

WOOD COUNTY COMMITTEE

ON

Ageing

FEBRUARY 2023

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

AGEISM

Lunch & Learn:

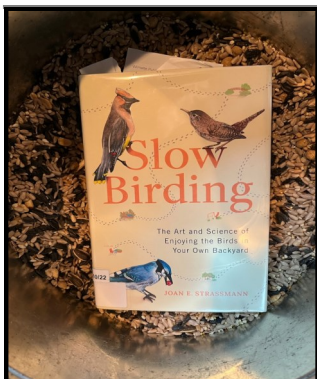
Ageism— An Intergenerational Perspective Featuring a Panelist Discussion

Friday, February 24 at 11:30 a.m.

Wood County Senior Center

This discussion will focus on intergenerational ageism experiences. Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age. Ageism affects everyone. Children as young as 4 years old become aware of their culture's age stereotypes. From that age onwards they internalize and use these stereotypes to guide their feelings and behavior towards people of different ages. They also draw on culture's age stereotypes to perceive and understand themselves, which can result in self-directed ageism at any age. Ageism intersects and exacerbates other forms of disadvantage including those related to sex, race and disability. Subjects like isolation, societal age prejudices and varying life experiences of ageism will be discussed. We will also consider how to avoid ageist behaviors in support of 'all' generations!

Presented by Dr. Wendy Watson and Dr. Charlie Stelle, BGSU. The presentation will allow time for questions and answers. *Space is limited*; the first 25 registered in person will receive lunch *provided by Wood Haven Health Care*! Otherwise, you can join us on Zoom. **Registration required by February 21. This session will fill up fast, if you cannot make it please call to cancel, so we can activate our waitlist.**



The Art of "Slow Birding" at The Rotary Nature Center

Friday, February 3 from 10 to 11:30 a.m. (weather date February 17)

Rotary Nature Center, 615 South Wintergarden Road, Bowling Green, Ohio

Presented by Cinda Stutzman, Natural Resources Manager,

BG Parks and Recreation

Many birders travel far and wide to popular birding destinations to catch sight of rare or "exotic" birds. In the book *Slow Birding*, evolutionary biologist Joan E. Strassmann introduces readers to the joys of birding right where they are.

Using this inspiring guide to the art of slow birding, Cinda Stutzman will share information on the most common birds to be found in the United States; birds we often see but might not have considered deeply before.

You will have the opportunity to appreciate the beauty of the birds right in your own backyard, observing keenly how their behaviors change from day to day and season to season. Coffee and refreshments offered. **Registration limited to 10 participants. Contact the Programs Department to register. Additional session offered if class fills up.**

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	Feb. 22	1 to 3 p.m.
Wood County Senior Center	March 5	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, February 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@wccoa.net

Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*

Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

Community Christian Legal Services is here to help you understand your rights under the law. **Legal aid services include** assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits. **Appointments are required.** Call your Senior Center to schedule!

Clinic Site	Date	Time
Perrysburg	Mar. 16	2 to 4 p.m.
Bowling Green	Mar. 9	4 to 6 p.m.

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



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 is available for you to pick up!

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

WCCOA Support Groups

Caregiver Support Group

Monday, February 13 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, February 23 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

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, February 1 & 15 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, Rossford and Bowling Green Schools monthly. **Contact:** Sara Nidiffer for 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, February 1– March 15 from 5:30-6 p.m.
(No class Feb 22)

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, January 19 to February 23 at 1 p.m.
Engage your breath, practice sensory awareness, and enjoy the movement of the body. *Chelsea Cloeter, Certified Instructor.*

Club F.I.T. FREE

Tuesdays at 9 a.m.
This **F**itness **I**nteractive **T**eaching program will provide you with strengthening exercises and stretching tips to keep you active and independent.
Facilitated by St. Clare Commons.

Delay the Disease Cost: \$20

Wednesdays, February 22 to March 29 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, February 22 to March 29 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 Feb. 20) 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, February 15 to March 22 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, Feb. 13 to Mar. 27 at 10:30 a.m.
(No class Feb. 20) 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, Jan. 24 to Feb 28 at 10:30 a.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, Feb. 9 to Mar. 16 at 11 a.m.
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, January 18 to February 22 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, January 20 to February 24 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.*

BG Knitter's Guild: Wednesday, February 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Thursday Movie Series "Love Stories": Thursdays, February, 2, 9, 16 & 23 at 1 p.m. **2:** "Picture Perfect" (1997). **9:** "Father of the Bride" (1991) **16:** "When Harry Met Sally" (1989) **23:** "Marry Me" (2022) Registration required.

