

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
AUGUST 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)*

## 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, & 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 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. **Registration required.**

# 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, August 17**

**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.**

**No appointments will be made until October 14 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	Nov.—TBA	9-11 a.m.
Perrysburg	Nov.—TBA	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
North Baltimore	August 2	10-12 p.m.
Wayne	August 5	10-12 p.m.
Perrysburg	August 9	10-12 p.m.
Pemberville	August 11	10-12 p.m.
Walbridge	August 16	10-12 p.m.
Grand Rapids	August 18	10-12 p.m.
Bowling Green	August 23	10-12 p.m.
Rossford	August 25	10-12 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, August 8 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, August 25 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, August 3 & 17 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 419.661.4001



# 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.\*\***

## Chair Yoga

**Cost: \$20**

*Thursdays, August 18 - September 22 at 1 p.m.*  
Engage your breath and sensory awareness, and enjoy movement of the body. *Chelsea Cloeter, Certified Instructor.*

## Club F.I.T.

**FREE**

*Tuesdays 9 a.m.*  
This **F**itness **I**nteractive **T**eaching program will provide you with strengthening exercises and stretching tips to keep you actively independent. *Facilitated by Bowling Green Manor.*

## Get Moving Classic

**FREE**

**PLEASE NOTE:** *There will be NO Get Moving Classic classes August 1 –18!*

*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:** *Thurs., Aug. 18 - Sept. 22 at 11 a.m.*  
*Caroline Dickinson, Certified Instructor.*

## Tai Chi

**Cost: \$60**

*Wednesdays, August 17 - September 12 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 - 2:30 p.m.*  
Peer-led instruction with step-by-step learning for new participants. Participants may learn at their own pace.

# 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, August 26 - September 30 at 9:30 a.m.*  
*Sheila Brown, Certified Instructor.*

## 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.*

# 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.

**Sandra Bullock Movie Series:** Thursdays at 1 p.m. **11<sup>th</sup>:** "The Blind Side" (2009). Sport/Drama. **18<sup>th</sup>:** "Gravity" (2013). Sci-Fi/Thriller. **25<sup>th</sup>:** "Miss Congeniality" (2000). Comedy/Action.

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

**Staff Pick Movie:** Monday, August 1 at 1 p.m. What will this month's movie be? We'll give you a few clues. **Genre:** Comedy/Romance. **Year:** 2002. **Synopsis:** A young woman who has reinvented herself as a New York City socialite must return home to Alabama to obtain a divorce from her husband after seven years of separation. **Registration required.** *This month's movie was selected by Kinsey Kale, Program & Wellness Specialist, WCCOA.*

**BG Knitter's Guild:** Wednesday, August 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Happy Hour:** Friday, August 5 at 12:30 p.m. *Snacks sponsored by Waterford at Levis Commons.* **Zoom option available.**

**The American Passenger Pigeon & How Modern History Got the Bowling Green Massacre Wrong:** Monday, August 8 at 10:30 a.m. September 1, 2014 at exactly 1 p.m. marked the 100th anniversary of the extinction of the passenger pigeon. Learn about the life and extinction of the American Passenger Pigeon, whose numbers once were so great their flocks blotted out the sun. What role did the Bowling Green Massacre play in the demise of this elegant bird? *Presented by Mike McMaster, Wood County Museum.*

**Button Bouquet Craft:** Tuesday, August 9 at 10:30 a.m. All supplies/guidance with project will be provided. **Cost: \$5. Registration required.** *Hosted by Leslie Miller.*



**Fact or Fiction:** Wednesday, August 10 at 11 a.m. Can you answer correctly if a statement is true or false? *Facilitated by Amada Senior Care.*

**Guitar Circle:** Wednesdays, August 10 & 24 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.*

**Romantic Movies:** Wednesdays, August 10 & 24 at 1 p.m. **10<sup>th</sup>:** "Message in a Bottle" (1999); **24<sup>th</sup>:** "Nights in Rodanthe" (2008). **Registration required.** *Hosted by Liliana Rossi.*



**Broccoli Stamped Fall Tree Craft:** Thursday, August 11 at 2:30 p.m. All supplies/guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

**NEW! Writers' Group:** Fridays, August 12 & 26 at 10 a.m. This group will enable interested writers to practice, share their work, and listen to suggestions from peers. Time will be available for discussions on various writing materials and publishing/writing opportunities. Join this group for a supportive environment. *Hosted by Herb Dettmer.*

**Breakfast Club:** Monday, August 15 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). **Breakfast cost on your own.** **Registration required.**

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

# Wood County Continued...

**Musical Monday:** Monday, August 15 at 1 p.m.  
**Feature:** "Oklahoma" (1955). **Synopsis:** In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies. **Registration required.**

**Brain Training:** Tuesday, August 16 at 9 a.m.  
"Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by Aug. 12.** *Breakfast provided by Brookdale of Bowling Green.*  
**This month's topic:** A CBT Toolbox: Toward Wise Living. **Video Presenter:** Jason M. Satterfield, Ph.D.

