

WOOD COUNTY COMMITTEE

ON
Aging
SEPTEMBER 2022

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

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. You may attend in person or just receive a certificate (must arrange to pick up certificate at 140 South Grove St., Bowling Green). If attending in person 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 in a JPEG format and guest payments should be sent to:

Wood County Senior Center

140 S. Grove Street, Bowling Green, OH 43402

or emailed to programs@wccoa.net

Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net for more information.

Thank You to Our 2022 Sponsors

Dinner: Manor of Perrysburg & Hanneman Family Funeral Homes;

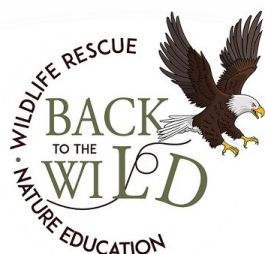
Boutonnieres: Brookdale;

Framed Certificates: Wood Haven Health Care;

Table Centerpieces: Bowling Green Manor;

Entertainment: Waterford at Levis Commons;

Photo Keepsake: St. Clare Commons



Back to the Wild

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.** See page 18 for more information about this event.

Alcohol Ink Tile Workshop:

Thursday, September 22 at 2 p.m.

Wood County Senior Center

Experienced artist and instructor **Tom Klein** will help participants explore the medium of alcohol inks! In this workshop artists will be creating 4 of the 6 by 6 ceramic tiles. Class size limited to 15.



This workshop is for all levels and all supplies are provided. Cost: \$20

Registration required. Call the Programs Department at 419.353.5661 or email programs@wccoa.net

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 help 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 an older adult weekly, spend a minimum of 4 hours per month one-on-one with them, provide emotional support, and build a meaningful relationship. 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 both the body and the 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 You can learn more at: 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	Oct. 19	1-3 p.m.
Wood County Senior Center	Nov. 2	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, September 21

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

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. date TBA	9-11 a.m.
Perrysburg	Nov. date 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

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

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	September 1	10-12 p.m.
Wayne	September 8	10-12 p.m.
Perrysburg	September 13	10-12 p.m.
Pemberville	September 15	10-12 p.m.
Walbridge	September 20	10-12 p.m.
Grand Rapids	September 22	10-12 p.m.
Bowling Green	September 27	10-12 p.m.
Rossford	September 29	10-12 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, September 12 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, September 22 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, September 7 & 21 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

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

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

Contact: Hospice of Northwest Ohio for more information and to register at 419.661.4001

DaZy Aphasia Support Group

Fridays at 1:30 p.m.

For anyone who suffers from aphasia
Location: BGSU Health & Human Services Bldg.
Contact: Debbie Zuchowski 419-442-1453

Fitness Classes

All of the classes below 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 ****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.

Next Session: September 29– November 3

Engage your breath, practice sensory awareness, and enjoy the movement of the body. *Chelsea Cloeter, Certified Instructor.*

Club F.I.T.

FREE

Tuesdays at 9 a.m.

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

Delay the Disease

Cost \$20

Wednesdays, September 14– October 19 at 10:00 a.m. OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and **help delay** the progression of symptoms associated with Parkinson's disease. *Tammy Starr, PT, Certified Instructor. Class available in-person & on Zoom.*

Dynamic Balance

Cost \$20

Wednesdays, September 14– October 19 at 9:00 a.m. Join in this class to work on range of motion, strength, balance, movement, and fun! Participants may sit or stand *Tammy Starr, PT, Certified Instructor.*

Get Moving Class

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 often used for seated exercises or for standing support. *Jenny Triggs, Certified Instructor.*

Yoga

Cost: \$40 per session

Beginner: Mondays, Sept. 12– Oct. 17 at 10:30 a.m.

Advanced: Tuesdays, Sept. 13 - Oct. 18 at 10:30 a.m.

Intermediate: Thurs., Aug. 18 - Sept. 22 at 11 a.m.

Next Session: Sept. 29– Nov. 3

Caroline Dickinson, Certified Instructor.

Tai Chi

Cost: \$60

Wednesdays, August 17 - September 21 at 4:30 p.m.

Next Session: Sept. 28– Nov. 2

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, September 7 - October 12 at 10 a.m. *Sheila Brown, Certified Instructor.*

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

SilverSneakers Strength & Balance Cost: \$20*

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

Strength and balance are important in everyday life, and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistive tubing, and using your own body's resistance while also using your core muscles to improve balance and stability.

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 and projects each week.

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

Sports Drama Movie Series: Thursdays, September 1, 8, 15 & 22 at 1 p.m. **1:** "Trouble With the Curve" (2012). **8:** "Remember the Titans" (2000). **15:** "Seabiscuit" (2003). **22:** "Radio" (2003).

Happy Hour: Friday, September 2 at 12:30 p.m. *Snacks sponsored by Waterford at Levis Commons.* **Zoom option available.**

Collette Travel Preview of Ireland: Tuesday, September 6 at 1 p.m. Collette representative Mitchel Mack will share the details of the 2023 trip to Ireland we are offering. Stop in to learn more! *Zoom host Mitchel Mack, Collette Travel*

Medicare Tips: Wednesday, September 7 at 12:30 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

BG Knitter's Guild: Wednesday, September 7 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*



Sweater Pumpkin

Craft: Thursday, September 8 at 2:30 p.m. Learn how to make festive sweater pumpkins from old sweater sleeves, rope and twine. This craft will have you thrifting for old sweaters to decorate for fall.

