

WOOD COUNTY COMMITTEE

ON
Aging
APRIL 2023

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net



Important Information on Car Care: Routine and Preventative Auto Maintenance

Friday, April 14 from 1 to 2 p.m.

Wood County Senior Center
140 South Grove St., Bowling Green
*Presented by Taylor Grover,
Shop Manager, Wright Tire and Auto*

You rely on your vehicle to get you everywhere. You need it to run smoothly and run for a long time. If you're not staying on top of these routine and preventative maintenance services, though, your car may not be getting the attention it needs to live its longest life. Find out what these preventative maintenance services are and how they can help your car live its longest, most cost-efficient life!

This might all sound complicated, Taylor Grover will share these tips with you. In the end, preventative maintenance is as simple as getting the right service at the right time. This helps catch and prevent problems as early as possible.

**To register for this session call the Programs Department
at 419.353.5661 or email programs@wccoa.net**

Take Part in Our Community Mosaic Tile Project

Week of April 17 and Week of April 24

Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Committee on Aging, 140 South Grove St., Bowling Green dining room.



Local artist Gayle Christofferson, of Animal House Glass will be present at all locations to provide guidance and assistance as we strive to have as many older adults as we can place several glass tiles in the frames to create our final product the stain glass windows. Take part by attending one of the sessions on the following days:

- Monday, April 17 at 12:30 p.m. Northeast Area Senior Center
- Tuesday, April 18 at 12:30 p.m. Grand Rapids Area Senior Center
- Wednesday, April 19 at 10:30 a.m. Wood County Senior Center
- Monday, April 24 at 11 a.m. Briar Hill Health Care Campus, 600 Sterling Drive, North Baltimore. Call 419-957.8327 to make your reservation for lunch.
- Tuesday, April 25 at 12:30 p.m. Pemberville Area Senior Center
- Wednesday, April 26 at 12:30 p.m. Wayne Area Senior Center
- Thursday, April 27 at 12:30 p.m. Rossford Area Senior Center

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

For an appointment, please call 419.474.7700

Clinic Site	Date	Time
Pemberville Area Senior Center	April 26	1 to 3 p.m.
Wood County Senior Center	May 10	1 to 3 p.m.

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

alzheimer's association

Memory Chat

Wednesday, April 19

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

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	April 6	2 to 4 p.m.
Bowling Green	June 8	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

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



RUMMAGE SALE Coming Soon!

The Wood County Senior Citizens Club is having its first Rummage Sale since February 2020! Dates are as follows:

Friday, May 5 and 6, 2023.

- Donations will be accepted the week of March 20 to March 24 and March 27, 28, 29, and 31 (no drop offs on March 30) between 1 and 3 p.m.
- Check in at the Front Desk upon entering with your items.
- We cannot take mattresses, computer equipment, box TVs, or upholstered furniture. We accept jewelry, household items cleaned and in working order, clothing with light wear, seasonal decorations.

For questions, leave a message at the front desk of the Wood County Senior Center 419-353-5661, 1-800-367-4935 or via email at wcco@wcco.net for volunteer Fern Kao, Rummage Sale Coordinator.

WCCOA Support Groups

Caregiver Support Group

Monday, April 10 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, April 27 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.

Alzheimer's Association

Caregiver Support Group

1st Tuesday of the month at 3 p.m.

Location: Perrysburg First Church
200 West 2nd Street, Perrysburg

For more information or to register call the Alzheimer's Association of Northwest Ohio at 1-800-272-3900.

Grasping Your Grief

Wednesdays, April 5 & 19 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**

Other Local Support Groups

National Alliance on Mental Illness (NAMI) Family Support

First & Third Tuesday of each month at 2 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, March 22 to April 26 from 5:30-6 p.m.
Buti Chair Yoga incorporates primal movements while sitting in a chair to enhance posture and control.
Claire Semer, Certified Instructor.

Get Moving Classic

Free

Mondays, Wednesdays & Fridays at 11:30 a.m.
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.

Chair Yoga

Cost: \$20

Thursdays, April 20 to May 25 at 1 p.m.
Engage your breath, practice sensory awareness, and enjoy the movement of the body.
Chelsea Cloeter, Certified Instructor.

Tai Chi

Cost: \$60

Wednesdays, March 29 to May 3 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.

Club F.I.T.

Cost: 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

Tai Chi Practice

FREE

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

Yoga

Cost: \$40 per session

Beginner: *Mondays, Apr. 17 to May 22 at 10:30 a.m.*
Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced: *Tuesdays, April 25 to May 30 at 10:30 a.m.* Incorporates breathing techniques, warm up postures to help open the body. Moving into different standing and balancing postures and wind down postures on the floor with sound vibration or guided relaxation.

Intermediate: *Thursdays, Apr. 6 to May 11 at 11a.m.* Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level.

Dynamic Balance

Cost: \$20

Wednesdays, April 12 to May 17 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.