**Science of Natural Healing:** Tuesday, August 16 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion.  
**This month's topic:** Meditation, Yoga & Guided Imagery. **Video Presenter:** Dr. Mimi Guarneri.

**Managing Pain:** Wednesday, August 17 at 11 a.m.  
*Presented by McLaren St. Luke's Family Medicine.*  
**Zoom option available.**

**Movie Star Trivia:** Wednesday, August 17 at 12:30 p.m. Test your knowledge of various movie stars that the films they starred in!  
**Zoom option available.**

**Bob Ross Experience Painting Class:** Thursday, August 18 from 1 - 4 p.m. **Registration required.** *Hosted by Nate Miller, CRI®. Details about this specialty art class can be found on page 5.*

**Coffee & Coloring:** Monday, August 22 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts, and the company of others who share similar interests. *Facilitated by Jan Chilcote. Donuts provided by St. Clare Commons.*

**Art Therapy:** Monday, August 22 from 1 - 3 p.m.  
**This month's project:** Crumpled Paper Art.  
**Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See more info on page 16.*

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

**Trivia:** Tuesday, August 23 at 11 a.m.  
*Facilitated by Bridge Home Health & Hospice.*

**Comedy Special:** Tuesday, August 23 at 1 p.m.  
Come and view a 70-minute comedic film to lighten up your day! **Feature:** Stan Laurel & Oliver Hardy in *Flying Deuces* (1939). **Registration required.**

**Brain Games:** Wednesday, August 24 at 12:45 p.m. Riddles, trivia, and problem-solving.  
**Zoom option available.**

**Seniors Against Scams:** Wednesday, August 24 from 2 - 3:30 p.m. **Registration required.** *See more information on the cover.*



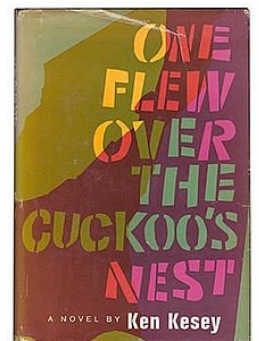
**Acrylic Painting Class:** Wednesday, August 24 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5. Registration required.** *Hosted by Leslie Miller.*

**Lunch & Learn:** Friday, August 26 at 11:30 a.m.  
**This month:** Wood County Humane Society.  
*Presented by Heath Diehl, Wood County Humane Society Volunteer & Past Board President.* The first 25 registered will receive lunch *provided by Waterford at Levis Commons!* **Registration required.** *See more info on page 16. Zoom option available.*

**NEW! Therapy Dogs International:** Monday, August 29 from 11 a.m. - 12 p.m. Visit with our new four-legged friends! *All therapy dogs have been tested and evaluated for Therapy Dog work by Certified Therapy Dogs International evaluators.*

**Reader's Café:** Tuesday, August 30 at 3 p.m.  
This club features books that have been turned into movies! Pick up a copy of the book to read (starting August 1) then join together to watch the film on the last Tuesday of the month.

**Feature:** *One Flew Over the Cuckoo's Nest* by Ken Kesey.  
**Synopsis:** A criminal pleads insanity and is admitted to a mental institution, where he rebels against the oppressive nurse and rallies up the scared patients.



**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, August 1 - September 29 at 11 a.m. *No classes August 8, September 5 & 12. Schaller Building (130 W. Indiana Ave.) Joe Sparks, Certified Instructor.*  
**Cost:** \$20 per session or FREE for SilverSneakers Members. **Register with the Programs Department 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. *No class August 17. 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.*

**Now & Then:** Monday, August 1 at 12:30 p.m.  
**Topic:** First Jobs. "Are we there yet?!" Join us for a reminiscing discussion! *Facilitated by Comfort Keepers.*

**Texas Hold 'Em Tournament:** Mondays, August 1 & 15 at 1 p.m.



**Broccoli Stamped Fall Tree Craft:** Tuesday, August 2 at 12:45 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Successful Seniors:** Wednesday, August 3 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.

