

WOOD COUNTY COMMITTEE

ON
Ageing
NOVEMBER 2022

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net



Veterans Day Recognition 2022

Monday, November 7 from 1 to 4 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 sponsored by the **Rehabilitation Hospital of Northwest**

Ohio, a yard sign and a poppy pin sponsored by **ProHealth, Amada Senior Care, Devoted Health Plans, Hanneman Family Funeral Homes & Crematory** 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 email programs@wccoa.net. We will need the veterans name, address, branch of service, phone number and if they will be home on November 7.

Event signs are sponsored by:



Holiday Parade Breakfast

Saturday, November 19 from 8:30 to 9:30 a.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

Enjoy a **complimentary** breakfast including pancakes, sausage, fruit, and a muffin! **Tickets are required** to attend the breakfast and will be available *starting Tuesday, November 1*. Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. or enjoy the event with the parade streamed on the dining room TV! The parade is supported by the Bowling Green Chamber of Commerce. This year's parade theme is **"Toys, Trains and Candy Canes."** The event showcases many area businesses through floats, cars, bands, and much more!

The holiday parade breakfast is sponsored by:



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 You can learn more at: UHCRenewActive.com

Clinics & Consultations

Podiatry Clinic

Provided by Maumee Bay Foot & Ankle Specialists

Clinic Site	Date	Time
Pemberville Area Senior Center	Dec. 21	1 to 3 p.m.
Wood County Senior Center	Nov. 2	1 to 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

Tuesday, November 15

Appointments available at 10:30 & 11:30 a.m.

Location: Wood County Senior Center

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email programs@wcco.net

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

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 to 4 p.m.
Bowling Green	Dec. 7	4 to 6 p.m.

Call your Senior Center to schedule!

Community Christian Legal Services also offers the following resources:

Weekly Office Hours: Mondays, 1 to 3 p.m.
541 W. Wooster Street, Bowling Green, First Floor

Monthly Clinic: Third Thursday, 5 to 7 p.m.
Bowling Green Alliance Church
1161 Napoleon Road, Bowling Green

For questions, call 419.482.8502 or email neighborhoodlegal@yahoo.com



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@wcco.net

WCCOA Support Groups

Caregiver Support Group

Monday, November 14 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, November 17 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, November 2 & 16 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* **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

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, November 17– January 19 at 1 p.m.
(No class November 24, December 1 & 8, January 5)
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 Video and Wood County Committee on Aging Staff.*

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 Classic

Free

Mondays, Wednesdays & Fridays at 11:30 a.m.
Get Moving Classic focuses on strengthening muscles and increasing range of movement for daily life activities. A chair is often used for seated exercises or for standing support. *Jenny Triggs, Certified Instructor.*

Tai Chi

Cost: \$60

Wednesdays, Nov. 9– Dec. 14 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

Mondays at 2 p.m. & Wednesdays at 1 p.m.
Peer-led instruction with step-by-step learning for new participants.

Buti Chair Yoga

Cost: \$20

Wednesdays, Oct. 12 to Dec. 7 from 5:30-6 p.m.
(No class November 9, 16 & 23)
Buti Chair Yoga incorporates primal movements while sitting in a chair to enhance posture and control. *Claire Semer, Certified Instructor.*

Yoga

Cost: \$40 per session

Beginner: Mondays, Oct. 31– Dec. 5 at 10:30 a.m.
Advanced: Tuesdays, Nov. 1– Dec. 6 at 10:30 a.m.
Intermediate: Thurs., Nov. 10– Dec. 22 at 11 a.m.
(No class November 24)
Caroline Dickinson, 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.
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. *Sheila Brown, Certified Instructor.*

SilverSneakers Strength & Balance

Cost: \$20*

Fridays, October 7 to November 11 at 9:30 a.m.
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. *Sheila Brown, Certified Instructor.*

Wood County

(Located in Bowling Green)

Lunch Served Between 11:30 a.m. and 1 p.m.

Below you will find in-person programs scheduled for the WOOD COUNTY SENIOR CENTER. Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935 to register or for more info.

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

How About a Movie? Fridays at 1 p.m.
Hosted by John Blinn. Registration required. See page 18 for movie details.

Painting: Introduction to Form and Color: Fridays, October 21 to December 2 (6 weeks) 10 a.m.- 12 p.m. **Facilitated by:** Hannah Coleman, Art Education Student, BGSU **Course Fee:** \$25.00
**all supplies provided. See page 19 for details!*

Guitar Circle: Wednesdays 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, November 2 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Thanksgiving Movie Series: Thursdays, November 3, 10, & 17 at 1 p.m. **3:** "Hannah and Her Sisters (1986). **10:** "Avalon" (1990). **17:** "A Charlie Browns Thanksgiving" (1973). Registration required.

