

LivelyU

LIFELONG LEARNING ACADEMY

WOOD COUNTY
COMMITTEE

ON
Aging

Spring 2023
MARCH TO MAY

BGSU. Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

LivelyU

LIFELONG LEARNING ACADEMY

WHAT IS LIVELYU?

The LivelyU Lifelong Learning Academy is a platform of programming offered through the Wood County Committee on Aging, Inc. (WCCOA) in partnership with the Bowling Green State University (BGSU) Optimal Aging Institute. The Academy is designed to enhance our Senior Center programming with opportunities for lifelong learning. Academy courses focus on education, engagement and life enrichment and are facilitated by volunteer instructors with a passion for their chosen subjects! Our courses are intended to be enjoyable and stimulating for all participants and include opportunities for social interaction.

ANNUAL REGISTRATION FEE

To take part in LivelyU courses, an annual tuition fee of \$20 is required. This tuition payment will give you access to any courses offered for the calendar year. Cash, credit card or check payments are accepted and can be made payable to: **Wood County Committee on Aging, Inc.** These payments can be mailed to: **140 S. Grove Street, Bowling Green, OH 43402** or dropped off at any Senior Center in Wood County.

If you are interested in joining the LivelyU Lifelong Learning Academy, but do not have the resources to do so, the **WCCOA Program & Service Scholarship Fund** can assist you! Complete an application form 30 days prior to the semester to be considered for a scholarship.

HOW TO REGISTER

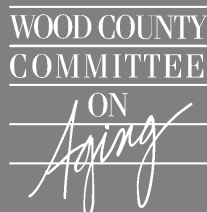
Registration for each course can be completed by contacting the WCCOA Programs Department by phone at **419.353.5661** or **800.367.4935** or by emailing **programs@wcco.net**

Please note that paying the \$20 tuition does not register you for the course(s) you wish to attend. You will need to register for the course you are interested in attending. **Registration is required** in addition to paying the \$20 tuition.

COMMITTEE MEMBERS & HOW TO BECOME A VOLUNTEER

LivelyU course work has been developed by the following committee members: Danielle Brogley, David Drain, Carol Kinsey, Dianne Klein, Vivian Miller, Eric Myers and Lynn Ritter.

If you would like to share your life skills with others and volunteer as one of our instructors, course managers, or curriculum committee members, please call us at **419.353.5661** or **800.367.4935** or email **programs@wcco.net**



Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

Wood County Committee on Aging, Inc.

140 S. Grove Street,

Bowling Green Ohio 43402

Phone: 419.353.5661 or 800.367.4935

Email: programs@wcco.net

Website: www.wcco.net

SPRING SEMESTER 2023

COURSE OFFERINGS

ADVENTURES IN SPANISH LANGUAGE

Language

Thursdays March 2, 9, 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18, 25 10 to 11:30 a.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Liliana G Rossi, PhD Spanish Literature, Spanish Teacher, Paralegal (Immigration)*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: This course will introduce the basic Spanish language in a practical, conversational, and functional way to make it an enjoyable learning experience. This course requires no previous knowledge with the language. The class will be divided in instructional and group work to practice the new vocabulary. The lessons begin with the building blocks of Spanish, the alphabet, the proper pronunciation of consonant and vowel sounds, and greetings and responses to greetings. You will be introduced to daily expressions found in everyday conversations. Participants will be allowed to modify the vocabulary to apply it to their own lives. The purpose of this course is to develop a basic language skill so that you can communicate appropriately in the language.

March 2:	Basic vocabulary	April 13:	Eating and drinking
March 9:	Greetings/Introductions	April 20:	Shopping and prices
March 16:	How do I feel (?)	April 27:	What am I wearing (?)
March 23:	Family life/Where do I live (?)	May 4:	Hobbies, leisure activities
March 30:	Describing things, likes and dislikes	May 11:	What's the date, birthdays (?)
April 6:	Colors, animals	May 18:	What's the weather (?)
		May 25:	What time it is (?)

WRITING BOOT CAMP

Literature

Tuesdays March 7, 14, 21, 28 and April 4 & 11 (6 weeks)

4:30 to 6 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Joseph Elia, Masters Student, English Department, BGSU*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: Come and sharpen your thinking, creativity and writing skills in the Writing Boot Camp. While there will be some theory presented, this bootcamp is focused on learning to write fiction by actually doing it. Each week attendees will have a brief themed discussion on writing. Then they will be given a writing prompt and asked to create a work of fiction, poetry, or creative nonfiction. Afterwards the class will share and critique each other's works.

