

WOOD COUNTY COMMITTEE

ON
Aging
DECEMBER 2022

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

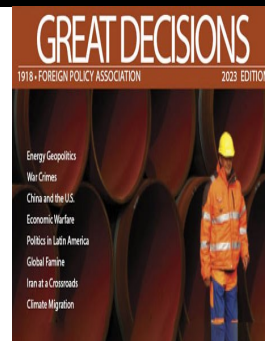
Great Decisions 2023

Saturdays, January 21 - February 25
9:30 – 11 a.m. at the **Wood County Senior Center**,
140 S. Grove St., Bowling Green

Presented by BGSU Professors

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

Note: Topics may not be presented in this order.



Saturday, January 21 Energy Geopolitics: *Dr. Douglas Forsyth, Associate Professor, History Department* Access to oil and gas has long held an influence over the politics of individual nations and their relations with others. But as more countries move toward sustainable energy, and supply chain shortages affect the availability of oil and gas, how will this change the way in which the United States interacts with the outside world?

Saturday, January 28 War Crimes: *Dr. Marc Simon, Chair/Associate Professor, Political Science Department* Russia's invasion of Ukraine has resulted in widespread charges of war crimes and calls for justice. But what exactly are war crimes? Opinions of what constitutes a war crime have evolved, as have ways to identify and punish the perpetrators. How will the war crimes committed in Ukraine be dealt with?

Saturday, February 4 Global Famine: *Dr. Shannon Orr, Professor, Political Science Department* Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage? How is famine defined, and how is it different from simple food shortages? Are there any remedies?

Saturday, February 11 Economic Warfare: *Dr. Stefan Fritsch, Associate Professor of International Relations, Department of Political Science* Waging economic warfare consists of a variety of measures from implementing sanctions to fomenting labor strikes. Such tools are utilized by states to hinder their enemies, and in the case of the United States have been used as far back as the early 19th century. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war?

Saturday, February 18 Climate Migration: *Dr. Vibha Bhalla, Associate Professor, Ethnic Studies* As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?

Saturday, February 25 Politics in Latin America: *Dr. Amílcar E. Challú, Chair and Associate Professor, Department of History* Electoral results in Latin America over the past four years have led many observers of the "Tide" that swept the area some 20 years ago. But how much do these politicians actually have in common? What implication does their ascendancy have for the region?

Registration is required by calling the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net Manuals are available for purchase (**but are not required**) and must be reserved when registering for the series. *Advanced payment of \$35 is required to place your manual order.* ****Participants will be able to attend via zoom and if sessions are not able to meet in person they will be held only via zoom. All session will be uploaded to our YouTube Channel "Wood County Committee on Aging, Inc."**

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	Jan. 4	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

Wednesday, December 21

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

Location: Wood County Senior Center

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

alzheimer's  association

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@wccoa.net

WCCOA Support Groups

Caregiver Support Group

Thursday, December 22 at 10:00 a.m.

Location: Wood County Senior Center
140 S. Grove Street, Bowling Green
*Respite available for care recipients.
Please pre-register for respite.*

Thursday, December 15 at 10 a.m.

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

Care Compass Project

Wednesday, February 1 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, December 7 & 21 at 1 p.m.

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

This support group is for those who have experienced a loss within their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. *Facilitated by Lisa Myers, LISW-S, WCCOA* **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 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.**

Buti Chair Yoga Cost: \$20

Wednesdays, December 14- January 18 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.*

Chair Yoga Cost: \$20

Thursdays, November 17 to 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 Briar Hill Health Care Campus*

Delay the Disease Cost: \$20

Wednesdays, January 11 to February 15 at 10 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.*

Dynamic Balance Cost: \$20

Wednesdays, January 11 to February 15 at 9 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. (No class Dec.23 & 26) This class focuses on strengthening muscles and increasing range of motion for daily activities. Seated exercises or chair used for standing support. *Jenny Triggs, Certified Instructor.*

Tai Chi Cost: \$60

Wednesdays, December 21 to January 25 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.

Yoga Cost: \$40 per session

Beginner: Mondays, Dec. 12 to Feb. 6 at 10:30 a.m. (No class December 26, January 1 & 16) Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with relaxing wind down postures on the floor with sound vibration or guided relaxation.

Advanced: Tuesdays, Dec. 13 to Jan.17 at 10:30a.m. Incorporates breathing techniques, warm up postures to help open the body. Moving into different standing and balancing postures and wind down postures on the floor with sound vibration or guided relaxation.

Intermediate: Thursdays, Nov. 10 to Dec. 22 at 11a.m. (No class Nov. 24) Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level. *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. *Sheila Brown, Certified Instructor.*

SilverSneakers Strength & Balance Cost: \$20*

Fridays, October 7 to November 11 at 9:30 a.m. 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. to noon. 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.

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.