Virtual Fitness: Zoom

*All SilverSneakers virtual classes FREE for Members. *Shelia Brown, Certified Instructor*

SilverSneakers Classic

Cost: \$20 *Wednesdays, April 12 to May 17 at 10 a.m.*

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.

SilverSneakers Strength & Balance

Cost: \$20 *Fridays, April 14 to May 19 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.

SilverSneakers Classic

Cost: \$20 *Fridays, April 14 to May 19 at 10 a.m.*

Perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Registration required for any of these virtual fitness classes. Call 419-353-5661 or email programs@wccoa.net

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.

Beginner Guitar Circle: Wednesday, April 5 & 19 at 10:30 a.m. Participants will be beginners 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 Zarfardino.*

Guitar Circle: Wednesdays at 11:30 a.m. Participants vary from intermediate to advanced players with the goal of creating a supportive environment for musicians to take turns sharing their knowledge and songs. Registration required for first time participants. *Sessions assisted by John Zarfardino.*

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.

The Cannons of Wood County: Monday, April 3 at 11 a.m. There are many cannons on display in Wood County, but did you know, few of them are actually cannons. In this program we will look at the cannons of Wood County and learn a little bit more about them. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

TV Series: Yellowstone: Monday, April 3 & 17 at 1 p.m. In this series you will view: **April 3** Season 2 Episode 7, 8 & 9 **April 17:** Season 2 Episode 10, Season 3 Episode 1 & 2 Registration encouraged.

Romantic Movies: Wednesdays, April 5, 12, 19 and 26 at 1 p.m. **5:** "Mamma Mia (2008) **12:** "Must Love Dogs" (2005) **19:** "On Golden Pond" (1981) **26:** "Under the Tuscan Sun" (2003) Registration required. *Hosted by Liliana Rossi.*

BG Knitter's Guild: Wednesday, April 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Dinner and Learn: Information on the Process of Tissue Donations: Wednesday, April 5 from 4 to 5 p.m. Do you have questions about end-of-life planning; specifically organ, eye and tissue donation? For more information see page 14. *Abigail Brentlinger, Director of Community Tissue Services.*

Mystery Movie Series: The Snoop Sisters Thursdays, April 6, 13, 20, 27 at 1 p.m. **6:** "TV Movie Pilot" (1972). **13:** "Corpse and Robbers" (1973) **20:** "Fear is a Free Throw" (1974) **27:** "The Devil Made Me Do It" and "Black Day for a Blue Bird" (1974) Registration required.

Happy Hour: Friday, April 7 at 12:30 p.m. This hour is filled trivia, jokes and more. *Snacks by Bowling Green Manor.* **Zoom option available.**

Breakfast Club: Monday, April 10 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. Registration required.

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

Comedy Special: Tuesday, April 11 at 4 p.m. **Feature:** Red Green Show Registration required.

Kingston Derby: Thursday, April 13 at 1 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Car Care: Friday, April 14 at 1 p.m. *Presented by Taylor Grover, Wright Tire and Auto. See page one.*

Brain Training: Tuesday, April 18 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. Registration required by April 17.

Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care.

Topic: Toolbox in Action: Stress and Assertiveness. **Video Presenter:** Jason M. Satterfield, Ph.D.

Wood County Continued...



Craft: Tuesday, April 18 at 2:30 p.m. We will be creating decorative popsicle spring birdhouses for indoor use. All supplies and guidance for project will be provided.

Registration required. Sponsored by 1018 Travels with Stephanie.

Science of Natural Healing: Tuesday, April 18 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** Healthy People, Healthy Planet **Presenter:** Dr. Mimi Guarneri.

Take Part in Our Community Mosaic Tile Project: Wednesday, April 19 at 10:30 a.m. Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Committee on Aging, 140 South Grove St., Bowling Green dining room. *See page one for more information.*

Parkinson's Disease: Wednesday, April 19 at 11 a.m. This session will provide insight into the questions your need to ask your provider regarding the diagnosis, progression and treatment of this chronic disease. *Presented by McLaren St. Luke's Family Medicine. Zoom option available.*

Movie Star Trivia: Wednesday, April 19 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, April 19 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*

Brain Games: Wednesday, April 26 at 12:30 p.m. Riddles, trivia, and problem-solving. In person option in Bowling Green and Northeast Area Senior Center. **Zoom option available.**

Coffee & Coloring: Monday, April 24 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, April 24 from 1 to 3 p.m. **This month's project:** Velour paper is satisfying paper to draw on with oil or chalk pastels. This fuzzy paper allows for colors to pop and create a bold and bright image. Feel free to bring an image of your own to draw, or try your hand at creating a colorful mandala (circle drawing). **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.*

Therapy Dogs International: Monday, April 24 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, April 25 at 11 a.m. *Facilitated by Bridge Home Health & Hospice*

Reader's Café: Tuesday, April 25 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting April 1) then come together to watch the film.

Feature: *The Secret* by Rhonda Byrne **Synopsis:** In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller.