March 7:	Introductions, followed by prompt, writing time, workshop
March 14:	What is flash fiction? followed by prompt, writing time, workshop
March 21:	Creating compelling dialogue followed by prompt, writing time, workshop
March 28:	Poetry writing primer followed by prompt, writing time, workshop
April 4:	Writing descriptions of people, places and things followed by prompt, writing time, workshop
April 11:	Creative nonfiction using your life as material followed by prompt, writing time, workshop

The Wood County Committee on Aging, Inc. makes every effort to ensure diversity of courses and, thus a diversity of views and opinions on a variety of topics. The views and opinions of persons offering courses should not be interpreted as reflecting or representing the views or opinions of the Wood County Committee on Aging, Inc.

SPRING SEMESTER 2023

COURSE OFFERINGS

TOLEDO MUSEUM OF ART GALLERY GROUP

Art

Wednesdays, March 8, April 12 and May 10

2 to 3 p.m.

LOCATION: Toledo Museum of Art, 2445 Monroe Street, Toledo

DOCENTS: *Michael Coomes and Sally Drier TMA docents*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: Meet us at the Toledo Museum of Art (TMA) for this monthly group! As an art education institution, TMA strives to provide access to works of art in the Museum and information about them. The Museum's Gallery Group program provides an opportunity for art lovers to gather regularly to explore interesting themes in the TMA collection. Led by a docent guide, Gallery Groups provide an enriching way to either experience the Museum with friends and colleagues or make new friends while exploring art.

March 8: Phenomenal Worlds: Ceramic Art

April 12: Exhaling Creativity: Women Artists and Their Work

May 10: Sparkle and Shine: Treasures of the TMA Glass Pavilion

Please note that participants must provide their own transportation to the Museum and must register each month they will be attending. Carpooling is encouraged.

NUTRITION AND YOU

Well-Being

Monday, March 13, March 27, April 10

11 a.m. to 12 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Laura Brubaker, MFN, RDN, LD Assistant Clinical Professor, Dietetic Internship Director, and Dietetic Interns*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE:

March 13 Nutrition: I've always wanted to know... "Good nutrition is the key to good mental and physical health," however there is a lot of information out there and it can be hard to know what is important and what it means to **you**. Join Assistant Clinical Professor Laura Brubaker and BGSU's dietetic interns for a discussion where they share answers to specific participant questions during this for a personalized Q & A. Pre-registration is required for those who want their specific questions answered.

Synopsis continued on page 5.

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SPRING SEMESTER 2023

COURSE OFFERINGS

NUTRITION AND YOU

Well-Being

March 27: Am I really hungry? A Discussion about Nutrition and Mindfulness

Harvard University explains that nutrition and mindfulness go together. In fact, mindfulness and nutrition includes every step when it comes to eating, from buying groceries, preparing dishes, serving meals, and consuming food. Join the Assistant Clinical Professor Laura Brubaker and BGSU's dietetic interns for an engaging session on nutrition and mindfulness.

April 10: Basic Nutrition: Make MyPlate Your Plate

What used to be the well-known Food Pyramid has since evolved into MyPlate. MyPlate contains the five food groups that are important for a healthy eating pattern: fruits, veggies, grains, proteins, and dairy. But how can we be sure that we are eating each of these five food groups? What if I don't drink milk but want to get my dairy for the day? In this session, Laura Brubaker and BGSU's dietetic interns will break down how *you* can meet your basic nutrition goals *your own way*, making MyPlate Your Plate.

TRAVEL BASICS

Geography

Tuesdays, March 14, April 11 and May 30

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Judy Paffenberger, English teacher & quiz bowl coach, Libby High School.*

Presented over 500 travelogues since retirement, visited 90 countries and went on 50 cruises.

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: This course will be a combination of a 30-45 minute travelogue followed by travel tips and Q & A time.

March 14: Travel basics and independent travel. We'll journey on a French road trip through southern and central France. Beautiful scenery, quaint villages, charming bed and breakfast's, and much more. We'll cover passports, money, transportation, and accommodations.

April 11: Cruising. The travelogue will be a recent Mediterranean cruise. Choosing the right cruise and getting the most out of it.

May 30: A group tour through "Vibrant Vietnam." An organized group tour is probably the easiest way to travel but there can still be much to consider.

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SPRING SEMESTER 2023

COURSE OFFERINGS

A GLIMPSE INTO THE INCREDIBLE UNIVERSE

Science

Thursdays, March 16, 23, and 30

2:15 to 3:30 p.m.

