

WOOD COUNTY COMMITTEE

ON
Aging
MARCH 2023

IN THIS ISSUE:

Index	Page
Agency Services	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
In-Person Programs.....	6-14
Virtual Programming.....	15
Around the County.....	16-19
Travel Opportunities.....	20
Lunch Menu.....	21
Dinner Menu.....	22
Donors.....	23



Join us for live Irish music with the band Toraigh (pronounced "Tory"). This Irish Gaelic word means "seek" or "search", and represents the search for great times by bringing people together with the lively, toe-tapping, and heart-warming traditional music of Ireland. **Band Members:** Bob Midden & Kathy Moss from Bowling Green, Chuck Boyer from Toledo, and Marty Brogan from Perrysburg.

Sponsored by:



Interested in staying for dinner make your reservation by 2 p.m. by calling 419-353-5661 or email programs@wccoa.net.

Turn to site pages for information on celebrations at the: Perrysburg Area Senior Center, Rossford Area Senior Center, Grand Rapids Area Senior Center and Wayne Senior Centers.

Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net



Ways to Keep Your Home In Top Condition

Wood County Senior Center

140 S. Grove Street, Bowling Green

Tuesday, March 7 from 3 to 4 p.m.

Presented by Habitat for Humanity

When your home is your biggest investment and you find yourself needing to keep it maintained then we must follow some guidelines. For most Americans home maintenance can feel like a daunting chore particularly for homeowners who are recently widowed or widowers. This upkeep does not have to feel overwhelming. A home operates with the seasons, coming to life in the spring and hunkering down for the winter. Follow this natural arc all year long, and keep on top of the small stuff, and your house will run like a well-oiled machine.

In this session we will take a comprehensive look how to avoid expensive repairs or replacements through simple periodic maintenance. We will review water and air problems by maintaining your heating and cooling systems and preventing water damage outside and inside your home. By the end of the session you will know how to inspect your equipment and systems for problems, locate and replace air filters, clean and maintain their water drains and keep the house from water damage.

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

St. Patrick's Day Celebrations "Toraigh"

Traditional Irish Music

Wednesday, March 15

4:30 - 5:30 p.m.

**Wood County
Senior Center**

TRIP: Vera Bradley Factory Outlet Sale (Fort Wayne, Indiana) Thursday, June 15

8 a.m. Depart from Meijer Parking Lot
2111 East Wooster, St. Bowling Green

**Registration required by
Wednesday, March 15, 2023**

Travel with us to the iconic Vera Bradley outlet sale. This sale has been on a three year hiatus so its bound to a fantastic trip. The sale will feature Vera Bradley handbags, travel items, accessories, stationery and luggage in a variety of current and retired patterns.

To purchase tickets for this bus trip call Stephanie Kosak at 419.945.6141 or 419.309.5965

The trip is provided by 1018 Travels with Stephanie.



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 Heel and Toe Podiatry with Dr. Scott Johnston.

Clinic Site	Date	Time
Pemberville Area Senior Center	April 26	1 to 3 p.m.
Wood County Senior Center	March 8	1 to 3 p.m.

For an appointment, please call 419.474.7700

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

Memory Chat alzheimer's association

Wednesday, March 15

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

Location: Wood County Senior Center

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



The AARP-sponsored *Tax Assistance for the Elderly* program is in operation until April 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.

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

WCCOA Support Groups

Caregiver Support Group

Monday, March 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, March 23 at 10 a.m.

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

Care Compass Project

Wednesday, June 7 at 11 a.m.

Topic(s): Life is Not Fair! But... You can Learn
Ways to Maintain Successful Relationships with the
Care Recipient AND with Family, and Friends

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, March 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, March 2 to April 13 at 1 p.m.
(No class Mar. 23)

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

Club F.I.T. FREE

Tuesdays at 9 a.m.

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

Delay the Disease Cost: \$20

Wednesdays, March 1 to April 5 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: \$2

Wednesdays, March 1 to April 5 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

Caroline Dickinson, Certified Instructor.

