

WOOD COUNTY COMMITTEE

ON
Aging
MAY 2023

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St. Clare Commons



Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

The month of May is dedicated to celebrating Older American Month at all of the Senior Centers. The theme of this event this year is "Aging Unbound." With this theme, we will have the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes.

We'll be celebrating the positive aspects of growing older, why everyone has a role to play in combating ageism – and how we all benefit when older adults remain engaged, independent, and included in their communities. Listed below are the various ways we will be celebrating the aging in our communities:

Outdoor Concert at the Wooster Green Gazebo (100 South Church St., Bowling Green)

Monday, May 22 from 4 to 5 p.m.

NOTE: Bring a lawn chair to join in the celebration
Rain location Wood County Senior Center

Featuring: Bliss

Bliss is a quintet of women who have "stepped outside the box" in the Northwest Ohio music scene.

With an extraordinary blend of striking harmonies and self accompaniment of violin, flute, acoustic guitars, keyboard, bass & light percussion instruments, this group offers their audience an audible delight that is refreshingly unique. The set list is also a treat to the weary listener of the "usual," as they have incorporated songs from all genres and transformed them into their own noteworthy style.

Other Older Americans Month events:

Lunch and Learn: "A Conversation on Ways to Age Successfully"
presented by Dr. Murthy Gokula MD CMD see page 16 for details.

Card Making: Tuesday, May 9 at 10:30 a.m. at Wood County Senior Center. Our theme is to create positive aging cards for us to share with friends and loved ones. **Cost: \$5. Registration required.** Facilitated by Leslie Miller see page 6 for details.

Aging Unbound Movie Series see page 6 for details.

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	June 28	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, May 17

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	Sept. 7	2 to 4 p.m.
Bowling Green	June 8	4 to 6 p.m.

Community Christian Legal Services also offers the following resources:

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.

- 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, May 8 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, May 25 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, May 3 & 17 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 Support

First Thursday of each month at 5:45 p.m.

Location: Wood County Senior Center
Contact the Wood County Committee on Aging to register for this group.

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
information and to register at 419.661.4001

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.****

Chair Yoga Cost: \$20

Thursdays, April 20 to June 1 at 1 p.m.

No Class May 25

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

Club F.I.T. Cost: FREE

Tuesdays at 9 a.m.

This **F**itness **I**nteractive **T**eaching program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by ProHealth Partners*

Delay the Disease Cost: \$20

Wednesdays, May 31 to July 5 at 10 a.m.

OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and **help delay** the progression of symptoms associated with Parkinson's disease.

Tammy Starr, PT, Certified Instructor.

Dynamic Balance Cost: \$20

Wednesdays, May 31 to July 5 at 9 a.m.

Join in this class to work on range of motion, strength, balance, movement, and fun! Participants may sit or stand *Tammy Starr, PT, Certified Instructor.*

Get Moving Classic Free

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

No Class May 29

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.*

Virtual Fitness: Zoom *All SilverSneakers virtual classes FREE for Members. Shelia Brown, Certified Instructor

SilverSneakers Classic Cost: \$20 Wednesdays, May 24 to June 28 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, May 26 to June 30 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 Chair Yoga Cost: \$20 Fridays, May 26 to June 30 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

Tai Chi Cost: \$60

Wednesdays, May 10 to June 14 at 4:30 p.m. This class is the 24 Movement Yang Form. Designed to improve balance, coordination, and increase mobility. *Richard Messer, Certified Instructor.*

Tai Chi Practice FREE

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

Yoga Cost: \$40 per session

Beginner: Mondays, 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, May 18 to June 22 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. *Caroline Dickinson, Certified Instructor.*

Wood County

(Located in Bowling Green)

Lunch Served Between 11:30 a.m. and 1 p.m.

Below you will find in-person programs scheduled for the WOOD COUNTY SENIOR CENTER. Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935 to register or for more info.