The Art of "Slow Birding" at The Rotary Nature Center: Friday, February 3 from 10 to 11:30 a.m. (weather date February 17); Rotary Nature Center, 615 South Wintergarden Road, BG *See front page for details! Presented by Cinda Stutzman, Natural Resources Manager, BG Parks and Recreation* Registration limited to 10 participants.

Happy Hour: Friday, February 3 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments! *Snacks by Bowling Green Manor.* **Zoom option available.**

TV Series: Yellowstone: Monday, February 6, 13 and 27 at 1 p.m. In this series you will view:
February 6: Season 1 Episode 6&7: The Remembering & A Monster is Among Us
February 13: Season 1 Episode 8&9: The Unravelling Part 1 & Part 2
February 27: Season 2 Episode 1&2: A Thundering & New Beginnings. Registration encouraged.

Travel Preview of South Dakota: Tuesday, February 7 at 2 p.m. Learn more about South Dakota's National Parks and Mississippi River Cruise Tour that will take place September 12 to 20, 2023. View pictures, gain access to the itinerary and attend to ask questions about this great travel opportunity. *Facilitated by Mike Bondy, Shoreline Charters & Tours.*

Fireside Chat: Wednesday, February 8 at 10 a.m. A lot has changed since the 1930s. We now have video, email, the internet, and so many other means of communication. But despite these changes, a fireside chat's purpose remains the same; to make everyone feel relaxed and to leave with more information than they had before. Enjoy this opportunity to sip on some coffee and engage in several hot topic conversations. *Hosted by the Programs Department.*

Romantic Movies: Wednesdays, February 8 & 22 at 1 p.m. **8:** "Sweet Home Alabama" (2002) **22:** "My Big Fat Greek Wedding." (2002) Registration required. *Hosted by Liliana Rossi.*

Kingston Derby: Thursday, February 9 at 2:30 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Breakfast Club: Monday, February 13 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. Registrations required.

Nails: Monday, February 13 at 10:30 a.m. Come in to have your nails painted. **Appointments suggested.** *Facilitated by Wood Haven Health Care.*



Craft: Tuesday, February 14 at 10:30 a.m. Learn how to create a mixed media journaling page. 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.*

Comedy Special: Tuesday, February 14 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature: "I Love Lucy"** Registration required.

Wood County Continued...

Hypertension: Wednesday, February 15 at 11 a.m. This session will provide insight into managing hypertension and treatment options. *Presented by McLaren St. Luke's Family Medicine. Zoom option available.*

Movie Star Trivia: Wednesday, February 15 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.*

Mystery Game: Wednesday, February 15 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*

Brain Training: Tuesday, February 21 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by February 17.** *Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care. Topic:* Worry, Rumination and Sticky Thoughts. **Video Presenter:** *Jason M. Satterfield, Ph.D.*



Craft: Tuesday, February 21 at 2:30 p.m. Create this decorative valentine creation for some festive decor. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels with Stephanie.*

Science of Natural Healing: Tuesday, February 21 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Applying the Lessons of Natural Healing **Presenter:** Dr. Mimi Guarneri.

Brain Games: Wednesday, February 22 at 12:30 p.m. Riddles, trivia, and problem-solving. In person option in Bowling Green and Northeast Area Senior Center. **Zoom option available.**

Acrylic Painting Class: Wednesday, February 22 at 3 p.m. Learn various ways to blend paint colors through this painting experience. This class is open to all levels of painting experience. All supplied and instructions provided.

Cost: \$5. Registration and advanced payment required.

Hosted by Leslie Miller. See page 16 for details!

Ombudsman's Role: Thursday, February 23 at 11 a.m. Learn more about the Ombudsman's role in providing advocacy for individuals who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. *Presented by Jeff Simmons, Advocates for Basic Legal Equality, Inc.*

Lunch & Learn: Friday, February 24 at 11:30 a.m. **This month:** Ageism—An Intergenerational Perspective Featuring A Panelist Discussion. Speakers: Dr. Wendy Watson and Dr. Charlie Stelle, Bowling Green State University. *See the front page for more details!* First 25 registered will receive lunch provided by Wood Haven Health Care! **Zoom option available. Registration required.**

Zoom Bingo: Friday, February 24 at 1 p.m. *Cover-all prize awarded. Zoom code in weekly email.*

Coffee & Coloring: Monday, February 27 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts, and the company of others. *Hosted by Jan Chilcote. Donuts by St. Clare Commons.*

Art Therapy: Monday, February 27 from 1 to 3 p.m. **This month's project:** Valentine's Day Pocket Picture Books. **Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.*

Therapy Dogs International: Monday, February 27 from 1 to 2 p.m. *All therapy dogs have been tested and evaluated for Therapy Dog work by Certified Therapy Dogs International evaluators.*