**Happy Hour:** Friday, August 5 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.**

**Euchre Tournament:** Friday, August 5 at 12:45 p.m. **Registration required.**

**Pinochle Tournament:** Monday, August 8 at 12:45 p.m. **Registration required.**

**Breakfast Club:** Tuesday, August 9 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, August 9 at 12:45 p.m. Players from the Northeast Site will be joining us!  
*Sponsored by Waterford at Levis Commons.*

**Trivia:** Monday, August 15 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Left, Right, Center:** Thursday, August 18 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

**Hand & Foot Card Game:** Monday, August 22 at 12:45 p.m. **Registration required.**

**Movie Day:** Tuesday, August 23 at 12:45 p.m.  
**Feature:** The Adam Project **Synopsis:** After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future. **Advanced registration required.** *Sponsored by Walker Witzler-Shank.*

**Tips for Healthy Aging, Part 1:** Wednesday, August 24 at 12:15 p.m. *Presentation and root beer floats sponsored by St. Clare Commons.*



# Perrysburg Continued...

**Caregiver Support Group:** Thursday, August 25 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**

**Focusing on Wellness:** Tuesday, August 30 at 12:15 p.m. August is National Wellness Month. This presentation will focus on self-care, managing stress and promoting healthy routines. *Presented by Angela Claubaugh, ProMedica Senior Care.*



## 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, August 5 from 10 a.m. - 12 p.m.

**Reminiscing:** Friday, August 5 at 12:30 p.m.

**This month's topic:** School days & teachers. Reading, writing and arithmetic! Who was your first favorite teacher? Travel back in time with us. *Presented by Linda Gutierrez, Ohio Living.*

**Fitness Fun:** Mondays, August 8 & 22 at 11:15 a.m. *Led by video.*

**Bingo:** Tuesday, August 9 at 1 p.m. *Sponsored by Bowling Green Manor.*

**Bingo:** Wednesday, August 10 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Successful Seniors:** Tuesday, August 16 at 12:30 p.m. Each month we will explore an individual who has reached incredible success after age 60. **This month's feature:** JRR Tolkien.

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Cake & ice cream sponsored by Otterbein Portage Valley Retirement Communities..*

**Bingo:** Wednesday, August 17 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, August 18 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.**

**Trivia Battle:** Friday, August 19 at 12:30 p.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

**Doing More While Seeing Less:** Tuesday, August 23 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.*

**Menu Talk:** Wednesday, August 24 at 12:15 p.m. *Angie Bradford, Director of Food Service, WCCOA* will be here to discuss requirements in the menu-making process and get your ideas for upcoming menus.

**Recipe Swap:** Friday, August 26 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!

**Maps/Navigation on your Smart Phone:** Monday, August 29 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. *Pre-recorded video presentation.*

**End of Summer Celebration:** Wednesday, August 31 at 12:30 p.m. Dress in your most colorful summer attire and enjoys some summer trivia and ice cream. *Sponsored by Otterbein Portage Valley Retirement Communities.*

# 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, August 3 at 12:30 p.m.  
*Hosted by Manor of Perrysburg.*

**Sundae Monday:** Monday, August 8 at 12:30 p.m. Enjoy a sundae with all the fixings to celebrate summer. *Sundaes provided by ProHealth.*



**Left, Right, Center:** Wednesday, August 10 at 12:30 p.m. *Hosted by Kingston Health Care.*

**Successful Seniors:** Tuesday, August 16 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.

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, August 17 at 12:30 p.m. Test your knowledge of various movie stars that the films they starred in!  
**Zoom option available.**

**Bingo:** Thursday, August 18 at 12:30 p.m.  
*Prizes sponsored by The Commons.*

**Divas and Desserts:** Friday, August 19 at 1 p.m. Ladies, enjoy some great conversation with friends, a special drink, and a sweet dessert. *Dessert provided by The Commons.*

**Noodle Drum Exercise:** Monday, August 22 at 12:30 p.m. Join us for some great exercise which is both fun, upbeat, and good for you.



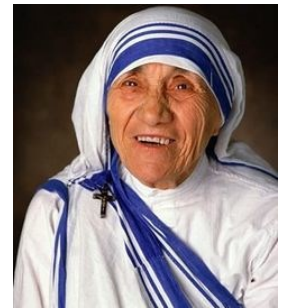
**You Be the Judge:**  
Tuesday, August 23 at 12:30 p.m. You will be given some real-life court cases and you are the judge! How would you rule?

