

# WOOD COUNTY COMMITTEE

ON

*Aging*

OCTOBER 2022

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# Your County Connection

## Enjoy, Enrich, Explore This Season of Life

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



## Lunch & Learn

### Discover The Technological Opportunities and Challenges Behind Electric Vehicles

Friday, October 28 at 11:30 a.m.  
Wood County Senior Center

An electric vehicle (EV) is a vehicle that uses one or more electric motors for propulsion. EVs include, but are not limited to, road and rail vehicles, surface and underwater vessels, electric aircraft and electric spacecraft. EVs first came into existence in the late 19th century, when electricity was among the preferred methods for motor vehicle propulsion, providing a level of comfort and ease of operation that could not be achieved by the gasoline cars of the time.

This presentation will highlight the following:

- benefits and advantages of electric vehicles
- the state of the art concepts in relation to the current technologies
- the challenges related to cost, fuel economy, charging, and electric power production.
- An example of a designed electric vehicle entitled, "The World Fastest Electric Vehicle" built by students and researchers at The Ohio State University (OSU). Let's go 400 mph with an electric vehicle! Sit back and buckle up for this presentation!

This presentation is presented by Matilde D'Arpino, B.S. and M.S. degree in electrical engineering and a Ph.D. degree in 'Systems, technologies, and devices for movement and health' from the University of Cassino, Italy, in 2008, 2010 and 2014, respectively. From 2016 to 2022, she has been a researcher at OSU Center for Automotive Research, Columbus, OH. She is now a Research Professor with the College of Engineering at OSU.

The presentation will allow time for questions and answers with Dr. D'Arpino. *Space is limited*; the first 25 registered will receive lunch *provided by Waterford at Levis Commons*! Otherwise, you can join us on Zoom. **Registration required by October 26.**



## Fall Concert With Live Music: Andrew & Terri Dean

Wednesday, November 2 from 4:30 - 5:30 p.m.

Wood County Senior Center

Andrew Dean hails from Toledo, Ohio, and Terri hails from Pigeon Forge, Tennessee. He is known for being a Gospel singer, songwriter, entertainer, and producer. Dean has received more than 30 awards including Entertainer of the Year, Country Song and Album of the Year, plus the Patriotic Song of the Year from numerous Country and Gospel Music Associations.

*Sponsored by Devoted Health.*

Would you like to stay for dinner (served from 5:30 to 6:30 p.m.)? Make

**your reservation** no later than Tuesday, November 1 at 2 p.m. **Menu:** Ham, baked potato, broccoli, ambrosia salad. See page 22 for more dinner details!

# 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 our 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. and 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](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*

Clinic Site	Date	Time
Pemberville Area Senior Center	Oct. 26	1-3 p.m.
Wood County Senior Center	Nov. 2	1-3 p.m.

**For an appointment, please call 419.691.1599**

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

## Memory Chat

**Wednesday, October 19**

***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

## 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.**

Clinic Site	Date	Time
Perrysburg	Dec. 1	2-4 p.m.
Bowling Green	Dec. 8	4-6 p.m.

Call your Senior Center to schedule!

**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)



**Job & Family Services**  
of Wood County, Ohio

## **SAVE THE DATE: Grandparents Raising Grandchildren Holiday Outreach Project**

Help us give back this holiday season by supporting local grandparents who are raising their grandchildren. Wood County Job & Family Services and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age).

Interested grandparents in need are asked to complete an application. **NOTE: Applications will be available November 1 and the application deadline is Friday, December 2, 2022.**

For more information or to receive an application, contact the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

# WCCOA Support Groups

## Caregiver Support Group

**Monday, October 10 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, October 27 at 10 a.m.**

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

## Care Compass Project

**Wednesday, November 2 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, October 5 & 19 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:** 1250 Ridgewood Dr., Bowling Green  
This group is for families of those with mental illness.  
**Contact:** NAMI at 419.352.0626

## NAMI Connections Recovery Support

**Wednesdays at 12 p.m. (noon)**

**Location:** 1250 Ridgewood Dr., Bowling Green  
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](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  
**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](http://www.wccoa.net) **\*\*Participants must bring in their own water bottles to all fitness classes.\*\***

## Chair Yoga Cost: \$20

Thursdays, October 6– November 10 at 1 p.m.  
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 Wood Haven Health Care.*

## Delay the Disease Cost: \$20

Wednesdays, October 26– November 30 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, October 26– November 30 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, Oct. 24– Nov. 28 at 10:30 a.m.  
**Advanced:** Tuesdays, Oct. 25– Nov. 29 at 10:30 a.m.  
**Intermediate:** Thurs., Sept. 29– Nov. 3 at 11 a.m.  
*Caroline Dickinson, Certified Instructor.*

## Tai Chi Cost: \$60

Wednesdays, Sept. 28– Nov. 2 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.