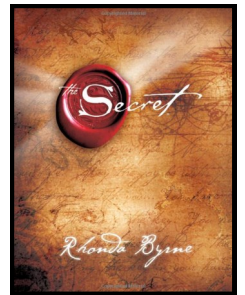
In this book, you'll learn how to use *The Secret* in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life.

Books and audiobooks available by loan.

Registration required.

Lunch & Learn: Friday, April 28 at 11:30 a.m. **This month:** Biodiversity 101. *Presented by Cinda Stutzman, Bowling Green Parks and Recreation. See page 16 for more details!* First 25 registered will receive lunch *provided by Wood Haven Health Care.* **Zoom option available. Registration required.**

Zoom Bingo: Friday, April 28 at 1 p.m. *Cover-all prize awarded. Register to receive the Zoom code in weekly email.*



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 to Apr. 24 at 11 a.m. *No classes Mar. 12 & Apr. 10*
Wednesdays, Mar. 15 to 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.*

Texas Hold 'Em Tournament: Monday, April 3 & April 17 at 1 p.m. This is one of the most popular variants of the card game poker. **Registration is required.**

Kingston Derby: Tuesday, April 4 at 12:45 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Euchre Tournament: Thursday, April 6 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, April 7 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.*

10 Clues: Guess Who? Game
Monday, April 10 at 12:30 p.m. This game will provide clues to see how quick you can guess who it is. *Facilitated by Manor of Perrysburg.*

Pinochle Tournament: Monday, April 10 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, April 11 at 9 a.m.
Location: Bob Evans (10770 Fremont Pike, Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**

Bingo: Tuesday, April 11 at 12:45 p.m. *Hosted and sponsored by Waterford at Levis Commons.*

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

Now and Then: Thursday, April 13 at 12:30 p.m.
Reminiscing Topic: Family Game Night. *Facilitated by Comfort Keepers.*

April Showers brings May Flowers: Friday, April 14 at 12 p.m. This event is a celebration of spring. We will be decorating mini flower pots. Planting a flower and enjoying the company of others. *Sponsored by St. Clare Commons.*

Texas Hold'em Tournament: Monday, April 17 at 12 p.m.

Parkinson's Disease: Tuesday, April 18 at 12:15 p.m. This session we will cover important factors to consider when dealing with Parkinson's Disease. *Presented by Promedica Senior Care.*

Birthday Lunch: Wednesday, April 19 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*

Dash Diet: Thursday, April 20 at 12:30 p.m. This video explains the benefits of adopting the DASH diet and provides you with tips and tools to successful make these changes. *Presented by Natasha Sweeney, BGSU student.*

Hand & Foot Card Game: Monday, April 24 at 1 p.m. **Registration required.**

Movie Day: Tuesday, April 25 at 12:45 p.m.
Feature: "80 for Brady" (2022)
Synopsis: A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home.*

Perrysburg Continued...

Trivia: Wednesday, April 26 at 12:30 p.m.
Hosted by Transitions Care.

Caregiver Support Group: Thursday, April 27 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, continued....

recommendations, and an outlet for caregivers to connect with one another. *Hosted by WCCOA.*
Registration required by calling 419.353.5661

Left, Right, Center: Thursday, April 27 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Take Part in Our Community Mosaic Tile Project: Friday, April 28 at 12:30 p.m. *see page one.*

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, April 7, 14, 21, 28 at 11:45 a.m. How many clues will it take for you to uncover the inventor?

The Cannons of Wood County: Tuesday, April 4 at 12:30 p.m. There are many cannons on display in Wood County, but did you know, few of them are actually cannons. In this program we will look at the cannons of Wood County and learn a little bit more about them. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

The Unique and Unusual: Houses and Landmarks: Wednesday, April 5 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.

Salt Trivia Gameboard: Friday, April 7 at 12:30 p.m. High blood pressure affects nearly half of the adult population in the United States, yet many people who have the condition don't know they have it. Join us as we play a trivia game to help you learn more about sodium and high blood pressure. *Presented by OSU extension Office.*

Fitness Fun: Monday, April 10 & 24 at 11:15 a.m.
By video.

Bingo: Tuesday, April 11 at 12:30 p.m. *Sponsored by Bowling Green Manor.*

Bingo: Wednesday, April 12 at 12:30 p.m.
Sponsored by St. Catherine's Manor Fostoria.

Seminar Series: Childhood Movie Stars: Friday, April 14 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we are featuring: *Melissa Gilbert.*



Craft Soap Making:

Monday, April 17 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, April 19 at 12 p.m. *Cake & ice cream sponsored by The Willows of Bowling Green.*

Bingo: Wednesday, April 19 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Breakfast Club with Pemberville: Thursday, April 20 at 9:30 a.m. Join us as we gather together to enjoy each other's company. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost on your own. Register with the Senior Center.**

Trivia Battle: Friday, April 21 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.*

Take Part in Our Community Mosaic Tile Project: Wednesday, April 26 at 12:30 p.m. Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Committee on Aging, 140 South Grove St., Bowling Green dining room. *See page one for more information.*

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.