Watercolor Art Group: Thursdays from 10 a.m. to noon. Create alongside your peers in this weekly group. Plan to bring (and take with you) all necessary materials and projects each week.

How About a Movie? Fridays at 1 p.m.
Hosted by John Blinn. Registration required. See page 18 for movie details.

Beginner Guitar Circle: Wednesday, May 3 & 17 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 Zanfardino.*

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 Zanfardino.*

Writer's Group: Fridays at 10 a.m. This group will enable interested writers to practice sharing their work, listen to suggestions from peers and to have opportunities for discussions on our writing materials. The environment will be supportive and will provide discussion on publishing and writing opportunities. **NOTE:** This month we will cover life experiences. Week one and two will focus early years and week three and four will cover legacies. *Facilitated by Herb Dettmer.*

The Odds and Ends of Wood County: Monday, May 1 at 11 a.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time he has found many strange and historical things. In this program we will see some of them. Some have stories, others will remain history mysteries. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

TV Series: Yellowstone: Monday, May 1, 15, 22 at 1 p.m. In this series you will view: **May 1:** Season 3 Episode 3, 4, & 5 **May 15:** Season 3 Episode 6, 7, 8 **May 22:** Season 3 Episode 9, 10 Season 4 Episode 1 Registration encouraged.

Romantic Movies: Wednesdays, May 3, 10, 17, 24, and 31 at 1 p.m. **3:** "Crossing Delancey" (1988) **10:** "Ticket to Paradise" (2022) **17:** "The Princess Bride" (1987) **24:** "Romeo and Juliet" (1996) **31:** "Father of the Bride" (2022) Registration required. *Hosted by Liliana Rossi.*

BG Knitter's Guild: Wednesday, May 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Aging Unbound Movie Series: Thursday, May 4, 11, 18, 25 at 1 p.m. **4:** "The Age of Adeline" (2015) **11:** "The Best Exotic Marigold Hotel" (2012) **18:** "Still Mine" (2012) **25:** "The Curious Case of Benjamin Button" (2008) Registration required.

Nails: Monday, May 8 at 10:30 a.m. Appointments are 10 minutes in length. Registration required. *Facilitated by Wood Haven Health Care.*

Emergency Preparedness Safety: Monday, May 8 at 11 a.m. We will focus on local weather hazards, general fire safety, and discuss the CodeRED mass notification system. Time allotted for questions and answers. *Presented by Erin Konecki Wood County Emergency Management Agency.*

Craft: Card Making

Tuesday, May 9 at 10:30 a.m. Our theme is to create positive aging cards for us to share with friends and loved ones. Let's celebrate Older Americans month with this fun and creative activity. Step by step instruction and supplies will be provided.

Cost: \$5. Payment to be made in advance to secure a spot.

Registration required. *Facilitated by Leslie Miller*

Comedy Special: Tuesday, May 9 at 4 p.m. **Feature:** Jerry Lewis as "The Nutty Professor" Registration required.

Kingston Derby: Thursday, May 11 at 1 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of PB.*

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



Wood County Continued...

Breakfast Club: Monday, May 15 at 9 a.m.
Location: Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. **Registration required.**

Brain Training: Tuesday, May 16 at 9 a.m.
"Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by May 12.** 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.

Science of Natural Healing "Final Episode" : Tuesday, May 16 at 4:30 p.m. Video series from *The Great Courses* followed by a group discussion. **This month's topic:** You are Your Own Best Medicine **Presenter:** Dr. Mimi Guarneri.