Holiday Movie Series: Thursdays, December 1, 8, 15 at 1 p.m. **1:** "The Christmas Card (2006). **8:** "Christmas with the Kranks" (2004) **15:** "The Christmas Candle" (2013) **Registration required.**



Craft: Calligraphy Ornaments: Monday, December 5 at 10 a.m. Using special pens we will use our calligraphy skills to make personalized ornaments. Each participant will create 4 ornaments and class

limited to 15. (Calligraphy is not a prerequisite) Cost: \$20 All supplies provided. **Registration required.**

Comedy Special: Tuesday, December 6 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature: "Holiday Comedies Ozzie and Harriet"** **Registration required.**



Craft: Wednesday, December 7 at 2:30 p.m. Create a fun holiday themed ornament out of a light bulb 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.

Name That Tune: Wednesday, December 7 at 1:15 p.m. Tune in for a game of 'Name That Tune' with classic cartoon theme songs. *In person option in Pemberville & Bowling Green and on Zoom.*

Travel Preview: Wednesday, December 7 at 2 p.m. Information on the Canadian Rockies will be shared by travel host Mike Bondy, Shoreline Charters & Tours.

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

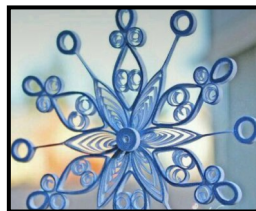
Holiday Lunch: Thursday, December 8 at 11:30 a.m. **Entertainment 10:30 a.m. Jake Pilewski, Guitarist** **Registration required by December 5.**

Happy Hour: Friday, December 9 at 12:30 p.m. Snacks sponsored by Waterford at Levis Commons. Zoom option available.

Breakfast Club: Monday, December 12 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. **Registration required.**

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

Musical Monday: Monday, December 12 at 1 p.m. **Feature:** Fiddler on the Roof. **Registration required.**



Craft: Tuesday, December 13 at 10:30 a.m. Learn the technique of paper twilling by making a snowflake. 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.

Reminiscing: Tuesday, December 13 at 10:45 a.m. **This month's topic:** Family Traditions. Remembering nostalgic times with our parents, grandparents and our special kin. Bring along pictures to share. Facilitated by Ohio Living.

Romantic Movies: Wednesdays, December 14 & 28 at 1 p.m. **14th:** "Letters to Juliet" (2010) **28th** "And So it Goes." (2014) **Registration required.** Hosted by Liliana Rossi.

Wood County Continued...

Holiday Dinner Tuesday, December 13 at 5:30 p.m. **Entertainment 4:45 p.m.** *The Guitar Circle.*
Registration required by December 9.

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

Piano Recital: Thursday, December 15 at 6 p.m. Enjoy music of *Vicki Horner, Piano Students.*

Lunch & Learn: Friday, December 16 at 11:30 a.m. **This month:** Author William Scovell will present his book, "I Can't Make This Stuff Up." First 25 registered will receive lunch *provided by Waterford at Levis Commons!* **Zoom option.**
Registration required.

Coffee & Coloring: Monday, December 19 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, December 19 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, December 19 from 1 to 3 p.m.

This month's project: Holiday Tree Squeegee Painting. This month we will be experimenting using squeegees to paint winter scenes. Participants will have

the option to create holiday greeting cards, or small paintings. Please wear clothes you aren't afraid to get messy! **Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. Sponsor Amada Senior Care. See page 16.*

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

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

Piano Recital: Tuesday, December 20 at 6:30 p.m. Enjoy music with piano students of *Susan Holtzscher, The Studio Connection.*

Sleep Disturbances: Wednesday, December 21 at 11 a.m. This session will provide insight into the causes of poor sleep and some general remedies to aid in optimal health. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

Movie Star Trivia: Wednesday, December 21 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, December 21 at 3 p.m. We will be painting a snowman for the winter season. All supplied and instructions provided. **Cost: \$5. Registration and advanced payment required.** *Hosted by Leslie Miller. See page 16 for details!*

Piano Recital: Wednesday, December 21 at 6 p.m. Enjoy music with piano students of *Amanda Mullins.*

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

Reader's Café: Tuesday, December 27 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting December 1) then come together to watch the film on the last Tuesday of the month. **Feature:** The Christmas Shoes **Synopsis:** The story follows the paths of a man and a boy through one fateful, snowy Christmas. Beautifully rendered and poignantly touching *The Christmas Shoes* tells a story of hope, love and faith. **Books and audiobooks available by loan. Registration required.**

Brain Games: Wednesday, December 28 at 12:30 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

Noon Year's Eve: Friday, December 30 at noon. Celebrate with us as we say farewell to 2022. We will toast and enjoy some new years traditions.

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. 16.* 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 :30 a.m. to 11:30 a.m. You are welcome to play multiple cards. Prizes determined by group.

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.*

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

Texas Hold ‘Em Tournament: Monday, December 5 & 19 at 1 p.m.