Safe Drug Disposal Program: Monday, April 3 at 12:30 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.*

Club F.I.T.: Tuesday, April 4 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.**

Trivia: Wednesday, April 5 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

The Cannons of Wood County: Thursday, April 6 at 12:30 p.m. We often drive past old war memorials and sometimes pay no attention to the cannons on display. There are many cannons on display in Wood County, but did you know, few of them are actually cannons. In this program we will look at the cannons of Wood County and learn a little bit more about them. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Seminar Series: Childhood Movie Stars: Monday, April 10 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.*

Breakfast Club: Tuesday, April 11 at 9 a.m.
Location: Denny's, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the Senior Center.**

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

Divas and Dessert: Friday, April 14 at 1 p.m. Gentlemen, join us for a little conversation, a special drink and a sweet dessert with friends. *Dessert provided by The Commons.*

Birthday Lunch: Wednesday, April 19 at noon. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, April 19 at 12:30 p.m. **Featuring:** Jodi Foster. Learn more about her family life, hobbies and career highlights. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager.* **Zoom option available.**

Bingo: Thursday, April 20 at 12:30 p.m. *Prizes sponsored by The Commons.*

Rossford Tea Party: Friday, April 21 at 1 p.m. Join your friends and enjoy a cup of specialty tea and snacks, don't forget to bring your own tea cup! *Snacks sponsored by The Commons.*

Noodle Drum Exercise: Monday, April 24 at 12:30 p.m. *Facilitated by Mary Tebbe, Rossford Area Senior Center Site Manager.*

Thinklers: A Collection of Brain Ticklers: Tuesday, April 25 at 12:30 p.m. Exercise Your brain with these fun activities. **Theme:** Position Puzzles. *Facilitated by Wood Haven Health Care.*

Jingo: Wednesday, April 26 at 12:30 p.m. Jingo card and place holders will be provided. *Sponsored by Kingston of Perrysburg.*

Take Part in Our Community Mosaic Tile Project: Thursday, April 27 at 12:30 p.m. Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Committee on Aging, 140 South Grove St., Bowling Green dining room. *See page 1 for information.*

OUTING to St. Clare Commons: Friday, April 21 Coffee & Conversations with friends at St. Clare Commons at **10:15 a.m.** Enjoy delicious cup of coffee, tea, hot cocoa and treats while discussing current topics focusing on LIVING HEALTHIER.

Thursday, April 20 HAPPY HOUR at 3 to 4:15 p.m. with talented and funny JOHN PICKLE providing great music, fun and fellowship while enjoying tasty treats. ALL are welcome and hope to see you!

To reserve, call St. Clare Commons, 12469 Five Pt Rd, Perrysburg PAT GORY at 419.931.0050.

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

Left, Right, Center Game: Monday, April 3 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, April 4 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

The Real History of Secret Societies:
Wednesday, April 5 at 12:30 p.m. This video series from *The Great Courses* and is a historical look at the true like groups which, if you believe the myths, are unspoken power behind some of the world's major turning points. **Topic:** *The Never Ending Story* **Video Presenter:** Richard Spence PhD.

Kingston Derby: Friday, April 7 at 12:30 p.m.
Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

Trivia: Monday, April 10 at 12:15 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health and Hospice.*

Knitting and Crocheting: Monday, April 10 at 12:45 p.m. Bring your own supplies

Dominoes: Tuesday, April 11 & 25 at 12:30 p.m.

The Cannons of Wood County: Tuesday, April 11 at 12:30 p.m. We often drive past old war memorials and sometimes pay no attention to the cannons on display. There are many cannons on display in Wood County, but did you know, few of them are actually cannons. Continued.....

In this program we will look at the cannons of Wood County and learn a little bit more about them. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Club F.I.T.: Wednesday, April 12 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, April 13 at 12:15 p.m. *featuring Mayor Ed Kolanko*

Take Part in Our Community Mosaic Tile Project: Monday, April 17 at 12:30 p.m. Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Committee on Aging, 140 South Grove St., Bowling Green dining room. *See page one for more information.*

Bingo: Tuesday, April 18 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by The Commons.*

Birthday Lunch: Wednesday, April 19 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

New Game: Don't You Forget: Wednesday, April 19 at 12:30 p.m. This dice game has you rolling 9 dice and score points, you can keep rolling to get more points or risk rolling a "For" "Get" or "It" and you will lose all your points.

Seminar Series: Childhood Movie Stars:
Monday, April 24 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.*

Bunco: Tuesday, April 25 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, April 26 at 12:30 p.m. Riddles, trivia, and problem-solving. **Zoom option available.**

100 Pin Wii Bowling: Friday, April 28 at 12:30 p.m.

Grand Rapids

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

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER.
Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

Puzzle Mania: Daily.

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

Birthday Acknowledgements: Monday, April 3 at 11 a.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center.

Sponsored by Hanneman Family Funeral Homes.

