffed Salmon</b> apple/sweet potato bake, grapes & oranges, macaroni salad, cherry cobbler	<b>14</b> <b>Corned Beef</b> boiled potatoes, cooked cabbage & carrots, strawberries & shortcake	<b>15</b>	<b>16</b> <b>Chef Salad with Ham, Egg &amp; Cheese</b> marinated vegetable salad, orange, blueberry muffin, cookies
<b>Beef Fajita Tacos</b> corn casserole, cranberry juice, crumb topped peaches	<b>21</b> <b>Turkey</b> mashed potatoes, green beans, mandarin orange salad, bread dressing, pumpkin pie	<b>22</b>	<b>23</b> <b>Chicken Pomodoro</b> mixed vegetables, noodles, coleslaw, grapes, ice cream cake
<b>Hamloaf</b> baked potato, rivierra blend vegetables, cranberry Jell-O salad, black forest cake	<b>28</b> <b>Goulash</b> Brussels sprouts, plums, wilted lettuce salad, banana cream pie	<b>29</b>	<b>30</b> <b>Hot Dog</b> baked beans, coleslaw, melon salad, cookies

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

**Game Night:** Wednesday, June 1 at 4 p.m. What game will we play tonight? Join us to find out!

**Quick Recipes:** Wednesday, June 8 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! *Facilitated by Bowling Green Manor. Registration required.*

**NEW! Comedy Special:** Thursday, June 9 at 4:30 p.m. Come and view a 60-minute stand-up comedy special to lighten up your night! **Feature:** Jeff Foxworthy - The Good Old Days (2022). **Registration required.**

**Karaoke:** Wednesday, June 15 at 4:30 p.m. Join this low-key group for some pre-dinner music with no pressure to get up and "perform!"

**Science of Natural Healing:** Tuesday, June 21 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** Stress and the Mind -Body Connection. Discussion to follow.

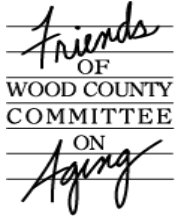
**Acrylic Painting Class:** Wednesday, June 22 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5**, supplies provided. *Hosted by Leslie Miller. Registration required.*

**4th of July Celebration:** Thursday, June 30 at 4:30 p.m. Live entertainment with singer/guitarist John Pickle! *Sponsored by Devoted Health.*

*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.*

# Dinner Menu

# 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!**

*Anonymous, In Memory of Nancy Adler*  
*John & Alice Calderonello, Capital Campaign*  
*Alta Coddling, In Memory of Anne Donald*  
*Helen Dermer, In Memory of Nancy Adler*  
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## **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 contact WCCOA: [wccoa@wccoa.net](mailto:wccoa@wccoa.net)  
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, June 20 in observance of Juneteenth.**

## 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 9:30 a.m. to 2:30 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*