All supplies and guidance for project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

Writers' Group: Fridays, September 9 & 23 at 10 a.m. This group will enable interested writers to practice, share their work, and listen to suggestions from peers. Time will be provided for discussions on various writing materials and publishing and writing opportunities. Join this group for a supportive environment. *Hosted by Herb Dettmer.*

Spelling Bee: Monday, September 12 at 12:30 p.m. Join us as we challenge the Wayne Area Senior Center to a spelling bee. We are playing for pride not prize! **Zoom option available.**

Musical Monday: Monday, September 12 at 1 p.m. **Feature:** "The King and I" (1956). **Registration required.**

Reminiscing: The Best Fairs and Festivals: Monday, September 12 at 2 p.m. Fairs are a time to have fun and enjoy many delicious snacks. You can always find hotdogs, hamburgers, and popcorn. Let's enjoy some tasty fair style snacks, and listen to stories of some of the greatest fairs of all time. *Facilitated by Linda Gutierrez, Ohio Living*



Reverse Painting Craft:

Tuesday, September 13 at 10:30 a.m.

Reverse painting is the art of painting around an object and then removing the object to reveal a beautiful picture!

All supplies and guidance for the project will be provided. **Cost: \$5. Registration required.** *Hosted by Leslie Miller.*

Comedy Special: Tuesday, September 13 from 4 - 5:30 p.m. Come and view a stand-up comedy special to lighten up your night!

Feature: "Kids Say the Darndest Things."

Registration required.

Fact or Fiction: Wednesday, September 14 at 11 a.m. Can you answer if a statement is true or false correctly? *Facilitated by Amada Senior Care.*

Wood County Continued...

Guitar Circle: Wednesdays, September 14 & 28 at 11:30 a.m. Participants 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, September 14 & 28 at 1 p.m. **14th:** "Book Club (2018); **28th:** "The Intern" (2015). **Registration required.** Hosted by Liliana Rossi.

Breakfast Club: Monday, September 19 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). **Breakfast cost on your own.** **Registration required.**

Brain Training: Tuesday, September 20 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by September 16.** Breakfast provided by Brookdale of Bowling Green. **Topic:** Laying a Foundation: Assessments and Goals. **Video Presenter:** Jason M. Satterfield, Ph.D.

Science of Natural Healing: Tuesday, September 20 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Natural Approaches to Mental Health **Video Presenter:** Dr. Mimi Guarneri.

Vitamins & Supplements: Wednesday, September 21 at 11 a.m. Presented by McLaren St. Luke's Family Medicine. **Zoom option available.**

Movie Star Trivia: Wednesday, September 21 at 12:30 p.m. **Zoom option available.**

Alcohol Ink Art Workshop: Thursday, September 22 at 2 p.m. Experienced artists and instructor Tom Klein will help participants explore the medium of alcohol inks! See page 1 for details. Cost: \$20 **Registration required.**

Lunch & Learn: Friday, September 23 at 11:30 a.m. **This month:** The Art of Comedy and Illusions. Featuring: Will McDaniel, Comedian and Illusionist. First 25 registered will receive lunch provided by Waterford at Levis Commons! **Registration required.** See more info on page 16.

Coffee & Coloring: Monday, September 26 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts, and the company of others. *Facilitated by Jan Chilcote. Donuts provided by St. Clare Commons.*

Scattergories: Monday, September 26 at 12:30 p.m. Enjoy a thought-provoking word game. **Zoom option available.**

Art Therapy: Monday, September 26 from 1 - 3 p.m. **This month's project:** creation of a small paper pocketbook called a Zine. **Cost:** \$10. **Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. Sponsored by Amada Senior Care. See more info on page 16.

Blood Pressure & Blood Glucose Clinic: Tuesday, September 27 from 10 a.m. - 12 p.m. No appointment required. See page 3 for details!

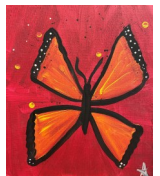
Trivia: Tuesday, September 27 at 11 a.m. Facilitated by Bridge Home Health & Hospice.

Medicare 101: Tuesday, September 27 at 1 p.m. Learn ways to stay informed, be healthy, and save money. *This free service is brought to you by the Ohio Senior Health Insurance Information Program (OSHIP) at the Ohio Department of Insurance.*

Reader's Café: Tuesday, September 27 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting September 1) then come together to watch the film on the last Tuesday of the month. **Feature:** *Time Travelers Wife* by Audrey Niffenegger. **Synopsis:** A A funny, often poignant tale of boy meets girl with a twist: what if one of them couldn't stop slipping in and out of time? Highly original and imaginative, this debut novel raises questions about life, love, and the effects of time on relationships.