Trivia Battle: Tuesday, April 4 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.*

Coffee Chat: Wednesday, April 5 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home.*

Senior Center Closed due to Blood Drive: Thursday, April 6 all day.

Bingo: Friday, April 7 at 10:30 a.m. *Facilitated by Bridge Home Health and Hospice.*

Kingston Derby: Monday, April 10 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.*

Breakfast Club: Tuesday, April 11 at 9 a.m.

Location: Bob Evans (10770 Fremont Pike, Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**



Canvas Art Party: Wednesday, April 12 at 12:30 p.m. Join us as we explore art through our paint and canvas. This session we will create a spring painting with dragonflies. All materials and instructions will be provided. *Instructor Lori Lawton, ATR.* **Registration required.**

Monthly Guessing Game: Thursday, April 13 at 12:30 p.m. Guess how many items are in the jar and get a chance to win the prize!

Ted Talk: Human Connection: Monday, April 17 at 12:30 p.m. Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

Take Part in Our Community Mosaic Tile Project: Tuesday, April 18 at 12:30 p.m. Art strives to bring people together and creates an opportunity to bring about change. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Senior Center, 140 South Grove St., Bowling Green dining room. *See front page for more information.*

Birthday Lunch: Wednesday, April 19 at noon. *Birthday gifts sponsored by Bowling Green Manor.*

Hangman Game: Thursday, April 20 at 12:30 p.m. Brush up on your vocabulary skills with a quick game of hangman.

Seminar Series: Childhood Movie Stars: Friday, April 21 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhood stars. Featuring: *Jackie Cooga.*

Trivia: Monday, April 24 at 12:30 p.m. Come enjoy this interactive and thought provoking game. *Facilitated by Grand Rapids Care Center.*

The Cannons of Wood County: Tuesday, April 25 at 12:30 p.m. We often drive past old war memorials and sometimes pay no attention to the cannons on display. There are many cannons on display in Wood County, but did you know, few of them are actually cannons. In this program we will look at the cannons of Wood County and learn a little bit more about them. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Safe Drug Disposal Program: Thursday, April 27 at 12:30 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 Weillnau, Program Coordinator, ARC & Deputy Kaleb Smith, ARC. The Wood County Prevention Coalition will provide free Detera packets & drug drop box magnets to all who attend. *Presented by Tina Bradley, M.P.A., Drug Free Communities Program Coordinator.*

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

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.

Minutes with the Mayor: Monday, April 3 at 12:30 p.m. *Pemberville Mayor Carol Bailey*

Movie: Tuesday, April 4 at 12:45 p.m. **Feature:** "Cocoon" (2011) **Genre:** Comedy/Drama/SciFi
Synopsis: When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor. *Snacks provided by Wood Haven Health Care.*

Travelogue to Honduras: Wednesday, April 5 at 12:15 p.m. Honduras is officially the Republic of Honduras, country of Central America situated between Guatemala and El Salvador to the west and Nicaragua to the south and east. This presentation will take you on a mission trip that took medical supplies and water purification gear to those in need. Learn more about the culture, landscape and stories of the people. *Presented by Pastor Tim, Bethlehem Lutheran Church*

Bingo: Thursday, April 6 at 12:45 p.m.
Prizes provided by Bowling Green Manor.



Jelly Bean Guessing

Game: Friday, April 7 at 1 p.m. Join us for an amusing competition of jelly bean flavor guessing! Hear a short history of this traditional Easter candy and try your 'tongue' at guessing flavors by tasting a number of

different jelly beans. ***Prizes for top guessers.***

Seminar Series: Childhood Movie Stars: Monday, April 10 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhoods stars. This month we will feature: ***Shirley Temple.***

Breakfast Club: Wednesday, April 12 at 9:30 am.
Location: Granny's (1105 W. Main St., Woodville).
Cost: breakfast cost on your own. **Register with the Pemberville Senior Center.**

Odds and Ends of Wood County:

Wednesday, April 12 at 12:15 p.m. Mike has been driving to and from destinations in Wood County and beyond for 20 years. In that time, he has stopped at many curious places of historical interest. In this program, Michael McMaster will show and describe some of the out-of-the-way historic spots in Wood County and elsewhere. Some of these places have a complete story, some are a complete mystery.
Presented by Mike McMaster, Education Coordinator Wood County Museum

Trivia Bingo: Thursday, April 13 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.*

Recipe Club: Monday, April 17 at 11 a.m. Bring in a favorite recipe (or a few) to share and exchange with your friends. Take them home and make it to discuss next month how they turned out.

Trivia: Monday, April 17 at 12:45 p.m.
Hosted by Bridge Home Health & Hospice.