Trivia: Tuesday, February 28 at 11 a.m. *Facilitated by Bridge Home Health & Hospice*

Reader's Café: Tuesday, February 28 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting February 1) then come together to watch the film. **Feature:** *Hidden Places* by Lynn Austin. **Synopsis:** A deep yearning for home had led Eliza to Wyatt Orchards ten years ago. Now widowed with three young children, she faces mounting debts and the realization it is all up to her. With a vulnerable heart, she is unwittingly drawn to Gabe the orchard helpers ways but she is afraid for herself and her children.... **Books and audiobooks available by loan. Registration required.**

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, Dec 5-Feb. 27 at 11 a.m. *No classes Dec. 12 & 26, Jan. 16, Feb 13 & 20.* Wednesdays, Feb. 1- Mar. 8 at 11 a.m. **Schaller Building (130 W. Indiana Ave.) Joe Sparks, Certified Instructor. Cost:** \$20 per session or FREE for SilverSneakers Members. **Register with the Programs Department at 419.353.5661**

Bingo: Tuesdays at 9:30 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 movements of the popular Tai Chi workout. *Peer-led instruction.*

Euchre Tournament: Thursday, February 2 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, February 3 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments! **Registration required.** *Snacks sponsored by Manor of Perrysburg.* **Zoom option.**

Texas Hold ‘Em Tournament: Monday, February 6 and Tuesday, February 21 at 1 p.m. This is one of the most popular variants of the card game poker. **Registration is required.**

Kingston Derby: Tuesday, February 7 at 12:45 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Seminar Series: Childhood Movie Stars: Wednesday, February 8 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Judy Garland.*

Now and Then: Thursday, February 9 at 12:30 p.m. **Reminiscing Topic:** Clothing/Fashion. *Facilitated by Comfort Keepers.*

Organ Donation: Myth Vs Facts: Friday, February 10 at 12:15 p.m. This session we will cover important factors to consider when filling out your donor card. *Presented by Promedica Senior Care.*

Pinochle Tournament: Monday, February 13 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, February 14 at 9 a.m. **Location:** American Table (580 Craig Dr. STE 1, Perrysburg). *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**

Bingo: Tuesday, February 14 at 12:45 p.m. Join us as the Northeast Area Senior Center visits for a friendly “I heart bingo party.” *Hosted and sponsored by Waterford at Levis Commons.*

Birthday Lunch: Wednesday, February 15 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*



Craft: Thursday, February 16 at 12:30 p.m. This interactive session will have you decorating a terra cotta pot with a variety of painting techniques. This can be kept for your own home décor or given as a gift. All supplies and instruction will be provided. **Registration required. Spots limited to 15.** *Facilitated by Manor of Perrysburg.*

Heart Health: Tuesday, February 21 at 12:30 p.m. Discover a variety of ways we can keep our heart healthy and focus our well-being in 2023. *Presented by St. Clare Commons.*

Trivia: Wednesday, February 22 at 12:30 p.m. *Hosted by Transitions Care.*

Caregiver Support Group: Thursday, February 23 at 10 a.m. *Hosted by WCCOA. See page 4 for details!*

Left, Right, Center: Thursday, February 23 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Perrysburg Continued...

Ombudsman's Role: Friday, February 24 at 11 a.m. Learn more about the Ombudsman's role in providing advocacy for those who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. *Presented by Jeff Simmons, ABLE, Inc.*

Emergency Safety: Monday, February 27 at 12:30 p.m. Information on weather hazards, general fire safety, discussion on the CodeRED mass notification system. *Presented by Erin Konecki & Jeff Klein, Wood County Emergency Management.*

Hand & Foot Card Game: Monday, February 27 at 1 p.m. Registration required.

Movie Day: Tuesday, February 28 at 12:45 p.m.
Feature: "Minions: Rise of the Gru" (2022)
Synopsis: From the biggest global animated franchise in history, comes the origin story of how the world's greatest supervillain first met his iconic Minions. Registration required. *Sponsored by Witzler-Shank-Walker Funeral Home and Treats provided by Wood Haven Health Care.*

Wayne

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

Below you will find programs scheduled for the WAYNE AREA SENIOR CENTER.
Please call the Wayne Area Senior Center at 419.288.2896 to register or for more information.

Euchre: Thursdays at 1:15 p.m.

Word Scramble: Friday, February 3 at 12:30 p.m. Pick up a themed word scramble and work to complete it for a fun challenge.

Bingo: Tuesday, February 7 at 12:30 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Seminar Series: Childhood Movie Stars: Wednesday, February 8 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Jackie Cooga.*

Exercise: Monday, Feb. 13 & 27 at 11:15 a.m. by video.