Craft: Clothes Pin Snowflake: Tuesday, December 6 at 12:45 p.m. All supplies and guidance with craft will be provided. **Advanced registration required.** *Facilitated by Kingston of Perrysburg.*

How to Make Stress Work for You: Wednesday, December 7 at 12:30 p.m. Join us for an educational series from *The Great Courses.* **Video Presenter:** Dr. Kimberlee Bethany Bonura. **Topic:** Anger: A Tyrannical King **continued...**

This is the third video in a three-part series. Following video *discussion led by Betsy Coble, Goodwill Employee*

Holiday Lunch: Thursday, December 8 at 12:00 p.m. **Registration required by December 2.**

Now and Then: Thursday, December 8 at 12:30 p.m. **Topic:** Holiday Traditions. Join us for a reminiscing discussion! *Facilitated by Comfort Keepers.*

Meet the Author: Friday, December 9 at 12:30 p.m. **Book:** “You Can’t Make this Stuff Up”. Join us for a book reading and discussion. *Facilitated by William Scovel, BGSU Emeritus Professor and Author.*

Happy Hour: Friday, December 9 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, December 12 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, December 13 at 9 a.m. **Location:** Frisch’s Big Boy (10705 Fremont Pike, Perrysburg). *Hosted by Judy Schlink.* **Breakfast cost on your own.** **Register with the Senior Center.**

Bingo: Tuesday, December 13 at 12:45 p.m. *Sponsored by Waterford at Levis Commons.*

Seasonal Effective Depression: Wednesday, December 14 at 12:15 p.m. *Promedica Senior Care*

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

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

Holiday Card Project: Tuesday, December 20 at 12:30 p.m. Help us give back to the community by making cards for the residents of St. Clare Commons. *Supplies provided by St. Clare Commons.*

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

Perrysburg Continued...

Caregiver Support Group: Thursday, December 22 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.*

Movie Day: Tuesday, December 27 at 12:45 p.m.
Feature: "The Most Wonderful Time of the Year" (2008) **Synopsis:** Corporate analyst and single

Continued... mom, Jen, tackles Christmas with a business-like approach until her uncle arrives with a handsome stranger in tow. Registration required.
Sponsored by Witzler-Shank-Walker Funeral Home

Hand & Foot Card Game: Tuesday, December 27 at 12:45 p.m. Registration required.

Noon Year's Eve: Friday, December 30 at 12 p.m. Ring in 2023. Sparkling cider, hats/blowers and photo booth *sponsored by Manor of Perrysburg.*

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 December 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: Friday, December 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:** Is Mental Illness Just a Chemical Imbalance? **Video Presenter:** Indre Viskontas, PhD.

Exercise: Monday, December 5 at 11:15 a.m. *by video.*

"The History of Wood County: Through the Life of the Museum's Great Bur Oak": Wednesday, December 7 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.*

Holiday Lunch: Thursday, December 8 at 12 p.m.
Reservations required by December 2.

Reminiscing: Friday, December 9 at 12:30 p.m.
This month's topic: Family Traditions.
Remembering nostalgic times **continued....**

with our parents, going to our grandparents for special occasions and our kin. Bring a picture to share with us. *Facilitated by Ohio Living.*

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

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

Breakfast Club with Pemberville: Thursday, December 15 at 9:30 a.m. Join us as we gather together to enjoy each other's company. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost on your own. Register with the Senior Center.**

Trivia Battle: Friday, December 16 at 12:30 p.m. *Sponsored by Rehabilitation Hospital of NWO.*

Bingo: Tuesday, December 20 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria*

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

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

Maps/Navigation: Thursday, December 22 at 12:45 p.m. Visit sites around the world from the comfort of home, get a bird's-eye-view of your childhood neighborhood, or simply get directions with this navigation app. *Video presentation.*

Exercise: Tuesday, December 27 at 11:15 a.m. *by video.*

Noon Year's Eve: Friday, December 30 at 12 p.m. Ring in 2023 with a toast, hats and blowers.

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.

Unique Ohio: Tuesday, December 6 at 12:30 p.m.
Learn some of the most unique and special spots Ohio has to offer that even after living here a lifetime you may not know of. *Presented by Mary Tebbe, WCCOA*

Trivia: Wednesday, December 7 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Holiday Lunch: Thursday, December 8 at noon
Entertainment by Brad Kepler. Registration required by Monday, December 2.

Divas and Dessert: Friday, December 9 at 1 p.m.
Ladies, enjoy some great conversation with friends, a special drink, and a sweet dessert *Dessert provided by The Commons.*

Forensic History: Crimes, Frauds, and Scandals: Monday, December 12 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:** *Lizzie Borden*
Video Presenter: Dr. Elizabeth A. Murray, Ph.D., D-ABF.

Breakfast Club: Tuesday, December 13 at 9 a.m.
Location: Denny's, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the Senior Center.**

Game Day: Wednesday, December 14 at 12:30 p.m. *Hosted by Kingston Health Care.*

Bingo: Thursday, December 15 at 12:30 p.m.
Prizes sponsored by The Commons.