Travelogue: Senate Trade Mission Trip to Israel Group: Thursday, November 3 at 10 a.m. This presentation will share Ohio's partnership with Israel and other important sites in Israel. *Presented by Theresa Gavarone, Ohio State Senator.*

Happy Hour: Friday, November 4 at 12:30 p.m. We will share trivia, and jokes, and learn fun random facts. *Snacks sponsored by Waterford at Levis Commons. Zoom option available.*

The Untold History of Women: Tuesday, October 25 to Nov, 29 from 10 to 11:30 a.m. This course will cover how women have influenced society throughout the years, even when they did not have a say in society. Facilitated by Abigail Wheeler, Education Major, BGSU *for more info. see page 19.*

Craft: Cinnamon Ornaments Tuesday, November 8 at 10:30 a.m. Create aromatic ornaments from all natural ingredients. All supplies and guidance for the project will be provided. **Cost: \$5. Payment must be made in advance to secure a spot. Registration required.** *Facilitated by Leslie Miller.*



Thanksgiving Dinner: Tuesday, November 8 at 5:30 p.m. **Entertainment 4:30 p.m. by:** Kerry Patrick Clark, Vocals and Guitarist. Registration required by November 3.

Fact or Fiction: Wednesday, November 9 at 11 a.m. Can you correctly answer if a statement is true or false? *Facilitated by Amada Senior Care.*

Romantic Movies: Wednesdays, November 9, 23 & 30 at 1 p.m. **9th:** "Fools Rush In" (1997) **23th:** "The Notebook" (2004), **30th:** "Dirty Dancing." (1987) Registration required. *Hosted by Liliana Rossi.*

Thanksgiving Lunch: Thursday, November 10 at 12:00 p.m. Registration required by November 4.

Craft: Holiday Tree Gnome: Thursday, November 10 at 2:30 p.m. Create a fun holiday themed ornament to give as a keepsake or to place on your own tree. All supplies and guidance for project will be provided. Registration required. *Sponsored by Kingston HealthCare & 1018 Travels with Stephanie.*



Brain Training: Tuesday, November 15 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. Registration required by November 14. *Breakfast provided by Brookdale of Bowling Green. Topic: Advanced Behavioral Tech. Video Presenter: Jason M. Satterfield, Ph.D.*

Wood County Continued...

Science of Natural Healing: Tuesday, November 15 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** The Power of Love **Video Presenter:** Dr. Mimi Guarneri.

Skin Care: Wednesday, November 16 at 11 a.m. This session will cover basic skin care regimens as we age. Learn more about products and best practices for safe and healthy skin. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

Movie Star Trivia: Wednesday, November 16 at 12:30 p.m. Join us as we challenge the Rossford Senior Center to some movie trivia. *Facilitated by Mary Tebbe, WCCOA.* **Zoom option available.**

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

Collette Travel: Alaska Trip ... Thursday, November 17 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, November 18 at 11:30 a.m. **This month:** Black Swamp Players History and Future Events. First 25 registered will receive lunch *provided by Waterford at Levis Commons!* *Zoom option.* **Registration required.**

Breakfast Club: Monday, November 21 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). **Breakfast cost on your own.** **Registration required.**

Musical Monday: Monday, November 21 at 1 p.m. **Feature:** West Side Story **Synopsis:** Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy. **Registration required.**

Trivia: Tuesday, November 22 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

Comedy Special: Tuesday, November 22 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** "The Three Stooges: Stooged and Confused." **Registration required.**

Coffee & Coloring: Monday, November 28 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.*

Therapy Dogs International: Monday, November 28 from 1 to 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.*

Art Therapy: Monday, November 28 from 1 to 3 p.m. **This month's project:** Altered bookmaking. In this workshop, participants will be given the opportunity to choose or bring a used book that can be transformed for visual journaling and altered bookmaking. Please feel free to bring any materials you would like to incorporate into your altered book. **Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. Sponsor Amada Senior Care. See page 16.*

Reader's Café: Tuesday, November 29 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting November 1) then come together to watch the film on the last Tuesday of the month. **Feature: Crazy Rich Asians** **Synopsis:** Crazy Rich Asians is a funny fiction novel written by Kevin Kwan that highlights and ridicules the lifestyle of upper-class Asian families and society. The book is about three wealthy, upper-class Chinese families, and how they undermine those who are not as rich and influential as they are. **Books and audiobooks available by loan. Registration required.**

Brain Games: Wednesday, November 30 at 12:30 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

The Bob Ross Experience: Painting Class
TWO DATES TO CHOOSE FROM!
Wednesday, November 30 from 3 to 6 p.m.
OR Thursday, December 1 from 9 a.m. to 12 p.m.
Cost: \$50, supplies provided. 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! See page 17 for more details!