Brain Games: Wednesday, September 28 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

Acrylic Painting Class: Wednesday, September 28 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, August 1 - September 26 at 11 a.m. *No classes August 8, September 5 & 12.* **Wednesdays,** September 7—October 12 at 11 a.m. **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 September 21.* **Schaller Building (130 W. Indiana Ave.)** This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you active and 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! Please provide 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.*

Euchre Tournament: Thursday, September 1 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, September 2 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.**

Sweater Pumpkin Craft: Tuesday, September 6 at 12:45 p.m. Learn how to make festive sweater pumpkins. All supplies and guidance for this project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

Now & Then: Monday, September 12 at 12:30 p.m. **Topic:** School Days. Join us for a reminiscing discussion! *Facilitated by Comfort*

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

Breakfast Club: Tuesday, September 13 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, September 13 at 12:45 p.m. Players from the Northeast Site will be joining us! *Sponsored by Waterford at Levis Commons.*

Virtual Tour: Wednesday, September 14 at 12:30 p.m. **This month:** The Titanic. In this video we will go through a virtual tour of the White Star Line Titanic **Registration required**

Left, Right, Center: Thursday, September 15 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Cholesterol 101: Tuesday, September 16 at 12:15 p.m. *Presented by Angela Claubaugh, ProMedica Senior Care.*

Trivia: Monday, September 19 at 12:30 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Texas Hold 'Em Tournament: Monday, September 19 at 1 p.m.

Tips for Healthy Aging, Part 2: Tuesday, September 20 at 12:15 p.m. *Presentation sponsored by St. Clare Commons.*

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Caregiver Support Group: Thursday, September 22 at 10 a.m. This group is for anyone providing caregiving assistance to individuals throughout Wood County. The group provides resources, advice on the 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**

Fall Harvest Party: Thursday, September 22 at 12:30 p.m. We will celebrate the first day of Autumn with cider and donuts and pumpkin decorating! *Sponsored by the Manor of Perrysburg.*

Perrysburg Continued...

Hand & Foot Card Game: Monday, September 26 at 12:45 p.m. **Registration required.**

Movie Day: Tuesday, September 27 at 12:45 p.m.

Feature: “Father Stu” **Synopsis:** Based on a true story, Father Stu is an unflinchingly honest, funny and ultimately uplifting drama about a lost soul who finds his purpose in a most unexpected place.

Advanced registration required. *Sponsored by Witzler-Shank-Walker Funeral Home.*

Medicare Tips: Wednesday, September 28 at 12:30 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Maps/Navigation: Thursday, September 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. *Video presentation.*

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.

Guess Who? Inventors Edition: Fridays at 11:45 a.m. Each week a clue will be provided to reveal a famous inventor. How many clues will it take for you to uncover the mystery inventor?

The Mis-Origin of History Part 1: The Count of Presque Isle Hill”: Tuesday, September 6 at 12:30 p.m. Local newspaperman, story teller, and historian Charles Evers writes about a French Count who lived high above the Maumee River on Presque Isle Hill. There, a nobleman had a mansion, servants, and held two cotillions a year. Is this tale true? In this program we will learn about the origins of this French Count and where both Presque Isles are on the Maumee River; neither one is an actual island! *Presented by Mike McMaster, Wood County Museum.*

Blood Pressure & Blood Glucose Clinic: Thursday, September 8 from 10 a.m. - 12 p.m.

Reminiscing: Friday, September 9 at 12:30 p.m.
This month’s topic: Cars of my time. Let’s step back to the days of steel and beauty. What was your first car? Did you save to buy it? Do you still have it? This will take you down memory lane. *Presented by Linda Gutierrez, Ohio Living.*

Exercise: Mondays, September 12 & 26 at 11:15 a.m. *Led by video.*

Spelling Bee: Monday, September 12 at 12:30 p.m. Join us as we challenge the Wood County Senior Center to a spelling bee via zoom. **Zoom option available.**

Bingo: Tuesday, September 13 at 1 p.m.
Sponsored by Bowling Green Manor.

Bingo: Wednesday, September 14 at 1 p.m.
Sponsored by St. Catherine’s Manor Fostoria.

Trivia Battle: Friday, September 16 at 12:30 p.m.

Breakfast Club with Pemberville: Thursday, September 15 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost on your own. Register with the Senior Center.**

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Cake & ice cream sponsored by Otterbein.*

Bingo: Wednesday, September 21 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Fall Fling: Thursday, September 22 at 12:30 p.m. Enjoy fall time refreshments and take part in a fall craft. *Sponsored by Devoted Health Plans.*

Medicare Tips: Monday, September 26 at 12:30 p.m. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

My Plate: Wednesday, September 28 at 12:30 p.m. Discover some tips about nutritional options for better health. Learn how to use My Plate as a tool. *Lisa Schlumbohm, the SNAP-Ed Program*

Battle of the Woods Tailgate: Friday, September 30 from 10 a.m. to 1 p.m. Meet us at Bradner Nature Preserve (11491 Fostoria Road/State Route 23, Bradner). **The site will be closed during this event.** *Event sponsored by Devoted Health.*
Additional details on page 16.

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.

