

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
JULY 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)



### Lunch & Learn

#### *Understanding the Great Lakes and Concerns for the Future*

Friday, July 22 at 11:30 a.m.

Wood County Senior Center

*Zoom option available!*

For more than 100 years, Stone Laboratory has been an invaluable asset in freshwater biology research, science education and outreach. A freshwater field station since 1895 and part of The Ohio State University since 1925, Stone Lab programs have introduced thousands to the basics of field-based biological science. Professional researchers from all over the Midwest work here helping to solve the most pressing issues facing the Great Lakes, such as invasive species and toxic algal blooms.

Stone Laboratory on Gibraltar Island, the South Bass Island Lighthouse and Aquatic Visitors Center in Put-in-Bay bring hands-on science and education to everyone who visits.

This month's lunch and learn will be presented by Stone Lab's own *Jeffery Reutter, Ph.D.*, who will be joining us via Zoom. Dr. Reutter has spent over 50 years working on Lake Erie, Great Lakes and ocean issues. In 2021, Dr. Reutter became the very first inductee into the Hall of Fame at the Ohio Nature Conservancy.



The shallowest and warmest of all the great lakes, Lake Erie has been afflicted by harmful and toxic algal blooms. Lake Erie was the proverbial comeback kid from harmful algae blooms that plagued it once before in the 1980s. With the right measures, we can help our beloved Great Lake make a strong recovery once again.

The presentation will allow time for questions and answers with Dr. Reutter. *Space is limited*; the first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required by July 20.**

## Monarch Butterflies & Guided Nature Walk

Thursday, July 7 at 10 a.m.

Rotary Nature Center—Wintergarden Park

615 S. Wintergarden Rd, Bowling Green

Meet *Cinda Stutzman, Natural Resource Specialist, Bowling Green Parks* at Wintergarden Park for a special presentation and guided nature walk! We will begin at the Rotary Nature Center to explore the lifecycle of the monarch butterfly from its inception to its migration patterns. We will examine their life journey and discuss their current population status and future population outlook.



Following the presentation, take flight to the great outdoors with a guided tour to explore the park and the flowers that support the butterflies' ecosystem. **Please note: There is potential for uneven terrain if you choose to explore the nature paths.** **Registration required by Wednesday, July 6.**

# 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	Aug. 17	1-3 p.m.
Wood County Senior Center	Aug. 31	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, July 20**

**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)

alzheimer's  association

## Cholesterol Screening Clinics

**Appointment and pretest instructions required.**

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

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

**\*\*Includes:** Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglycerides, Total Cholesterol/HDL ratio and a blood glucose level. Results will be immediately available and discussed with clients by a Registered Nurse.

Clinic Site	Date	Time
Bowling Green	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
Perrysburg	Sept. 1	2-4 p.m.
Bowling Green	Sept. 8	4-6 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
Wayne	July 1	10-12 p.m.
North Baltimore	July 7	10-12 p.m.
Perrysburg	July 8*	10-12 p.m.
Pemberville	July 14	10-12 p.m.
Walbridge	July 21	10-12 p.m.
Grand Rapids	July 26	10-12 p.m.
Bowling Green	July 27	10-12 p.m.
Rossford	July 28	10-12 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, July 11 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, July 28 at 10 a.m.**

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

## Care Compass Project

**Wednesday, September 7 at 11 a.m.**

**Topic(s):** Care Choices

**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, July 6 & 20 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, July 27—August 31 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, 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 Briar Hill.*

## Delay the Disease

**Cost: \$20**

*Wednesdays, June 8 - July 13 at 10 a.m.*  
*Next session: July 27 - August 31*  
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.*  
*Next session: July 27 - August 31*  
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, Jul. 11 - Aug. 29 at 10:30 a.m.*  
*(No class August 8 & 15.)*  
**Advanced:** *Tuesdays, Jul. 19 - Aug. 30 at 10:30 a.m.*  
*(No class August 9.)*  
**Intermediate:** *Thursdays, Jun. 23 - Jul. 28 at 11 a.m.*  
*Caroline Dickinson, Certified Instructor.*

## Tai Chi

**Cost: \$60**

*Wednesdays, July 6 - August 10 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, July 14 - August 18 at 5 p.m.*  
Easy to follow dance moves to fun music in a party atmosphere. This class focuses on heart rate, range of motion and coordination. *Shannon Fisher, Licensed Instructor.*



# Virtual Fitness Classes on Zoom

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

## SilverSneakers Classic

**Cost: \$20\***

*Wednesdays, July 27 - August 31 at 10 a.m.*  
*Sheila Brown, Certified Instructor.*

## SilverSneakers Strength & Balance

**Cost: \$20\***  
*Fridays, July 15 - August 19 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.

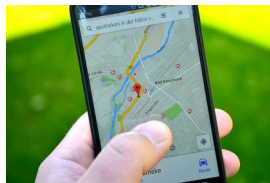
**Watercolor Art Group:** Thursdays from 10 a.m. - 12 p.m. Create alongside your peers in this weekly group. Plan to bring (and take with you) all necessary materials/projects each week.