## Buti Chair Yoga Cost: \$20

Wednesdays, Oct. 5 to Nov. 9 from 5:30-6 p.m.  
Buti Chair Yoga incorporates primal movements while sitting in a chair to enhance posture and control. *Claire Semer, Certified Instructor.*

# Virtual Fitness Classes on Zoom

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

## SilverSneakers Classic Cost: \$20\*

Wednesdays, October 19 to November 23 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, October 5 to November 9 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.** *October's featured movies can be found on page 18.*

**Halloween Movie Series:** Thursdays, October 6, 13, 20 & 27 at 1 p.m. **6:** "Sleepy Hollow (1999). **13:** "Practical Magic" (1998). **20:** "Beetlejuice" (1988). **27:** "Halloween" (1978). **Registration required.**

**Reminiscing: Matches to Zippos:** Tuesday, October 4 at 10:45 a.m. Matches to Zippos and Pocket Watches to Watches. Why were match books so abundant? Why are they such collector items? How the industry move on from them to Zippo Lighters. We also look back at watches to pocket watches. Do you have a favorite one? Bring it to share with others. *Facilitated by Ohio Living.*

**Guitar Circle:** Wednesdays, October 5, 12, 19 & 26 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.*

**BG Knitter's Guild:** Wednesday, October 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Writers' Group:** Fridays, October 7, 14, 21 & 28 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. *Hosted by Herb Dettmer.*

**Happy Hour:** Friday, October 7 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments! We will share trivia, jokes and learn fun random facts. *Snacks sponsored by Waterford at Levis Commons.* **Zoom option available**

**Musical Monday:** Monday, October 10 at 1 p.m. **Feature:** "Into the Woods" (1987). Synopsis: A baker and his wife journey into the woods in search of a cow, a red cape, a pair of golden slippers and some magic beans to lift a curse that has kept them childless. Tony Award winners Bernadette Peters, Joanna Gleason and the rest of the original Broadway cast weave their magic spell over you in a seamless fusion of fairy tale characters and what happens after "happily ever after." **Registration required.**

**Pumpkin Painting Craft:** Tuesday, October 11 at 10:30 a.m. Enjoy a opportunity to paint a pumpkin for your Halloween decor. All supplies and guidance for the project will be provided. **Cost: \$5.** **Registration required.** *Facilitated by Leslie Miller.*



**Comedy Special:** Tuesday, October 11 from 4 - 5:30 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature: "The Carol Burnette Show."** **Registration required.**

**Fact or Fiction:** Wednesday, October 12 at 11 a.m. Can you answer if a statement is true or false correctly? *Facilitated by Amada Senior Care.*

**Romantic Movies:** Wednesdays, October 12 & 26 at 1 p.m. **12<sup>th</sup>:** "Save the Last Dance" (2001) **26<sup>th</sup>:** "You've Got Mail" (1998). **Registration required.** *Hosted by Liliana Rossi.*

**Meet us at Wintergarden Park to Discover Habitats: What makes this preserve special?**

Thursday, October 13 at 10 a.m. at **615 South Wintergarden Rd., Bowling Green.** Join us at the Rotary Nature Center to explore the array of resources, physical and biotic factors that are present in this area to aid in the survival of the area species. The naturalist will provide a 45 min presentation followed by a fall hike to explore the grounds. **Note:** uneven terrain may be a found in the park area. **Registration required.**



# Wood County Continued...



**Ghost Lantern Craft:** Thursday, October 13 at 2:30 p.m. All supplies and guidance for project will be provided. **Registration required.** Sponsored by Kingston HealthCare & 1018 Travels with Stephanie

**Breakfast Club:** Monday, October 17 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, October 18 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:** Assessments and Goals **Video Presenter:** Jason M. Satterfield, Ph.D.

**Science of Natural Healing:** Tuesday, October 18 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Biofield Therapies **Video Presenter:** Dr. Mimi Guarneri.

**Osteoporosis:** Wednesday, October 19 at 11 a.m. Presented by McLaren St. Luke's Family Medicine. **Zoom option available.**

**Movie Star Trivia:** Wednesday, October 19 at 12:30 p.m. Join us as we challenge the Rossford Senior Center to some movie trivia. **Zoom option available.**

**Coffee & Coloring:** Monday, October 24 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts, and the company of others. Hosted by Jan Chilcote. Donuts by St. Clare Commons.

**Art Therapy:** Monday, October 24 from 1 - 3 p.m. **This month's project:** The fun in alcohol ink is that you can let go and have fun creating because there are no expectations! Join us to experiment with alcohol ink on various glassware, including candle holders and small mason jars. Feel free to bring your own glassware to design. **Cost:** \$10. **Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. Sponsor Amada Senior Care. See page 16.

**Trivia:** Tuesday, October 25 at 11 a.m. Facilitated by Bridge Home Health & Hospice.

**Reader's Café:** Tuesday, October 25 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: Divergent Synopsis:** In Beatrice Prior's dystopian Chicago world, society is divided into five factions, each dedicated to the cultivation of a particular virtue. On an appointed day of every year, all sixteen-year-olds must select the faction to which they will devote the rest of their lives. For Beatrice, the decision is between staying with her family and being who she really is—she can't have both. She has to choose.