Emotional Wellness: Friday, December 16 at 12:30 p.m. This session will cover ways to balance your emotional wellness to optimize your health. Learn more tips and tricks to stay stress free.
Presented by Promedica Senior Care.

Noodle Drum Exercise: Monday, December 19 at 12:30 p.m. Join us for some great exercise that is fun, upbeat, and good for you.

Movie Star Trivia: Wednesday, December 21 at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager. **Zoom option available.***

Birthday Lunch: Wednesday, December 21 at noon. *Cake sponsored by Partners in Home Care.*

Funny Bones Don't Get Arthritis: Tuesday, December 27 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, December 28 at 12:30 p.m.
Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

Noon Year's Eve Celebration: Friday, December 30 at 12:30 p.m. Ring in the new year early with friends at the center, and make your predictions for 2023, What do you think will happen? *Presented by Mary Tebbe, WCCOA.*



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

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. **Cost:** \$1.25 per donut.

SilverSneakers Classic: Wednesdays in December 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*

Left Right Center: Monday, December 5 & 19 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

Medication Safety: Tuesday, December 6 at 11 a.m. Michelle O'Brien, PharmD and Lauren Gurich, PharmD pharmacists with Mc Lauren St. Luke's Residency program share information about medication safety. They cover the importance of keeping accurate medication lists, where to store them, including over the counter medication storage and disposal and medication adherence. *Prerecorded.*

Bingo: Tuesday, December 6 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

Medical Myths, Lies & Half-Truth: Wednesday, December 7 at 12:30 p.m. This video series from the Great Courses Video Series. **Topic:** Dieting and Separating the Myths from Facts. **Video presenter:** Dr. Steve Novella, M.D.

Holiday Lunch: Thursday, December 8 at noon *Music by Johnny Rodriquez.* **Reservations required by December 2.** *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

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

Winter Birds: Friday, December 9 at 12:30 p.m. *Jim Witter, Certified Interpretive Guide, Program Coordinator, Wood County Park District, continued..*

highlights seasonal bird movement, common species at the feeders, and preferred seed for different common species. *Pre-recorded.*

Trivia: Monday, December 12 at 12:15 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health and Hospice.*

Knitting and Crocheting: Monday, December 12 at 12:45 p.m. Bring your own needles, crochet hooks and yarn. Start a new project or work on an old one.

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

Movie: Wednesday, December 14 at 12:30 p.m. "Risky Business" (1983) **Genre:** Comedy, drama. **Synopsis:** A Chicago teenager is looking for fun while his parents are away.

100 Pin Wii Bowling: Friday, December 16 at 12:30 p.m.

Bingo: Tuesday, December 20 at 12:30 p.m. *Participants must bring their own place holders. Prizes sponsored by The Commons.*

Birthday Lunch: Wednesday, December 21 at 12 p.m. *Cupcakes sponsored by Walker Funeral Homes.*

Movie: Wednesday, December 21 at 12:30 p.m. "Christmas with the Kranks" (2004) **Genre:** Comedy **Synopsis:** A couple angers their neighbors by making plans to skip Christmas in favor of taking a Caribbean cruise.

Donuts & 3/13: Thursday, December 22 at 12:30 p.m. Enjoy a game and sweet treat. **Cost:** \$1.25/donut.

Bunco: Tuesday, December 27 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, December 28 at 12:30 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

What am I?: Thursday, December 29 at 11:45 a.m. Use the clues to guess what the object is and see how many clues it takes you.

Noon Year's Eve: Friday, December 30 at noon. Celebrate with us as we say farewell to 2022. We will toast and enjoy some new years traditions.

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. Enjoy this activity while chatting with friends.

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

Downtown Grand Rapids Shopping Trip: Thursday, December 1 at 12:30 p.m. Join us for some window shopping in downtown Grand Rapids. Meet us at the Knucklehead Kafe, 24208 Front St, Grand Rapids, OH 43522.

Birthday Acknowledgements: Friday, December 2 at 11 a.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes.*

Trivia Battle: Monday, December 5 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.*

Masterworks of American Art: Tuesday, December 6 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 Glow of Piece presented by William Kloss, M.A*

Coffee Chat: Wednesday, December 7 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home Health Care.*

Holiday Lunch & Party: Thursday, December 8 at 12 p.m. *Featuring Entertainment by Jack Schilb, Guitarist. Sponsored by Hanneman Family Funeral Homes.* **Reservations required.**



Craft: Clothes Pin Snowflake: Monday, December 12 at 12:30 p.m. We will be making ornamental snowflakes all from clothes pins. All supplies and guidance with craft will be provided. **Advanced registration required.** *Facilitated by Kingston of Perrysburg.*

Dry Bar Comedy: Friday, December 16 at 12:30 p.m. Join us for this light-hearted comedy show. "Nothing will Prepare you for Home Ownership." Pre-recorded video