*Facilitated by Wood Haven Health Care.*

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

Thursday, August 25 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.*

**The Inside Story:** Thursday, August 25 at 12:30 p.m. **Part 2: Mother Theresa.** 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. Nun and missionary Mother Teresa, known in the Catholic church as Saint Teresa of Calcutta, devoted her life to caring for the sick and poor. This session will dive into her story and how she impacted the community, the world, and the future of missionary work.



**Brain Health Basics:** Tuesday, August 30 at 12:30 p.m. This presentation addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain. *This presentation has been developed by the Administration for Community Living. Facilitated by Danielle Brogley, Director of Programs, WCCOA.*

**Jingo:** Wednesday, August 31 at 12:30 p.m. Jingo card and place holders will be provided. *Sponsored by Kingston HealthCare.*

## 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, July 27 –August 31 at 10 a.m.  
This class focuses on strengthening muscles and increasing range of movement for daily life activities. A chair is used often for seated exercises or for standing support. *Sheila Brown, Certified Instructor.*  
**Cost:** \$20 per session or FREE for SilverSneakers members. **Register with the Programs Dept. at 419.353.5661**

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

**10 Warning Signs of Alzheimer's Disease:**  
Monday, August 1 at 12:15 p.m. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. *Presented by Dwight Smith, Community Educator, Alzheimer's Association.*

**Left, Right, Center:** Monday, August 1 at 12:45 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

**Bingo:** Tuesday, August 2 at 12:30 p.m.  
*Sponsored by Walker Funeral Homes & Crematory.*

**The Real History of Secret Societies: Small-Town Secrets:** Wednesday, August 3 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.

**Broccoli Stamped Fall Tree Craft:** Friday, August 5 at 12:45 p.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Trivia:** Monday, August 8 at 12:15 p.m.  
Test your knowledge! *Facilitated by Bridge Home Health & Hospice.*

**Knitting & Crocheting:** Monday, August 8 at 12:30 p.m. Bring your latest project or come ready to start a new one! Bring your own supplies.

**Lunch & Bingo at the Perrysburg Area Senior Center:** Tuesday, August 9 at 12 p.m. Meet at the Perrysburg location (140 W. Indiana Ave.) for lunch and stay for bingo after. **Lunch cost on your own.** *Sponsored by Waterford at Levis Commons.*

**Dominoes:** Tuesdays, August 9 & 30 at 12:30 p.m.

**The Mis-Origin of Historical Tradition—Part 1: The Count of Presque Isle Hill:**  
Wednesday, August 10 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. *Mike McMaster, Wood County Museum.*

**Walbridge Talk:** Thursday, August 11 at 12:15 p.m. Learn more about your community with Mayor Ed Kolanko.

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

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

**Movie:** Wednesday, August 17 at 12:30 p.m.  
**Feature:** "Mamma Mia! Here We Go Again" (2018).  
**Genre:** Comedy/Musical/Romance.

**Successful Seniors:** Thursday, August 18 at 12:30 p.m. **This month's feature:** Grandma Moses.

**100 Pin Wii Bowling:** Mon, Aug 22 at 12:30 p.m.

**Bunco:** Tuesday, August 23 at 12:30 p.m. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, August 24 at 12:45 p.m. Riddles, trivia, and problem-solving.  
**Zoom option available.**

# Grand Rapids

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

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER.  
Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

**Puzzle Mania:** Daily.

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

**Birthday Acknowledgements:** Monday, August 1 at 11 a.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes.*

**Coffee Chat:** Wednesday, August 3 at 12:30 p.m. Join us for coffee, desserts and dialogue about current events, *provided by Right at Home Health Care.*

## **The Mis-Origin of Historical Tradition**

**(Part 1):** Friday, August 5 at 12:30 p.m. Wood County raconteur Charles Evers tells the account of the Revolutionary War hero and French Count of Presque Isle Hill. Who was this French Count? Where is Presque Isle Hill? Learn how tall-tales from long ago get put through the test of modern history. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*



## **Broccoli Stamped Fall Tree**

**Craft:** Monday, August 8 at 12:30 p.m. All supplies and guidance with project will be provided. Registration required by August 3. *Sponsored by Kingston HealthCare.*

**Walking Club:** Wednesday, August 10 at 11 a.m. Each month we will enjoy the summer weather while getting a little exercise!