Beginner: Mondays, Feb. 13 to Apr. 10 at 10:30 a.m.
(No class Feb. 20, Mar. 20 & Mar. 27)

Advanced: Tuesdays, Mar. 7 to Apr. 18 at 10:30 a.m.
(No class Mar. 21)

Intermediate: Thursdays, Feb. 9 to Mar. 30 at 11 a.m. (No class Mar. 16 & 23)

Virtual Fitness Classes on Zoom

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

SilverSneakers Classic Cost: \$20*

Wednesdays, March 1 to April 5 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, March 3 to April 7 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.*

SilverSneakers Chair Yoga Cost: \$20*

Wednesdays, March 3 to April 7 at 10:10 a.m.
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.*

Writer's Group: Fridays at 10 a.m. This group will enable interested writers to practice sharing their work, listen to suggestions from peers and to have opportunities for discussions on our writing materials. The environment will be supportive and will provide discussion on publishing and writing opportunities.

Romantic Movies: Wednesdays, March 1, 8, 15, 22, 29 at 1 p.m. **1:** "The Way We Were" (1973) **8:** "Yours, Mine and Ours." (2005) **15:** "Serendipity" (2001) **22:** "Moonstruck" (1987) **29:** "Sleepless in Seattle" (1993) Registration required. *Hosted by Liliana Rossi.*

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

Thursday Movie Series: Jane Austen: Thursdays, March 2, 9, 16 & 23, 30 at 1 p.m. **2:** "Pride and Prejudice" (2005). **9:** "Emma" (2020) **16:** "Love and Friendship" (2016) **23:** "Sense and Sensibility" (1995) **30:** "Becoming Jane" (2007) Registration required.

Happy Hour: Friday, March 3 at 12:30 p.m. This hour is filled trivia, jokes and more. *Snacks by Bowling Green Manor. Zoom option available.*

Ways to Keep Your Home In Top Condition Tuesday, March 7 from 3 to 4 p.m.
Presented by Habitat for Humanity. See front page for details.

Fireside Chat: Wednesday, March 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.*

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

TV Series: Yellowstone: Monday, March 13 & 27 at 1 p.m. In this series you will view:
March 13 Season 1 Episode 8 & 9: The Unravelling Part 1 & Part 2 **March 27:** Season 2 Episode 1 & 2: A Thundering & New Beginnings Registration encouraged.

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

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



Craft: Tuesday, March 14 at 10:30 a.m. We will make rabbits out of wooden blocks. Using acrylic paints, ribbon and other materials to make these adorable decorative items. Set by set instruction and support will be provided. **Cost: \$5. Payment must be made in advance to secure a spot.**

Registration required. *Facilitated by Leslie Miller.*

Comedy Special: Tuesday, March 14 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** "The Rink" (1916) and "The Immigrant" (1917) by Charlie Chaplin. Registration required.

Wood County Continued...

Making the Most of Your Doctors Visits: Wednesday, March 15 at 11 a.m. This session will provide insight into the questions you need to ask your provider, the mentions to gathering information and retaining and understanding your visits. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

Movie Star Trivia: Wednesday, March 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, March 15 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*

Brain Training: Tuesday, March 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 March 17.** *Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care.* **Topic:** Digging Deeper: Rules and Core Beliefs. **Video Presenter:** Jason M. Satterfield, Ph.D.



Craft: Tuesday, March 21 at 2:30 p.m. Create this decorative rabbit garland 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, March 21 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Ecology and Heal **Presenter:** Dr. Mimi Guarneri.

Brain Games: Wednesday, March 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, March 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!

Old Time Favorites Piano Recital: Thursday, March 23 at 6 p.m. *Students of Vicki Hoehner.*

Lunch & Learn: Friday, March 24 at 11:30 a.m. **This month:** Promoting Independence and Safety with Assistive Technology. *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, March 24 at 1 p.m. *Cover-all prize awarded. Zoom code in weekly email.*

Coffee & Coloring: Monday, March 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, March 27 from 1 to 3 p.m. **This month's project:** Inspired by artist Josie Lewis, we will be using geometric templates on watercolor paper to experiment with and create your own geometric layouts, yielding stunning watercolor arrangements. Please wear a paint shirt! **Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.*

Therapy Dogs International: Monday, March 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, March 28 at 11 a.m. *Facilitated by Bridge Home Health & Hospice*

Reader's Café: Tuesday, March 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 March 1) then come together to watch the film. **Feature: Persuasion is Jane Austen's** last completed novel. **Synopsis:** She began it soon after she had finished *Emma*, completing it in August, 1816. She died, aged 41, in 1817, but *Persuasion* was not published until 1818. *Persuasion* is connected with Northanger Abbey not only by the fact that the two books were originally bound up in one volume and published together two years later, but also because both stories are set partly in Bath, a fashionable health resort with which Jane Austen was well acquainted, having lived there from 1801 to 1805. *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, Mar. 6 - Apr. 24 at 11 a.m. *No classes Mar. 12 & Apr. 10*
Wednesdays, Mar. 15 - Apr. 19 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.*