Birthday Lunch: Wednesday, April 19 at 12 p.m. *Sponsored by Otterbein Pemberville.*

Trivia Battle: Wednesday, April 20 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.*

Mystery Game: Monday, April 24 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.*

Take Part in Our Community Mosaic Tile

Project: Tuesday, April 25 at 12:30 p.m. This countywide art project will enable participants from all eight of our Senior Centers to part of a larger project that will be on permanent display at the Wood County Senior Center, 140 South Grove St., Bowling Green dining room. *See page one for more information.*

Movie: Thursday, April 27 at 12:45 p.m.
Feature: "A League of Their Own" (1992) **Genre:** Comedy/Drama/Sport **Synopsis:** Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.
Snacks provided by Wood Haven Health Care.

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, April 20 at 1 p.m.
Prizes sponsored by Bridge Home Health & Hospice



LivelyU
LIFELONG LEARNING ACADEMY

Spring Semester 2023
MARCH — MAY

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

About Our Courses LivelyU Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting.

How can I learn more about the classes being offered? Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations. Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wccoa.net to learn more!

Where are the courses held? Currently, all courses will be held at the Wood County Senior Center (140 S. Grove Street, Bowling Green).

How can I take these courses? Any person wishing to take a LivelyU Learning Academy course may pay a \$20 tuition for the calendar year. This tuition payment will allow access to any courses taking place throughout the two semesters of the Learning Academy, March to May and then September to November of 2023.
The 2023 Course Booklet is available for you to pick up!



Community Tissue Services

Dinner and Learn:

Information on the Process of Tissue Donations

Wednesday, April 5 from 4 to 5 p.m.

Wood County Senior Center

Abigail Brentlinger, Director of Community Tissue Services— NWT

Do you have questions about end-of-life planning; specifically organ, eye and tissue donation? Did you know that organ donation can save the life of 8 people, cornea donation can restore sight to 2 people, and tissue donation can heal the lives of 125 people? Death and dying are difficult topics to discuss, but having the facts can help broach that topic with family to ensure that everyone is comfortable with your decision and that your wishes are honored, when that time comes. In this presentation about organ, eye and tissue donation we will separate the truth from myths, explain the need and who will be helped through donation and explain the process. Be a hero by becoming an organ, eye and tissue donor! For more information, visit: <https://donatelife.ohio.gov/>. **Registration required if you are staying for dinner. Call 419-353-5661 or email programs@wccoa.net**

Virtual Programs on Zoom

If you are interested in joining virtual programs, please contact the Programs Department at 419.353.5661 or 800.367.4935 to be added to the weekly email list containing all of the Zoom access information.

Happy Hour: Friday, April 7 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.

Parkinson's Disease: Wednesday, April 19 at 11 a.m. This session will provide insight into the questions you need to ask your provider regarding the diagnosis, progression and treatment of this chronic disease. *Presented by McLaren St. Luke's Family Medicine. In-person option in Bowling Green*

Movie Star Trivia: Wednesday, April 19 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** Jodi Foster. Learn more about his family life, hobbies and career highlights.
In-person option in Bowling Green and Rossford.

Brain Games & Trivia: Wednesday, April 26 at 12:30 p.m. This session will have you completing word puzzles, answering trivia questions, completing number games and much more. *In-person option in Walbridge and Bowling Green.*

Lunch and Learn: Friday, April 28 at 11:30 a.m. **Topic:** Biodiversity 101 *presented by Cinda Stutzman, BG Parks and Recreation.* This presentation is in honor of Earth Day. See page 16
In-person option in Bowling Green.

Bingo: Friday, April 28 at 1 p.m. We will play 10 rounds of bingo with the final round being a cover-all. *Prize awarded for the cover-all.*



Wood County Senior Center Cards & Games

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

Bingo: Tuesdays at 1 p.m.

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

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

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

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

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

Puzzles: Available daily in the lounge

Technology Loans

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

Hotspot Loans

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



Tablet Loans

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

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



Tablets do not come with internet service.

Around the County, Events &



Art Therapy

Monday, April 24 from 1 to 3 p.m.

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

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: Velour paper is satisfying paper to draw on with oil or chalk pastels.

This fuzzy paper allows for colors to pop and create a bold and bright image. Feel free to bring an image of your own to draw, or try your hand at creating a colorful mandala (circle drawing). **Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.

Save the Date: Acrylic Painting Class

Wednesday, May 26 at 3 p.m. (Note: No Class in April)

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

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

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



Lunch and Learn: Biodiversity 101

In honor of Earth Day

Friday, April 28 at 11:30 a.m.

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

Community members, gardeners, land owners and landscape designers have a vital role in expanding, strengthening and enhancing regional biodiversity, ecological health and climate change resistance. This session will break down the science behind, "What is biodiversity and why is it significant?"

Cinda Stutzman, Natural Resources Manager, Bowling Green Parks and Recreation, will explore the critical role we play in understanding biodiversity, how we approach the threats to biodiversity, and she will share

ways to contribute to boosting biodiversity in your home and community. She will draw on her 20 years of experience restoring the habitats of Wintergarden/St. John's Nature Preserve with biodiversity in mind to explore these topics. Overall this session enable the participants to fully understand:

- What biodiversity is?
- Why biodiversity is important?
- Understand what best practice should look like
- Enable you to start to think about how you can help biodiversity within your communities

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 April 14. 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



Plan Ahead & Protect Yourself Legal Series for Seniors



Health Advance Directives: Tuesday, May 16, 2023 at 1 p.m. Perrysburg Area Senior Center, 140 W Indiana Ave, Perrysburg, OH

Class: Learn how you can let someone else make health care decisions when you cannot.