Meet up at W.W. Knight Nature Preserve:

Friday, September 2 at 1:30 p.m. 29530 White Rd., Perrysburg. **Meet in front of the nature center** building. All participants are encouraged to walk the wetland loop trail which is a .48 mile trail to enjoy the beauty of the outdoors. Rest spots are available along the trails path. **Registration** with Mary Tebbe, Rossford Area Senior Center, Site Manager is encouraged.

Game Day: Tuesday, September 6 at 12:30 p.m.
Hosted by Kingston Health Care.

Trivia: Wednesday, September 7 at 12:30 p.m.
Hosted by Manor of Perrysburg.

Maps/Navigation: Thursday, September 8 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. *Video presentation.*

Pies for Guys: Friday, September 9 at 1 p.m. Gentlemen, join us for a little chit chat and a sweet treat. *Pies provided by The Waterford at Levis Commons.*

The Inside Story: Monday, September 12 at 12:30 p.m. **Part 3: The events of September 9, 2011.** This new 6-part series will take a look behind the scenes of prominent individuals and historic events that helped shape our world. *Hosted by Mary Tebbe, Rossford Area Senior Center, Site Manager.*

Medicare Tips: Wednesday, September 14 at 12:30 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Bingo: Thursday, September 15 at 12:30 p.m.
Prizes sponsored by Perrysburg Commons.

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, September 21 at 12:30 p.m. **Zoom option available.**

The Mis-Origin of Historical Tradition (Part 4): The Legend of Holcomb Road:

Thursday, September 22 at 12:30 p.m. From the roads inception in 1857, through the oil boom and productivity of its land and lumber, learn how Holcomb Road has changed over the course of 160+ years. Holcomb Road and the woods surrounding remain the site of the most famous ghost story in the region. *Presented by Mike McMaster, Wood County Museum.*

Noodle Drum Exercise: Monday, September 26 at 12:30 p.m. Join us for some great exercise that is fun, upbeat, and good for you.

You Be the Judge: Tuesday, September 27 at 12:30 p.m. You will be given some real-life court cases and you are the judge! How will you rule?
Facilitated by Wood Haven Health Care.



Jingo: Wednesday, September 28 at 12:30 p.m. Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

Blood Pressure & Blood Glucose Clinic:

Thursday, September 29 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.

amazonsmile

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, September 7 at 10 a.m.

This class focuses on strengthening muscles and increasing range of movement for daily life activities.

A chair is often used 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.

Sweater Pumpkin Craft: Friday, September 2 at 12:45 p.m. This craft will have you creating festive pumpkins from vintage sweaters. All supplies and guidance for this project will be provided.

Registration required. Sponsored by Kingston HealthCare.

Bingo: Tuesday, September 6 at 12:30 p.m.

Sponsored by Walker Funeral Homes & Crematory.

Flight to Extinction: The American

Passenger Pigeon: Wednesday, September 7 at 12:15 p.m. September 1, 2014 marked the 100th anniversary of the extinction of the passenger pigeon. Learn about the life and extinction of the American Passenger Pigeon, whose numbers were once so great their flocks blocked out the sun. *Presented by Mike McMaster, Wood County Museum.*

Walbridge Talk: Thursday, September 8 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

Medical Myths, Lies, & Half-Truths:

Medical Knowledge vs. Misinformation:

Friday, September 9 at 12:30 p.m. This video series from *The Great Courses* discusses the importance of debunking medical myths and teaches you where to seek out solid, medically backed information. **Video Presenter:** Steven Novella, M.D.

Trivia: Monday, September 12 at 12:15 p.m.

Test your knowledge! *Facilitated by Bridge Home Health & Hospice.*

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

Dominoes: Tuesday, September 13 at 12:30 p.m.

The Real History of Secret Societies: Small-

Town Secrets: Wednesday, September 14 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.

Left, Right, Center: Monday, September 19 at 12:45 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

Medicare Tips: Tuesday, September 20 at 12:15

p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Bingo: Tuesday, September 20 at 12:30 p.m.

Prizes sponsored by The Commons.

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

Movie: Wednesday, September 21 at 12:30 p.m.

Feature: "The Greatest Showman" (2017).

Maps/Navigation on your Smart Phone:

Friday, September 23 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.*

100 Pin Wii Bowling: Mon, Sept. 26 at 12:30 p.m.

Bunco: Tuesday, September 27 at 12:30 p.m. *Prizes and individual dice sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, September 28 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: Friday, September 2 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.*

Meet me at: W.W. Knight Preserve: Friday, September 2 at 1:30 p.m. at 29530 White Rd., Perrysburg. Join us as we gather in nature to explore, engage and enjoy our time together outdoors. Walk at your out pace and rest spots will be available. This peer led outing is bound to be fun for all. If it rains we will meet inside to explore the indoor nature area.

Registration required.