Hearing and Vision Loss: Wednesday, May 17 at 11 a.m. This session will provide insight into the changes we may experience as we age with our hearing and vision. *Presented by McLaren St. Luke's Family Medicine.* **Zoom option available.**

Movie Star Trivia: Wednesday, May 17 at 12:30 p.m. Join us as we challenge the Rossford Senior Center featuring movie star George Clooney. *Facilitated by Mary Tebbe, WCCOA.* **Zoom option.**

Mystery Game: Wednesday, May 17 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*



Craft: Thursday, May 18 at 3 p.m. We will be creating decorative gnome patriotic wall hangings. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels with Stephanie.*

Financial Power of Attorney Workshop: Friday, May 19 at 10 a.m. Learn ways someone you trust can help you manage your money. *See page 17 for details.*

Coffee & Coloring: Monday, May 22 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts, and the company of others. *Hosted by Jan Chilcote. Donuts provided by St. Clare Commons.*

Art Therapy: Monday, May 22 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, May 22 from 1 to 2 p.m. *All therapy dogs have been tested and evaluated for Therapy Dog work by Certified Therapy Dogs International evaluators.*

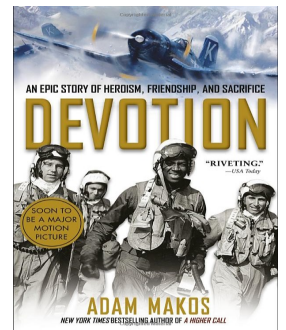
Trivia: Tuesday, May 23 at 11 a.m.
Facilitated by Bridge Home Health & Hospice.

Brain Games: Wednesday, May 24 at 12:30 p.m. Riddles, trivia, and problem-solving. In person option at the Wood County Senior Center and Northeast Area Senior Center. **Zoom option available.**

Lunch & Learn: Friday, May 26 at 11:30 a.m.
This month: "A Conversation on Successful Aging" featuring speaker Dr. Murthy Gokula MD, CMD Geriatrics Specialist/CEO Stay Home I Will PC. *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, May 26 at 1 p.m.
Cover-all prize awarded. Register to receive the Zoom code in weekly email.

Reader's Café: Tuesday, May 30 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:** Devotion by Adam Makos (2017) **Synopsis:** The comradeship among naval officers reaches new heights in *Devotion*, a retelling of the true story of loyalty between elite fighter pilots Jesse Brown and Tom Hudner. In this film, both men are deployed to the Mediterranean, but when one gets captured behind enemy lines, the other must choose between his own life and saving his comrade. **Books and audiobooks available by loan. Registration required.**



See the complete cards and games schedule on page 15! Billiards & Movie Rooms available by request and reserved based on availability, Monday through Friday.

Perrysburg

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

Below you will find programs scheduled for the PERRYSBURG AREA SENIOR CENTER.
Please call the Perrysburg Area Senior Center at 419.874.0847 to register or for more information.

SilverSneakers Yoga: Wednesdays, Apr. 26 to May 31 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 or at Perrysburg center.**

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, May 1 & 15 at 1 p.m. This is one of the most popular variants of the card game poker. **Registration is required.**

Kingston Derby: Tuesday, May 2 at 12:45 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of Perrysburg.*

Euchre Tournament: Thursday, May 4 at 12:45 p.m. **Registration required.**

10 Clues: Guess Who? Game
Monday, May 8 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, May 8 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, May 9 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, May 9 at 12:45 p.m. *Hosted and sponsored by Waterford at Levis Commons.*

Seminar Series: Childhood Movie Stars:
Wednesday, May 10 at 12:30 p.m. This series is designed to highlight facts about famous childhood stars. This month we are featuring: *Jackie Cooga*

Now and Then: Thursday, May 11 at 12:30 p.m.
Reminiscing Topic: Pop Culture. *Facilitated by Comfort Keepers.*

Happy Hour: Friday, May 12 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.**

Muffins for Moms: Friday, May 12 at 12 p.m. This event will celebrate those special ladies in our lives. Enjoy refreshments and muffins awhile the sharing stories. *Sponsored by The Commons.*

Stroke Awareness: Tuesday, May 16 at 12:15 p.m. *Presented by St. Clare Commons.*

Health Care Advance Directives: Tuesday, May 16 at 1 p.m. Learn how to 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? Then register for this session by ABLE of NWO. **Registration required by May 2 call the Perrysburg Senior Center. Limit 16**

Birthday Lunch: Wednesday, May 17 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.*



Craft: Thursday, May 18 at 12:30 p.m. Create mini mason jar candle holders for your indoor or outdoor use. All supplies and instructions are provided. *Sponsored by the Manor of Perrysburg.*

Hand & Foot Card Game: Monday, May 22 at 1 p.m. **Registration required.**

Movie Day: Tuesday, May 23 at 12:45 p.m.
Feature: “A Man Called Otto” (2022) **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home.*

Perrysburg Continued...