Be My Valentine? Monday, February 13 at 12:30 p.m. Come in to decorate valentine cookies with us. All supplies provided. Share stories of valentines past.

Bingo: Tuesday, February 14 at 1 p.m. *Sponsored by Bowling Green Manor.*

Birthday Lunch: Wednesday, February 15 at 12 p.m. *Cake & ice cream sponsored by The Willows of Bowling Green.*

Breakfast Club with Pemberville: Thursday, February 16 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.**

"A History of the Religion of Spiritualism, Wood County, Ohio" Thursday, February 16 at 12:30 p.m. "In the mid-1840s, great calamities caused doubt in the religious hearts of many Americans. Spiritualism, talking to the dead, became the fastest growing religious movements in America. Wood County was no exception to the influences of Mediums and Seances. Learn what caused the Spiritualist movement to enter Wood County and what notable Mediums plied their trades here." *Mike McMaster, Wood County Museum.*

Guess Who? Inventors Edition: Friday, February 17 & 24 at 11:45 a.m. We will share information and a clue will be provided to reveal a famous inventor. How many clues will it take for you to uncover the inventor?

Trivia Battle: Friday, February 17 at 12:30 p.m. Let's test our knowledge with a trivia contest against Pemberville, North Baltimore and Grand Rapids Senior Centers. Prize of a donut party for winning site each quarter. *Sponsored by Rehabilitation Hospital of NWO.*

Ombudsman's Role: Wednesday, February 22 at 12:30 p.m. Learn more about the Ombudsman's role in providing advocacy for individuals who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. Also, learn more about the programs/ services provided by Advocates for Basic Legal Equality, which is a Non-profit law firm. *Presented by Jeff Simmons, Advocates for Basic Legal Equality, Inc.*

Rossford

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

Below you will find programs scheduled for the ROSSFORD AREA SENIOR CENTER.
Please call the Rossford Area Senior Center at 419.666.8494 to register or for more information.

Trivia: Wednesday, February 1 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Arthritis 101: Tuesday, February 7 at 12:30 p.m.
There are several types of arthritis, each affecting the body differently and there are also many arthritic conditions you may not associate with the term arthritis. This presentation will assist us understanding the variety of conditions and treatment options. *Presented by Kelly Ellis, LPTA, Partners in Home Care*

Game Day: Wednesday, February 8 at 12:30 p.m.
Hosted by Kingston Health Care.

Divas and Dessert: Friday, February 10 at 1 p.m.
Ladies, join us for a little conversation, a special drink and a sweet dessert with friends. *Dessert provided by The Commons.*

Seminar Series: Childhood Movie Stars:
Monday, February 13 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Shirley Temple.*

Breakfast Club: Tuesday, February 14 at 9 a.m.
Location: Denny's, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the Senior Center.**



The Not-So Newlywed Game:

Tuesday, February 14 at 1 p.m. We are bringing this game show right to you. Join the fun as we test

four of our married couples to see how much they really know each other after all these years.
Sponsored by Wood County Committee on Aging and Partners in Home Care.

Birthday Lunch: Wednesday, February 15 at noon. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, February 15 at 12:30 p.m. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager. Zoom option available.*

Bingo: Thursday, February 16 at 12:30 p.m.
Prizes sponsored by The Commons.

Ombudsman Role: Friday, February 17 at 12:30 p.m. Learn more about the Ombudsman's role in providing advocacy for individuals who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. Also, learn more about the programs/services provided by Advocates for Basic Legal Equality, which is a Non-profit law firm. *Presented by Jeff Simmons, Advocates for Basic Legal Equality, Inc.*

Jingo: Wednesday, February 22 at 12:30 p.m.
Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

Six Freedoms of the First Amendment

Part 1: Thursday, February 23 at 12:30 p.m.
Discussion on the six freedoms of the first amendment, with a focus on freedom of speech and its Modern implications on campaign finance.
Video series with Judge Matt Reger, Wood County Common Pleas Court.

Noodle Drum Exercise: Monday, February 27 at 12:30 p.m. Join us for some great exercise that is fun, upbeat, and good for you.



Discover us on YouTube by searching:



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. Meet at Woodville Diner, 1949 Woodville Rd., Oregon, Oh
Cost on your own. Advanced registration required.

Wii Bowling: Thursdays at 12:30 p.m.

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:** \$1.30 per donut.

SilverSneakers Classic: Wednesdays in February 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*

Emergency Safety: Wednesday, February 1 at 12:30 p.m. We will focus on local weather hazards, general fire safety, and discuss the CodeRED mass notification system. There will be time allotted for questions and answers. *Presented by Erin Konecki Wood County Emergency Management Agency.*

Movie: Thursday, February 2 at 1 p.m. "The Proposal" (2009) **Synopsis:** The Proposal is the story of a tough editor Margaret Tate (Bullock) who forces her assistant Andrew Tate (Ryan Reynolds) to marry her so she can stay in the U.S. **Genre:** Romance/Comedy.