LOCATION: Bowling Green State University Planetarium, Near the corner of N. College and E. Merry Street. See the campus map at <https://map.bgsu.edu/?id=652#!ct/>

INSTRUCTOR: Dr. Dale Smith, Professor and Planetarium Director

ADDITIONAL COURSE FEE: Parking fees on own.

COURSE OUTLINE: BGSU's Planetarium is a "40-foot dome... with video that can immerse you in the cosmos and can show the sky as it would be seen from any place on the Earth at any time." Operated by the Department of Physics and Astronomy in the College of Arts and Sciences at Bowling Green State University (BGSU), join Dr. Dale Smith as he guides you through three live interactive presentations in "the state-of-the-art SciDome." Each interactive presentation will be followed with a Question and Answer session.

Please note that participants must provide their own transportation to the Planetarium.

Carpooling is encouraged and parking fees not included in registration.

PUBLIC HEALTH THROUGH THE YEARS: EPIDEMIOLOGY

Science

Thursdays, March 16, 23, and 30

3 to 4 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUSTORS: Dr. Lauren Maziarz, RN, Dr. Bradley Fevrier, CHE, Sharon Schaeffer, MPH, RN, and Dr. Phil Welch, MCHES

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: Join faculty from the Department of Public and Allied Health in the College of Health and Human Services at BGSU, as they share their expertise on a variety of infectious diseases.

- Dr. Lauren Maziarz, RN Assistant Professor has experience working in hospital and community settings and is an expert in disease prevention and wellness.
- Dr. Bradley Fevrier, CHE Assistant Professor started his health career as a First responder at the St. Lucia Fire and Emergency Services on the island of St. Lucia. His current research focuses on health promotion.
- Sharon Schaeffer, MPH, RN Clinical Assistant Professor started her career as a hospital nurse and transitioned into public health where her areas of expertise include epidemiology, disaster planning, community needs assessment, and health education.
- Dr. Phil Welch, MCHES Associate Professor and Graduate Coordinator began his career as a Wellness Coordinator at the University of Michigan, designing, implementing, and evaluating health promotion programs for faculty and staff wellness. Together, these instructors will share on public health across three sessions.

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SPRING SEMESTER 2023

COURSE OFFERINGS

FASCINATING PEOPLE AND CAREERS

Well-Being

Wednesday, March 22, Thursday, April 20, Wednesday April 26, 2 to 3 p.m.
Wednesday, May 3 & Wednesday, May 24

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTORS: Mark Wasylyshyn, Wood County Sherriff; Floyd Craft, Business Owner; Dick Edwards former Mayor of Bowling Green; Gordon Ricketts, Artist; Tim Tegge, Musician

ADDITIONAL COURSE FEE: None

COURSE OUTLINE:

Wednesday, March 22: Mark Wasylyshyn, Discover a behind the scenes look at what it takes to be a Sheriff, the day to day encounters from serving the community to capturing the criminals. Learn more about the unique aspects of Wood County.

Thursday, April 20: Floyd Craft, grew up on small dairy farm in Pennsylvania. He attended college for two years and then decided it wasn't for him. Floyd worked in retail for 20 years, traveling for the company, attending trainings and providing opportunities for retail growth. When the company divested he moved to Bowling Green in 1975 and opened Ben's in 1976. Learn how he started his own businesses, the obstacles he faced and how he overcame all of these road blocks to become a successful local business owner.

Wednesday, April 26: Dick Edwards, BG Mayor Emeritus and Community Volunteer

Mayor Edwards will discuss the role of the Mayor, the Office of the Mayor, and some of the complexities and ambiguities associated with the office against the backdrop of his eight years as BG Mayor. He will discuss the importance of citizen involvement in city government and how citizens can make a difference using the creation of The Wooster Green as a mini case study. Edwards will also share some thoughts about retirement and why it is okay to "flunk" the retirement test.

Wednesday, May 3: Gordon Ricketts "Is life art?" In my case, I believe so.": Connecting with Artist Gordon Charles Ricketts Gordon is Teaching Professor Emeritus of Drawing and Painting in the School of Art at Bowling Green State University. Over the last 23 years, Gordon, along with students, has painted murals all over the world, including Bowling Green, Toledo, Chicago, New York, San Francisco, Ghana, and Peru. Join Gordon as he shares his experiential work with students and how his evolution continues with community art projects.