Kidney Disease: Wednesday, March 1 at 12:15 p.m. This session we will cover important factors to consider when dealing with kidney disease. *Presented by Promedica Senior Care.*

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

Happy Hour: Friday, March 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, March 6 and Monday, March 20 at 1 p.m. This is one of the most popular variants of the card game poker. **Registration is required.**

Kingston Derby: Tuesday, March 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: *Drew Barrymore.*

Now and Then: Thursday, March 9 at 12:30 p.m. **Reminiscing Topic:** Transportation. *Facilitated by Comfort Keepers.*

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

Breakfast Club: Tuesday, March 14 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, March 14 at 12:45 p.m. *Hosted and sponsored by Waterford at Levis Commons.*

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

St. Patrick Day's Party: Friday, March 17 at 12:30 p.m. Enjoy green mocktails while challenging yourself to some Irish Trivia. Wear your green and enjoy some fun St. Patty's fun! *Sponsored by The Commons.*

Name That TV Tune: Tuesday, March 21 at 12:30 p.m. This iconic guessing game will be played using tunes from famous televisions shows. Join in the fun by testing your reminiscing skills. *Facilitated by St. Clare Commons.*

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

Caregiver Support Group: Thursday, March 23 at 10 a.m. This group is for anyone providing caregiving assistance to individuals throughout Wood County. The group provides resources, advice on stress of caregiving, recommendations, and an outlet for caregivers to connect with one another. *Hosted by WCCOA. Advanced registration required by calling 419.353.5661*

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

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

Perrysburg Continued...

Movie Day: Tuesday, March 28 at 12:45 p.m.

Feature: “Mrs. Harris Goes to Paris” (2022)

Synopsis: In 1950s London, a widowed cleaning lady falls in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris. **Registration required.**

Sponsored by Witzler-Shank-Walker Funeral Home.

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: Friday, March 3, 10 & 31 at 11:45 a.m. How many clues will it take for you to uncover the inventor?

Zoom Spelling Bee: Monday, March 6 at 12:30 p.m. Join us as we challenge the Wood County Senior Center. We are playing for pride not prize.

In-person participation in Wayne & BG.

Bingo: Wednesday, March 8 at 12:30 p.m.

Sponsored by St. Catherine's Manor Fostoria.

Choking and CPR: Thursday, March 9 at 12:30 p.m. We've all probably experienced it ourselves or have seen someone go through it — you take too large a bite of a piece of food or don't chew it all the way and begin to choke. In those few seconds, it might be difficult to breathe and drinking a glass of water or coughing up what's stuck in your airway might provide relief. Someone may need to either perform the Heimlich maneuver or CPR and it's important to know the correct way to perform this. *Presented by Andy Carter, Chief of EMS South East Ambulance District of Montgomery Township. Firefighter/Paramedic for Perrysburg Township.*

Trivia Battle: Friday, March 10 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.*

Word Scramble: Monday, March 13 & 27 at 12:30 p.m. Pick up a themed word scramble and work to complete it for a fun challenge.

Exercise: Mon. March 13, 27 at 11:15 a.m. *Video.*

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

Bingo: Wednesday, March 15 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Breakfast Club with Pemberville: Thursday, March 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.**

St. Patrick Day's Party: Friday, March 17 at 12:30 p.m. Wear your green, enjoy entertainment and refreshments. *Refreshments Sponsored by Wood Haven Health Care*

Seminar Series: Childhood Movie Stars: Tuesday, March 21 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Maureen McCormick*

Irish Invasion of Canada 1866: Thursday, March 23 at 12:30 p.m. After the American Civil War, a well-funded and well-organized army of Irish-American “Fenians” invaded Canada in 1866 culminating in the Battle of Ridgeway, Ontario, Canada. Did you know that this army of Irish-Americans passed through Northwest Ohio on their way to invade Canada? *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Bingo: Friday, March 24 at 1 p.m. *Sponsored by Wood Haven Health Care.*

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, March 1 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Club F.I.T.: Tuesday, March 7 at 12:30 p.m. This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by Partners in Home Care.* **Cost: FREE. Registration encouraged to complete waivers.**