**Trivia Battle:** Thursday, August 11 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

**Rita's Sweet Treats:** Friday, August 12 at 1:30 p.m. Meet us at Rita's Dairy Bar (24030 Front Street, Grand Rapids) to enjoy some ice cream! Registration required. *Sponsored by Bowling Green Manor.*



**Left, Right, Center:** Tuesday, August 16 at 12:30 p.m. Come join us for this quick and simple party game. *Facilitated by Bridge Home Health & Hospice.*

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Birthday treats & gifts sponsored by Bowling Green Manor.*

**Blood Pressure & Blood Glucose Clinic:** Thursday, August 18 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.*

**Generation RX:** Friday, August 19 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.*

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



**Successful Seniors:** Tuesday, August 23 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.

**Sponsored Bingo:** Thursday, August 25 at 10:30 a.m. Come enjoy this favorite with us. *Prize sponsored by Kingston HealthCare.*

**Hobby Corner:** Friday, August 26 at 12:30 p.m. Come and enjoy conversation while doing your favorite hobby! Please bring all supplies needed for hobby.

**Trivia:** Monday, August 29 at 12:30 p.m. *Sponsored by Grand Rapids Care Center.*



# 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:** Dynasty XIX Begins; Ramses the Great—The Early Years; Ramses The Great—The Later Years.

**Wii Bowling:** Fridays at 12:30 p.m. Join in some friendly competition.

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

**Donut Days:** Tuesdays, August 2 & 16 at 11 a.m. *Sponsored by Wood Haven Health Care.*

**Summer Luau Party:** Friday August 5 at 12:15 p.m. Enjoy tropical treats in a luau atmosphere! *Sponsored by Devoted Health.*

**Breakfast Club:** Tuesday, August 9 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, August 9 at 12:15 p.m. Fun trivia and treats in honor of summer! *Sponsored & presented by Wood Haven Health Care.*

**Painting:** Wednesday, August 10 at 11 a.m. All supplies and painting guidance provided by Happy Camper. **Registration required.** *Sponsored by Briar Hill Health Campus.*

**Successful Seniors:** Friday, August 12 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.

**Ice Cream Sundae Monday:** Monday, August 15 at 12 p.m. Join us for ice cream sundaes this summer! Sugar free options available. *Sponsored by Briar Hill Health Campus.*

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Cake sponsored by Briar Hill Health Campus.*

**Bingo:** Thursday, August 18 at 1 p.m. *Prizes sponsored by Bridge Home Health & Hospice.*

**Trivia Battle:** Friday, August 19 at 12:15 p.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

**Reminiscing:** Monday, August 22 at 12:30 p.m. **This month's topic:** School days & teachers. Reading, writing and arithmetic! Who was your first favorite teacher? Travel back in time with us. *Presented by Linda Gutierrez, Ohio Living.*

**Cross of Iron, Cross of Gold: The Sinking of the USS Ticonderoga in WWI:** Tuesday, August 30 at 12:15 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.*

**Wanna Play? Games from Childhood:** Wednesday, August 31 at 12:15 p.m. Remember Jacks? Tidily Winks? Revisit some games from childhood.



## 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:** Monday, August 1 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.

## The Mis-Origin of Historical Tradition Part

**3: Turkey Foot Rock:** Wednesday, August 3 at 12:15 p.m. High above the Maumee River, on Presque Isle Hill, at the Fallen Timbers monument, stands the legendary Turkey Foot Rock. Local legend states that, during the 1794 Battle of Fallen Timbers, Chief Turkey Foot was killed upon this stone. Since then, it has become a shrine for Native Americans. How much of this legend is true? Unravel a history mystery and learn of the oldest known written account of the rock, which is not the legend we have learned!  
*Presented by Mike McMaster, Education Coordinator, Wood County Museum.*



## Broccoli Stamped Fall Tree

**Craft:** Monday, August 8 at 10:30 a.m. All supplies and guidance with project will be provided. **Registration required.**  
*Sponsored by Kingston HealthCare.*

**Bingo:** Monday, August 8 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Successful Seniors:** Wednesday, August 10 at 12:15 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, August 11 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.*

**Who Am I?:** Thursday, August 11 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.*

**Trivia:** Monday, August 15 at 12:45 p.m.  
*Hosted by Bridge Home Health & Hospice.*

**Movie:** Tuesday, August 16 at 12:45 p.m.  
**Feature:** "E.T." (1982). **Genre:** Adventure/Family/Sci-Fi. **Synopsis:** A troubled child summons the courage to help a friendly alien escape from Earth and return to his home planet.

**Birthday Lunch:** Wednesday, August 17 at 12 p.m. *Cake & ice cream sponsored by Otterbein Pemberville.*

**Podiatry Clinic:** Wednesday, August 17 from 1 - 3 p.m. *Facilitated by Maumee Bay Foot & Ankle Specialists.* **Appointments must be made by calling 419.691.1599**

**Trivia Battle:** Thursday, August 18 at 12:30 p.m. Let's test our brains with a trivia competition against other Senior Centers in Wood County!