**Brain Games:** Wednesday, October 26 at 12:45 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

**Medicare on the Road:** Wednesday, October 26 at 11:30 a.m.—3:30 p.m. Do you have a question about Medicare? Now during the Annual Open Enrollment period is the time to check on possible changes to your plan(s). Speak with our OSHIIP trained staff. Call the Social Service Department at 419.353.5661 to schedule a one on one appointment.

**Acrylic Painting Class:** Wednesday, October 26 at 3 p.m. Create a festive fall print. All supplied and instructions provided. **Cost:** \$5. **Registration required.** Hosted by Leslie Miller. See page 16 for details!



**Collette Travel: Costa Rica Trip ...** Thursday, October 27 at 2 p.m. Stop in to learn more about this trip or join us on zoom. **Zoom host:** Mitchel Mack, Collette Travel.

**Lunch & Learn:** Friday, October 28 at 11:30 a.m. **This month:** Future of Vehicles presented by Matilde D'Arpino, PhD. First 25 registered will receive lunch provided by Waterford at Levis Commons! **Registration required.**

**Therapy Dogs International:** Monday, October 31 from 1 p.m. - 2 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.

**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, October 3 - November 21 at 11 a.m. *No classes Oct. 10 & Nov. 14.*

**Wednesdays,** Oct. 19 –Nov. 23 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 October 19* **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.*

**Texas Hold ‘Em Tournament:** Monday, October 3 & 17 at 1 p.m.

**Cooking Demo:** Tuesday, October 4 at 12:45 p.m.  
**Menu:** Corn Casserole. Enjoy a way to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

**Emotional Wellness:** Wednesday, October 5 at 12:15 p.m. *Presented by Angela Claubaugh, Promedica Senior Care.*

**Euchre Tournament:** Thursday, October 6 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, October 7 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.**

**Pinochle Tournament:** Monday, October 10 at 12:45 p.m. **Registration required.**

**Breakfast Club:** Tuesday, October 11 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, October 11 at 12:45 p.m. Players from the Northeast Site will be joining us!  
*Sponsored by Waterford at Levis Commons.*

**How to Make Stress Work for You:**  
Wednesday, October 12 at 12:30 p.m. Join us for an educational series from *The Great Courses.* **Video Presenter:** Dr. Kimberlee Bethany Bonura. This is the first video in a three-part series. *Following video discussion led by Betsy Coble, Goodwill Employee.*

**Now and Then:** Thursday, October 13 at 12:30 p.m. **Topic:** Halloween Traditions. Join us for a reminiscing discussion! *Facilitated by Carla Lammers, Comfort Keepers.*

**Trivia:** Monday, October 17 at 12:30 p.m. *sponsored by Heritage Health Care/Manor of Perrysburg.*

**Tips for Healthy Aging, Part 3:** Tuesday, October 18 at 12:15 p.m. *Presentation by St. Clare Commons.*

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

**Medicare on the Road:** Thursday, October 20 from 10 a.m. – 1 p.m. Do you have a question about Medicare? Are you confused about your coverage? Now during the Annual Open Enrollment period is the time to check on possible changes to your plan (s). Come and speak with our OSHIP trained staff. **Registration required.** Call 419.874.0847 to schedule a 15-30 minute one on one appointment.

**Left, Right, Center:** Thursday, October 20 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

**Hand & Foot Card Game:** Monday, October 24 at 12:45 p.m. **Registration required.**

**Movie Day:** Tuesday, October 25 at 12:45 p.m.  
**Feature:** “Jerry and Marge Go Large” **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home*



# Perrysburg Continued...

**Virtual Tour:** Wednesday, October 26 at 12:30 p.m. **This month:** MarineLand Dolphin Adventure. In this video we will go through a virtual tour of MarineLand in St. Augustine, Florida. **Registration required.**

**Caregiver Support Group:** Thursday, October 27 at 10 a.m. This group is for anyone providing caregiving assistance in Wood County. Continued...

The group provides resources, advice on how to handle the stress of caregiving, and an outlet to connect with other caregivers. *Hosted by Jessica Ricker, MSW, LSW, WCCOA.* **Registration required by calling Jessica at 419.353.5661.**

**Halloween Party:** Monday, October 31 at 12:30 p.m. Celebrate in Halloween spirit by dressing up in your favorite costume or character. Enjoy refreshments and Halloween treats. *Sponsored by Waterford at Levis Commons*

## 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, in October 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?

**Exercise:** Mondays, October 3 & 17 at 11:15 a.m. *Led by video.*

**Healthy Living for Your Brain and Body:** Tuesday, October 4, at 12:30 p.m. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. *Presented by Dwight Smith, Volunteer Alzheimer's of Northwest Ohio.*

**Medicare on the Road:** Thursday, October 6 12:00 to 2:00 p.m. Do you have a question about your Medicare coverage? Now during the Annual Open Enrollment period is the time to check on possible changes to your plan (s). Come and speak with our OSHIP trained staff. Call the Wayne site to schedule a 15-30 minute one on one appointment.