See the complete cards and games schedule on page 15! Billiards & Movie Rooms available by request and reserved based on availability, 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, Nov. 28-Jan. 23 at 11 a.m. *No classes Dec. 12 & 26 & Jan. 12.* Wednesdays, Oct. 26 –Dec. 7 at 11 a.m. *(No class Nov. 23)* **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. **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 9:30 a.m. **Schaller Building (130 W. Indiana Ave., Perrysburg)** Learn some movements of the popular Tai Chi workout. *Peer-led instruction.*

Cooking Demo: Tuesday, November 1 at 12:45 p.m. **Menu:** Corn Casserole. Enjoy a way to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

How to Make Stress Work for You: Wednesday, November 2 at 12:30 p.m. Join us for an educational series from *The Great Courses.* **Video Presenter:** Dr. Kimberlee Bethany Bonura. **Topic:** Happiness a Fickle Queen. This is the second video in a three-part series. Following video *discussion led by Betsy Coble, Goodwill Employee*

Euchre Tournament: Thursday, November 3 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, November 4 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.**

Texas Hold ‘Em Tournament: Monday, November 7 & 21 at 1 p.m.

Breakfast Club: Tuesday, November 8 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, November 8 at 12:45 p.m. Players from the Northeast Site will be joining us! *Sponsored by Waterford at Levis Commons.*

Virtual Tour: Pompeii Wednesday, November 9 at 12:30 p.m. **This month:** Pompeii Adventure. In this video we will experience a tour of the most poignant site of Southern Italy. **Registration required.**

Thanksgiving Lunch: Thursday, November 10 at 12:00 p.m. **Registration required by November 3.**

Now and Then: Thursday, November 10 at 12:30 p.m. **Topic:** Thanksgiving Traditions. Join us for a reminiscing discussion! *Facilitated Comfort Keepers.*

Veterans Day Celebration: Friday, November 11 at 12:30 p.m. *Certificates sponsored by Waterford at Levis Commons.* **Registration required.**

Pinochle Tournament: Monday, November 14 at 12:45 p.m. **Registration required.**

Your Nutritional Well-being: Tuesday, November 15 at 12:15 p.m. *Presentation by St. Clare Commons*

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Caregiver Support Group: Thursday, November 17 at 10 a.m. This group is for anyone providing caregiving assistance in Wood County. The group provides resources, advice on how to handle the stress of caregiving, and an outlet to connect with other caregivers. *Hosted by WCCOA.* **Registration required. Call Social Services at 419.353.5661.**

Left, Right, Center: Thursday, November 17 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Perrysburg Continued...

Diabetes Awareness: Friday, November 18 at 12:15 p.m. *Presented by Promedica Senior Care.*

Trivia: Monday, November 21 at 12:30 p.m. *Sponsored by Heritage Health Care, Manor of Perrysburg.*

Movie Day: Tuesday, November 22 at 12:45 p.m.
Feature: “Elvis” (2022) **Synopsis:** The film explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with

Continued...his enigmatic manager, Colonel Tom Parker (Tom Hanks). **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home*

Hand & Foot Card Game: Monday, November 28 at 12:45 p.m. **Registration required.**

Winter Safety Driving Tips: Wednesday, November 30 at 12:15 p.m. Discover ways to stay safe on the roads this winter. *Sandy Weichman, Coordinator, Safe Communities of Wood County.*

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 November 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 inventor?

Brain Myths Exploded: Wednesday November 2 at 12:30 p.m. This video series from *The Great Courses* features an opportunity to discover the truths behind the human brain. **Topic:** Are Bigger Brains Smarter? **Video Presenter:** Indre Viskontas, PhD.

Exercise: Monday, November 7 at 11:15 a.m. *Video*

Bingo: Tuesday, November 8 at 1 p.m. *Sponsored by Bowling Green Manor.*

Thanksgiving Lunch: Thursday, November 10 at 12 p.m. **Reservations required by November 3.**



Pumpkin

Centerpiece....

Thursday, November 10 at 12:30 Make a centerpiece for your holiday table. *Facilitated*

by St. Catherine's Manor Fostoria. **Registration required.**

Take Charge of your Diabetes: Monday, November 14 at 12:30 p.m. Diabetes is on the rise with 34.2 million Americans that have a diagnosis of diabetes. This program will also discuss the complications of diabetes, signs and symptoms and strategies to use to help make sound meal planning decisions. *Presented by Shannon Smith, MFN, RD, LD, CDCES, OSU Extension Office.*

Bingo: Tuesday, November 15 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria*

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Cake & ice cream sponsored by Otterbein.*

Bingo: Wednesday, November 16 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Breakfast Club with Pemberville: Thursday, November 17 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, November 18 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.*

Exercise: Monday, November 21 at 11:15 a.m. *Noodles & Balloons by Janice Carter, WCCOA.*

The Mis-Origin of History Part 2: Roche

de Boeuf: Tuesday November 22 at 12:30 p.m. “The Maumee River Island of Roche de Boeuf is one of the most iconic landmarks in this region. The interurban bridge blasted most of this island away during construction. However, was there a lost French settlement called Roche de Boeuf there, or has the history of this island been changed over the years? Learn what historians got right, and wrong about this island.” *Presented by Mike McMaster, Wood County Museum.*

Getting Ready for the Holidays: Tuesday, November 29 at 12:30 p.m. Come join us in decorating our Holiday tree for the upcoming Holidays. *Facilitated by Bowling Green Manor.*

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.