**Clint Eastwood Movie Series:** Thursdays at 1 p.m. **7<sup>th</sup>:** "Unforgiven" (1992)\*. Western/Drama. **14<sup>th</sup>:** "The Bridges of Madison County" (1995). Romance/Drama. **21<sup>st</sup>:** "Million Dollar Baby" (2004). Sport/Drama. **28<sup>th</sup>:** "Gran Torino" (2008)\*. Drama. **\*Rated R.**

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

**Happy Hour:** Friday, July 1 at 12:30 p.m. *Snacks sponsored by Waterford at Levis Commons.* **Zoom option available.**

**Maps/Navigation on your Smart Phone:** Tuesday, July 5 at 11 a.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.*



**BG Knitter's Guild:** Wednesday, July 6 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Game Night:** Wednesday, July 6 at 4 p.m. What game will we play tonight? Join us to find out!

**Staff Pick Movie:** Monday, July 11 at 1 p.m. What will this month's movie be? We'll give you a few clues. **Genre:** Adventure/Comedy/Crime. **Year:** 2021. **Synopsis:** Set in late 1970s London, the film follows a young grifter named Estella, a clever and creative girl determined to make a name for herself with her designs. **Registration required.** *This month's movie was selected by Liz Lauck, Program & Outreach Specialist, WCCOA.*



**Paper Quilling Card Craft:** Tuesday, July 12 at 10:30 a.m. All supplies/guidance with project will be provided. **Cost: \$5.** **Registration required.** *Hosted by Leslie Miller.*

**Reminiscing:** Tuesday, July 12 at 11 a.m. **This month's topic:** Road trips & vacations. "Are we there yet?!" Who can remember their first road trip or vacation? Ever traveled Route 66 or the famous Lincoln Highway? Come explore and reminisce with us. *Presented by Ohio Living.*

**Fact or Fiction:** Wednesday, July 13 at 11 a.m. Can you answer correctly if a statement is true or false? *Facilitated by Amada Senior Care.*

**Guitar Circle:** Wednesdays, July 13 & 27 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. **Registration required for first time participants.** *Sessions assisted by John Zanfardino.*

**Quick Recipes:** Wednesday, July 13 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! **Registration required.** *Facilitated by Bowling Green Manor.*

**Ladybug Painted Rocks:** Thursday, July 14 at 2:30 p.m. All supplies/guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*



**Comedy Special:** Thursday, July 14 from 4 - 5:30 p.m. Come and view a 90-minute stand-up comedy special to lighten up your night! **Feature:** Gabriel Iglesias: I'm Sorry for What I Said When I Was Hungry (2016). **Registration required.**

**Breakfast Club:** Monday, July 18 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). **Breakfast cost on your own.** **Registration required.**

# Wood County Continued...

**Musical Monday:** Monday, July 18 at 1 p.m.  
**Feature:** "Chicago" (2002). **Synopsis:** Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention. **Registration required.**

**Ancestry Research Group:** Monday, July 18 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, July 19 at 9 a.m. Video series from *The Great Courses* followed by a group discussion. **Registration required by July 15.** *Breakfast provided by Brookdale of Bowling Green.* **This month's topic:** The Science of Immortality  
**Video Presenter:** Thad A. Polk, Ph.D.

**Science of Natural Healing:** Tuesday, July 12 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion.  
**This month's topic:** Turning Stress into Strength.  
**Video Presenter:** Dr. Mimi Guarneri.

**Heat & Summer Precautions:** Wednesday, July 20 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

**Movie Star Trivia:** Wednesday, July 20 at 12:30 p.m. **Zoom option available.**

**Karaoke:** Wednesday, July 20 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!

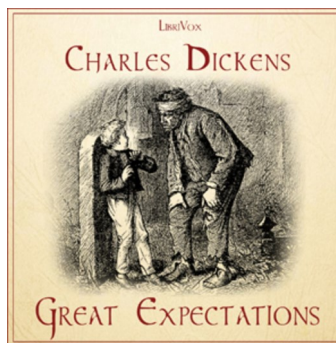
**Tranquil Coloring:** Thursday, July 21 at 1 p.m. Enjoy an afternoon of mindfulness with relaxing music, meditative coloring and the company of others who share similar interests. *Facilitated by Jan Chilcote.*

**'Christmas in July' Name That Tune:** Thursday, July 21 at 1:15 p.m. Just for fun, no prizes awarded. *Songs will be played on the piano by Marilyn Wilson.* **Zoom option available.**

**Lunch & Learn:** Friday, July 22 at 11:30 a.m.  
**This month:** Understanding the Great Lakes and Concerns for the Future. *Presented by Jeffery Reutter, Ph.D., OSU Stone Lab.* The first 20 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required.** *See more info on page 16.* **Zoom option available.**

**Art Therapy:** Monday, July 25 from 1 - 3 p.m.  
**This month's project:** Confidence Confetti. **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.* *See more info on page 16.*

**Trivia:** Tuesday, July 26 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*



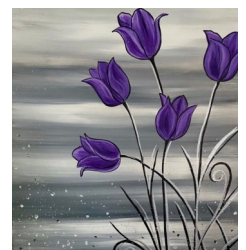
**Reader's Café:** Tuesday, July 26 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting July 1) then join together to watch the film on the last Tuesday of the month. **Feature:** *Great Expectations* by Charles

Dickens. **Synopsis:** *Great Expectations* follows the childhood and young adult years of Pip a blacksmith's apprentice in a country village. He suddenly comes into a large fortune (his great expectations) from a mysterious benefactor and moves to London where he enters high society.