Reminiscing: Thursday, September 8 at 12:30 p.m.
This month's topic: Cars of my time. Let's step back to the days of steel and beauty. What was your first car? Did you save to buy it? Do you still have it? We can only appreciate the beauty of the old-time cars at car shows now. This program will take you down memory lane. *Presented by Linda Gutierrez, Ohio Living.*

A Simple Way to Break a Bad Habit: Friday, September 9 at 12:30 p.m. Can we break bad habits by being more curious about them? *Psychiatrist Judson Brewer* studies the relationship between mindfulness and addiction -- from smoking to overeating to other harmful habits. Learn more about the mechanism of habit development and discover a simple but profound tactic that might help you beat your next urge to smoke, snack, or check a text while driving. *Pre-recorded "Ted Talk".*



Sweater Pumpkin

Craft: Monday, September 12 at 12:30 p.m. Learn how to make festive sweater pumpkins from old sweater sleeves, rope and twine. This craft will have you thrifting for old sweaters to create these decorations for fall. All supplies and guidance with

project will be provided. **Registration required by Sept. 7.**

Walking Club: Wednesday, September 14 at 11 a.m. Each month we will enjoy the summer weather while getting a little exercise!

Trivia Battle: Thursday, September 15 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

Left, Right, Center: Tuesday, September 20 at 12:30 p.m. Come join us for this quick and simple party game. *Facilitated by Bridge Home Health & Hospice.*

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Birthday treats & gifts sponsored by Bowling Green Manor.*

Sponsored Bingo: Thursday, September 22 at 10:30 a.m. Come enjoy this favorite with us. *Prize sponsored by Kingston HealthCare.*

Medicare Tips: Thursday, September 22 at 12:30 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Blood Pressure & Blood Glucose Clinic: Thursday, September 22 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: Monday, September 26 at 12:30 p.m. *Sponsored by Grand Rapids Care Center.*

Menu Chat: Tuesday, September 27 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.

Walking Trip: Thursday, September 29 at 11 a.m. Meet us at the Grand Rapids River Front (Carp Street, Grand Rapids) to explore the local natural sites.

Would You Rather Fitness: Friday, September 30 at 11:45 a.m. Join us for a light and fun way to get some steps in!

North Baltimore

***Regular scheduled programs and congregate meals will be on hold until further notice.**

* Below you will find programs scheduled for the community room at West Haven Apartments adjacent to the North Baltimore Area Senior Center. Enter the set of doors past the Senior Center door.

Blood Pressure & Blood Glucose Clinic:

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

Trivia Battle: Thursday, September 1 at 10 a.m. Let's test our brains with a trivia competition against other senior centers in Wood County!

Guided Painting: Wednesday, September 14 at 11 a.m. All supplies and painting guidance provided by Happy Camper. **Registration required.** *Sponsored by Briar Hill Health Campus.*

Medicare Tips: Thursday, September 15 at 12:15 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Bingo: Thursday, September 15 at 1 p.m. *Prizes sponsored by Bridge Home Health & Hospice.*

Emergency Safety: Tuesday September 27 at 12:15pm. Learn tips to stay safe during fires, tornadoes, and storms. *Presented by Erin Konecki & Jeff Klein from Wood County Emergency*

Golden Care Awards

Monday, November 7

Event begins at 5:30 p.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

We will be hosting this year's **Golden Care Awards** to recognize the caregiving heroes in our communities. This event will recognize Compassionate Caregivers in the following categories:

- 1. Medical or Professional Care Providers working in a facility or home care setting**
(physician, therapist, nurse, STNA, care navigator, social worker, etc.)
- 2. Support Staff working in a facility or home care setting**
(volunteer, companion caregiver, housekeeper, dietary, salon, activities, maintenance, etc.)
- 3. Community Caregiver**
(Someone caring for a spouse, adult child, other family member, friend, neighbor, etc.)

Community members can nominate as many caregivers as they see fit. Facilities can nominate up to four nominees from their facility. All nominees will be honored with a ceremony, certificate, and dinner. The Wood County Commissioners will select three Golden Care winners for 2022!



To nominate someone, complete the nomination form and send their photo by October 1 to:
programs@wccoa.net **or** drop off/mail to the

Wood County Senior Center: 140 S. Grove Street, Bowling Green, OH 43402

For more information, contact the WCCOA Programs Department at 419.353.5661 or 1.800.367.4935
or email program@wccoa.net

This event is sponsored by: *Briar Hill Health Campus, Bridge Home Health & Hospice, Bowling Green Manor, Brookdale of Bowling Green, Kingston of Perrysburg, and Wood Haven Health Care.*

Pemberville

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

Below you will find programs scheduled for the PEMBERVILLE AREA SENIOR CENTER.
Please call the Pemberville Area Senior Center at 419.287.4109 to register or for more information.

Cards: Daily before and after lunch.
Various card games are played. Join us!

Exercise: Tuesdays at 11 a.m. *Led by video.*

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

Wii Bowling: Fridays from 10 a.m. - 12 p.m. Roll some strikes while playing against others or in a solo game. Come join us for this fun, active video game.

Bingo: Thursday, September 1 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

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

Movie: Wednesday, September 7 at 12:45 p.m.
Feature: "Look Who's Talking" (1989). **Genre:** Comedy/Romance. **Synopsis:** After a single, career-minded woman is left on her own to give birth to the child of a married man, she finds a new romantic chance in a cab driver.