**Fish Trivia:** Friday, October 7 at 12:30 p.m. This trivia game will focus on fish as it relates to nutrition, purchasing fish, trying new recipes and food safety. *Presented by Shannon Smith, MFN, RD, LD, CDCES, OSU Extension Office*

**Bingo:** Tuesday, October 11 at 1 p.m. *Sponsored by Bowling Green Manor.*

**Bingo:** Wednesday, October 12 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Cake & ice cream sponsored by Otterbein.*

**Bingo:** Wednesday, October 19 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club with Pemberville:** Thursday, October 20 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost on your own.** **Register with the Senior Center.**

**Trivia Battle:** Friday, October 21 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Brain Myths Exploded:** Wednesday October, 26 at 12:30 p.m. This video series from *The Great Courses* features an opportunity to discover the truths behind the human brain. **Topic:** Is the Brain Perfectly Designed? **Video Presenter:** Indre Viskontas, PhD.

**Spooky Spectacular:** Monday, October 31 at 12:30 p.m. Dress in your best costume and enjoy some pumpkin painting. We will have a spooky great time! Prizes, pumpkins and treats *Sponsored by Otterbein Portage Valley*



# 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.

**Arthritis 101:** Monday, October 3 at 12:30  
Learn about the many types of arthritis and arthritic conditions and how the body is effected. *Presented by Kelly Shank, CNP ProHealth*

**The Inside Story:** Tuesday, October 4 at 12:30 p.m. **Part 4: The Events of Technology Revolution.** 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.*

**Trivia:** Wednesday, October 5 at 12:30 p.m.  
*Hosted by Manor of Perrysburg.*

**Cornhole:** Thursday, October 6 at 1 p.m.

**Miles and Minutes Awards:** Friday, October 7 at 1 p.m. We will pay tribute to those hard working participants who reached their goals and strived to stay healthy and fit! *Prizes and certificates will be awarded!*

**Breakfast Club:** Tuesday, October 11 at 9 a.m.  
**Location:** Denny's, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the senior center.**

**Game Day:** Wednesday, October 12 at 12:30 p.m.  
*Hosted by Kingston Health Care.*

**Forensic History: Crimes, Frauds, and Scandals:** Thursday, October 13 at 12:30  
This video series from *The Great Courses* examines historic crimes from the perspective of forensic science and criminal investigations. Using a case-based approach we will take a look at serial killers, genocide and more. **Topic:** *The Infamous Jack the Ripper* **Video Presenter:** Dr. Elizabeth A. Murray, PH.D., D-ABF.

**Divas and Dessert:** Friday, October 14 at 1 pm  
Ladies, enjoy some great conversation with friends, a special drink, and a sweet dessert. *Dessert provided by The Commons*

**Medicare On the Road:** Tuesday, October 18 from 11 to 1 p.m. Do you have a question about Medicare? Now during the annual open enrollment period is the time to check on possible changes to your plan/s. Speak with our OSHIP trained staff. Call to schedule an appointment 419.666.8494. Allow 15-30 minutes for your one on one appointment.

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, October 19 at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager.* **Zoom option available.**

**Bingo:** Thursday, October 20 at 12:30 p.m.  
*Prizes sponsored by Perrysburg Commons.*

## Oktoberfest Celebration:

Friday, October 21 at 12 p.m. Celebrate this festivity with us! Enjoy snacks, musical entertainment by Randy K. playing the accordion, dancing and beer (non-alcohol)  
*Sponsored by Devoted Health Plans.*



**Noodle Drum Exercise:** Monday, October 24 at 12:30 p.m. Join us for some great exercise that is fun, upbeat, and good for you.

**Funny Bones Don't Get Arthritis:** Tuesday, October 25 at 12:30 p.m. Did you know laughter is actually good for you? Join in the fun with a joke, funny story, trick, anything that will make us laugh.  
*Hosted by Wood Haven Health Care*

**Jingo:** Wednesday, October 26 at 12:30 p.m.  
Jingo card and place holders will be provided.  
*Sponsored by Kingston of Perrysburg.*

**Blast From The Past:** Thursday, October 27 at 12:30 p.m. Bring in something from your past to share, work related or family related. Awards, photo, family heirloom, anything that tells us about you.



## Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging. Visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and register or re-enroll today.

**You need to re-enroll every year.**

Our organization number is: **VB952**  
If you have any questions, please contact us at 419.353.5661 or 800.367.4935

# 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:** Wednesdays in October 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** *Via Zoom*

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

**Left, Right, Center:** Monday, October 3 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, October 4 at 12:30 p.m.  
*Sponsored by Walker Funeral Homes & Crematory.*

**What am I?:** Wednesday, October 5 at 11:45 a.m. Use the clues to guess what the object is and see how many clues it takes you.