Holiday Trivia: Monday, December 19 at 12:30 p.m. Test your holiday trivia knowledge in a fun atmosphere. *Sponsored by Grand Rapids Care Center.*

The History of the Religion of Spiritualism in Wood County: Tuesday, December 20 at 12:30 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.*

Birthday Lunch: Wednesday, December 21 at noon. *Birthday treats & gifts sponsored by Bowling Green Manor.*

Bingo: Thursday, December 22 at 10:30 a.m. Come enjoy this senior favorite with us. *Prize sponsored by Kingston of Perrysburg.*

Would You Rather Fitness: Wednesday, December 28 at 11:45 a.m. Join us for a light and fun way to get some steps in!

Noon Year's Party: Friday, December 30 at Noon Join us for a countdown and a toast to the new year. *Refreshments and dessert provided by WCCOA and Devoted Health.*



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



Mark your Calendars:
Wood County Senior Citizens Club Meeting

Monday, November 28 at 10 a.m. at Wood County Senior Center, 140 South Grove St., Bowling Green.
Open to all older adults in Wood County!

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.

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

Minutes with the Mayor: Monday, December 5 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs as well as what Pemberville has to offer.

Movie: Tuesday, December 6 at 12:45 p.m.
Feature: "Polar Express" (2004) **Genre:** Comedy/Adventure/Drama. **Synopsis:** On Christmas Eve, a young boy embarks on a magical adventure to the North Pole on the Polar Express, while learning about friendship, bravery, and the spirit of Christmas.
**Special treat served with movie.*

Name That Tune: Wednesday, December 7 at 1:15 p.m. Tune in for a live Zoom game of 'Name That Tune' with classic cartoon theme songs. Just for fun, no prizes awarded. *Zoom option available*

Holiday Lunch: Thursday, December 8 at noon.
Reservations required by December 2.

Who Am I ?: Thursday, December 8 at 12:45 p.m. Test your wits with a guessing game! Clues will be given...see if you can guess the person. Prizes for top guessers. *Hosted by Wood Haven Health Care.*

Mystery Game: Monday, December 12 at 10:30 a.m. Come have some fun with Lyndi. She will surprise us with a new game each month. *Sponsored by Kingston HealthCare.*

The 1914 Christmas Truce: Tuesday, December 13 at 12:15 p.m. On Christmas Day 1914 British and German troops got out of their trenches, but not a shot was fired. One of the strangest stories from the Great War (1914-1918) is that of the unauthorized 1914 Christmas Truce along a small section of the western front. **Continued....**

Continued... Is this story fact or fiction, or a little bit of both? Hear from eyewitnesses of that day and decide for yourself. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Trivia Battle: Wednesday, December 14 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.*

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

Outsmart Yourself: Brain-Based Strategies for a Better You: Thursday, December 15 at 12:45 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** "Take Control of Your Automatic Brain."

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

Birthday Lunch: Wednesday, December 21 at 12 p.m. *Sponsored by Otterbein Pemberville.*

Podiatry Clinic... Wednesday, December 21 from 1 to 3 p.m. Facilitated by *Maumee Bay Foot & Ankle Specialists*. **Appointments must be made by calling (419) 691-1599.**

Movie: Thursday, December 22 at 12:45 p.m.
Feature: "Christmas in Connecticut" (1945). **Genre:** Comedy/Romance. **Synopsis:** A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves for a family Christmas.

Breakfast Club: Wednesday, December 28 at 9 a.m. **Location:** Granny's, [1105 W. Main St., Woodville, OH 43469](#). Join us as we gather together to enjoy each other's company and share a meal. **Breakfast cost on your own. Register with Pemberville Senior Center.**

Cooking Demo: Thursday, December 29 at 1:00 p.m. Feature: Cookie Decorating. *Facilitated by Kingston HealthCare.*

Noon Year's Eve: Friday, December 30 at noon. Come celebrate the new year with a toast!

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, 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 *Sponsored by Briar Hill Health Campus.*

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



Poetry Contest 2022

Theme: "Loss and Gain"

This poetry contest is in its seventeenth year and we are excited to celebrate this contest with you! The poems are judged each year from faculty in the Writing Department at Bowling Green State University. We are looking forward to opening this year's contest. The rules and contest details are below.

A \$100 gift card will be awarded to the first place winner, sponsored by *Manor of Perrysburg*.

****All submissions become the property of WCCOA and can be published online or in print. ****

The entry rules are as follows:

The contest is open to Wood County residents age 50 and over.

Submissions will be accepted beginning Tuesday, January 17 and will close on Friday, March 31 at 4 p.m.

Entries must be:

Typed in English, double-spaced, 12-point Times New Roman font or hand printed. Hand written poems will be typed exactly how they have been written. Poems must be entirely your own work and never previously published. Each person is limited to two (2) entries. Intent to submit will not be accepted.