Kingston Derby: Friday, February 3 at 12:30 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Left, Right, Center Game: Monday, February 6 at 12:30 p.m.

Bingo: Tuesday, February 7 at 12:30 p.m. *Bring your own place holders. Sponsored by Walker Funeral Homes.*

Seminar Series: Childhood Movie Stars: Wednesday, February 8 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. Featuring: *Melissa Gilbert.*

Mayor Talk: Thursday, February 9 at 12:15 p.m. *featuring Mayor Ed Kolanko*

Updates from Walbridge Police: Friday, February 10 at 12:30 p.m. Learn more about the local scams and other crime related occurrences. *Presented by Walbridge Police.*

Trivia: Monday, February 13 at 12:15 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health and Hospice.*

Bingo Outing: Tuesday, February 14 at 12:45 p.m. Join us at the Perrysburg Area Senior Center as we enjoy a friendly visit and play bingo. This "I heart bingo party" is bounded to be enjoyed by all. **Registration required.** *Hosted and sponsored by Waterford at Levis Commons.*

Valentine Day Celebration: Tuesday, February 14 at 12:30 p.m. Join us as we celebrate our friendship for valentines day by decorating cookies. **Registration required.**

Birthday Lunch: Wednesday, February 15 at 12 p.m. *Cupcakes sponsored by Kingston of PB.*

Knitting and Crocheting: Wednesday, February 15 at 12:45 p.m. Bring your own needles, crochet hooks and yarn.

Comedy Hour: Wednesday, February 15 at 12:30 p.m. Enjoy some good old fashion laughter. **Feature:** The Carol Burnette Show.

Ombudsman's Role: Thursday, February 16 at 12:30 p.m. Learn more about the Ombudsman's role in providing advocacy for individuals who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. Also, learn more about the programs/services provided by Advocates for Basic Legal Equality, which is a Non-profit law firm. *Presented by Jeff Simmons, Advocates for Basic Legal Equality, Inc.*

Bingo: Tuesday, February 21 at 12:30 p.m. *Participants must bring their own place holders. Prizes sponsored by The Commons.*

Brain Games & Trivia: Wednesday, February 22 at 12:30 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

100 Pin Wii Bowling: Friday, February 24 at 12:30 p.m.

What am I?: Monday, February 27 at 11:45 a.m.

Bunco: Tuesday, February 28 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Dominoes: Tuesday, February 28 at 12:30 p.m.

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.

Monthly Guessing Game: Wednesday, February 1 at 12:30 p.m. Guess how many items are in the jar and get a chance to win the prize!

Coffee Chat: Wednesday, February 1 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home.*

Downtown Trip: Thursday, February 2 at 10:30 a.m. Join us for a downtown gathering. Meet us at the Old Fire Station, 24232 Front St, Grand Rapids, OH 43522. We will walk to the Way Makers Coffee Bar. **Registration Required.**

Bingo: Friday, February 3 at 10:30 a.m. *Facilitated by Bridge Home Health and Hospice.*

Birthday Acknowledgements: Monday, February 6 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.*

Ted Talk: Tuesday, February 7 at 12:30 p.m.
Topic: Does Body Language Shape Who We Are?
Speaker: Amy Cuddy. Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy argues that "power posing" standing in a posture of confidence, even when we don't feel confident can boost feelings of confidence, and might have an impact on our chances for success. *Prerecorded.*

Dry Bar Comedy: Thursday, February 9 at 12:30 p.m. Join us for this light-hearted comedy show. "Pop Tarts Should Not Have Directions Part II." *Pre-recorded video.*

Horse Races: Monday, February 13 at 12:30 p.m. Join us for a fun and interactive horse race game. Find out if your lucky horse will win! *Facilitated by Kingston of Perrysburg.*

Valentine's Day Party: Tuesday, February 14 at 12:30 p.m. Celebrate this heart filled holiday with us! Join us for valentine goodies, trivia and a raffle! *Sponsored by Ayden Care Waterville.*

Birthday Lunch: Wednesday, February 15 at noon. *Birthday gifts sponsored by Bowling Green Manor.*

Who, What, Where?: Thursday, February 16 at 12:30 p.m. Join us for this fun hybrid trivia game where we will guess what the object is, who it might be and where in the world we are. *In-person option in Grand Rapids & Bowling Green.*

Trivia Battle: Friday, February 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*

Seminar Series: Childhood Movie Stars: Tuesday, February 21 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Drew Barrymore.*



Craft: Thursday, February 23 at 12:30 p.m. This interactive session will have you decorating a terra cotta pot with a variety of painting techniques. This can be kept for your own home décor or given as a gift. All supplies

and instruction will be provided. **Registration required. Spots limited to 15.** *Facilitated by Bowling Green Manor.*

Would You Rather Fitness: Friday, February 24 at 11:45 a.m. Join us for a light and fun way to get some steps in!