**Blood Pressure & Blood Glucose Clinic:** Wednesday, July 27 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.*

**Brain Games:** Wednesday, July 27 at 12:45 p.m. Riddles, trivia, and problem-solving.  
**Zoom option available.**

**Acrylic Painting Class:** Wednesday, July 27 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5.** **Registration required.** *Hosted by Leslie Miller.*



**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 classes 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.

**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.*

**Happy Hour:** Friday, July 1 at 12:30 p.m.  
This hour is filled with happy thoughts and uplifting moments! **Registration required.** *Snacks sponsored by Waterford at Levis Commons. Zoom option available.*



**Ladybug Painted Rocks:** Tuesday, July 5 at 12:45 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**Successful Seniors:** Wednesday, July 6 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.

**Euchre Tournament:** Thursday, July 7 at 12:45 p.m. **Registration required.**

**Now & Then:** Monday, July 11 at 12:30 p.m.  
**Topic:** Vacations. "Are we there yet?!" Join us for a reminiscing discussion! *Facilitated by Comfort Keepers.*

**Pinochle Tournament:** Monday, July 11 at 12:45 p.m. **Registration required.**

**Breakfast Club:** Tuesday, July 12 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, July 12 at 12:45 p.m.  
*Sponsored by Waterford at Levis Commons.*

**Facebook Hacking vs. Impersonation:** Thursday, July 14 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.*

**Dog Day Sundaes:** Fridays, July 15 & 22 at 12:30 p.m. *Sponsored by Rehab Hospital of Northwest Ohio.*

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

**Texas Hold 'Em Tournament:** Monday, July 18 at 1 p.m.

**Healthcare Power of Attorney (POA):** Tuesday, July 19 at 12:15 p.m. Attend this program today to learn about what a healthcare POA is, why it is important and how you can go about getting one. *Presented by Angela Clabaugh, ProMedica Senior Care.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Left, Right, Center:** Thursday, July 21 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

**Hand & Foot Card Game:** Monday, July 25 at 12:45 p.m. **Registration required.**



# Perrysburg Continued...

**Movie Day:** Tuesday, July 26 at 12:45 p.m.

**Feature:** “The Lost City” (2022). **Synopsis:** A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

**Registration required.** *Sponsored by Walker Witzler -Shank Funeral Homes & Crematory.*

**Owls of Ohio:** Wednesday, July 27 at 12:30 p.m.

Join us as we learn about the common and rare owls in Ohio. From their exceptional hearing, to their silent flight, we will discuss what makes owls so special.

*Previously recorded; Presented by Lauren Stewart, Naturalist, ODNR.*

**Caregiver Support Group:** Thursday, July 28

at 10 a.m. This group is for anyone providing caregiving assistance to individuals throughout Wood County. The group provides resources, advice on stress of caregiving, recommendations, and an outlet for caregivers to connect with one another. *Hosted by Jessica Ricker, MSW, LSW, WCCOA.*

**Advanced registration required by calling Jessica at 419.353.5661**

## 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.

**Blood Pressure & Blood Glucose Clinic:**

Friday, July 1 from 10 a.m. - 12 p.m.

**Fitness Fun:** Tuesday, July 5 & Monday, July 18 at 11:15 a.m. *Led by video.*

**Successful Seniors:** Wednesday, July 6 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.

**Bingo:** Tuesday, July 12 at 1 p.m.  
*Sponsored by Bowling Green Manor.*

**Bingo:** Wednesday, July 13 at 1 p.m.  
*Sponsored by St. Catherine's Manor Fostoria.*

**Trivia Battle:** Friday, July 15 at 12:30 p.m.  
Let's test our brains with a trivia competition against other senior centers in Wood County!

**Safe Driving Habits:** Tuesday, July 19 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.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein.*

**Bingo:** Wednesday, July 20 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, July 21 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.**

**Patriotic Memories:** Thursday, July 21 at 12:30 p.m. Reminisce about our patriotic heritage and the beloved ways we celebrate our independence and our fallen heroes through discussion, photos and a beautifully rendered short video. *Presented by Morgan Alexander, Wayne Public Library.*

**Generation RX:** Friday, July 22 at 12:30 p.m. It's true that prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm. This programming will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country. *Presented by Susan Zies, OSU Extension Office.*

**Emergency Safety:** Thursday, July 28 at 12:30 p.m. Learn tips to stay safe during fires, tornados, and storms. *Presented by Erin Konecki & Jeff Klein, Wood County Emergency Management Agency.*

**Recipe Swap:** Friday, July 29 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, July 6 at 12:30 p.m.  
*Hosted by Manor at Perrysburg.*