Poems are to be no more than one (1) page.

Submissions must include:

Your name, address, phone number, and email (if applicable).

Winners will be announced by the end of April 2023

on our blog and Facebook page and the winner will be contacted and a photo will be taken for media purposes.

All poems will be placed in a book that will be available to all participants.

Participants can pick up their books at the Wood County Senior Center, 140 South Grove St., Bowling Green at the end of April.

Additional books may be requested at a fee of \$5 per book.

How do I submit my poem?

Please send your entries to the Programs Department at the Wood County Committee on Aging, 140 S. Grove Street, Bowling Green, 43402 or email your entry to programs@wccoa.net

Please ensure all entries have your name, address, email and phone number for contact purposes.



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.

Name That Tune: Wednesday, December 7 at 1:15 p.m. Tune in for a live Zoom game of 'Name That Tune' with classic cartoon theme songs. Just for fun, no prizes awarded. *In person option in Pemberville & Bowling Green.*

Happy Hour: Friday, December 9 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 option in Perrysburg & Bowling Green.*

Spelling Bee: Monday, December 12 at 12:30 p.m. Join us as we challenge the Wayne Area Senior Center to a spelling bee via zoom. *In person option in Bowling Green and Wayne.*

Bingo: Friday, December 16 at 1 p.m. *Cover-all prize sponsored by Devoted Health.*

Lunch and Learn: Author William Scovell Friday, December 16 at 11:30 a.m. This presentation will highlight the book that he wrote entitled, "You Can't Make This Stuff Up." *In-person option in Bowling Green.*

Sleep Disturbances: Wednesday, December 21 at 11 a.m. Learn more about the new ways to diagnosis, treat the prevention of sleep disorders. *Presented by McLaren St. Luke's Family Medicine. In-person option in Bowling Green.*

Movie Star Trivia: Wednesday, December 21 at 12:30 p.m. *In-person option in Bowling Green and Rossford.*

Brain Games & Trivia: Wednesday, December 28 at 12:30 p.m. *In-person option in Walbridge and Bowling Green.*



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



Lunch & Learn: Author William Scovel

Friday, December 16 at 11:30 a.m. Wood County Senior Center

In *You Can't Make This Stuff Up*, William M. Scovell writes, "Somehow, we all get through it and land somewhere." These stories present a mischievous and clever protagonist and a cast of colorful characters against a messy backdrop of 20th to 21st century Americana. Our protagonist's fortune never changes as he meanders through grade school and college, tries to pull one over on the Rolls Royce salesman, and pans for gold in Colorado. Infused with humor and Steinbeck-inspired wanderlust, these stories explore money and purpose and depict day-to-day moments, dusty oddments found in attics, cantankerous commentaries on the state of the world, Yankee reunions, college parties, and hayseeds awestruck by city life. An off-ramp from life's stresses, a bit of sweet comic relief, this book pulls readers along on the silly adventures of that cute neighbor kid we all knew had no future.

About the Author: William M. Scovell has been able to find humor in almost every encounter in his diverse life. *You Can't Make This Stuff Up* is a cheeky homage to his own upbringing and adventures as an adult. A writer and scientist, he has previously published three study guides in chemistry and sixty peer-reviewed journal articles in chemistry, biochemistry, and molecular biology. *You Can't Make This Stuff Up* is his first book, and he is currently at work on a second.

The presentation will allow time for questions and answers. *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 December 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, December 19 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. **Project:** Holiday Tree Squeegee Painting

This month we will be experimenting using squeegees to paint winter scenes. Participants will have the option to create holiday greeting cards, or small paintings. Please wear clothes you aren't afraid to get messy!

Registration required.

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



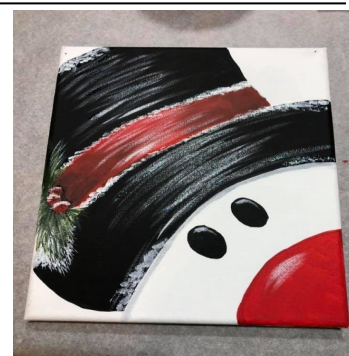
Sponsored by

Acrylic Painting Class Wednesday, December 21 at 3 p.m.

Wood County Senior Center, 140 S. Grove St, Bowling Green

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



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

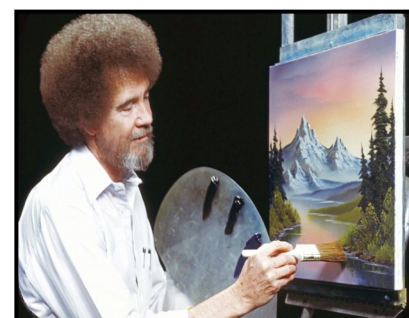
TWO DATES TO CHOOSE FROM!

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**

**Navigating the
Caregiving Continuum:**

Planning for today and for the future.



Care Compass Project

Wednesday, February 1, 2023

11 a.m. to 1 p.m.