**Mystery Game:** Monday, August 22 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.*

**Breakfast Club:** Wednesday, August 24 at 9 a.m. **Location:** Country Farmhouse (117 E. Main Street, Wayne) **cost on your own. Register with the Senior Center.**

**Outsmart Yourself: Brain Based Strategies to a Better You:** Thursday, August 25 at 1 p.m. Enjoy this video series from The *Great Courses* for better living. Discussion to follow.

**Movie:** Wednesday, August 31 at 12:45 p.m.  
**Feature:** "Sing" (2016). **Genre:** Animation/Family/Comedy. **Synopsis:** In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition becomes grander than he anticipates even as its finalists find that their lives will never be the same.

# 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, August 5 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.**

**Managing Pain:** Wednesday, August 17 at 11 a.m.  
*Presented by McLaren St. Luke's Family Medicine.*  
**In-person participation in BG.**

**Movie Star Trivia:** Wed., August 17 at 12:30 p.m.  
Test your knowledge of various movie stars that the films they starred in! **In-person participation in Rossford & BG.**

**Brain Games & Trivia:** Wednesday, August 24 at 12:45 p.m. Riddles, trivia and problem-solving exercises. **In-person participation in Walbridge & BG.**

**Bingo:** Friday, August 26 at 1 p.m.  
*Cover-all prize sponsored by Devoted Health.*



## Wood County Senior Center Cards & Games

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

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

**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

To inquire about the below technology loans, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net)

### 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.



**Tablets do not come with Wi-Fi accessibility.**



# Around the County, Events & Classes



## Art Therapy

Monday, August 22 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:** Crumpled paper art encourages us to listen to our creative intuition, facilitating in mindfulness and relaxation. The art process has the ability to reflect patterns and thoughts present in the rest of our lives, bringing them to the paper. In this workshop, we will use watercolor on crumpled paper to bring our unexpected thoughts to the surface. Please wear a paint shirt.



## 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 by Thursday, September 1.** Visit our website or stop by your local Senior Center for a biography form. Each participant may bring two guests. Advanced payment of \$7 per guest meal is required with registration.

**All participant information including a biography form, picture(s) and guest payments should be sent to:**

Wood County Senior Center  
140 S. Grove Street, Bowling Green, OH 43402  
**or** emailed to [programs@wcco.net](mailto:programs@wcco.net)

**Call the Programs Department at 419.353.5661 or 800.367.4935  
or email [programs@wcco.net](mailto:programs@wcco.net) for more information.**

### **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, September 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. A Conversation About Homecare & Placement Options** - *Presented by community families who have placed their loved one and community family members who have cared for a loved one at home.*

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.

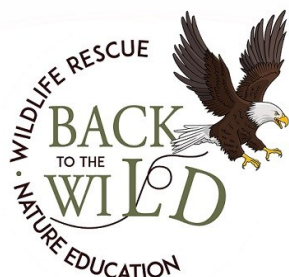
**11:45 a.m. “It’s Okay to Place Your Loved One”** - *Presented by Cathy Tippenhauer, Owner, Care Patrol*

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 can be 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 agonizing. 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, Events & Classes



## Back to the Wild

*This event is open to the public!*

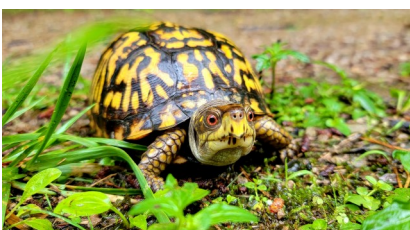
Thursday, September 1 at 1:30 p.m.

### Wooster Green

Join us at Wooster Green (*the green space/gazebo located across South Grove Street from the Wood County Senior Center*) for this event! All attendees are welcome to park in the Senior Center parking lot. **Bring along a lawn chair** and enjoy this special presentation. **Please note: There is potential for uneven terrain.**

Back to the Wild is a licensed Wildlife Rehabilitation Center in Castalia, Ohio. Their primary mission is to rehabilitate and ultimately release into their natural habitat injured, orphaned, and displaced wildlife. Through this work, Back to the Wild aims to educate and foster in children and adults an awareness, appreciation, and respect of our natural world.

Back to the Wild will bring along a wide variety of amazing animals to discuss and delight you with. They teach about the incredible birds of prey found in this area of the United States as well as their impact on the environment. They will also include fun facts and tidbits about reptiles, amphibians, insects, and mammals, and important



information about habitats, life histories, and more. It is important to Back to the Wild to also get across the message that we can all make a difference. Many injuries wild animals sustain due to human impact are completely preventable.