Trivia: Wednesday, May 24 at 12:30 p.m.
Hosted by Transitions Care.

Caregiver Support Group: Thursday, May 25 at 10 a.m. This group is for anyone providing caregiving assistance to individuals throughout Wood County. *Hosted by WCCOA.*

Registration required by calling 419.353.5661

Left, Right, Center: Thursday, May 25 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

True or False: Skin Cancer: Wednesday, May 31 at 12:30 p.m. *Sponsored by Promedica Senior Care* This game will have us exploring some common myths and facts about skin cancer. Test your knowledge and then share the facts with your family and friends.

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, May 5, 12, 19, 26 at 11:45 a.m. How many clues will it take for you to uncover the inventor?

Odds 'N Ends of Wood County: Tuesday, May 2 at 12:30 p.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for over 20 years. He has found many strange and historical things. In this program we will have stories and see some sites. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Fitness Fun: Monday, May 8 & 22 at 11:15 a.m.
By video.

Bingo: Tuesday, May 9 at 12:30 p.m. *Sponsored by Bowling Green Manor.*

Bingo: Wednesday, May 10 at 12:30 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Mother's Day Tea Party: Friday, May 12 at 12:30 p.m. Celebrate with us all of the wonderful ladies in our lives. Bring your **own special tea cup** with a story about the cup and enjoy snacks with us.

Mother's Day Flowers: Monday, May 15 at 12:30 p.m. *Donated by Barndt Funeral Home*

Seminar Series: Childhood Movie Stars: Tuesday, May 16 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhood stars. This month we are featuring: *Shirley Temple.*

Birthday Lunch: Wednesday, May 17 at 12 p.m. *Cake & ice cream sponsored by The Willows of Bowling Green.*

Bingo: Wednesday, May 17 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Breakfast Club: Thursday, May 18 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, May 19 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.*

The Saint Lawrence Seaway: Monday, May 22 at 12:30 p.m. The St. Lawrence Seaway is a system of locks, canals, and channels in Canada and the United States that permits oceangoing vessels to travel from the Atlantic Ocean to the Great Lakes of North America, as far inland as Duluth, Minnesota, at the western end of Lake Superior. *Presented By Martha Stetter.*

The Unique and Unusual: Houses and Landmarks: Tuesday, May 23 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.

Emergency Safety: Wednesday, May 24 at 12:30 p.m. We will focus on local weather hazards, general fire safety, and discuss the CodeRED mass notification system. There will be time allotted for questions and answers. *Presented by Erin Konecki Wood County Emergency Management Agency.*

Bingo: Thursday, May 25 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Rossford

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

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

Club F.I.T.: Tuesday, May 2 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, May 3 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

A Look at Indian Hills Elementary School: Art, Architecture, and Archeology Thursday, May 4 at 12:30 p.m. The distinctive shape of Indian Hills Elementary School in Rossford has fascinated students, teachers, and residents of Rossford since its construction in 1968-1970. The award winning design of the building represents an important aspect of Wood County history. Learn about this unique structure, and the archeology conducted there, in this informative program. *Presented by Mike McMaster, Wood County Museum.*

Seminar Series: Childhood Movie Stars: Monday, May 8 at 12:30 p.m. This series is designed to highlight facts about famous childhood stars. This month we are featuring: *Ron Howard.*

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

Game Day: Wednesday, May 10 at 12:30 p.m.
Hosted by Kingston Health Care.