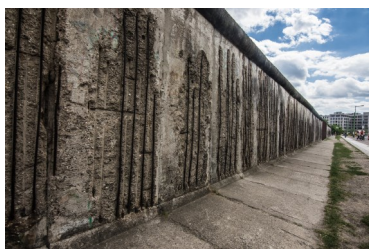
**Car Fit:** Thursday, July 7 at 12:30 p.m.  
Sandy will speak a little on making sure your own personal car is a good “fit” for you. Sandy will be available for one-on-one time with you and your car to go over how you can adjust items in your car to best fit your driving needs. *Presented by Sandy Wiechman, BGSU Safe Communities Coordinator.*

**Pies for Guys:** Friday, July 8 at 1 p.m. Gentlemen, join us for a little chit chat and a sweet treat. *Pies provided by Waterford at Levis Commons.*

**Doing More While Seeing Less:** Tuesday, July 12 at 12:30 p.m. Learn how the Sight Center of Northwest Ohio empowers independence and enriches the lives of people who are blind or visually impaired. This trusted non-profit organization serves 18 counties in Northwest Ohio as well as parts of Southeast Michigan and Central Ohio. *Presented by Tim Tegge, Development Coordinator & Former Client, The Sight Center.*

**Game Day:** Wednesday, July 13 at 12:30 p.m.  
*Hosted by Kingston of Perrysburg.*

**The Inside Story:** Thursday, July 14 at 12:30 p.m.



**Part 1: The Fall of the Berlin Wall.** This new 6-part series will take a look behind the scenes, if you will, at prominent individuals and historic events that helped shape our world.

**Emergency Safety:** Monday, July 18 at 12:30 p.m. Learn tips to stay safe during fires, tornados, and storms. *Presented by Erin Konecki & Jeff Klein, Wood County Emergency Management Agency.*

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

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, July 20 at 12:30 p.m. **Zoom option available.**

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

**Noodle Drum Exercise:** Monday, July 25 at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.



**You Be the Judge:**  
Tuesday, July 26 at 12:30 p.m. You will be given some real-life court cases and you are the judge! How would you rule? *Facilitated by Wood Haven Health Care.*

**Jingo:** Wednesday, July 27 at 12:30 p.m.  
Jingo card and place holders will be provided.  
*Sponsored by Kingston of Perrysburg.*

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, July 28 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.*

## 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!

**Donuts and 3/13:** Fridays at 9:30 a.m.  
Enjoy a game of 3/13 and sweet treat.  
**Cost:** \$1.25 per donut.

**SilverSneakers Classic on Zoom:**  
Wednesdays, June 8 - July 13 at 10 a.m. (*Next session: Jul. 27 - Aug. 31.*) 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**

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

**Fourth of July Celebration:** Friday, July 1 at 12:15 p.m. Wear your best patriotic outfit and celebrate with trivia and a sweet treat! *Trivia & treats sponsored by Devoted Health.*



**Ladybug Painted Rocks:** Friday, July 1 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Bingo:** Tuesday, July 5 at 12:30 p.m.  
*Sponsored by Walker Funeral Homes & Crematory.*

**The Real History of Secret Societies: Small-Town Secrets:** Wednesday, July 6 at 12:30 p.m.  
This video series from *The Great Courses* features a brief introduction to the realm of secret societies. Often demonized by their enemies and misunderstood by outsiders, many secret societies have become the stuff of myths and conspiracy theories.  
**Video Presenter:** Richard B. Spence, PhD.

**Trivia:** Monday, July 11 at 12:15 p.m.  
Test your knowledge! *Facilitated by Bridge Home Health & Hospice.*

**Knitting & Crocheting:** Monday, July 11 at 12:30 p.m. Bring your latest project or come ready to start a new one! Bring your own supplies.

**Dominoes:** Tuesday, July 12 at 12:30 p.m.

**Ohio Native Animals Presentation:**  
Wednesday, July 13 at 12:45 p.m. Learn more about animals native to Northwest Ohio! This exciting live animal presentation will allow for a close up view for some of Maumee Bay's critters and creatures.  
*Presented by Lauren Stewart, Trautman Nature Center at Maumee Bay State Park, ODNR.*

**Walbridge Talk:** Thursday, July 14 at 12:15 p.m.  
Learn more about your community with Mayor Ed Kolanko.

**Left, Right, Center:** Monday, July 18 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, July 19 at 12:30 p.m.  
*Prizes sponsored by The Commons.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Cupcakes sponsored by Orchard Villa.*

**Movie:** Wednesday, July 20 at 12:30 p.m.  
**Feature:** "Mamma Mia!" (2008). **Genre:** Comedy/Musical/Romance. **Synopsis:** The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.