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

Irish Invasion of Canada 1866: Thursday, March 9 at 12:30 p.m. After the American Civil War, a well-funded and well-organized army of Irish-American "Fenians" invaded Canada in 1866 culminating in the Battle of Ridgeway, Ontario, Canada. Did you know that this army of Irish-Americans passed through Northwest Ohio on their way to invade Canada? *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Pies for Guys: Friday, March 10 at 1 p.m.
Gentlemen, join us for a little conversation, a special drink and a sweet dessert with friends. *Dessert provided by The Waterford at Levis Commons.*

Seminar Series: Childhood Movie Stars: Monday, March 13 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.*

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

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

Movie Star Trivia: Wednesday, March 15 at 12:30 p.m. **Featuring:** Steve Martin Learn more about his family life, hobbies and career highlights. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager. Zoom option available.*

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

The History of St. Patrick's Day: Friday, March 17 at 12:30 p.m. Wondering the true history of St. Patrick's Day? What is the historical significance of this holiday? How did St. Patrick's Day start? All of these questions and more festive facts will be shared. Wear your green and the luck of the Irish will be present! *Facilitated by Mary Tebbe, WCCOA Site Manager.*

Six Freedoms of the First Amendment

Part 2: Thursday, March 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. *Prerecorded Video series with Judge Matt Reger, Wood County Common Pleas Court.*

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

The Unique and Unusual: Houses and Landmarks: Tuesday, March 28 at 12:30 p.m. This three month series will showcase some of the most unusual and crazy places and things that the country has to offer. Sit back and enjoy this journey as we highlight some spectacular features. *Presented by Wood Haven Health Care.*

Jingo: Wednesday, March 29 at 12:30 p.m.
Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.



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
Breakfast 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 March 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**

Movie for Women's History Month: Wednesday, March 1 at 12:45 p.m. "Madame Curie" (1943) **Genre:** Biography. **Synopsis:** Poor physics student Marie (Greer Garson) is studying at the Sorbonne in 1890s Paris. One of the few women studying in her field, Marie encounters skepticism concerning her abilities, but is eventually offered a research placement in Pierre Curie's (Walter Pidgeon) lab. The scientists soon fall in love and embark on a shared quest to extract, from a particular type of rock, a new chemical element they have named radium. However, their research puts them on the brink of professional failure.

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

Bingo: Tuesday, March 7 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

Club F.I.T.: Wednesday, March 8 at 12:30 p.m.
This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by Partners in Home Care.* **Cost:** FREE.
Registration encouraged to complete waivers.

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

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

Knitting and Crocheting: Monday, March 13 at 12:45 p.m. Bring your own supplies.

Dominoes: Tuesday, March 14 & 28 at 12:30 p.m.

Seminar Series: Childhood Movie Stars: Tuesday, March 14 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.*

Birthday Lunch: Wednesday, March 15 at 12 p.m. *Cupcakes sponsored by Walker Funeral Homes.*

Comedy Hour: Wednesday, March 15 at 12:30 p.m. **Feature:** "I Love Lucy"

Irish Invasion of Canada 1866: Friday, March 17 at 12:30 p.m. After the American Civil War, a well-funded and well-organized army of Irish-American "Fenians" invaded Canada in 1866 culminating in the Battle of Ridgeway, Ontario, Canada. Did you know that this army of Irish-Americans passed through Northwest Ohio on their way to invade Canada? *Presented by Mike McMaster, Education Coordinator, Wood County Museum*

Left, Right, Center Game: Monday, March 20 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

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

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

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

Medical Myths, Lies, & Half-Truths: Medical Knowledge vs. Misinformation: Wednesday, March 29 at 12:30 p.m. This video series from *The Great Courses* discusses the importance of debunking medical myths and teaches you where to seek out solid, medically backed information.
Topic: *Antioxidants Hype Versus Reality*
Video Presenter: Steven Novella, M.D.

100 Pin Wii Bowling: Friday, March 31 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.

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

Birthday Acknowledgements: Monday, March 1 at 11 a.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center.
Sponsored by Hanneman Family Funeral Homes.

Monthly Guessing Game: Thursday, March 2 at 12:30 p.m. Guess how many items are in the jar and get a chance to win the prize!