**Cooking demo:** Friday, October 7 at 12:45 p.m.  
**Menu:** Corn Casserole. Enjoy a way to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

**Trivia:** Monday, October 10 at 12:15 p.m.  
Test your knowledge! *Facilitated by Bridge Home Health & Hospice.*

**Knitting & Crocheting:** Monday, October 10 at 12:30 p.m. Bring your latest project or come ready to start a new one! Please provide your own supplies

**Dominoes:** Tuesday, October 11 at 12:30 p.m.

**Lunch & Bingo at the Perrysburg Area Senior Center:** Tuesday, October 11 at 12 p.m. Meet at the Perrysburg location (140 W. Indiana Ave.) for lunch and stay for bingo after. *Participants must bring own place holders. Lunch cost on your own. Bingo sponsored by Waterford at Levis Commons.*

**The Real History of Secret Societies: Small-Town Secrets:** Wednesday, October 12 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. **Topic:** *Masonic Revolutions in America and France*  
**Video Presenter:** Richard B. Spence, PhD.

**Walbridge Talk:** Thursday, October 13 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

**Medical Myths, Lies, & Half-Truths: Medical Knowledge vs. Misinformation:** Monday, October 17 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. **Topic:** *Myths about Water and Hydration.*  
**Video Presenter:** Steven Novella, M.D.

**Medicare On the Road:** Tuesday, October 18 from 12 to 2 p.m. Do you have a question about Medicare? Now during the annual open enrollment period is the time to check on possible changes to your plan (s). Come and speak with our OSHIIP trained staff. Call the Northeast site to make an appointment. Allow 15-30 minutes for your one on one appointment.

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

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

**Movie:** Wednesday, October 19 at 12:30 p.m.  
**Feature:** "Eat Pray, Love" (2010). **Synopsis:** A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

**100 Pin Wii Bowling:** Monday, October 24 at 12:30 p.m.

**Bunco:** Tuesday, October 25 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, October 26 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, October 3 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.*

**Spooky Wood County:** Tuesday, October 4 at 12:30 p.m. Let's get into the Halloween spirit with a look into "The Religion of Spiritualism in Wood County." *Presented by Mike McMaster, Wood County Historical Museum.*

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

**Cooking Demo:** Monday, October 10 at 12:30 p.m. **Menu:** Corn Casserole. Enjoy a way to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

**Facebook Hacking vs. Impersonation:** Wednesday, October 12 at 12:30 p.m. This presentation will cover the difference between hacking and being impersonated on Facebook, what to do if YOU are the victim, and what to do if one of your friends is the victim. *Video presentation.*

**Grand Rapids Historical Walking Tour:** Thursday, October 13 at 10 a.m. Join us for a self-guided walking tour of the local historical sites. Meet up at the Log Cabin Information Center in downtown (next to the gas station) **Registration required.**



**Trivia Battle:** Friday, October 14 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Left, Right, Center:** Tuesday, October 18 at 12:30 p.m. Come join us for this quick and simple party game. *Facilitated by Bridge Home Health & Hospice.*

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Birthday treats & gifts sponsored by Bowling Green Manor.*

**Medicare on the Road:** Tuesday, October 25 11 a.m. - 1p.m. Do you have a question about Medicare? Are you confused about your coverage? Now during the Annual Open Enrollment period is the time to check on possible changes to your plan (s). Come and speak with our OSHIP trained staff. Call your the Grand Rapids Senior Center to schedule a 15-30 minute one on one appointment.

**American Art:** Wednesday, October 26 at 12:30 p.m. This video series from *The Great Courses* guides you on a fascinating journey through all that American Art has to offer. **This month we will be featuring:** Early Historical & Landscape Painting.

**Sponsored Bingo:** Thursday, October 27 at 10:30 a.m. Come enjoy this favorite with us. *Prize sponsored by Kingston HealthCare.*

**Halloween Party:** Friday, October 28 at 12:30 p.m. Enjoy Halloween themed treats while creating a decorative mummy pumpkin! All craft supplies are provided with detailed instructions on how to make your mummy pumpkin. What a great way to create a decoration for your home. *Sponsored by Devoted Health Plans.*



**Halloween Trivia:** Monday, October 31 at 12:30 p.m. *Sponsored by Grand Rapids Care Center.*



*Discover us on YouTube by searching:*  
**Wood County Committee on Aging, Inc.**



# 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, October 3 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, October 5 at 12:45 p.m.  
**Feature:** "Mrs. Doubtfire" (1993). **Genre:** Comedy/Drama. **Synopsis:** After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

**Bingo:** Thursday, October 6 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**The History of the Religion of Spiritualism in Wood County:** Tuesday, October 11 at 12:15 p.m. Religious revival and pandemic collide in Wood County Ohio in the Mid-1800s to create a new belief that communication with the dead was possible.  
*Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

**Breakfast Club:** Wednesday, October 12 at 9:30 am. **Location:** Scrambler's (25690 Dixie Hwy., Perrysburg, Oh 43551) 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**

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

**Medicare on the Road:** Thursday, October 13 from 11 a.m. – 1 p.m. Do you have a question about Medicare? Are you confused about your coverage? Now during the Annual Open Enrollment period is the time to check on possible changes to your plan (s). Come and speak with our OSHIP trained staff.  
**Registration required.** Call the Pemberville Senior Center to schedule a 15-30 minute one-on-one appointment.