**Successful Seniors:** Thursday, July 21 at 12:30 p.m. **This month's feature:** JRR Tolkien.

**DASH Diet:** Monday, July 25 at 12:30 p.m.  
This pre-recorded presentation explains the benefits of adopting the DASH diet and provides you with tips and tools to successfully make these changes.  
*Presented by Natasha Sweeney, BGSU Student.*

**Bunco:** Tuesday, July 26 at 12:30 p.m. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, July 27 at 12:45 p.m. Riddles, trivia, and problem-solving.  
**Zoom option available.**

**100 Pin Wii Bowling:** Fri., July 29 at 12:30 p.m.



# 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:** Friday, July 1 at 12:30 p.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center.  
*Sponsored by Hanneman Family Funeral Homes.*

**The Mis-Origin of Historical Tradition (Part 4):** Friday, July 1 at 12:30 p.m.  
*Presented by Mike McMaster, Wood County Museum.*

**Successful Seniors:** Tuesday, July 5 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** Laura Ingalls Wilder.

**Coffee Chat:** Wednesday, July 6 at 12:30 p.m. Join us for coffee, desserts and dialogue about current events, *provided by Right at Home Health Care.*

**Walking Club:** Thursday, July 7 at 11 a.m. Each month we will enjoy the summer weather while getting a little exercise!

**Emergency Safety:** Friday, July 8 at 12:30 p.m. Learn tips to stay safe during fires, tornados, and storms. *Presented by Erin Konecki & Jeff Klein, Wood County Emergency Management Agency.*



**Ladybug Painted Rocks:** Monday, July 11 at 12:30 p.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**Menu Chat:** Wednesday, July 13 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.

**Reminiscing:** Thursday, July 14 at 12:30 p.m. **This month's topic:** Road trips & vacations. "Are we there yet?!" Who can remember their first road trip or vacation? Ever traveled Route 66 or the famous Lincoln Highway? Come explore and reminisce with us. *Presented by Ohio Living.*

**Trivia Battle:** Monday, July 18 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

**Left, Right, Center:** Tuesday, July 19 at 12:30 p.m. Come join us for this quick and simple party game. *Facilitated by Bridge Home Health & Hospice.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m. *Birthday treats & gifts sponsored by Bowling Green Manor.*

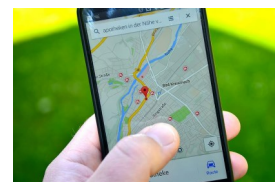
**Walking Trip:** Thursday, July 21 at 11 a.m. Meet us at the Grand Rapids Park (Carp Street, Grand Rapids) to explore the local natural sites along the river.

**Would You Rather Fitness:** Friday, July 22 at 11:45 a.m. Join us for a light and fun way to get some steps in!

**Trivia:** Monday, July 25 at 12:30 p.m. *Sponsored by Grand Rapids Care Center.*

**Blood Pressure & Blood Glucose Clinic:** Tuesday, July 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.*

**Maps/Navigation on your Smart Phone:** Wednesday, July 27 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.*



**Sponsored Bingo:** Thursday, July 28 at 10:30 a.m. Come enjoy this favorite with us. *Prize sponsored by Kingston HealthCare.*

**Hobby Corner:** Friday, July 29 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 End of the 18th Dynasty; Mummification—How We Know What We Know; What Mummies Tell Us; Making a Modern Mummy.

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

**Friday Donuts:** Friday, July 1 at 10:30 a.m.  
*Sponsored by Heritage Health Care.*

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, July 7 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.*

**Patriotic Party:** Friday, July 8 at 12:15 p.m.  
Come have patriotic desserts as we play USA-themed trivia to celebrate the Fourth of July. *Sponsored by Devoted Health.*

**Donut Days:** Tuesdays, July 5 & 19 at 11 a.m.  
*Sponsored by Wood Haven Health Care.*

**Ice Cream Sundae Monday:** Monday, July 11 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, July 12 at 9:30 a.m.  
**Location:** McDonald's (12776 Deshler Road, North Baltimore). **Breakfast cost on your own. Register with the Senior Center.**

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

**Successful Seniors:** Wednesday, July 13 at 11 a.m. Each month we will explore an individual who has reached incredible success after age 60.  
**This month's feature:** Duncan Hines.

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

**The Lodge in Wood County and the Golden Age of Fraternalism:** Monday, July 18 at 12:15 p.m. During "The Golden Age of Fraternalism" (1870-1930), as many as 40% of American adults held membership in at least one fraternal order. At one time, the Independent Order of Odd Fellows was the largest fraternal order in the world. Fraternal organizations such as the Knights of Pythias, Knights of the Maccabees, and Grange drew in businessmen, workers, and farmers, and often offered insurance-like protection to Wood Countians. *Presented by Mike McMaster, Wood County Museum.*

**Reminiscing:** Tuesday, July 19 at 12:15 p.m.  
**This month's topic:** Road trips & vacations. "Are we there yet?!" Who can remember their first road trip or vacation? Ever traveled Route 66 or the famous Lincoln Highway? Come explore and reminisce with us. *Presented by Ohio Living.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Cake sponsored by Briar Hill Health Campus.*

**Bingo:** Thursday, July 21 at 1 p.m.  
*Prizes sponsored by Bridge Home Health & Hospice.*



## 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**

# 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.

**Minutes with the Mayor:** Tuesday, July 5 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.

**Mis-Origins Part 1: The Mystery of the Count of Presque Isle Hill:** Wednesday, July 6 at 12:15 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, Education Coordinator, Wood County Museum.*

**Bingo:** Thursday, July 7 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Successful Seniors:** Friday, July 8 at 12:15 p.m. Each month we will explore an individual who has reached incredible success after age 60.  
**This month's feature:** JRR Tolkien.