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

Horse Races: Monday, March 6 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.*

Trivia Battle: Tuesday, March 7 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.*

ClearCaptions: Wednesday, March 8 at 12:30 p.m. ClearCaptions is an innovative caption phone service that reduces listening fatigue and helps understanding with cutting edge call captioning services that make it possible to SEE the words that callers say. A federal program, enacted by Title IV of the Americans with Disabilities Act (ADA), makes this service available at **NO COST** to those with hearing loss who would benefit from the use of captioning. *Presented by Sure Johnson, ClearCaptions*

Ombudsman's Role: Thursday, March 9 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.*



Craft: Monday, March 13 at 12:30 p.m. This interactive session will have you making your own bar of soap. Learn the art of soap making. All supplies and instruction will be provided.
Registration required. Spots limited to 10.

Facilitated by The Willows of Bowling Green.

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

Downtown Trip: Thursday, March 16 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 Ms Lilly's for a slice of pie. Cost of pie on your own. **Registration Required.**

St. Patrick's Day Party: Friday, March 17 at 12:30 p.m. Join us for themed treats, swag and giveaways.

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

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

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

Irish Invasion of Canada 1866: Tuesday, March 28 at 12:30 p.m. After the American Civil War, a well-funded and well-organized army of Irish-American "Fenians" invaded Canada in 1866 culminating in the Battle of Ridgeway, Ontario, Canada. Did you know that this army of Irish-Americans passed through Northwest Ohio on their way to invade Canada? *Presented by MikeMcMaster, Education Coordinator, Wood County Museum.*



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

Pemberville

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

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

Cards: Daily before and after lunch. 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, March 1 at 12:45 p.m. **Feature:** "Mr. Poppers Penguins" (2011) **Genre:** Comedy/Family/Fantasy **Synopsis:** The life of a businessman begins to change after he inherits six penguins, and as he transforms his apartment into a winter wonderland, his professional side starts to unravel. *Snacks provided by Wood Haven Health Care.*

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

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

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

Trivia Bingo: Thursday, March 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.*

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

Pen Pal Program: Wednesday, March 15 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.

Breakfast Club with Wayne: Thursday, March 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.**

Trivia Battle: Wednesday, March 16 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.*

Trivia: Tuesday, March 20 at 12:45 p.m.
Hosted by Bridge Home Health & Hospice.

Irish Invasion of Canada 1866: Tuesday, March 21 at 12:15 p.m. After the American Civil War, a well-funded and well-organized army of Irish-American "Fenians" invaded Canada in 1866 culminating in the Battle of Ridgeway, Ontario, Canada. Did you know that this army of Irish-Americans passed through Northwest Ohio on their way to invade Canada? *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Movie: Wednesday, March 22 at 12:45 p.m. **Feature:** "Seven Brides for Seven Brothers" (1954) **Genre:** Comedy/Drama/Musical **Synopsis:** In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too. *Snacks provided by Wood Haven Health Care.*

Safe Drug Disposal Program: Thursday, March 23 at 12:45 p.m. This presentation is brought to the community through the partnership of the Wood County Prevention Coalition and the Wood County Addiction Response Collaborative (ARC). Learn how to identify narcotics, where to look, who to call, safe disposal drop-offs and what to do if exposed. Presented by Madison Weilnau, Program Coordinator, ARC & Deputy Kaleb Smith, ARC. The Wood County Prevention Coalition will provide free Deterra packets & drug drop box magnets to all who attend. *Presented by Tina Bradley, M.P.A., Drug Free Communities Program Coordinator/Wood County Prevention Coalition Coordinator, Wood County Educational Service Center*

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

Name that Tune: Wednesday, March 29 at 1 p.m. Tune in for a live Zoom game of 'Name That Tune' with Pemberville's own Marilyn Wilson on piano! This game is just for fun, no prizes awarded. In person option in Pemberville and *Wood County Senior Center will join via Zoom. You may join from the comfort of your home as well.*

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

SAVE THE DATE: Guided Painting: Monday, April 10 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, March 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, March 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.

Spelling Bee: Monday, March 16 at 12:30 p.m.
Join us as we challenge the Wood County Senior Center. We are playing for pride not prize so it's bound to be fun! **In-person participation in Wayne & BG.**

Making the Most of Your Doctors Visits:
Wednesday, March 15 at 11 a.m. *Presented by McLaren St. Luke's Family Medicine. In-person option in Bowling Green*

Movie Star Trivia: Wednesday, March 15 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** Steve Martin. Learn more about his family life, hobbies and career highlights.
In-person option in Bowling Green and Rossford.