**Topic: Estate Planning & Advance
Care Directives**

Available In-Person & On Zoom!

The Care Compass Project is free and open to all current and future caregivers. **Registration is required by Friday, January 27** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing programs@wcco.net *Lunch is provided by Brookdale of Bowling Green for the first 20 participants.*

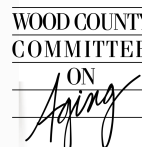
11 a.m. The Basics of Estate Planning: *Presented by Phillip Wylkan, Elder Care Lawyer*

An estate plan will ensure an older adult has the peace of mind that their assets and belongings will be distributed the way they'd like. We will explain what an estate is, what an estate plan is, and share a straightforward guide that explains how to get started with estate planning.

11:45 a.m. How to Complete an Advance Care Directive: *Presented by Elizabeth Geer Fry, Esq.*

The purpose of any advance directive is to enable you to speak for yourself and to let other people know what choices you have made and what is important to you in time of medical care. This session will cover the preparation of an advance care directive and will discuss the legal variance state to state. You will leave with a notarized document for the state of Ohio if you choose to attend in-person. Please bring a photo ID if you want to leave with a signed copy. *The Care Compass Project*

is brought to the community by:



Around the County, Events & Classes

Guiding Pathways Respite Program for Those With Early- to Moderate-Stage Dementia

Wood County Senior Center

140 S. Grove St, Bowling Green

Fridays, December 2 & 16

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

Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, December 14

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.**

December 2: "Stealing Christmas (2003) *Starring Tony Danza, Lea Thompson, Betty White*

December 9: "The Lemon Drop Kid" (1949) *Starring Bob Hope, Marilyn Maxwell, Lloyd Nolan*

December 16: "A Grandpa for Christmas" (2007) *Starring Ernest Borgnine, Jamie Farr, Tracey Nelson*

December 30: "Come to the Stable" (1949) *Starring Loretta Young, Celeste Holm, Hugh Marlowe*



LivelyU Lifelong Learning Academy

Wood County Committee on Aging in Partnership with
The Optimal Aging Institute at BGSU

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 taking place throughout the two semesters of the Learning Academy, March to May and then September to November of 2023.

The 2023 Course Booklet will be available in January of 2023.

Registration is required for each course you are planning to attend; space is limited!

Around the County, Events & Classes

Take charge of your long-lasting health concerns and your life!



Chronic Disease Self-Management (CDSM) Workshop

Tuesdays, January 10 to February 14 from 1 to 3:30 p.m.

Wood County Senior Center

Cost: \$20 includes text book & relaxation CD

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family.

This interactive program aims to increase:

- Confidence.
- Physical and psychological well-being.
- Knowledge of ways to manage chronic conditions.
- Motivation to manage challenges associated with chronic diseases.

Key Activities: Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making. Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

Register TODAY! Class size is limited to 15.

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

CDSM is developed at Stanford University and licensed by the Self-Management Resource Center.

Take charge of your diabetes and your life!

Diabetes Self-Management Program (DSMP) Workshop

Tuesdays, February 21 to March 28 from 1 to 3:30 p.m.

Wood County Senior Center

Cost: \$20 includes text book & relaxation CD

The Diabetes Self-Management Program (DSMP) is a 6-week group program for people with type 2 diabetes. The program was developed by Stanford University to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to better manage your diabetes day to day.

Program Details: This interactive workshop meets for 2.5 hours a week and is delivered by two trained leaders.

Topics include: Ways to deal with diabetes symptoms, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.

- Exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Taking medications as prescribed.
- Working more effectively with health care providers.

Register TODAY! Class size is limited to 15 people.

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

CDSM is developed at Stanford University and licensed by the Self-Management Resource Center.



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 for more information.



Canadian Rockies & Glacier National Parks, Yoho National Parks, Banff, Lake Louise, Waterton National Park

August 14 to 21, 2023

7 days and 13 Meals

The Canadian Rockies are North America's ultimate sightseeing destination. Spectacular towering glacier capped mountains, emerald lakes and untamed wildlife make the Rockies one of the most memorable destinations in the world.

Trip highlights: tour of Banff National Park, visit Lake Louise & Chateau Lake Louise, Tour of Yoho National Park, Waterton Lake National Park and Glacier National Park.

First Come First Serve. Payment due by May 15, 2023.



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.

Spots will be held until March 13, 2023.