☒ Do you want help preparing a Health Care Power of Attorney and/or Living Will?

An Ohio medical power of attorney allows a principal to choose someone else ("agent" or "attorney-in-fact") to make health care decisions on their behalf. The power granted in this document only becomes available when the principal can no longer think for themselves.

Someone from Legal Aid of Western Ohio, Inc. will contact you by phone before the clinic. We must gather information before helping you prepare documents. All services are free to eligible applicants.

To register for this class required by May 2. Call the Perrysburg Area Senior Center at 419.874.0847



Plan Ahead & Protect Yourself Legal Series for Seniors



Financial POAs and More: Friday, May 19, 2023 at 10 a.m.

Wood County Senior Center, 140 South Grove St, Bowling Green, OH

Class: Learn the ways someone you trust can help you manage your money.

☒ Do you want help preparing a Financial Power of Attorney?

Financial Power of Attorney (FPOA) is a legal document. It gives someone else (called your "agent") the right to make your financial, business and real estate choices when you can't. FPOAs are often used by people who can't manage their finances because they are incapacitated by health problems. This is different from a healthcare power of attorney, where you select someone to make healthcare decisions for you if you are not able to because you are very hurt or sick.

Someone from Legal Aid of Western Ohio, Inc. will contact you. We are required to gather information before helping you prepare documents. All services are free to eligible applicants.

To register for this class by May 5. Call 419.353.5661 or email programs@wcco.net

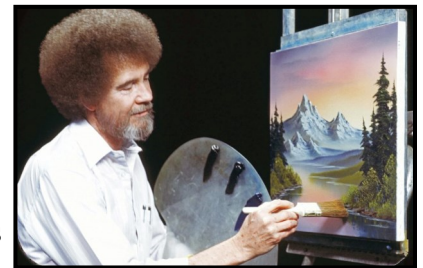
The Bob Ross Experience: Painting Class

Tuesday, May 30 at 3 p.m.

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

Cost: \$50 per person, supplies included

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. (As Bob Ross always said, "We don't make mistakes, we just have happy accidents.") Only Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.* **Advanced registration required by Monday, May 22. Class is limited to the first 9 participants!**



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, April 7 & April 21
from 10 a.m. to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, April 12 from
10 a.m. to 2 p.m. Support provided by
Arista Home Care Solutions, Kingston of
Perrysburg & St. Timothy's Church

Cost: \$10 per session, lunch included

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

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

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

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

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

April 7: "Rope" (1948) Starring James Stewart, John Dall, Farley Granger

April 14: "To Catch a Thief" (1955) Starring Cary Grant, Grace Kelly

April 21: "The Man Who Knew Too Much" (1956) Starring James Stewart, Doris Day

April 28: "The Wrong Man" (1956) Starring Henry Fonda, Vera Miles

 <p>Care Compass Project Navigating the Caregiving Continuum: Planning for today and for the future.</p>		<h2>Care Compass Project</h2> <p>Wednesday, June 7, 2023 11 a.m. to 1 p.m. Topic: Communication</p>
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The Care Compass Project is free and open to all current and future caregivers. **Registration is required** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing programs@wccoa.net Lunch is provided by Brookdale of Bowling Green for the first 20 participants. **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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Tuesdays, April 11 - May 16

1 - 3 p.m.

Wood County Senior Center

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**

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



Chronic Disease Self-Management (CDSM) Workshop

Tuesdays, May 23 to June 27 from 1 to 3:30 p.m.

Wood County Senior Center

Cost: \$20 includes text book & relaxation CD

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

This interactive program aims to increase:

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

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

Register TODAY! Class size is limited to 15.

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

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



TRIP: Vera Bradley Outlet Sale on Thursday, June 15

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

Travel with us to the iconic Vera Bradley outlet sale. This sale has been on a three year hiatus so its bound to be 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.

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 full.

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.