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

Lunch and Learn: Friday, March 24 at 11:30 a.m. See page 16 *In-person option in Bowling Green.*

Bingo: Friday, March 24 at 1 p.m. *Cover-all prize awarded.*

Name that Tune: Wed. March 29 at 1 p.m.
In-person option in Bowling Green and Pemberville.



Wood County Senior Center Cards & Games

Euchre: Mondays at 1 p.m.
Fridays at 1 p.m.

Bingo: Tuesdays at 1 p.m.

Hand & Foot: Tuesdays at 1 p.m.
Fridays at 10 a.m.

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

Mah Jongg: Thursdays at 1:30 p.m.

Party Bridge: Fridays at 1 p.m.
Please call the Programs Department if you are interested in playing.

Billiards Room: Available by appointment,
Monday through Friday *Participants must bring own pool cue (s).*

Puzzles: Available daily in the lounge

Technology Loans

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

Hotspot Loans

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



Tablet Loans

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

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



Tablets do not come with internet service.

Around the County, Events & Classes

Acrylic Painting Class

Wednesday, March 22 at 3 p.m.

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

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

March's painting is shown to the right. This session will cover various blending techniques while using a variety of colors to create "Whimsical Birds." 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, March 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: Inspired by artist Josie Lewis, we will be using geometric

templates on watercolor paper to experiment with and create your own geometric layouts, yielding stunning watercolor arrangements. Please wear a paint shirt! **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.*

Lunch & Learn:

Promoting Independence and Safety with Assistive Technology

Friday, March 24 at 11:30 a.m. **Wood County Senior Center**

Presented by: Wood County Board of Developmental Disabilities Occupational Therapy Department (Carly Dauch, OTD, OTR/L; Sarah Heldmann, BS, COTA/L, ATP; Renae Wilhelm, OTD, OTR/L)

This discussion will focus on assistive technology and how it can help promote independence and safety in your home.

- Assistive technology is any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities.
- Assistive technology can also be used to help promote independence and safety in the home as folks navigate the natural changes that occur due to age. Items such as medication reminders, fall detection pendants, video doorbells, and smart speakers help make life easier.

This presentation will focus on simple technology solutions for every room of the house that can be easily purchased and set up. Presenters will demonstrate various tools and technology and allow time for hands on trial and questions.

Presented by Carly Dauch & Sara Heldmann, Renae Wilhelm, Wood County Board of DD. 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 March 21. This session will fill up fast, if you cannot make it please call to cancel, so we can activate our waitlist.**



Around the County, Events & Classes



Spring Semester 2023
MARCH — MAY

ALL COURSES ARE HELD AT THE WOOD COUNTY SENIOR CENTER 140 S. Grove Street, Bowling

- ⇒ **A Glimpse into the Incredible Universe**
Led by Dr. Dale Smith, Physics & Astronomy Professor, Planetarium Director At BGSU
- ⇒ **Adventures in Spanish Literature**
Led by Liliana G Rossi, PhD, Spanish Literature, Spanish Teacher
- ⇒ **Andrew Johnson: The First Sitting President to Visit Wood County**
Led by Richard Baranowski, Local History Librarian, Way Public Library
- ⇒ **Bowling Green in Recent Austrian Literature**
Led by Geoff Howes, Professor Emeritus of German
- ⇒ **Conversational Sign Language** *Led by Nancy Scott*
- ⇒ **County Courts: Juror Selection and Mock Trial** *Led by Judge Kuhlman*
- ⇒ **Fascinating People and Careers**
Led by Mark Wasylyshyn, Floyd Craft, Dick Edwards, Gordon Ricketts, Tim Tegge
- ⇒ **Immigration** *Led by Liliana G Rossi, PhD, Spanish Literature, Paralegal (Immigration)*
- ⇒ **Nutrition and You** *Led by Laura Brubaker, MA Food and Nutrition, RDN, BGSU*
- ⇒ **Public Health Through the Years: Epidemiology**
Led by Dr. Maziarz, Dr. Fevrier, Sharon Schaeffer RN., Dr. Welch
- ⇒ **Travel Basics** *Led by Judy Paffenberger*
- ⇒ **Toledo Museum of Art Gallery Group** *Led by Michael Coomes, Volunteer Docents*
- ⇒ **Reasonable Discussion of Controversial Issues**
Led by Lou Katzner, trustee Professor Emeritus of Philosophy BGSU
- ⇒ **University of Findlay's Mazza Museum** *Led by Vicki Knauerhase, Docent*
- ⇒ **Whatever Happened to the Erie Indians?**
Led by Dr. Earl Campbell Jr., MD, Emeritus Professor of Medicine, University of Toledo
- ⇒ **Writing Boot Camp** *Led by Joseph Elia, Student, English Department, BGSU*

Registration for each course can be completed by contacting the WCCOA Programs Department by phone at **419.353.5661** or **800.367.4935** or by emailing **programs@wcco.net**

To take part in LivelyU courses, a tuition fee of \$20 is required.