Trivia: Monday, February 27 at 12:30 p.m. Come enjoy this interactive and thought provoking game. *Facilitated by Grand Rapids Care Center.*

The Underground Railroad in Northwest Ohio: Tuesday, February 28 at 12:30 p.m. The Underground Railroad is a relevant topic to local students with many connections to Northwest Ohio. This program is filled with historic primary source images and first-hand narratives of the local people and places that helped many slaves escape to freedom. This program will also help separate Underground Railroad fact from fiction, focusing on historically documented accounts of Underground Railroad activity. Come prepared to share your own stories as Museum Education Coordinator, Michael McMaster, will be ready to listen and record what is told to him at this program. *Presented by Mike McMaster, Wood County Museum.*

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. 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.

Movie: Wednesday, February 1 at 12:45 p.m.

Feature: "Driving Miss Daisy" (1989) **Genre:** Comedy/Drama/Romance. **Synopsis:** *An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years. *Treat by Wood Haven Health Care.*

Bingo: Thursday, February 2 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Ombudsman's Role: Friday, February 3 at 12:30 p.m. Learn more about the Ombudsman's role in providing advocacy for individuals who receive long term care services and particularly those that are on a Managed Health Care Insurance with Buckeye or Aetna. *Presented by Jeff Simmons, Advocates for Basic Legal Equality, Inc.*

Minutes with the Mayor: Monday, February 6 at 12:30 p.m. *Pemberville Mayor Carol Bailey.*

Seminar Series: Childhood Movie Stars: Wednesday, February 7 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Maureen McCormick.*

Trivia Battle: Wednesday, February 8 at 12:30 p.m. *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Trivia Bingo: Thursday, February 9 at 12:45 p.m. Yes, you read that right...a new game combining trivia questions and bingo in one. *Hosted by Wood Haven Health Care.*

Movie: Monday, February 13 at 12:45 p.m.
Feature: "The Lost Valentine" (2011). **Genre:** Drama/Romance. **Synopsis:** A reporter (Jennifer Love Hewitt) seeks the truth about a woman's (Betty White) husband (Billy Magnussen), a pilot who never returned from duty in World War II. * *Treat by Wood Haven Health Care.*

Valentine's Party... Tuesday, February 14, 12:30 p.m. Join in the festivities while we have cookies and play a game with prizes hosted by *Bowling Green Manor.*

Birthday Lunch: Wednesday, February 15 at 12 p.m. *Sponsored by Otterbein Pemberville.*

Breakfast Club with Wayne: Thursday, February 16 at 9:30 am. **Location:** Country Farmhouse (117 E Main St., Wayne). **Cost:** **breakfast cost on your own. Register with the Pemberville Senior Center.**

Pen Pal Program: Wednesday, February 16 at 1 p.m. The 1st graders from St. Aloysius School will practice their penmanship skills by writing us a short letter. We will return a note to these young scholars.

The Memorial Cannons of Wood County: Tuesday, February 21 at 12:15 p.m. We often drive by our local Veteran's memorials and pay no attention to the stationary cannons there. In this program we will learn a little bit more about these military artifacts, discover some of the most interesting cannons locally, and decide... when is a cannon is Not a cannon! *Mike McMaster, Wood County Historical Society*

Breakfast Club: Wednesday, February 22 at 9 a.m. **Location:** Granny's, 1105 W. Main St., Woodville, Ohio 43469. Join us as we gather together to enjoy each other's company and share a meal. **Cost on your own. Register with Pemberville Senior Center.**

Podiatry Clinic... Wednesday, February 22 from 1 to 3 p.m. Facilitated by *Maumee Bay Foot & Ankle Specialists. Appointments must be made by calling (419)691-1599.*

Trivia: Tuesday, February 23 at 12:45 p.m. *Hosted by Bridge Home Health & Hospice.*

Mystery Game: Monday, February 27 at 12:45 p.m. Come have some fun with Lyndi. She will surprise us with a new game each month. *Sponsored by Kingston HealthCare.*

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: Monday, February 13 at 11 a.m. Create a painting to add to your décor. All supplies and painting guidance provided by *Happy Camper Art Studio*. Space is limited to 16. **Location:** North Baltimore Public Library, 230 North Main St., North Baltimore.