“The History of Wood County: Through the Life of the Museum’s Great Bur Oak”

Tuesday, November 1 at 12:30 p.m. Learn the history of Wood County through the life of the Museum’s 350 year old Bur Oak Tree. This mighty Oak has seen empires rise and fall, long before there was a Wood County. This tree has stood over the lives of Native Americans, French traders, British soldiers, and Wood County’s first American settlers. Part science, part historical fiction, this program weaves a tale of how this land has changed over more than three centuries. *Presented by Mike McMaster, Wood County Museum*

Traffic Safety & Winter Driving Tips:

Thursday, November 3 at 12:30 p.m. This presentation will share some safe driving trips for the wintery weather. *Presented by Sandy Wiechman, Wood County Safe Communities.*

Breakfast Club: Tuesday, November 8 at 9 a.m.

Location: Denny’s, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the senior center.**

Game Day: Wednesday, November 9 at 12:30 p.m.

Hosted by Kingston Health Care.

Thanksgiving Lunch: Thursday, November 10 at 12:00 p.m. Entertainment by John Pickle.

Registration required.

Pies for Guys: Friday, November 11 at 12 p.m.

Gentlemen, join us for some great conversations and a sweet treat. *Pies provided by the Waterford at Levis Commons*

Forensic History: Crimes, Frauds, and Scandals:

Monday, November 14 at 12:30 p.m.

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:** *Criminals of the Wild, Wild, West.* **Video Presenter:** Dr. Elizabeth A. Murray, Ph.D., D-ABF.

Movie Star Trivia: Wednesday, November 16

at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager.* **Zoom option available**

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Bingo: Thursday, November 17 at 12:30 p.m.

Prizes sponsored by Perrysburg Commons.

Noodle Drum Exercise: Monday, November 28 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, November 29 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, November 30 at 12:30 p.m.

Jingo card and place holders will be provided.

Sponsored by Kingston of Perrysburg.

amazon smile

Go to **smile.amazon.com** - It is the same Amazon you know. When purchasing items, please indicate **Friends of Wood County Committee on Aging, Inc.** as your charitable organization of choice. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to WCCOA!

If you have trouble finding us, you may also visit **<http://smile.amazon.com/ch/47-5225964>** to find WCCOA directly!



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

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!

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

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 November at 10 a.m. *Sheila Brown, Certified Instructor.* **Cost:** \$20 per session or FREE for SilverSneakers members. Register with the Programs Dept. at 419.353.5661 Via Zoom

Bingo: Tuesday, November 1 at 12:30 p.m.
Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

The Sight Center of Northwest Ohio:
Wednesday, November 2 at 12:15 p.m. The Sight Center of Northwest Ohio offers a unique blend of programs and services that can help people of all ages work, learn, play and live independently with permanent vision loss. *Presented by Tim Tegge, Development Coordinator for The Sight Center.*

Cooking Demo: Friday, November 4 at 12:30 p.m.
Menu: No bake pineapple pie. All supplies will be provided and guidance with project. *Sponsored by Kingston Perrysburg.* Advanced registration required.

Left Right Center: Monday, November 7, 21 at 12:30 p.m.

Dominoes: Tuesday, November 8, 29 at 12:30 p.m.

Lunch & Bingo at the Perrysburg Area Senior Center: Tuesday, November 8 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.*

What am I?: Wednesday, November 9 at 11:45 a.m. Use the clues to guess what the object is and see how many clues it takes you.

PayPal & Venmo: Wednesday, November 9 at 12:30 p.m. Since PayPal debuted over twenty years ago, person to person payments have become commonplace. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal and Venmo. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely. *Video by WCCOA.*

Thanksgiving Lunch: Thursday, November 10 at 12:00 p.m. (noon) *Music DJed by Guy Gokey.*
Reservations required by November 3.

Walbridge Talk: Thursday, November 10 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

Trivia: Monday, November 14 at 12:30 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health and Hospice.*

Knitting and Crocheting: Monday, November 14 at 12:45 p.m. Bring your latest project or come ready to start a new one! Bring your own needles, crochet hooks and yarn.