Wednesday, May 24: Tim Tegge, from Bowling Green, Ohio, is a singer/songwriter, whose songs tell the stories of everyday life. With over 160 originals to his credit, he takes listeners on an eclectic lyrical journey from birth to death and everything in between. This visually impaired artist sees the world in ways no one else does, and his unique perspective is reflected in songs which are funny, sad, poignant, and thought-provoking. Tim performs year-round in northwest Ohio at festivals, community events, local bars and wineries. Tegge and his band "The Black Swamp Boys" have performed several times at the Black Swamp Arts Festival, including mainstage performances in 2018 and 2021. He is also a frequent guest on WBGU-FM's The Morning Show and the weekly Hump Day Revue. Join Tim as he shares some of his original music, as well as stories from his journey to become a songwriter.

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SPRING SEMESTER 2023

COURSE OFFERINGS

BOWLING GREEN IN RECENT AUSTRIAN LITERATURE

LANGUAGE/LITERATURE/CULTURE

Wednesday, March 29, April 26, May 31

4 to 5 p.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove Street, Bowling Green

INSTRUCTOR: *Geoff Howes, Professor Emeritus of German, BGSU*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: Since 1986, the German program at BGSU has hosted writers in residence from the German-speaking world in a program supported by the Max Kade Foundation. Given BGSU's strong connections with Austria, most of these guests have come from that country. Geoff Howes has translated texts by these authors for bilingual readings and publication. As it turns out, many of these writers have reflected in fiction, poetry, and essays on their experiences in Bowling Green.

In this course we will read selected short texts in Howes's translation by Gerhard Kofler, Martin Amanshauser, Angelika Reitzer, Peter Rosei, and others, and discuss the images of Bowling Green and Ohio that emerge from them. And we will read a text by our 2023 Max Kade Writer in Residence, Marianne Jungmaier, who will visit our class to discuss it.

UNIVERSITY OF FINDLAY'S MAZZA MUSEUM

LITERATURE

Wednesday, April 5

2 to 3 p.m.

Wednesday, April 19 Tour of Mazza Museum

2:15 p.m.

LOCATION: April 2 at Wood County Committee on Aging, 140 South Grove St., Bowling Green

April 19 at University of Findlay's Mazza Museum, 201 College St., Findlay Ohio Depart from the WCCOA parking lot at 1:15 p.m. to Car pool travel time (approx.) 35 min.

INSTRUCTOR: *Vicki Knauerhase, Docent*

ADDITIONAL COURSE FEES: None

COURSE OUTLINE:

Wednesday, April 5: This session will cover the mission of University of Findlay's Mazza Museum and its promotion of literacy to enrich the lives of all people through the art of picture books. A documentary of the Mazza Museum will be shown to provide a background on the museum before our tour.

Wednesday, April 19: We will tour museum's six galleries exhibit with more than 300 works of art and will learn more about its rich history from our docent. A plaque for each piece notes the names of the artist, the title of the book, the date of the creation, the media the artist used and the sponsor. Celebrate the original art of picture books with us during this session.

***Please note that participants must provide their own transportation to the Museum.
Carpooling is encouraged.***

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SPRING SEMESTER 2023

COURSE OFFERINGS

IMMIGRATION

History /Government

Thursday, April 6 and 13, 2023

3 to 4:30 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Liliana G Rossi, PhD Spanish Literature, Spanish Teacher, Paralegal (Immigration)*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE:

Thursday, April 6: Until the 1980's US Immigration law was largely a matter for the states. Today it is almost entirely federal. Several agencies have roles in administering this law. September 11, 2001, led to a radical restructuring of the government agencies passing of the Homeland Security Act of 2002 which created the Department of Homeland Security. It is not found in the Constitution expressly authorizing the federal government to regulate immigration. This session will share a brief history on the immigration laws and discuss the agencies currently involved in this processes and their responsibilities.

Thursday, April 13: This session will cover immigration processes and the application process. We will differentiate between immigrant and non-immigrant visas and will learn the descriptions and requirements. Other areas that will be discussed include the following terms: Asylum, DACA, Family sponsored, Waivers, U/T visas, Naturalization (and Citizenship Test) Removals, BARS, Cancellation of Deportation, Work permits, Tourist and Study visas, Fiancé visa, TPS, I-94, 9 Verify, RFE's, Affidavit of Support, Biometrics. We will also discuss vocabulary relative to these processes.

CONVERSATIONAL SIGN LANGUAGE

Well-Being

Tuesdays, April 11, 18, 25, May 2, 9, 16 (six weeks)

9:30 to 11 a.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: Nancy Scott

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: This course will introduce you to beginning sign language. It will include some history of sign language, as well as vocabulary to help you speak to someone without using your voice.