Sounds boring, right? Don't worry! Back to the Wild works hard to make it fun and interesting for their audience. Come learn and have fun with us!

*This special event has been sponsored by:*



**CHI Living Communities**

**St. Clare Commons**

*In the event of rain, this event will be held at  
First Presbyterian Church (126 S. Church Street).*

## Lunch & Learn

### Wood County Humane Society

Friday, August 26 at 11:30 a.m.

### Wood County Senior Center

The Wood County Humane Society exists to be a community leader providing services and resources that enrich the relationship between animals and humans through advocacy, education, and animal welfare. With this mission in mind, programs have been developed to assist the pets and people of the community. These programs include a low-cost spay and neuter program, a temporary safe haven for animals as their people flee from violent situations, and food assistance for Wood County residents in need.

Furthermore, the Wood County Humane Society provides education for Wood County citizens in the principles and practice of humane treatment of animals; investigation and resolution of animal cruelty and abuse reports; and provision of a clean, healthy shelter environment for animals who have no one to care for them or that have been removed from abusive and neglectful situations. *Heath Diehl, Wood County Humane Society Volunteer & Past Board President*, will be here to tell us more about this local organization!

**Would you like to give back?** The Wood County Humane Society's top three current needs are bleach, clumping litter, and 13 gallon trash bags. Feel free to bring along items to this program to donate. (*Donations are not required in order to attend this program!*)

*Space is limited; the first 25 registered will receive lunch provided by Waterford at Levis Commons!*

**Registration required by August 24.**



**Wood County  
Humane Society**

# 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, August 12 & 19

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

Support provided by Amada Senior Care.

### St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, August 10

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.**

**August 5:** "Murder with Mirrors" (1985) *Starring Helen Hayes, Bette Davis & John Mills*

**August 12:** "Storm Center" (1956) *Starring Bette Davis, Brian Keith & Kim Hunter*

**August 19:** "Dead Ringer" (1964) *Starring Bette Davis, Karl Malden & Peter Lawford*

**August 26:** "The Whales of August" (1987) *Starring Bette Davis, Lillian Gish & Ann Sothorn*





# 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@wccoa.net](mailto:programs@wccoa.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

August 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sweet &amp; Sour Chicken OR Pork Cutlet</b> oriental vegetables, wild rice, tropical fruit, mandarin oranges in Jell-O	<b>Honey Mustard Chicken OR Vegetable Lasagna</b> winter blend vegetables, apple, Texas caviar salad, pie	<b>Turkey OR Liver &amp; Onions</b> au gratin potatoes, celery sticks, orange sections	<b>Senior Day at the Wood County Fair! Stacked Ham OR Stacked Turkey</b> baked bean salad, melon salad, coleslaw, Rice Krispies Treat	<b>Hot Dog OR Hamburger</b> wedge fries, banana, cranberry juice, peach crisp
<b>County Fried Steak OR Chicken Lasagna</b> mixed vegetables, heritage slaw, orange	<b>Chef Salad with Ham &amp; Egg OR Tuna Salad</b> potato salad, mixed fruit, banana nut muffin	<b>Spaghetti with Meat Sauce OR Pork Chop</b> noodles, corn, marinated carrot salad, grape juice	<b>Hamloaf OR Teriyaki Chicken</b> baked potato, spinach salad, melon	<b>Pepper Steak OR Catfish</b> wild rice, broccoli, pineapple, cherry crisp
<b>Meat &amp; Bean Chili OR Ham &amp; Potato Soup</b> pickled beets, cauliflower pea salad, peaches, cornbread	<b>Chicken a la King OR Swedish Meatballs</b> noodles, succotash, carrot sticks, rosy applesauce	<b>Birthday Lunch! Meatloaf</b> Sicilian blend vegetables, pineapple, potato salad, cake & ice cream	<b>Calico Beans OR Chicken &amp; Dumplings</b> Brussels sprouts, tossed salad, pears & grapes	<b>Sausage, Cheese &amp; Egg Casserole OR Turkey Sausage Links</b> redskin potatoes, orange juice, biscuit, baked apple
<b>Chicken Macaroni Casserole OR Veal Patty</b> peas, mandarin orange salad, blueberry crisp	<b>Roast Beef OR Honey Mustard Chicken Breast</b> Italian blend vegetables, au gratin potatoes, strawberries, biscuit	<b>Chicken Pot Pie OR Cabbage Roll</b> green beans, cinnamon applesauce, macaroni salad, SideKicks fruit slushie	<b>Pulled Pork OR Shredded Chicken (Sandwich)</b> potato wedges, coleslaw, peaches & pears, cookies	<b>Cube Steak OR Tuna &amp; Noodles</b> buttered beets, ambrosia, tomato zucchini salad, graham crackers
<b>Chicken Wings OR Smoked Sausage</b> baked sweet potatoes, corn relish, orange juice, brownie	<b>Hamloaf OR Chicken Chimichanga</b> creamed corn, broccoli salad, tropical fruit	<b>Turkey Tacos OR Beef Fajita Tacos</b> lettuce & tomatoes, black beans & rice, fruited Jell-O		