Bingo: Tuesday, November 15 at 12:30 p.m.
Participants must bring their own place holders. Prizes sponsored by The Commons.

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

Bunco: Tuesday, November 22 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

OSU vs. MI Tailgate Party: Wednesday, November 23 at 11:30 a.m. Enjoy a friendly rivalry by wearing your favorite team's garb take part in games and refreshments. *Sponsored by Devoted Health Plans.*

100 Pin Wii Bowling: Monday, November 28 at 12:30 p.m.

Medical Myths, Lies & Half-Truth: Monday, November 28 at 12:30 p.m. This video series from the Great Courses. **Topic:** Vitamin and nutrition myths. **Video presenter:** Dr. Steve Novella, M.D. food. They investigate these myths and half-truths.

Brain Games & Trivia: Wednesday, November 30 at 12:30 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, November 1 at 11 a.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes.*

Coffee Chat: Wednesday, November 2 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home Health Care.*

Downtown Grand Rapids Trip: Thursday, November 3 at 2 p.m. Join us for some window shopping in downtown Grand Rapids. Meet us at the Knucklehead Restaurant (24208 Front St., Grand Rapids)

Masterworks of American Art: Monday, November 7 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: The Civil War in Art *presented by William Kloss, M.A.*

Who, What, Where: Wednesday, November 9 at 12:30 p.m. Are you a trivia buff, or just want to try something new? Join us in person or virtually for this quarterly event!

Thanksgiving Lunch: Thursday, November 10 at 12 p.m. **Reservations required.**

Reminiscing: Thursday, November 10 at 12:30 p.m. This month's topic: Historic Events. We are in one of the most historical events of our lifetime now: COVID! Let's travel back in time and spend some time recognizing what other historical events you have been through. You had the big depression, the blizzard of '78, and the death of President Kennedy to name a few, and many more. Where were you in all of these? This program will take you down memory lane. *Presented by Linda Gutierrez, Ohio Living*

Cooking Demo: Monday, November 14 at 12:30 p.m. **Menu:** Corn Casserole. Enjoy a way to prepare a new recipe each month. *Facilitated by Kingston HealthCare.*

Left, Right, Center: Tuesday, November 15 at 12:30 p.m. Come join us for this quick and simple party game. *Facilitated by Bridge Home Health & Hospice.*

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Birthday treats & gifts sponsored by Bowling Green Manor.*

Trivia Battle: Thursday, November 17 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.*

Bingo: Friday, November 18 at 10:30 a.m. Come enjoy this senior favorite with us. *Prize sponsored by Kingston of Perrysburg.*

"The History of Wood County: Through the Life of the Museum's Great Bur Oak :

Monday, November 21 at 12:30 p.m. Learn the history of Wood County through the life of the Museum's 350 year old Bur Oak Tree. This mighty tree has seen empires rise and fall, long before there was a Wood County. This tree has stood over the lives of Native Americans, French traders, British Soldiers, and Wood County's first American Settlers. Part science, part historical fiction, this program weaves a tale of how this land has changed over more than three centuries." *Presented by Mike McMaster, Wood County Museum.*

Dry Bar Comedy: Wednesday, November, 23 at 12:30 p.m. Join us for this light-hearted comedy show. "Failing out of Kindergarten." Pre-recorded video.

Thanksgiving Trivia: Monday, November 28 at 12:30 p.m., *Sponsored by Grand Rapids Care Center.*

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



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. to 12 p.m. Please call for details on joining. **Registration required.**
Organized by Marilyn Bowlus.

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

Breakfast Club: Wednesday, November 2 at 9:30 am. **Location:** Granny's (1105 W. Main St., Woodville, Oh 43460) **Cost: Breakfast cost on your own. Register with the Senior Center.**

Movie: Wednesday, November 2 at 12:45 p.m.
Feature: "Patch Adams" (1998). **Synopsis:** The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor had ventured before, using humor and pathos.

Bingo: Thursday, November 3 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Minutes with the Mayor: Monday, November 7 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs as well as what Pemberville has to offer.

"The History of Wood County: Through the Life of the Museum's Great Bur Oak: Wednesday, November 9 at 12:15 p.m. Learn the history of Wood County through the life of the Museum's 350 year old Bur Oak Tree. This mighty tree has seen empires rise and fall, long before there was a Wood County. This tree has stood over the lives of Native Americans, French traders, British Soldiers, and Wood County's first American Settlers. Part science, part historical fiction, this program weaves a tale of how this land has changed over more than three centuries." *Presented by Mike McMaster, Wood County Museum.*

Thanksgiving Lunch: Thursday, November 10 at 12 p.m. **Reservations required by November 3.**

Who Am I?: Thursday, November 10 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.*

Veterans' Breakfast: Friday, November 11 at 9 a.m. Carnations and a light breakfast will served to all veterans. **Reservations required.** *Sponsored by Devoted Health Plans.*

Mystery Game: Monday, November 14 at 10:30 a.m. *Sponsored by Kingston HealthCare.*

Outsmart Yourself: Brain-Based Strategies for a Better You: Tuesday, November 15 at 12:45 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** "How your Brain Falls in Love."