## Ladybug Painted

**Rocks:** Monday, July 11 at 10:30 a.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**Movie:** Wednesday, July 13 at 12:45 p.m.  
**Feature:** "Parent Trap" (1961). **Genre:** Comedy/Family/Romance.

**Who Am I?:** Thursday, July 14 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.*

**Menu Chat:** Friday, July 15 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.

**Trivia:** Monday, July 18 at 12:45 p.m.  
*Hosted by Bridge Home Health & Hospice.*

**Maps/Navigation on your Smart Phone:** Tuesday, July 19 at 12:45 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.*

**Birthday Lunch:** Wednesday, July 20 at 12 p.m.  
*Cake & ice cream sponsored by Otterbein Pemberville.*

**Trivia Battle:** Thursday, July 21 at 12:30 p.m. Let's test our brains with a trivia competition against other Senior Centers in Wood County!

**'Christmas in July' Name That Tune:** Thursday, July 21 at 1:15 p.m. Just for fun, no prizes awarded. *Songs will be played on the piano by Marilyn Wilson.* **Zoom option available.**

**Mystery Game:** Monday, July 25 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.*

**Generation RX:** Tuesday, July 26 at 12:45 p.m. It's true that prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm. This program will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country. *Presented by Susan Zies, OSU Extension Office.*

**Breakfast Club:** Wednesday, July 27 at 9 a.m.  
**Location:** Granny's Kitchen (1105 W. Main Street, Woodville). **Breakfast cost on your own. Register with the Senior Center.**

**Movie:** Thursday, July 28 at 12:45 p.m.  
**Feature:** "Secondhand Lions" (2003).  
**Genre:** Drama/Comedy.

# 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, July 1 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.**

**Heat & Summer Precautions:** Wednesday, July 20 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.* **In-person participation in BG.**

**Movie Star Trivia:** Wed., July 20 at 12:30 p.m.  
**In-person participation in Rossford & BG.**

**'Christmas in July' Name That Tune:**  
Thursday, July 21 at 1:15 p.m. Just for fun, no prizes awarded. *Songs will be played on the piano by Marilyn Wilson.* **In-person participation in Pemberville & BG.**

**Lunch & Learn:** Friday, July 22 at 11:30 a.m.  
**This month:** Understanding the Great Lakes and Concerns for the Future. *Presented by Jeffery Reutter, OSU Stone Lab.* The first 20 registered will receive lunch *provided by Waterford at Levis Commons!*  
**Registration required.** See more info on page 16.  
**In-person participation in BG.**

**Bingo:** Friday, July 22 at 1 p.m.  
*Cover-all prize sponsored by Devoted Health.*

**Brain Games & Trivia:** Wednesday, July 27 at 12:45 p.m. Riddles, trivia and problem-solving exercises. **In-person participation in Walbridge & 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



# Art Therapy

Monday, July 25 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.

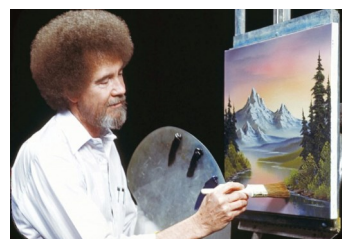
**This month's project:** Confidence Confetti! We will be focusing on self-affirmations, by writing notes as an act of compassion or love. We will decorate small tins to hold the notes with the intention of spreading kindness, by sharing them with others as well. The messages may act as a gift for someone else when they are going through a challenging time, or seem to need a pick-me-up.

# The Bob Ross Experience: Painting Class

Thursday, August 18 from 1 - 4 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.”)

Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.*

**Advanced registration required by Wednesday, August 10. Class is limited to the first 9 participants!**

*\*No refunds will be available after August 10.*



## SAVE THE DATE

## 90s Plus Spectacular!

## *Celebrating Those 90 Years of Age and Over in Wood County*

Monday, September 19

Doors open at 3:30 p.m. Event begins at 4 p.m.

# Wood County Senior Center

The 90s Plus Spectacular recognizes those who have reached the milestone of 90 years of age or over. Participants will be honored on the evening of the event with a slide show featuring significant memories from their lives and awards presented by elected officials. There will also be entertainment and dinner for all to enjoy!

**Registration for those 90+ is required; Registration forms will be available beginning August 1.**

Each participant may bring two guests. Advanced payment of \$7 per guest meal is required with registration.

## Thank You to Our 2022 Sponsors

**Dinner:** *Manor of Perrysburg & Hanneman Family Funeral Homes*; **Boutonnieres:** *Brookdale*;

**Framed Certificates:** *Wood Haven Health Care*; **Table Centerpieces:** *Bowling Green Manor*;

**Entertainment:** *Waterford at Levis Commons*; **Photo Keepsake:** *St. Clare Commons*



# Around the County, Events & Classes



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

## A Matter of Balance

Tuesdays, September 13 - November 1  
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  
Devoted Health.*

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)**



## Care Compass Project

Wednesday, September 7

11 a.m. - 1 p.m.