## 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.

August 2022			
Tuesday	Wednesday	Thursday	
<b>Teriyaki Salmon</b> 2 asparagus, wild rice, 3 beans salad, fruit juice, cookies	<b>Spaghetti with Meat Sauce</b> 3 mixed vegetables, coleslaw, mandarin orange salad, garlic bread, banana cream pie	<b>No evening meal.</b> 4 We hope to see you during the day at the Wood County Fair for Senior Day!	
<b>Birthday Dinner!</b> 9 <b>Chicken Lasagna</b> winter blend vegetables, Caesar salad, tomato juice, cake & ice cream	<b>Beef Stew</b> 10 broccoli salad, pineapple & cottage cheese, biscuit, brownie	<b>Hot Dog</b> 11 French fries, tomato zucchini salad, crumb topped peaches	
<b>Chicken Parmesan</b> 16 cauliflower, spinach salad, garlic bread, apple crisp	<b>Chef Salad with Ham</b> 17 apricots, corn relish, French bread, cookies	<b>Turkey</b> 18 mashed potatoes, corn, fried Jell-O, pumpkin pie	
<b>Chicken Tacos</b> 23 lettuce & tomatoes, black beans & rice, strawberries, shortcake	<b>Roast Beef</b> 24 baked potato, lima beans, melon, cherry pie	<b>Ground Beef Chili</b> 25 broccoli salad, pears, corn muffin, SideKicks fruit slushie	
<b>Ham</b> 30 sweet potatoes, Brussels sprouts, fruit juice, apple strudel bites	<b>Liver &amp; Onions</b> 31 hash brown potatoes, carrots, citrus sections, lemon bar		

## Dinner Menu

**BG Knitter's Guild:** Wednesday, August 3  
at 4 p.m. Bring your own supplies and join this  
knitting group! *Hosted by Jackie Instone.*

**Science of Natural Healing:** Tuesday,  
August 16 at 4:30 p.m. Join us for a video series  
from *The Great Courses* presented by Dr. Mimi  
Guarneri. **This month's topic:** Meditation, Yoga &  
Guided Imagery. Discussion to follow.

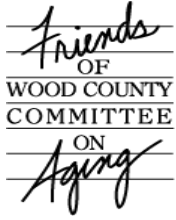


### Acrylic Painting Class:

Wednesday, August 24 at 3 p.m.  
This class is open to all levels of  
painting experience! **Cost: \$5**,  
supplies provided. *Hosted by Leslie  
Miller. Registration required.*

*No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. Nutrition and ingredient information is available upon request.*

# Donors & Donations



WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services.

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

**Thank you to all who have donated. We couldn't do what we do without YOU!**

*Collette Dickey, In Memory of Thelma Whitmer*

*Susan & Gary Donaldson, In Memory of Thelma Whitmer*

*William & Ruth Garrett, In Memory of Thelma Whitmer*

*Great Lakes Sound & Lighting, In Memory of Willard D. Robison*

*Harold Mercer, In Memory of Velma Mercer*

*Kimberly Simmons, In Memory of Edward Bialy*

*James Todesco, Capital Campaign*

*Barbara Vollmar, In Memory of Thelma Whitmer*

*Walbridge VFW Post 9963, Kitchen Fund*

*Walbridge VFW Auxiliary Post 9963, Kitchen Fund*



## Save the date for these upcoming events!

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

**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**

**October 21 at 12 p.m.**

**Octoberfest—Rossford Area Senior Center**

## **Program & Service Scholarship Fund**

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

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

WOOD COUNTY  
COMMITTEE



Wood County Committee on Aging, Inc.  
140 South Grove Street  
Bowling Green, Ohio 43402  
419.353.5661 or 1.800.367.4935

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

We're on the Web!

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



FACEBOOK

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



LOGSPOT

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



**All sites will be closed on Thursday, August 4 for Senior Day at the Wood County Fair.**

## 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*