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

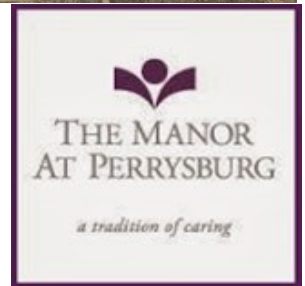
Bingo: Thursday, February 16 at 1 p.m.
Prizes sponsored by Bridge Home Health & Hospice



Poetry Contest 2023

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 years 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.

Happy Hour: Friday, February 3 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.*

Managing Hypertension: Wednesday, February 15 at 11 a.m. Learn more about the symptoms of hypertension, how it is diagnosed, treatment and prevention. *Presented by McLaren St. Luke's Family Medicine. In-person option in Bowling Green*

Movie Star Trivia: Wednesday, February 15 at 12:30 p.m. *In-person option in Bowling Green and Rossford.*

Who, What, Where?: Thursday, February 16 at 12:30 p.m. Join us for this fun hybrid trivia game where we will try to guess what the objects are, who they might be or where in the world we are. *In-person option in Grand Rapids & Bowling Green.*

Brain Games & Trivia: Wednesday, February 22 at 12:30 p.m. *In-person option in Walbridge and Bowling Green.*

Lunch and Learn: Ageism: An Intergenerational Perspective Featuring a Panelist Discussion Friday, February 24 at 11:30 a.m. See page 16 for more details. *In-person option in 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@wcco.net

Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for **four weeks** at a time to Wood County seniors.



Tablet Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

Tablet loans are available for **six weeks** at a time to Wood County seniors.



Tablets do not come with internet service.

Around the County, Events & Classes

Acrylic Painting Class

Wednesday, February 22 at 3 p.m.

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

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

February's painting is shown to the right. This session will cover various blending techniques while using a variety of colors.

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 and payment required to secure place.



Art Therapy

Monday, February 27 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: Valentine's Day Pocket Picture Books. This month you will learn how to create a small, foldable, pocket picture book with a Valentine's Day theme to it. This can be turned into a card for a loved one, or a special

keepsake just for you! Please bring photos that you do not mind cutting and pasting into the booklet.

Registration required.



AARP Tax-Aide

The AARP-sponsored *Tax Assistance for the Elderly* program will be available beginning February 2023. This program attempts to serve seniors with low to moderate income. Trained & certified volunteer counselors are required to maintain confidentiality of clients. **Appointments are required for this program.**

Participants are required to commit to **TWO** appointments: a brief initial intake appointment and a second appointment to review your tax documents one week later. You must have **ALL** documents listed below on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under **some** circumstances.

NOTE: Call the Wood County Senior Center for an appointment at **419.353.5661 or 800.367.4935**

Please bring the following documents to your first appointment:

- ⇒ Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse).
- ⇒ All forms showing income.
- ⇒ A copy of your 2021 income tax return.
- ⇒ Expense records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize. **NOTE:** Large medical expenses may help for State taxes even if you do not itemize deductions.
- ⇒ Affordable Care Act (medical insurance) documents.
- ⇒ If any assets were sold, we need to know the cost basis and date of purchase of the asset.
- ⇒ Voided check if you would like electronic refunds.

Around the County, Events & Classes

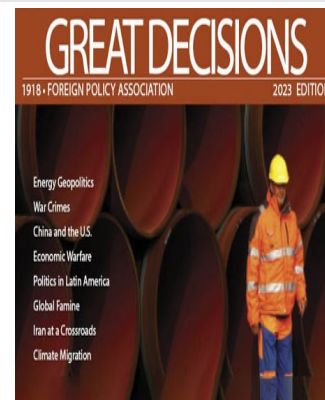
Great Decisions 2023

Saturdays, February 4 - 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 orders are subject to change.*



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 “Pink 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.”

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, February 3 and 17

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

Support provided by Amada Senior Care.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, February 8 from

10 a.m. to 2 p.m. Support provided by

Arista Home Care Solutions, Kingston of

Perrysburg & St. Timothy's Church

Cost: \$10 per session, lunch included

This respite program is designed for those with early- to moderate stage memory loss.

Programming includes: art, science, socialization, small group games, exercise, and meditation.

Register at least one week prior to each session by calling the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

How about a Movie? Fridays at 1 p.m. Wood County Senior Center

View and discuss seldom-seen classic motion pictures. Genres include war, westerns, drama, action, adventure, comedy, film noir, science-fiction, documentary, romance, crime, seasonal and musicals, primarily from the golden age of Hollywood, 1930 to 1990! Hosted by John Blinn. **Reservations required.**

February 3: "Bluffing It" (1987) Starring Dennis Weaver, Jane Carroll, Michele Little

February 10: "The Great Man's Whiskers" (1972) Starring Dean Jones, Ann Sothorn, Dennis Weaver

February 17: "The Prize Fighter" (1979) Starring Tim Conway, Don Knotts, David Wayne

February 24: "The Ghost and Mr. Chicken" (1966) Starring Don Knotts, Joan Stanley



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 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.