Birthday Lunch: Wednesday, November 16 at 12 p.m. *Cake & ice cream sponsored by Otterbein Pemberville.*

Let The Cat Out Of The Bag: Wednesday, November 16 at 12:30 p.m. Hear the history and origin of many of the often heard idioms in our culture. *Presented by Allison Freeman, Site Manager.*

Breakfast Club with Wayne: Thursday, November 17 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 Battle: Thursday, November 17 at 12:30 p.m. Let's test our brains with a trivia competition against other Senior Centers in Wood County! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Trivia: Monday, November 21 at 12:45 p.m.
Hosted by Bridge Home Health & Hospice.

Movie: Wednesday, November 23 at 12:45 p.m.
Feature: "Annie" (1982). **Synopsis:** A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.

Cooking Demo: Monday, November 28 at 1:00 p.m. **Menu:** No bake pineapple pie. *Facilitated by Kingston HealthCare.*

PayPal & Venmo: Wednesday, November 30 at 12:45 p.m. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal and Venmo. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely. *Video by WCCOA*

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, November 9 at 11 a.m. Create a Thanksgiving themed painting to add to your décor. All supplies and painting guidance provided by *Happy Camper*. Space is limited to 16.



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
Sponsored by Briar Hill Health Campus.

Bingo: Thursday, November 17 at 1 p.m.
Prizes sponsored by Bridge Home Health & Hospice

Guided Painting: Wednesday, December 14 at 11 a.m. Create a Holiday 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

Golden Care Awards

Monday, November 7

Event begins at 5:30 p.m.

Wood County Senior Center

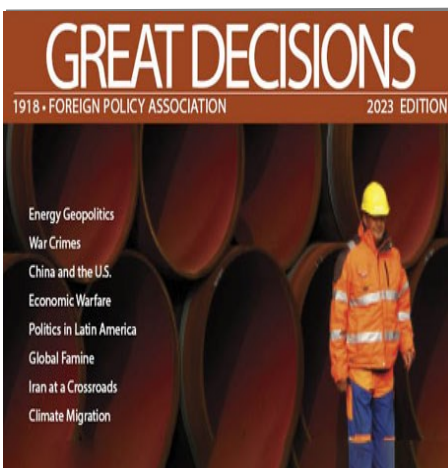
140 S. Grove Street, Bowling Green

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.)



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.*



Save the Date: Great Decisions 2023

Saturdays, January 21 to February 25

9:30 to 11 a.m. at the **Wood County Senior Center**

Presented by University Professors This series is co-sponsored by *American Association of University Women & WCCOA, Inc.*

Topic will be announced in the December 2022 newsletter.

Descriptions can be found on the Foreign Policy Association website at: www.fpa.org Books will be available in January of 2023 and can be preordered by purchasing in advance.

Registration is required by calling the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net

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, November 4 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.

Bingo: Friday, November 11 at 1 p.m.
Cover-all prize sponsored by Devoted Health.

Skin Care: Wednesday, November 16 at 11 a.m.
Learn more about the new ways to diagnosis, treat and prevention of skin diseases. *Presented by McLaren St. Luke's Family Medicine.* **In-person in BG.**

Movie Star Trivia: Wednesday, November 16 at 12:30 p.m. **In-person participation in Rossford & BG.**

Lunch and Learn: Black Swamp Players
Friday, November 18 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. **In-person participation in BG.**

Brain Games & Trivia: Wednesday, November 23 at 12:45 p.m. Riddles, trivia and problem-solving exercises. **In-person participation in Walbridge & BG.**

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



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

Acrylic Painting Class

Wednesday, November 16 at 3 p.m.

Wood County Senior Center

140 S. Grove St, Bowling Green

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

November painting is shown to the right. We will be painting holiday ornaments. This is a great project that you can use as a gift or hang up at home in preparation for the holidays. This class is open to all levels of painting experience! Leslie Miller will walk you through the painting step-by-step. *Hosted by Leslie Miller.*

Advanced registration required.



Lunch & Learn

Black Swamp Players

Friday, November 18 at 11:30 a.m.