Medicare Tips: Thursday, September 8 at 12:30 p.m. Come and learn some tools and tips about Medicare and the upcoming open enrollment period. *Presented by Lisa Myers, MSW, LISW-S, Director of Social Services, WCCOA.*

Who Am I?: Thursday, September 8 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.*

Kingston Craft: Monday, September 12 at 10:30 a.m. All supplies and guidance with project will be provided. **Registration required.** *Sponsored by Kingston HealthCare.*

The Ghosts of Digby: Wednesday, September 14 at 12:15 p.m. This place in Wood County is the location of a Ghost Town, on a Ghost Town, on a Ghost Railroad, on a Ghost Road. Learn the fascinating story of how this place, Digby Road, changed throughout the course of the history of Wood County. *Presented by Mike McMaster, Wood County Museum.*

Breakfast with Wayne: Thursday, September 15 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: breakfast cost on your own. Register with the Senior Center.**

Blood Pressure & Blood Glucose Clinic: Thursday, September 15 from 10 a.m. - 12 p.m.
Facilitated by Denise Kaminski, RN, WCCOA.

Trivia Battle: Thursday, September 15 at 12:30 p.m. Let's test our brains with a trivia competition against other Senior Centers in Wood County!

Trivia: Monday, September 19 at 12:45 p.m.
Hosted by Bridge Home Health & Hospice.

Birthday Lunch: Wednesday, September 21 at 12 p.m. *Cake & ice cream sponsored by Otterbein Pemberville.*

Movie: Thursday, September 22 at 12:45 p.m.
Feature: "Coal Miner's Daughter" (1980). **Genre:** Musical/Drama. **Synopsis:** The fictionalized life of singer Loretta Lynn, a girl who rose from humble beginnings to become a country music star in the 1960s/70s.

Mystery Game: Monday, September 26 at 12:45 p.m. Enjoy a variety of games.
Facilitated by Kingston HealthCare.

Breakfast Club: Wednesday, September 28 at 9 a.m. **Location:** Granny's Kitchen (1105 W. Main Street, Woodville) **Breakfast cost on your own. Register with the Senior Center.**

Menu Chat: Thursday, September 29 at 12:15 p.m. *Angie Bradford, Director of Food Service, WCCOA* will be here to discuss her requirements in the menu making process and get your ideas for upcoming menus.

Battle of the Woods Tailgate: Friday, September 30 from 10 a.m. to 1 p.m. Meet us at Bradner Nature Preserve (11491 Fostoria Road/State Route 23, Bradner). **The site will be closed during this event. Event sponsored by Devoted Health. Additional details on page 16.**

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, September 2 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments, along with a bit of trivia, riddles and jokes. **In-person participation in Perrysburg & BG.**

Spelling Bee: Monday, September 12 at 12:30 p.m. Join the Wayne Area Senior Center as we challenge the Wood County Senior Center to a spelling bee via zoom. We are playing for pride not prize so it's bound to be fun! **In-person participation in Wayne & BG.**

Vitamins & Supplements: Wednesday, September 21 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine.*

Movie Star Trivia: Wednesday, September 21 at 12:30 p.m. **In-person participation in Rossford & BG.**

Bingo: Friday, September 23 at 1 p.m. *Cover-all prize sponsored by Devoted Health.*

Scattergories: Monday, September 26 at 12:30 p.m. Enjoy a thought-provoking word game. **In-person participation in North Baltimore & BG.**

Brain Games & Trivia: Wednesday, September 28 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

To inquire about the below technology loans, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.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 internet service.

Around the County, Events & Classes

Art Therapy

Monday, September 26 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, a better 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 hurdles. **Registration required.** Sponsored by Amada Senior Care. Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.

This month's project: This workshop will explore mindfulness and self-reflection through letter writing and the creation of a small paper pocketbook called a Zine.

Battle of the Woods Tailgate

Friday, September 30 from 10 a.m. - 1 p.m.

Bradner Nature Preserve

11491 N. Fostoria Road/State Route 23, Bradner



The "Battle of the Woods" is a long standing rivalry between Elmwood and Eastwood schools. The two teams are scheduled to face off in football at Freedom Field in Pemberville on Friday, September 30.

The *Pemberville and Wayne Area Senior Centers* will be closed while they host this pre-game tailgate for some friendly competition with yard games and trivia!



Take a chance at guessing the score of the game and hear about the history of this local rivalry. Enjoy cider and donuts served at 10 a.m. and lunch served at 12 p.m.

Meet us at the park rain or shine in your Elmwood or Eastwood gear for a day filled with good food, good fun, and some friendly banter!

Donuts, cider
& prizes sponsored by:



ODI
Ohio Department
of Insurance

Medicare 101

Tuesday, September 27 at 1 p.m.
Wood County Senior Center



OSHIIP
Answers to your
Medicare questions

Learn ways to stay informed, stay healthy, and save money. A free service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIP) at the Ohio Department of Insurance.

Please note: This event is an educational presentation on Medicare. No RSVP needed!