This tuition payment will give you access to any courses offered for the spring or fall semester.

Deutsche Relsen

Fridays March 3, 17, 24, 31 at 10 a.m. to 12 p.m.
Have you been interested in learning German? Then join the German course to learn how to express vocabulary on a variety of topics. Grammar will also be covered. *Instructed by Nicholai Barak, BGSU Education Major.*

March 3: Family, interrogative words, everyday expressions

March 17: Conjugation of sein & haben, adjectives, feelings & emotions

March 24: House vocabulary, hobbies & interest, days of the week

March 31: Food & drinks, review & clarification
Registration required by calling 419-353-5661

New Language Classes

Hora de Charla!

Fridays April 7 & 14 at 10 a.m. to 12 p.m.

Would you like to practice, improve, and exercise your Spanish-speaking skills with others? Then come and sign-up for a Spanish discussion class. *Facilitated by Nicholai Barak, BGSU Education Major.*

April 7: Everyday expressions/ questions, personal preference

April 14: Everyday expressions/ questions, personal preference

Registration required by calling 419-353-5661
Hablemos y mejoremos!

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, March 3 and March 17
from 10 a.m. to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, March 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@wcco.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.**

March 3: "Four Daughters" (1938) Starring Claude Rains, Priscilla Lane, John Garfield

March 10: "Dust Be My Destiny" (1939) Starring John Garfield, Priscilla Lane, Alan Hale

March 17: "3 Cheers for the Irish" (1940) Starring Priscilla Lane, Thomas Mitchell, Dennis Morgan

March 24: DOUBLE FEATURE: "The Meanest Man in the World" (1943) Starring Priscilla Lane, Jack Benny AND "Bodyguard" (1948) Starring Priscilla Lane Lawrence Tierney



Care Compass Project

Wednesday, June 7, 2023

11 a.m. to 1 p.m.

Topic: Communication

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@wcco.net Lunch is provided by Brookdale of Bowling Green for the first 20 participants. **In-Person & On Zoom!**

11 a.m. Life is Not Fair! But... You can Learn Ways to Maintain Successful Relationships with the Care Recipient AND with Family, and Friends

Caregiving is a challenging role whether you are a formal or informal care partner for a person with short-term memory loss. It often comes with tough conversations, roles and responsibilities. When you are focusing on the number of tasks, events and details you have cover in a day it can be exhaustingly overwhelming. Reactions and feelings can be quite different for a primary care provider from those of family members who are not present with the care recipient on a daily basis.

This session will focus on communication tips that will help all members of the care recipient's care family feel they are a part of the team. Learning how to improve the quality of time spent with the care recipient, regardless of location, can help all feel useful and successful. Acknowledging good interactions with the care recipient builds a healthier relationship with all family and friends team members. *The Care Compass Project is brought to the community by:*

Around the County, Events & Classes

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.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Tuesdays, April 11 - May 16
1 - 3 p.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

Cost: \$20

Are you experiencing a fear of falling?
Are you limiting your activities due to this fear?
Are you becoming physically weak?

If you answered "yes" to any of the three questions above
'A Matter of Balance' is for you!

During this 8-week class, participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