**Who Am I ?:** Thursday, October 13 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.*

**Breakfast Club with Wayne:** Thursday, October 20 at 9:30 am. **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.**

**Trivia:** Monday, October 17 at 12:45 p.m.  
*Hosted by Bridge Home Health & Hospice.*

**Birthday Lunch:** Wednesday, October 19 at 12 p.m. *Cake & ice cream sponsored by Otterbein Pemberville.*

**Lighthouses of Michigan:** Thursday, October 20 at 12:45 p.m. Listen while Kim gives basic facts on light housing, with a focus on Ohio and Michigan lighthouses. You'll be prepared to go on your own self-guided tour. Also an added bonus of some Toledo Lighthouse Harbor trivia! *Presented by Kim Thomas.*

**Cooking Demo:** Monday, October 24 at 1:00 p.m.  
**Menu:** No bake Pineapple Pie. Enjoy ways to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

**Movie:** Wednesday, October 26 at 12:45 p.m.  
**Feature:** "Beetlejuice" (1988). **Genre:** Comedy/Fantasy **Synopsis:** The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out.

**Podiatry Clinic...** Wednesday, October 26 from 1 -3 p.m. Facilitated by *Maumee Bay Foot & Ankle Specialists. Appointments must be made by calling (419) 691-1599.*

# 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.



## **Guided Painting:**

Wednesday, October 12 at 11 a.m. Create a fall themed painting to add to your décor. All supplies and painting guidance provided by *Happy Camper*. Space is limited to 16.

**Registration required by calling 419.957.8327**  
**Stephanie Walters,**  
**Briar Hill Health Campus**

**Generation RX:** Tuesday, October 18 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*

**Bingo:** Thursday, October 20 at 1 p.m.  
*Prizes sponsored by Bridge Home Health & Hospice*

*Sponsored by Briar Hill Health Campus.*

## **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@wcco.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@wcco.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.*

# 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, October 7 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.**

**Osteoporosis:** Wednesday, October 19 at 11 a.m.  
Learn more about the new ways to diagnosis, treat and prevent this disease. *Presented by McLaren St. Luke's Family Medicine.*  
**In-person participation in BG.**

**Movie Star Trivia:** Wednesday, October 19 at 12:30 p.m. **In-person participation in Rossford & BG.**

**Brain Games & Trivia:** Wednesday, October 26 at 12:45 p.m. Riddles, trivia and problem-solving exercises. **In-person participation in Walbridge & BG.**

**Lunch and Learn:** Friday, October 28 at 11:30 a.m. This presentation will highlight the benefits and advantages of electric vehicles, it will share the state of the art in relation to the current technologies and the challenges related to cost, fuel economy, charging and electric power production. (lunch will need to be picked up) **In-person participation in BG.**

**Bingo:** Friday, October 28 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 internet service.**



# Around the County, Events & Classes



Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



DRIVER SAFETY  
AARP Real Possibilities

Thursday, October 6  
11 to 1 p.m.  
(20 min appointment slot)  
Wood County Senior Center  
Parking Lot

Facilitated by AARP Carfit trainers.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

At this CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. Each CarFit check takes approximately 20 minutes to complete.

**Registration required.** Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net) to make your appointment today!  
All appointment will take place in the Wood County Senior Center parking lot.



## Art Therapy

Monday, October 24 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.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.

**This month's project:** The fun in alcohol ink is that you can let go and have fun creating because there are no expectations! Join us to experiment with alcohol ink on various glassware, including candle holders and small mason jars. Feel free to bring your own glassware to design.

Sponsored by:



## Acrylic Painting Class

Wednesday, October 26 at 3 p.m.

Wood County Senior Center

140 S. Grove St, Bowling Green

Cost: \$5 per session, supplies included (canvas and paints).

October's painting is shown to the right. We will be painting a fall themed pumpkin with a bird. This class is open to all levels of painting experience! Leslie will walk you through the painting step-by-step. Hosted by Leslie Miller. **Advanced registration required.**





# Around the County, Events & Classes



## Football Pick 'Em Challenge

October 8 - December 10, 2022



Participate in this friendly competition and guess the winners each week for the ten pre-selected football games (both NFL & NCAA). Register today to receive your weekly score sheets and more information. The final winner in December will receive a \$100 gift card.