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

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 continued on page 23

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.



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.



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.***



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

February 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		Pepper Steak OR 1 Chicken Teriyaki Breast rice, lima beans, tossed salad, apricots	Turkey Pot Roast OR 2 Meat & Bean Chili cornbread, broccoli salad, banana, fruit sorbet	Scalloped Potatoes & 3 Ham OR Cheese Manicotti sicilian blend, cucumber salad, baked apple
Hamburger OR Hot 6 wedge fries, citrus slaw, apple, cookie	Italian Lasagna OR 7 Salmon Loaf peas & carrots, potato salad, mandarin oranges & Jell-O	Calico Beans OR 8 Chicken Tenders Nantucket blend, spinach salad, granola, berry blend w/yogurt	King Ranch Chicken 9 Casserole OR Pork Chop Italian green beans, cauliflower & peanut salad, grapes, frozen yogurt	Sliced Ham OR 10 Tuna Salad baked beans, coleslaw, orange sections, cookies
Chicken Cordon Bleu 13 OR Liver & Onions small whole potatoes, mixed fruit, pineapple juice, gingerbread	Goulash OR Pecan 14 Crusted Tilapia broccoli, peaches, cottage cheese, sidekick slushie	Birthday Lunch! 15 Roast Pork cabbage & noodles, marinated carrot salad, pears with Jell-O, cake & ice cream	Ham Loaf OR 16 Chicken Chimichanga stewed tomatoes, tossed salad, mandarin oranges & banana	Turkey Tetrazzini 17 OR Shrimp Poppers spinach, Texas caviar, pineapple cherry delight
All sites closed. 20	Pulled Pork OR 21 Grilled Chicken Breast Sandwich cheesy potato casserole, creamy coleslaw, red apple, brownie	Ash Wednesday 22 Roast Beef OR Almond Fish scalloped potatoes, coleslaw, rosy applesauce, lemon bar	Chicken Wings OR 23 Pork Cutlet cauliflower, apricots, cherry crisp	Meatloaf OR Dilled 24 Salmon carrots, 3-bean salad, grape juice, graham crackers
Country Fried Steak 27 OR Honey Mustard Chicken Breast mashed potatoes, tomato juice, peaches, pudding	Beef Fajita Taco OR 28 Turkey Taco black beans & tomatoes, lettuce & tomatoes, pears			

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

February 2023			
Tuesday	Wednesday	Thursday	
	Bratwurst mashed potatoes, sauerkraut, cantaloupe, apple strudel	1	Chicken Noodle Soup grilled cheese sandwich, broccoli salad, fresh fruit, cherry crisp
Macaroni & Cheese w/Ham stewed tomatoes, tossed salad, pears, pudding	7	Open Faced Roast Beef mashed potatoes, Prince Charles blend, apple juice, pie	8
Birthday Dinner! Salisbury Steak small whole potatoes, brussel sprouts, apple, cake & ice cream	14	Chicken Lasagna carrots, cottage cheese, peaches, grape juice, cookies	15
Chef Salad w/Ham & Turkey pea salad, ambrosia, blueberry muffin	21	Teriyaki Salmon mashed potatoes, roasted cauliflower, mixed fruit, sherbet	22
Sweet & Sour Meatballs rice, oriental blend vegetables, fresh fruit, blueberry crisp	28	Turkey Pot Roast Stew pickled beets, pasta salad, watermelon & grapes, cookies	23

BG Knitter's Guild: Wednesday, February 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Comedy Special: Tuesday, February 14 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature: "I Love Lucy"**
Registration required.

Mystery Game: Wednesday, February 15 at 4 p.m. Come join us for some game night fun!
Facilitated by Kinsey Kale, WCCOA

Science of Natural Healing: Tuesday, February 21 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** Applying the Lessons of Natural Healing. Discussion to follow.

Acrylic Painting Class: Wednesday, February 22 at 3 p.m. This class is open to all levels of painting experience! **Cost: \$5**, supplies provided.
Hosted by Leslie Miller. Books and audiobooks available by loan. Registration required

Readers Café: Tuesday, February 28 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.

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.

Travel Opportunities continued



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!

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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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We're on the Web!

www.wccoa.net



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woodcountycommitteeonaging.blogspot.com/



All Senior Centers will be closed on Monday,
February 20 in observance of Presidents Day.

Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

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