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

December 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			Bratwurst w/Shredded Cheese OR Chicken Wings sauerkraut, mashed potatoes, apricots, brownie	Meatloaf OR Grilled Chicken Breast mixed vegetables, spinach/orange salad, grapes & pears, graham crackers
Country Fried Steak OR BBQ Chicken Breast scalloped potatoes, citrus slaw, pears	King Ranch Chicken Casserole OR Beef Lasagna green beans, tossed salad, fruit salad	Vegetable Soup OR Broccoli Soup chicken salad, celery & peanut butter, orange sections	Holiday Lunch Roast Beef baked potato, carrots, mandarin orange salad, fruit of the forest pie *Registration required	Stuffed Green Pepper OR Reuben Casserole Riviera blend, pineapple & cottage cheese, fruit sorbet
Stuffed Chicken Breast OR Liver & Onions mashed potatoes, carrot sticks, black eyed susan salad	Chicken Tenders OR Black Eyed Peas Hash (Sausage) Sicilian blend, tossed salad, grape juice, Rice Krispy treat	Beef Spanish Rice OR Chicken Lasagna Kyota vegetables, peaches, apple crisp	Chicken Paprikash OR Baked Ham noodles, stewed tomatoes, Texas caviar been salad, orange	Beef & Potato Casserole OR Pecan Crusted Tilapia Scandinavian blend vegetables, pickled beets, cantaloupe & grapes
Hamburger Pie OR Cheese Manicotti winter blend, cucumber salad, orange, cookies	Pork Ribette OR Honey Mustard Chicken Breast baked sweet potatoes, carrot & chickpea salad, fruited Jell-O	Birthday Lunch! Hamloaf corn, mixed fruit, fruit juice, cake & ice cream	Hamburger OR Hot Dog w/Shredded Cheese wedge fries, coleslaw, apple	All sites closed.
All sites closed.	Pork Chop OR Vegetable Lasagna key west blend, creamy coleslaw, peaches	Meatloaf OR Stuffed Chicken Breast Scandinavian blend, Caesar salad, pineapple	Chili OR Ham & Potato Soup cornbread, cucumber salad, orange juice, pears & grapes	Pork Roast OR Cubed Steak mashed potatoes, sauerkraut, citrus, sherbet

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.

December 2022		
Tuesday	Wednesday	Thursday
		Spaghetti & Meatsauce 1 noodles, Prince Charles blend vegetables, tossed salad, cherry crunch
Country Fried Steak 6 mashed potatoes, succotash, fruited Jell-O, sherbet	Honey Mustard Chicken 7 small whole potatoes, tossed salad, cinnamon applesauce, pie	Lemon Pepper Cod 8 wild rice, stewed tomatoes, celery sticks, mandarin orange salad, cake
Birthday Dinner! Glazed Ham 13 baked potato, green bean casserole, pineapple rings, cake & ice cream	Grilled Cheese Sandwich 14 tomato soup, three bean salad, peaches with cottage cheese, cookies	Shredded Chicken Sandwich 15 french fries, coleslaw, fresh fruit, brownie
Hamloaf 20 au gratin potatoes, cauliflower, fruit juice, graham crackers	Chicken Cordon Bleu 21 wild rice, broccoli, apricots, cherry cobbler	Calico Beans 22 carrots, wilted lettuce salad, orange sections, cookies
Turkey Pot Roast Stew 27 cheese biscuits, broccoli salad, fresh fruit, peanut butter pie	Teriyaki Salmon 28 white rice, oriental vegetables, banana, berry blend, pound cake	Roast Pork 29 mashed potatoes, sauerkraut, peaches, pumpkin pecan cake

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

Holiday Dinner: Tuesday, December 13 at 4:30 p.m. Entertainment by the Guitar Circle.

Piano Recital: Thursday, December 15 at 6 p.m. Enjoy music with piano students of *Vicki Horner, Piano Students.*

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

Piano Recital: Tuesday, December 20 at 6:30 p.m. Enjoy music with piano students of *Susan Holtzsch, The Studio Connection.*

Acrylic Painting Class: Wednesday, December 21 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5, supplies provided. Hosted by Leslie Miller. Registration required.**

Piano Recital: Wednesday, December 21 at 6 p.m. Enjoy music with piano students of *Amanda Mullins.*

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

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

South Dakota's National Parks & Mississippi River Cruise

September 12 to 20, 2023 9 days and 16 Meals

Trip highlights: Mt. Rushmore National Monument, Crazy Horse Memorial. Buffalo Jeep Tour of Custer State Park, 1880 Train Excursion, Trail of Jack McCall, Father Flanagan's Boy's Town, Celebration Belle Dinner/Entertainment Cruise.

First Come First Serve. Payment due by July 12, 2023.



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!

Walbridge VFW Post 9963,

Kitchen Fund

League of Women Voters of Bowling Green,
Charlotte Scherer,

Capital Fund

In Memory of Velma Mercer, Harold Mercer

Capital Fund

Capital Fund

Pen Pal Program

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

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

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



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!

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!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycouncilonaging.blogspot.com/



NOTE: All Senior Centers will be closed Friday, December 23 and Monday, December 26 in observance of the holiday.

Newsletter Subscriptions

If you receive your newsletter in the mail, you will see a date printed at the bottom of your address label above. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County. *Free access to the newsletter is also available by email and on the WCCOA website.*

WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 514 W. Water Street, North Baltimore, Ohio 45872 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