**Topic: Care Choices**

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

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, August 2** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wcco.net](mailto:programs@wcco.net)

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

### 11 a.m. Homecare & Placement Options

Families at times struggle with effectively meeting the needs of their aging loved ones. These needs might increase as the result of an injury, illness, health diagnosis or other various issues. The decision to age at home or in a facility is not an easy one. This session will provide information on whether aging in place or in a facility is the best option for your loved one. Hear about things to consider to help make your choice a lot clearer.

### 11:45 a.m. “It’s Okay to Place Your Loved One”

The people we love and care for often reach a point where we can no longer be sole care providers and we need to look at options. This is painful, because up to this point we’ve likely been partners in their care but haven’t had to make forceful decisions. Now, things have changed. Because so many people have a negative view of “nursing homes” and assisted living settings, the idea of going to a care facility terrifies many older people and being the person to make this decision can be agony. This session will arm you with the knowledge and tools to navigate through care levels in a healthy manner.

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



# Around the County,

## Wood County Fair – Senior Day

Thursday, August 4

### 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 Live**, Mansfield, Ohio  
*Jazz*
- 2:30 p.m.**    **Door Prize Drawing**  
*Must be present to win*



**Lunch reservations are required by Friday, July 29 no later than 4 p.m.** 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 courtesy 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 courtesy shuttle into the fairgrounds on Senior Day.



## Seniors Against Scams

Wednesday, August 24 from 2 - 3:30 p.m.  
**Wood County Senior Center**

Seniors Against Scams is an educational curriculum that highlights common scams targeting older adults and offers next steps for those who experience financial fraud. The curriculum was designed by the National Council on Aging (NCOA) and will be delivered by WCCOA Social Services staff. Additionally, Maureen Veit from Wood County Adult Protective Services will join the class to share her knowledge of scams in our community and what is most common in Wood County.

# Around the County, Events

## LivelyU Lifelong Learning Academy



### About Our Courses

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

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

Courses are featured in a brochure separate from this newsletter, 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!**

## Guiding Pathways

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

### Wood County Senior Center

*140 S. Grove St, Bowling Green*

**Fridays, July 8 & 15**

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

*Support provided by Amada Senior Care.*

### St. Timothy's Church

*871 E. Boundary St., Perrysburg*

**Wednesday, July 13**

**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.**

**July 1:** "Yankee Doodle Dandy" (1942) *Starring James Cagney, Joan Leslie & Walter Huston*

**July 8:** "The Seven Little Foys" (1955) *Starring Bob Hope & James Cagney*

**July 15:** "Come Fill the Cup" (1951) *Starring James Cagney, Phyllis Thaxter & Raymond Massey*

**July 22:** "Johnny Come Lately" (1943) *Starring James Cagney, Grace George & Marjorie Main*

**July 29:** "The Bride Came C.O.D." (1941) *Starring James Cagney & Bette Davis*



# 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

July 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>All sites closed.</b> <b>Happy 4th of July!</b>	<b>4</b> <b>Veal Patty OR Honey Mustard Chicken Breast</b> Italian blend vegetables, au gratin potatoes, mandarin orange salad	<b>6</b> <b>Chicken Pot Pie OR Cabbage Roll</b> green beans, cinnamon applesauce, macaroni salad, SideKicks fruit slushie	<b>7</b> <b>Pulled Pork OR Shredded Chicken (Sandwich)</b> potato wedges, coleslaw, peaches & pears, cookies	<b>1</b> <b>Hamburger OR Hot Dog</b> baked beans, coleslaw, strawberries & blueberries, angel food cake
<b>11</b> <b>Chicken Wings OR Smoked Sausage</b> baked sweet potatoes, orange juice, corn relish, brownie	<b>12</b> <b>Hamloaf OR Chicken Chimichunga</b> creamed corn, broccoli salad, tropical fruit	<b>13</b> <b>Turkey Tacos OR Beef Fajita Tacos</b> lettuce & tomato, black beans & rice, fruited Jell-O	<b>14</b> <b>Baked Ham OR Chicken Tenders</b> cauliflower, 3 bean salad, mandarin oranges & grapes	<b>15</b> <b>Hamburger Pie OR Cheese Roll Up</b> mixed vegetables, celery with peanut butter, glazed bananas & strawberries, pound cake
<b>18</b> <b>Stuffed Pepper OR Chicken Cordon Bleu</b> riviera blend vegetables, mixed fruit, Greek pasta salad, pineapple-orange juice	<b>19</b> <b>Roast Pork OR King Ranch Chicken Casserole</b> tomato-zucchini blend, pears, cherry crunch	<b>20</b> <b>Birthday Lunch! Beef Stroganoff</b> squash, noodles, melon, heritage slaw, cake & ice cream	<b>21</b> <b>Chipped Ham OR Chicken Salad (Sandwich)</b> baked bean salad, mandarin orange salad, carrots, ice cream	<b>22</b> <b>Goulash OR Pecan Crusted Tilapia</b> far east blend vegetables, banana, peaches & cream with granola
<b>25</b> <b>Bratwurst OR Grilled Chicken Sandwich</b> mashed potatoes, sauerkraut, pineapple & cottage cheese, Rice Krispies Treat	<b>26</b> <b>Beef Lasagna OR Broccoli Stuffed Chicken Breast</b> lima beans, Caesar salad, grapes & pears	<b>27</b> <b>Turkey Stew OR Ham &amp; Bean Soup</b> rosy applesauce, heritage slaw, fruit sorbet, cornbread	<b>28</b> <b>Chicken Paprikash OR Meatloaf</b> noodles, mixed vegetables, cauliflower peanut salad, peaches	<b>29</b> <b>Scalloped Potatoes &amp; Ham OR Lemon Pepper Tilapia</b> Kyoto blend vegetables, pickled beets, grape juice, pudding