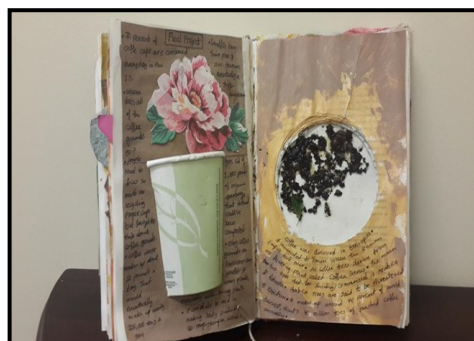
Wood County Senior Center

Presented by Heath Diehl

Heath Diehl will share information about the Black Swamp Players, Bowling Green's award-winning community theater group. Now in its 54th year, Black Swamp Players has produced over 300 live productions for audiences from Bowling Green and northwest Ohio since its founding in 1968. This session will cover:

- ☐ The group's history
- ☐ Its current season
- ☐ The exciting things that have been happening with the group since it took possession of the old Plan, Do, Talk and transformed the space into a blackbox theater.

The presentation will allow time for questions and answers with Dr. Diehl. *Space is limited;* the first 25 registered in person will receive lunch *provided by Waterford at Levis Commons!* Otherwise, you can join us on Zoom. **Registration required by November 14. This session fills up fast, if you cannot make it please call 24 hours ahead, so we can call someone on the waitlist.**



Art Therapy

Monday, November 28 from 1 to 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.

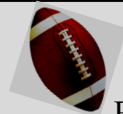
In this workshop, participants will be given the opportunity to choose or bring a used book that can be transformed for visual journaling and altered bookmaking. Please feel free to bring any materials you would like to incorporate into your altered book. **Registration required.**

Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.

Sponsored by:



Around the County, Events & Classes



Football Pick 'Em Challenge

October 8 to 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 person with who selected the most winning teams will receive a \$100 gift card.

Sponsored by:



The Bob Ross Experience: Painting Class

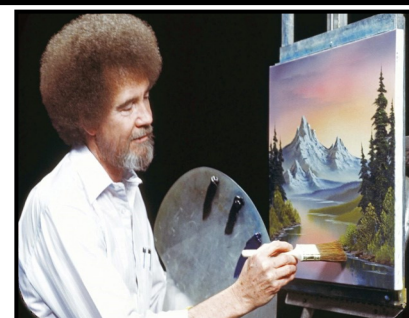
TWO DATES TO CHOOSE FROM!

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 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 did 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

Wednesday, November 2

11 a.m. to 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@wccoa.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. 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:



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, November 4 & 18

from 10 a.m. to 2 p.m.

Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, November 9

from 10 a.m. to 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 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.**

November 4: "Chance of a Lifetime" (1991) *Starring Betty White, Leslie Nielsen, Ed Begley Jr.*

November 11 "The Lost Valentine" (2012) *Starring Betty White, Jennifer Love Hewitt, Sean Faris*

November 18: "Annie's Point" (2005) *Starring Betty White, Richard Thomas, Amy Davidson*

Around the County, Events & Classes



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

Wednesday, November 2 from 4:30 to 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:



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:** Mushroom steak, potato cheese bake, European blend vegetable, peaches, and cookies . See page 22 for more dinner details!



PAINTING: Introduction to Form and Color

Fridays, October 21 to December 2 (6 weeks) 10:00 a.m. to 12:00 p.m.
at the Wood County Senior Center

Facilitated by: Hannah Coleman, Art Education Student, BGSU

Course Fee: \$25.00 *all supplies provided.

Painting is an art form that allows for the artist to combine their view and understanding of the world around them with a physical expressive representation. By learning the basics of painting through lessons on form, anatomy and color intertwined with several follow along paintings and individualized projects, this 6 week course will leave its participants

with a greater level of knowledge and comfort in the medium of acrylic paint.

Participants will work with landscape, still life, and portrait painting in the course. Each week, we will meet in a supportive and welcoming environment in which we can all encourage each other to have fun in the creative process. A basic acrylic paint set will be provided along with masonite board canvases. Some homework may be required outside of class time. For all those wishing to branch out in their knowledge of fine art, or simply push past their comfort zone in the medium, this class is for you.

The Untold History of Women: Tuesday, October 25 to November 29 from 10 a.m. to 11:30 a.m. This course will cover how women have influenced society throughout the years, even when they did not have a say in society. The six weeks will cover the following topics:

- Week one: The History of Feminism
- Week two: Women and Labor
- Week three: Women in Politics
- Week four: Women in STEM
- Week five: Women in Literature and the Arts
- Week six: The public eye

*Facilitated by Abigail Wheeler,
Education Major, BGSU*



Save the date for these upcoming events!

Watch our future newsletters for more details...

Holiday Lunch: Thursday, December 8 at all Wood County Committee on Aging locations. Lunch times vary based on Senior Center locations. Visit the site pages in the November newsletter to determine lunch times. **Reservations required by calling the site of your choice.**

Holiday Dinner: Tuesday, December 13 at 5:30 p.m. Wood County Senior Center, 140 South Grove St., Bowling Green. **Reservations required.**

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 to 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.