## The Bob Ross Experience: Painting Class

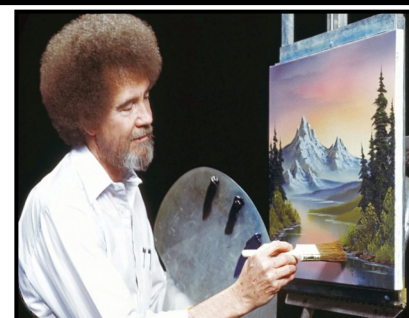
**\*TWO DATES TO CHOOSE FROM!\***

Wednesday, November 30 from 3 p.m. - 6 p.m.

**OR** Thursday, December 1 from 9 a.m. - 12 p.m.

**Wood County Senior Center**

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



Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. (As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.” Only Certified Ross Instructors are trained to provide guidance you can count on.

*Hosted by Nate Miller, CRI®.*

**Advanced registration required by Wednesday, November 23. Each class is limited to the first 10 participants! The same piece of art will be offered each day. \*No refunds will be available after November 23. Payment must be received to secure your spot!**



**Care  
Compass  
Project**

**Navigating the  
Caregiving Continuum:**

**Planning for today and for the future.**



## Care Compass Project

Wednesday, November 2

11 a.m. - 1 p.m.

**Topic: Self Care Tips and Tricks  
Available In-Person & On Zoom!**

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, October 28** 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. Aromatherapy Options:** Aromatherapy is used as a holistic healing treatment that uses natural plant extracts to promote health and wellness. Aromatherapy uses aromatic essential oils can be used to improve the health of the body, mind, and spirit, while enhancing both physical and emotional health. *Karen Bruss, certified aromatherapist.*

**11:45 a.m. Self Care Tips and Tools for your Optimal Health**

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



**Ohio Living**  
FAITH + COMPASSION + COMMUNITY



**WOOD COUNTY  
HOSPITAL**

# 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](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, October 7 & 21

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

Support provided by Amada Senior Care.

### **St. Timothy's Church**

871 E. Boundary St., Perrysburg

Wednesday, October 12

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

Support provided by Arista Home Care Solutions,

**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



## 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.**

**October 7:** "Rear Window" (1998) *Starring Christopher Reeve, Daryl Hannah*

**October 14:** "Shadow in the Window" (1957) *Starring Phillip Carey, Betty Garret, Drew Barrymore*

**October 21:** "The Window" (1949) *Starring Bobby Driscoll, Barbara Hale, Arthur Kennedy*

**October 28:** "The Woman in the Window" (1944) *Starring Edward Robinson, Joan Bennett, Raymond Massey*

# Travel Opportunities

Waggoner Travel, L.L.C. Presents:

## Branson Holiday Show Extravaganza

For information and reservations contact: Jean E. Waggoner 419-666-1860

Mail Check to Waggoner Travel, LLC, 205 Meadow Ln, Walbridge, Oh 43465

Ask about Travel Insurance. Please let her know you discovered this trip from WCCOA!

**November 28 to December 3, 2022**

*6 days with 5 meals*

"Branson's Christmas Wonderland" is one of the largest Christmas shows in the city. With chorus girls, singers, dancers, exquisite scenery, and intricately detailed costumes, this show brings the hope and magic of the Christmas season to you.

**Trip Highlights:** Three morning shows: All hands on deck, Doug Gabriel Morning Show, A Neil Diamond Tribute Show; Three evening shows: The Duttons Christmas Show, Presleys' Country Jubilee Christmas Show, The Miracle of Christmas Show at the Sight and Sound Theatre.



Price based on double occupancy \$689 add \$175 for single occupancy. *Spots will be held for WCCOA until September 21, 2022. Departure from Northeast Area Senior Center at 8 a.m., second pick up point at Holiday Inn and Suites, 27355 Carronade Drive, Perrysburg at 8:30 a.m. or Greenwood Centre, Bowling Green at 9:15 a.m.*



## 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. Reservations required.

**Thanksgiving Lunch:** Thursday, November 10 at all Wood County Senior Center.

Lunch times vary based on site location. Visit the site pages in the November newsletter to determine lunch times. Reservations required by calling the site of your choice.



## Veterans Day Recognition 2022

Monday, November 7 from 1 – 3 p.m.

In honor of Veteran's Day, we will be recognizing Wood County Veterans on Monday, November 7. Veterans who have registered for this program will receive a slice of pie, a yard sign and a poppy pin delivered to their homes.