Topics include: the alphabet, numbers, colors, foods, family members, animals, places, and times. We can also find time for other subjects that may interest class members. Each class we will take time to converse with each other to practice this new skill. This can be a great skill to teach your grandchildren or your friends and family, or to begin communication with a deaf acquaintance.

Class size limited to 15.

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SPRING SEMESTER 2023

COURSE OFFERINGS

REASONABLE DISCUSSION OF CONTROVERSIAL ISSUES

Well-Being

Tuesdays, April 18, 25 and May 2, 9, 16 (six weeks)

3 to 4 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Lou Katzner, trustee Professor Emeritus of Philosophy BGSU*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: We all have things we strongly believe in even though there are others who believe differently. When faced with such situations one option is to just not talk about these things with those who disagree with us.

Another option is to simply yell at each other. But what is needed in a democratic society, and a healthy family, is the ability to talk with each other in a reasonable way about such issues. Moreover, although such conversations are difficult, they can end up being some of the most satisfying we have.

In this course we will identify some of the approaches and skills necessary to have these kinds of conversations and practice them on a few controversial topics of the class participants' choosing.

COUNTY COURTS: JUROR SELECTION AND MOCK TRIAL

Government

Wednesdays, May 3 and May 10

10 a.m. to 11 a.m.

LOCATION: Wood County Courthouse, 1 Court House Square , Bowling Green **Court #4**

INSTRUCTOR: *Joel Kuhlman, Judge of Wood County Court of Common Pleas*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE:

Wednesday, May 3: This session will look at the trial process including the selection of a jury, opening statements, presentation of evidence and testimony of witnesses, closing arguments, presentation of jury instructions (charging the jury), deliberation and announcement of the verdict.

Wednesday, May 10: This session will offer an innovative approach to learning the law and how our legal system functions. Guided by Judge Kuhlman we will work our way through a trial process. This session will aid us in developing a better understanding and appreciation for the law, court procedures and the judicial system. We will review constitutional rights and responsibilities.

Please note that participants must provide their own transportation to the Courthouse.

Carpooling is encouraged and parking fees not included in registration.

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SPRING SEMESTER 2023

COURSE OFFERINGS

WHATEVER HAPPENED TO THE ERIE INDIANS?

History

Tuesday, May 23

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Dr. Earl Wm. Campbell Jr., MD, Emeritus Professor of Medicine, University of Toledo*

ADDITIONAL COURSE FEE: None

COURSE OUTLINE: What did Erie mean? What is the significance of being an Iroquois or Algonquin Indian? What role did the Dutch, English and French have in the fate of the Indians? What were the “beaver wars”?

The Erie are Indigenous peoples of North America. They no longer exist today as a distinct group, since remaining survivors, after a war with the Iroquois Confederacy, were incorporated into the Huron-Wyandot and/or Seneca tribes, but when unified they were an Iroquoian-speaking people whose language is similar to that of the Huron. This session will focus will be on local areas and the Indians’ impact in those areas, the life of the Erie Indians and their demise. Highlighted aspects include their architecture, culture, cuisine, and the challenges they encountered.

Andrew Johnson: The First Sitting President to Visit Wood County

History

Thursday, May 25

2 p.m. to 3 p.m.

Location: Wood County Committee on Aging, 140 South Grove St., Bowling Green

Instructor: *Richard Baranowski, Local History Librarian, Way Public Library*

Additional Course Fee: None

Course Outline: In 1866, Andrew Johnson made a railroad campaign trip to shore up his presidency and the Union Party at the mid terms.

He went by train from Washington to St. Louis and back. On the way he came through this area. It was called ‘Swing Around the Circle.’

He had many famous military and political men with him. Grant, Custer, William Seward and others. It was the first time a president strictly used a train to campaign.

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COMMITTEE



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419.353.5661 or 1.800.367.4935

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



We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



BLOGSPOT

woodcountycommitteeonaging.blogspot.com/



The LivelyU Lifelong Learning Committee would like to formally thank all of the instructors for their willingness to share their time and knowledge with the participants during their course time. A most gracious thank you is also extended to the participants for their interest in actively learning and growing through these course offerings. We are looking forward to another great year of learning, sharing and exploring together. The Fall 2023 course offerings will be available in mid July. The Fall semester will run from September to mid November 2023.

If you would like to share course ideas or comments about the current course offerings please send a email to programs@wccoa.net or call 419.353.5661 and ask for the Programs Department.

The Optimal Aging Institute and WCCOA are looking forward to hosting you in 2023!