- Learn about recent changes to Medicare
- Find out how the October 15 – December 7 Medicare Annual Coordinated Election Period can work for you
- Get tips on how to enroll for 2023 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan
- See if you qualify to SAVE an average of \$3,900 on your prescription drug costs

Visit www.insurance.ohio.gov or call 1.800.686.1578 to learn more about this event and Medicare.

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**



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@wccoa.net



Care Compass Project

Wednesday, September 7

11 a.m. - 1 p.m.

**Topic: Where Should I Call Home? A
Conversations about 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 30** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing programs@wccoa.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.

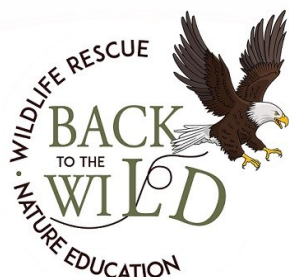
11:45 a.m. “It’s Okay to Place Your Loved One” - *Presented by Cathy Tippenhauer, Owner, Care Patrol*
The people we love and care for often reach a point where we can no longer be sole care providers for them. Then, we know it is time to look at options. This is painful, because up to this point we’ve 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 cause 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:*



BROOKDALE
BOWLING GREEN
SENIOR LIVING SOLUTIONS



Around the County, Events & Classes



Back to the Wild

This event is open to the public!

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

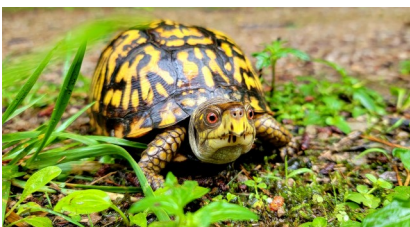
Wooster Green

Join us at Wooster Green (*the green space/gazebo located across S. 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 injured, orphaned, and displaced wildlife into their natural habitat. 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.



Back to the Wild works hard to make this event fun and interesting for their audience. Come learn and have fun with us!



This special event has been sponsored by:

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

 **CHI Living Communities**
St. Clare Commons



Lunch & Learn

The Art of Comedy and Illusions

Featuring: Will McDaniel

Friday, September 23 at 11:30 a.m.

Wood County Senior Center

Will is a seasoned comic, bringing clean, family-friendly laughter to audiences for more than 10 years. He has traveled all over the United States sharing his twist on everything from family, friends, fun, and faith. No matter the topic, Will's twist on it will have you in stitches and wanting more!

Will uses object lessons and slight of hand with a giant dose of laughter to create an illusion show that can be used for fun, to teach a lesson or drive home a point. Will loves to see the awe that a trick can bring out of a person,

but when that awe is followed by an "Oh, I get it..." that is when the magic happens. All ages love the illusions and laughter will bring the kid out in all of us! This is something you don't want to miss!

Will is on a mission! He wants to share his comedy to build bridges and to restore joy!

Space is limited; the first 25 registered will receive lunch provided by Waterford at Levis Commons!
Registration required by September 21.

Around the County, Events & Classes

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 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, September 2 & 16

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

Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, September 14

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

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.**

September 2: "Of Human Hearts" (1938) *Starring Walter Huston, James Stewart & Gene Reynolds*

September 9: "The Shopworn Angel" (1938) *Starring Margaret Sullavan & James Stewart*

September 16: "It's a Wonderful World" (1939) *Starring Claudette Colbert, James Stewart, & Guy Kibbee*

September 23: "The Mortal Storm" (1940) *Starring Margaret Sullavan, James Stewart & Robert Young*

September 30: "No Highway in the Sky" (1951) *Starring James Stewart, Marlene Dietrich & Glynis Johns*

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 for more information.

Irish Splendor **March 21 - 28, 2023**

8 days with 8 meals

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

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

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



Alaska Discovery Land & Cruise **September 13 – 24, 2023**

12 Days • 26 Meals

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

Trip Highlights: Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

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

September 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Ham OR Chicken Tenders cauliflower, 3 bean salad, mandarin orange & grapes	Hamburger Pie OR 2 Cheese Roll Up mixed vegetables, celery with peanut butter, glazed bananas & strawberries, pound cake
All sites closed for Labor Day.	5 Stuffed Pepper OR Chicken Cordon Bleu riviera blend vegetables, Greek pasta salad, mixed fruit, pineapple-orange juice	6 Beef Stroganoff OR Teriyaki Salmon squash, buttered noodles, tossed salad, grapes	7 Chipped Ham OR Chicken Salad (Sandwich) baked bean salad, mandarin orange salad, carrots, ice cream	8 Goulash OR Pecan Crusted Tilapia far east blend vegetables, banana, peaches & cream with granola
Bratwurst OR Grilled 12 Chicken Sandwich mashed potatoes, sauerkraut, pineapple & cottage cheese, Rice Krispies Treat	13 Beef Lasagna OR Broccoli Stuffed Chicken Breast lima beans, Caesar salad, grapes & pears	14 Turkey Stew OR Ham & Bean Soup rosy applesauce, heritage slaw, cornbread, fruit sorbet	15 Chicken Paprikash OR Meatloaf noodles, mixed vegetables, cauliflower peanut salad, peaches	16 Scalloped Potatoes & Ham OR Lemon Pepper Tilapia Kyoto blend vegetables, grape juice, pickled beets, pudding
Country Fried Steak 19 OR Chicken Lasagna mixed vegetables, heritage slaw, orange	20 Chef Salad w/ Ham, Egg & Cheese OR Tuna Salad lettuce blend w/ tomatoes & green peppers, potato salad, mixed fruit, banana nut muffin	21 Birthday Lunch! Spaghettini w/ Meat Sauce corn, marinated carrot salad, grape juice, cake & ice cream	22 Hamloaf OR Teriyaki Chicken baked potato, spinach salad, melon	23 Pepper Steak OR Catfish wild rice, broccoli, pineapple, cherry crisp
Sweet & Sour Chicken 26 OR Pork Cutlet oriental vegetables, wild rice, tropical fruit, mandarin oranges in Jell-O	27 Honey Mustard Chicken OR Vegetable Lasagna winter blend vegetables, Texas caviar salad, apple, pie	28 Turkey OR Liver & Onions au gratin potatoes, celery sticks, orange sections	29 Chipped Beef OR Creamed Chicken mashed potatoes, Midori blend vegetables, apricots, biscuit	30 Hot Dog OR Hamburger baked beans, banana, cranberry juice, peach crisp