April 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Stead OR Cabbage Roll mashed potatoes, creamy slaw, cinnamon applesauce, lemon bar	Spaghetti & Meatballs OR Honey Mustard Chicken Breast noodles, french green beans, tossed salad, pineapple	Beef & Bean Chili OR Ham & Potato Soup cornbread, cucumber salad, peaches & pears, sidekick fruit slushie	Chicken Wings OR Smoked Sausage squash, cauliflower peanut salad, banana	Roast Beef OR Pecan Crusted Tilapia normandy blend, au gratin potatoes cranberry fruited jello
Pork Chop OR Chicken Lasanga tomato-zucchini blend, mandarin orange salad, blueberry crisp	BBQ Beef OR Turkey Burger sweet potato fries, sauerkraut salad, mixed fruit, fig cookie	Grilled Chicken OR Liver & Onions small whole potatoes, Texas caviar bean salad, apple juice, lemon pie	Sweet & Sour OR Chicken Port Chop Suey rice, cauliflower, Caesar salad, apricots	Ham Loaf OR Shrimp Poppers baked potato, orange, peaches & cream. granola
Stuffed Pepper OR Chicken/Stuffing Casserole mixed vegetables, pasta salad, peaches, grape juice	Pork Ribette OR Chicken Tenders sweet potatoes, broccoli salad, pears, graham crackers	Birthday Lunch! OR Meatloaf lima beans, carrots, citrus, cake & ice cream	Hot Dog OR Hamburger baked beans, coleslaw, rosy applesauce, brownie	Chef Salad OR Turkey OR Tuna Salad potato salad, cantaloupe & grapes, blueberry muffin
Chicken & Dumplings OR Baked Ham french green beans, pickled beets, citrus sections, frozen yogurt	Swedish Meatballs OR Chicken Paprikash noodles, oriental vegetables, Asian salad, pineapple	Ham & Bean Soup OR Turkey Pot Roast cornbread, tomato juice, apple cabbage raisin salad, peaches	Beef Tacos OR Chicken Tacos lettuce & tomatoes, refried beans, mixed fruit, cookies	Pepper Steak OR Lemon Pepper Pollock rice, stewed tomatoes, tropical fruit, cherry crunch

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.

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.

April 2023		
Tuesday	Wednesday	Thursday
BBQ Pork Chop 4 au gratin potatoes, grapes & mandarin oranges, cherry crunch	Calico Beans 5 carrots, wilted lettuce salad, pineapple, raspberry fluff	Teriyaki Chicken 6 sweet potatoes, broccoli salad, peaches, bread pudding
Birthday Dinner! 11 Chicken Alfredo noodles, rivierra blend, Caesar salad, pears, cake & ice cream	Open Faced Roast 112 Beef mashed potatoes, green beans, apple juice, gingerbread pudding	Fish Sandwich 13 tater tots, coleslaw, orange, sherbet
Sweet & Sour 18 Chicken rice, mydori blend vegetables, spinach salad, fruit cocktail, lemon bar	Liver & Onions 19 cheese potato bake, peas, melon & grapes, cherry cheesecake	Fried Bologna 20 Sandwich french fries, melo, cherry crisp
Pork Chop 25 small whole potatoes, Nantucket blend vegetables, cranberry Jell-O salad	Hamburger 26 baked beans, potato salad, grapes & cantaloupe, banana cream pie	Chicken Parmesan 27 noodles, roasted cauliflower, tossed salad, ambrosia salad

BG Knitter's Guild: Wednesday, April 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Dinner and Learn: Information on the Process of Tissue Donations Wednesday, April 5 from 4 to 5 p.m. *Abigail Brentlinger, Director of Community Tissue Services— NWT*

Comedy Special: Tuesday, April 11 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** The Red Green Show. Registration required.

Mystery Game: Wednesday, April 19 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*

Science of Natural Healing: Tuesday, April 18 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** Healthy People, Healthy Planet Discussion to follow.

Readers Café: Tuesday, April 25 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.

Dinner Menu

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@wcco.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.

Thank you to all who have donated. We couldn't do what we do without

Eric Murray
Nadine Johnson
John and Alice Calderonello
Geoffrey Howes
Barbara Murphy
Dennis Vereb
Catherine Layman
Patti Frizado

Charlotte & Don Scherer
P.E.O. Chapter AA
In memory of Velma Mercer Harold Mercer
Kings Daughters & Sons Silver Cross Circle
Sharon Daniels
Herman & Dorothy Heuring



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



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

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@wcco.net**

Pen Pal Program Do you want a unique way to connect with others? **Join our Pen Pal group!** You can communicate with individuals throughout Wood County or even from other states such as Illinois & Connecticut. Choose your mode of preferred communication including mailed letters, emails, or phone calls. Contact the Programs Department at 419.353.5661 to complete your waiver and receive your Pen Pal's contact information.

WOOD COUNTY
COMMITTEE



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

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

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WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 514 W. Water Street, North Baltimore, Ohio 45872 Temporarily closed except for a few programs see page 14 for details.	419.257.3306
Northeast Area Senior Center , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 9:30 a.m. to 2:30 p.m.	567.249.4921
Pemberville Area Senior Center , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
Perrysburg Area Senior Center , 140 W. Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
Rossford Area Senior Center , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.666.8494
Wayne Area Senior Center , 202 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
Wood County Senior Center , 140 S. Grove Street, Bowling Green, Ohio 43402 Monday 8 a.m. to 5 p.m., Tuesday through Thursday 8 a.m. to 7 p.m., Friday 8 a.m. to 4 p.m.	419.353.5661 800.367.4935

Ohio's First Nationally Accredited Senior Center