Alaska Discovery Land & Cruise **September 13 to 24, 2023** *12 Days with 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 to 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

November 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	Pork Ribette OR Honey Mustard Chicken Breast baked sweet potatoes, carrot & chickpea salad, fruited Jell-O	Hamloaf OR Chicken Chimichanga w/Cheese Sauce corn, mixed fruit, fruit juice, brownie	Spaghetti & Meat sauce OR Lemon Pepper Pollock noodles, peas & mushrooms, tossed salad, glazed bananas & strawberries	Hamburger OR Hot Dog wedge fries, coleslaw, apple
Veal Picatta OR Chicken Stir Fry brown rice, Asian blend, apricots, fruity fine dessert	Chili OR Ham & Potato Soup cornbread, heritage slaw, orange juice, pears & grapes	Meatloaf OR Stuffed Chicken Breast Scandinavian blend, Caesar salad, pineapple, ice cream	Thanksgiving Lunch Turkey green beans, mashed potatoes, stuffing, cranberry fruited Jell-O, pumpkin pie *Registration required	Beef Lasagna OR Tuna & Noodles lima beans, cauliflower peanut salad, citrus sections, graham crackers
Sloppy Joe OR Shredded Chicken Sandwich sweet potato fries, pea salad, tropical fruit, pudding	Chef Salad w/ Ham Egg & Cheese OR Tuna Salad lettuce blend w/tomatoes & green peppers, potato salad, cantaloupe & grapes, blueberry muffin	Birthday Lunch! Roast Pork Key West blend vegetables, cabbage apple raisin salad, peaches, cake & ice cream	Honey Mustard Chicken Breast OR Liver & Onions au gratin potatoes, corn relish, mandarin orange salad	Stuffed Green Pepper Soup OR Turkey Stew broccoli salad, banana, bran muffin, apple crisp
Macaroni & Cheese with Ham OR Chicken & Dumplings stewed tomatoes, three bean salad, emerald pears	Chipped Turkey OR Bologna Salad wheat croissant, baked bean salad, coleslaw, peaches, cookie	Pork Chop OR Turkey Tetrazzini squash, apple, granola, berry blend, yogurt	All sites closed. Happy Thanksgiving!	All sites closed.
Chipped Beef OR Creamed Chicken biscuit, sugar snap peas, mashed potatoes, mandarin orange salad	Calico Beans OR Turkey broccoli, marinated carrot salad, cinnamon applesauce	Goulash OR Almondine Pollock corn, cabbage, apple, raisin salad, peaches		

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.

November 2022			
Tuesday	Wednesday	Thursday	
BBQ Chicken Breast 1 baked potato, carrots, mandarin orange salad, sherbet	Mushroom Steak 2 European blend, potato cheese bake, peaches, cookie	Pecan Crusted Tilapia 3 rice, Nantucket vegetable blend, broccoli salad, grapes, cherry fluff	
Thanksgiving & Birthday Dinner 8 Turkey mashed potatoes, green beans, bread dressing, cranberry Jell-O salad, pumpkin pie	Teriyaki Chicken Breast 9 rice, broccoli, apple, peach crisp	Goulash 10 corn, coleslaw, strawberries & grapes, lemon bar	
Liver & Onions 15 capri blend vegetables, mashed potatoes, banana & oranges, blueberry pie	Chicken Salad 16 Croissant cream or broccoli soup, melon, apple crunch	Bratwurst 17 small whole potatoes, sauerkraut, ambrosia salad	
Chicken Tenders 22 french fries, coleslaw, sliced apples, cake	No evening meal 23 will be served.	All sites closed. 24 Happy Thanksgiving!	
Hot Dog 29 baked beans, potato salad, orange, coconut cream pie	Chicken Supreme 30 (bacon) rice pilaf, winter blend vegetables, pineapple w/ cottage cheese, sidekick slushy		

BG Knitter's Guild: Wednesday, November 2 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Thanksgiving Dinner: Tuesday, November 8 at 4:30 p.m. Entertainment by Kerry Patrick Clark.

Science of Natural Healing: Tuesday, November 15 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** The Power of Love Discussion to follow.

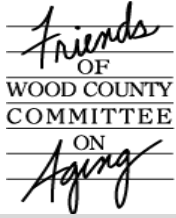
Acrylic Painting Class: Wednesday, November 16 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5**, supplies provided. *Hosted by Leslie Miller. Registration required.*

Comedy Special: Tuesday, November 29 from 4 - 5:30 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** "The Three Stooges - Stooged and Confused." **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!

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Brenda McNutt, *In Memory of Pauline Benschoter*

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.



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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!

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 register for programs & events: programs@wccoa.net

We're on the Web!

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