## Served Tuesday through Thursday, 5:30 to 6:30 p.m. at the Wood County Senior Center

*Reservations required by 2 p.m. that day. (Menu is subject to change.)*

There is a \$4 suggested donation those over 60 and \$7 fee for those under 60 years of age.

*When making your reservation, a chicken breast can be requested instead of the listed entrée.*

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room is available.

July 2022		
Tuesday	Wednesday	Thursday
<b>Roast Beef</b> baked potato, cauliflower, peaches, cherry cheesecake	<b>5 Bacon Wrapped Chicken Breast</b> Italian blend vegetables, rice pilaf, coleslaw, grapes, vanilla pudding	<b>7 Salmon Patty</b> mashed potatoes, green beans, ambrosia salad
<b>Birthday Dinner!</b> <b>BBQ Ribs</b> scalloped potatoes, succotash, grape juice, cake & ice cream	<b>12 French Toast</b> hash browns, sausage links, orange sections, baked apples	<b>14 Teriyaki Chicken</b> broccoli, tossed salad, apricots, cookies
<b>Mushroom &amp; Swiss</b> <b>Chicken Breast</b> Nantucket blend vegetables, wild rice, orange, blueberry crisp	<b>19 Pork Stew</b> cucumber & tomato salad, fruited Jell-O, bread pudding, biscuit	<b>21 Cheeseburger</b> baked beans, potato salad, melon, brownie
<b>Cabbage Roll</b> mashed potatoes, spinach salad, strawberries & grapes, cookies	<b>26 BBQ Pork Chop</b> small whole potatoes, riviera blend vegetables, mandarin orange salad, cracker pudding	<b>28 Chicken Salad Croissant</b> carrot & celery sticks, melon, pasta salad, cherry crunch

**BG Knitter's Guild:** Wednesday, July 6 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Game Night:** Wednesday, July 6 at 4 p.m. What game will we play tonight? Join us to find out!

**Science of Natural Healing:** Tuesday, July 12 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarnieri. **This month's topic:** Stress and the Mind-Body Connection. Discussion to follow.

**Quick Recipes:** Wednesday, July 13 at 4 p.m. Join this monthly group to add another quick recipe to your repertoire! *Facilitated by Bowling Green Manor. Registration required.*

**Comedy Special:** Thursday, July 14 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.**

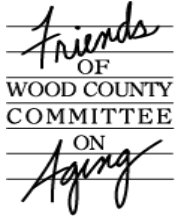
**Karaoke:** Wednesday, July 20 at 4:30 p.m. Join this low-key group for some pre-dinner music with no pressure to get up and "perform!"

**Acrylic Painting Class:** Wednesday, July 27 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.*

# 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!**

**The Benevity Community Impact Fund, Capital Campaign**

**Beverly Cope, *In Memory of Nancy Adler***

**Debra Dauer, *Capital Campaign***

**Gaylyn & Jan Finn, *Capital Campaign***

**Kay & John Hartman, *Capital Campaign***

**Joseph & Elayne Jacoby, *Capital Campaign***

**Kathleen Kasprzak, *In Memory of Edward Bialy***

**League of Women Voters—70<sup>th</sup> Anniversary Celebration, *Capital Campaign***

**Danilda Lee, *In Memory of Nancy Adler***

**Charles & Beverly Miner, *In Memory of Thelma Whitmer***

**Elizabeth K. Smith, *Capital Campaign***

**Toledo PEO Reciprocity, *Capital Campaign***

**George & Mary Vetter, *Capital Campaign***

**June Van Vorhis, *In Memory of Nancy Adler***



**Save the date for these upcoming events!**

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

**August 5 at 12:30 p.m.**

**Summer Luau Party—North Baltimore Area Senior Center**

**August 8 at 12:30 p.m.**

**Sundaes on Monday—Rossford Area Senior Center**

**September 16 (Time TBA)**

**Ladies' Fall Tea Party—North Baltimore Area Senior Center**

**September 19 at 4 p.m.**

**90s Plus Spectacular—Wood County Senior Center**

**September 21 at 1 p.m.**

**Fall Fling—Wayne Area Senior Center**

**September 22 at 12:30 p.m.**

**Fall Harvest Party—Perrysburg Area Senior Center**

**September 30 at 11 a.m.**

**Battle of the Woods Tailgate—Wayne & Pemberville Area Senior Centers**

## **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, July 4 in observance of Independence 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 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*