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.

September 2022			
Tuesday	Wednesday	Thursday	
		Stuffed Pepper green beans, grapes & 1 cantaloupe, cauliflower/ pea salad, ice cream cake	
Chicken Casserole winter blend vegetables, fresh fruit, crumb topped peaches	Mushroom Steak mashed potatoes, mixed vegetables, tomato- zucchini salad, cookies	Pork Chop squash, orange, apple crisp	8
Birthday Dinner! Roast Beef baked potato, Scandinavian blend vegetables, grape juice, cake & ice cream	Teriyaki Salmon apple/sweet potato bake, rice, heritage coleslaw, ambrosia	Chicken Alfredo noodles, broccoli, Caesar salad, pears, breadstick, éclair cake	15
Meat Lasagna roasted cauliflower, pea salad, rosy applesauce, garlic bread, pudding	Chicken Tenders Salad w/ Egg & Cheese Lettuce/tomato/green peppers mix, citrus sections, potato salad, muffin, pie	Pepper Steak oriental vegetables, rice, creamy coleslaw, berry blend fruit, pound cake	22
Bacon Wrapped Chicken Breast au gratin potatoes, Betty's spinach salad, mandarin orange salad, sherbet	French Toast sausage links, hash browns, tomato juice, spiced apples	BBQ Ribs green beans, corn relish, fried Jell-O, breadstick cherry strudel bites	29

BG Knitter's Guild: Wednesday, September 7
at 4 p.m. Bring your own supplies and join this
knitting group! *Hosted by Jackie Instone.*

Comedy Special: Tuesday, September 13
from 4 - 5:30 p.m. Come and view a stand-up
comedy special to lighten up your night!

Feature: "Kids Say the Darndest Things."
Registration required.

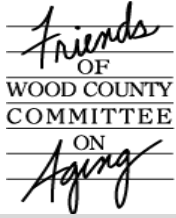
Science of Natural Healing: Tuesday,
September 20 at 4:30 p.m. Join us for a video series
from *The Great Courses* presented by Dr. Mimi
Guarneri. **This month's topic:** Natural Approaches
to Mental Health. Discussion to follow.

Acrylic Painting Class: Wednesday, September
28 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!

Harold Mercer & Carol Sander *In Memory of Velma Mercer*

Nada Sue Knauss *Capital Campaign*

Ruth Peters *In Memory of Maria "Jane" Bejarano*

Anonymous *Capital Campaign*

Geoffrey Howes *Capital Campaign*

John & Alice Calderonello *Capital Campaign*

Sandra Bruner-Hurst *Capital Campaign*

Barbara Murphy *Capital Campaign*

Rachelle Muckenstrum *Capital Campaign*

John Hiltner *In memory of Nancy Adler*

Julieanna Armstrong *In Memory of Rosa & Jim Armstrong Nutrition program*

Walbridge VFW Post 9963 *Kitchen Fund*

Walbridge VFW Auxiliary Post 9963 *Kitchen Fund*

Pen Pal Program

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

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

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



Save the date for these upcoming events!

Watch our future newsletters for more details...

Thanksgiving Dinner: Tuesday, November 8 at 5:30 p.m. Wood County Senior Center, 140 south Grove St., Bowling Green

Thanksgiving Lunch: Thursday, November 10 at all Wood County Senior Center. Lunch times vary based on site location. Visit the site pages to determine lunch times.

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

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
To register for programs & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



All sites will be closed on Monday, September 5 for Labor 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

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 514 W. Water Street, North Baltimore, Ohio 45872 Monday through Friday 10 a.m. to 2 p.m.	419.257.3306
Northeast Area Senior Center , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 9:30 a.m. to 2:30 p.m.	567.249.4921
Pemberville Area Senior Center , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
Perrysburg Area Senior Center , 140 W. Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
Rossford Area Senior Center , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.666.8494
Wayne Area Senior Center , 202 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
Wood County Senior Center , 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