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

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

March 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		Spaghetti & Meatballs OR Chicken Alfredo noodles, midori vegetables, heritage slaw, banana, sherbet	Cube Steak OR Turkey baked potato, carrot salad, mandarin oranges & grapes	Sloppy Joe OR Salmon Burger roasted sweet potatoes, 3-bean salad, fruit cocktail, rice krispy treat
Chicken A La King OR Swedish Meatballs rice, brussel sprouts, peaches & pears, fruit punch	Chef Salad w/Ham OR Chicken Salad on a bed of lettuce potato salad, cranberry Jell-O salad, blueberry muffin	Hamburger Pie OR Chicken Lasagna riviera blend, Texas caviar bean salad, orange, lemon bar	Stuffed Chicken Breast OR Liver & Onions redskin mashed potatoes, carrots, rosy applesauce, pineapple upside down cake	Stuffed Pepper OR Lemon Pepper Cod winter blend, grapes, peach crunch
Chipped Beef OR Creamed Chicken mashed potatoes, green beans, orange juice, chocolate pudding	Smoked Sausage OR Plantation Supper squash, emerald pears, strawberries & blueberries, angel food cake	Birthday Lunch! Hamloaf corn, potato salad, mandarin oranges & grapes, cake & ice cream	Cubed Steak OR Almondine Pollock stewed tomatoes, sauerkraut salad, cinnamon applesauce	Cream of Potato Soup OR Vegetable Soup egg salad, celery & peanut butter, orange sections
Cabbage Roll OR Veal Patty mixed vegetables, pickled beets, pineapple, brownie	Black-Eyed Hash (Sausage) OR Chicken & Dumplings cooked carrots, cabbage apple raisin salad, peaches, pie	Pepper Steak OR Chicken Teriyaki Breast rice, lima beans, tossed salad, apricots	Turkey Pot Roast OR Meat & Bean Chili corn bread, broccoli salad, banana, fruit sorbet	Scalloped Potatoes & Ham OR Cheese Manicotti Sicilian blend, cucumber salad, baked apple
Hamburger OR Hot Dog wedge fries, citrus slaw, apple, cookie	Italian Lasagna OR Salmon Loaf peas & carrots, potato salad, mandarin oranges & Jell-O	Calico Beans OR Chicken Tenders Nantucket blend, spinach salad, berry blend w/ yogurt, granola	King Ranch Chicken Casserole OR Pork Chop Italian green beans, cauliflower & peanut salad, grapes, frozen yogurt	Sliced Ham OR Tuna Salad on a Croissant baked beans, coleslaw, orange sections, cookies

Served Tuesday through Thursday, 5:30 to 6:30 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day. (Menu is subject to change.)

There is a \$4 suggested donation those over 60 and \$7 fee for those under 60 years of age.

When making your reservation, a chicken breast can be requested instead of the listed entrée.

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room is available.

Dinner Menu

March 2023		
Tuesday	Wednesday	Thursday
Tilapia rice, corn, ambrosia salad, apple	Vegetable Lasagna mixed vegetables, Caesar salad, berry blend, pound cake	BBO Chicken small whole potatoes, Prince Charles blend vegetables, cantaloupe, brownie
7 Tilapia rice, corn, ambrosia salad, apple	8 Chef Salad w/Chicken Strips cauliflower salad, grapes, cherry strudel bites	9 Beef Vegetables Soup Waldorf salad, carrot & celery sticks, pineapple juice, cookies
14 Birthday Dinner! Ham baked potato, brussel sprouts, fruited Jell-O, cake & ice cream	15 Corned Beef boiled potatoes, cooked cabbage & carrots, mandarin oranges & pineapple, Irish crème pie	16 Stuffed Chicken Breast rice pilaf, capri blend vegetables, grape juice, peach cobbler
21 Roast Beef potato cheese bake, broccoli, grapes & pears, lemon cream pie	22 Sausage Links pancakes, hash browns w/ onions, citrus sections, baked apple	23 Mushroom Swiss Chicken Breast wild rice, peas, marinated vegetables salad, melon, cookies
28 Bratwurst mashed potatoes, sauerkraut, melon, carrot cake	29 BBQ Beef Sandwich ranch fries, coleslaw, mixed fruit, pudding	30 Chicken Lasagna carrots, tossed salad, cherry cobbler

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

Comedy Special: Tuesday, March 14 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** "The Rink" and "The Immigrant" Charlie Chaplin. **Registration required.**

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

Science of Natural Healing: Tuesday, March 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:** Ecology and Health. Discussion to follow.

Acrylic Painting Class: Wednesday, March 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, March 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 March 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!

Harold Mercer In Memory of Velma Mercer

George and Nancy Seifert

Gary and Laura Keller

Ginger Dalton In Memory of John Dalton

Donald Hague

Colleen Smith

Sandra K Fischer

Miller Foundation In Memory of Lloyd Miller

Tom and Jean Bamburowski



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 on Aging, Inc.
140 South Grove Street
Bowling Green, Ohio 43402
419.353.5661 or 1.800.367.4935

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 45
BOWLING GREEN, OH

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

We're on the Web!

www.wccoa.net



www.facebook.com/wccoa

LOGSPOT

woodcountycommitteeonaging.blogspot.com/



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