If you are an interested Veteran or would like to thank a Veteran, please call the Programs Department to register at 419.353.5661 or 1.800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

*Sponsored by:*





# 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.*



## **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

October 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Macaroni &amp; Cheese &amp; Ham OR Chicken &amp; Dumplings</b> stewed tomatoes, three bean salad, emerald pears	<b>Chipped Turkey OR Bologna Salad</b> baked bean salad, peaches, coleslaw, cookies	<b>Pepper Steak OR Teriyaki Chicken</b> rice, oriental vegetables, Asian salad, mandarin oranges in Jell-O	<b>Pork Chop OR Turkey Tetrazzini</b> squash, apple, berry blend, yogurt & granola	<b>Roast Beef OR Pecan Crusted Tilapia</b> brussel sprouts, grapefruit sections, cherry crisp
<b>Chipped Beef OR Creamed Chicken</b> biscuit, sugar snap peas, mashed potatoes, mandarin orange salad	<b>Calico Beans OR Turkey</b> broccoli, marinated carrot salad, cinnamon applesauce	<b>Goulash OR Almondine Pollock</b> corn, cabbage apple raisin salad, peaches	<b>Stuffed Green Pepper OR Reuben Casserole</b> riviera blend, pineapple, cottage cheese, fruit sorbet	<b>Meatloaf OR Grilled Chicken Breast</b> mixed vegetables, grapes & pears, spinach & orange salad, graham crackers
<b>Country Fried Steak OR BBQ Chicken Breast</b> scalloped potatoes, citrus slaw, pears	<b>King Ranch Chicken Casserole OR Beef Lasagna</b> green beans, tossed salad, fruit salad	<b>Birthday Lunch! Hamloaf</b> carrots, banana, peaches, cake & ice cream	<b>Vegetable Soup OR Broccoli Soup</b> chicken salad sandwich, peanut butter & celery, orange sections	<b>Bratwurst OR Chicken Wings</b> mashed potatoes, sauerkraut, apricots, brownie
<b>Stuffed Chicken Breast OR Liver &amp; Onions</b> mashed potatoes, black-eyed Susan salad, carrot sticks	<b>Chicken Tenders OR Black Eyed Peas Hash (Sausage)</b> Sicilian blend, tossed salad, grape juice, Rice Krispy Treat	<b>Beef Spanish Rice OR Chicken Lasagna</b> Kyoto vegetables, peaches, apple crisp	<b>Chicken Paprikash OR Baked Ham</b> noodles, stewed tomatoes, Texas caviar bean salad, orange	<b>Beef &amp; Potato Casserole OR Pecan Crusted Tilapia</b> Scandinavian blend vegetables, pickled beets, cantaloupe & grapes
<b>Hamburger Pie OR Cheese Manicotti</b> winter blend, cucumber salad, oranges, cookies				

## 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.

# Dinner Menu

October 2022		
Tuesday	Wednesday	Thursday
<b>Beef Quesadilla</b> 4 lettuce & tomatoes, black beans & rice, apple pie	<b>BBQ Chicken Breast</b> 5 potato cheese bake, broccoli salad, banana, ice cream	<b>Smoked Sausage</b> 6 small whole potatoes, Caesar salad, cherry crunch
<b>Birthday Dinner!</b> 11 <b>Country Fried Steak</b> mashed potatoes, European blend vegetables, citrus sections, cake & ice cream	<b>Chef Salad with Beef Strip, Egg &amp; Cheese</b> 12 3 bean salad, strawberries, angel food cake	<b>Chicken Cordon Bleu</b> 13 rice pilaf, corn, mandarin orange salad, peach cobbler
<b>Ham</b> 18 baked potato, broccoli, ambrosia salad	<b>Cheeseburger</b> 19 french fries, pears & grapes, apple juice, brownie	<b>White Chicken Chili</b> 20 cornbread, carrot & celery sticks, cauliflower peanut salad, fresh fruit, gingerbread pudding
<b>Sweet &amp; Sour Meatballs</b> 25 rice, peas, marinated vegetable salad, cantaloupe, cookies	<b>Seafood Alfredo</b> 26 noodles, broccoli, tossed salad, berry blend, pound cake	<b>Corned Beef</b> 27 boiled potatoes, cooked cabbage & carrots, orange sections, apple pie

**BG Knitter's Guild:** Wednesday, October 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

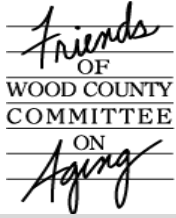
**Comedy Special:** Tuesday, October 11 from 4 - 5:30 p.m. Come and view a stand-up comedy special to lighten up your night!  
**Feature: "The Carol Burnett Show." Registration required.**

**Science of Natural Healing:** Tuesday, October 18 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic: Biofield Therapies** Discussion to follow.

**Acrylic Painting Class:** Wednesday, October 26 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!**

George Stossel & Vicki Knauerhase, *Capital Fund*  
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Deborah Gladieux, *Capital Fund*

Walbridge VFW Post 9963, *Kitchen Fund*  
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Diane & Urban Haslinger *In Memory of Tom Hillier*  
Clark & Joanne Searle *In Memory of Tom Hillier*  
Bob & Dorothy Beauprey *In Memory of Tom Hillier*  
Arla Crawford & Barry Cron *In Memory of Tom Hillier*

Lauaine Putnam for *Northeast Senior Center*

## **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.



## **amazon**smile

Go to [smile.amazon.com](http://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!

## **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!

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## 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 Temporarily closed except for a few programs see page 14 for details.	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*