Mothers Day Tribute: Thursday, May 11 at 12:15 p.m. Join us as we celebrate moms everywhere. Share stories about their enormous contributions and sacrifices they make for families. *Flowers courtesy of St. Clare Commons.*

Pies for Guys: Friday, May 12 at 1 p.m.
Gentlemen, join us for a little conversation, a special drink and a dessert with friends. *Dessert provided by Home Instead Senior Care.*

State of the County Report: Tuesday, May 16 at 12:30 p.m. This presentation will share updates on what has been happening around the county since 2022. This session will allow time for questions and answers. *Facilitated by Wood County Commissioners.*

Birthday Lunch: Wednesday, May 17 at noon. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, May 17 at 12:30 p.m. **Featuring:** George Clooney. Learn more about his family life, hobbies and career highlights. *Hosted by Mary Tebbe, Rossford Area Senior Center Site Manager.* **Zoom option available.**

Bingo: Thursday, May 18 at 12:30 p.m. *Prizes sponsored by The Commons.*

Noodle Drum Exercise: Monday, May 22 at 12:30 p.m. *Facilitated by Mary Tebbe, Rossford Area Senior Center Site Manager.*

Emergency Preparedness Safety: Tuesday, May 23 at 12:30 p.m. We will focus on local weather hazards, general fire safety, and discuss the CodeRED mass notification system. There will be time allotted for questions and answers. *Presented by Erin Konecki Wood County Emergency Management Agency.*

Pickleball 101: Thursday, May 25 at 12:30 p.m. Learn more about this fun and action-packed sport that has become very popular amongst older adults. A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified ball. Learn more about this great activity. *Presented by David Baxter, instructor.*

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

Jingo: Wednesday, May 31 at 12:30 p.m.
Jingo card and place holders will be provided.
Sponsored by Kingston of Perrysburg.

OUTING to St. Clare Commons:
HAPPY HOUR on Thursday, May 11 from 3 to 4:15 p.m. featuring RAGTIME RICK while enjoying afternoon refreshments and fun!

Friday, May 19 at 10:15 a.m. join us for **COFFEE and CONVERSATION** with friends at ST. Clare Commons. Topic: **LIVING HEALTHIER** while sipping on a cup of joe/ tea/ cocoa. **ALL** are welcome and please extend the invitation to friends. **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 May 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**

Bingo: Tuesday, May 2 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

Odds 'N Ends of Wood County: Wednesday, May 3 at 12:30 p.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time he has found many strange and historical things. In this program we will see some of them. Some have stories, others will remain history mysteries. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Kingston Derby: Friday, May 5 at 12:30 p.m.
Come place your bets on this interactive horseracing game. *Facilitated by Kingston of Perrysburg*

Trivia: Monday, May 8 at 12:15 p.m. Test your knowledge and trivia skills! *Facilitated by Bridge Home Health and Hospice.*

Knitting and Crocheting: Monday, May 8 at 12:45 p.m. Bring your own supplies.

Dominoes: Tuesdays, May 9 & 30 at 12:30 p.m.

Club F.I.T.: Wednesday, May 10 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, May 11 at 12:15 p.m.
featuring Mayor Ed Kolanko

Flowers for the Ladies: Friday, May 12 at 12:30 p.m. Ladies come and plant a flower to take home to brighten up your day! Registration required, first 20 to sign up. Please **register by Monday, May 8th.** *Sponsored by Walker Funeral Homes.*

Left, Right, Center Game: Monday, May 15 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, May 16 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by The Commons.*

Birthday Lunch: Wednesday, May 17 at 12 p.m.
Cupcakes sponsored by Kingston of Perrysburg.

New Game: Don't You Forget: Wednesday, May 17 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.

Meet Lake Township New Fire Chief: Monday, May 22 at 12:30 p.m. Meet Chief Barrett Donner. Discover various aspects of the role of a fire chief and the functions of the fire department in Lake Township/Millbury & Walbridge. At the end of the presentation there will be an opportunity for questions and answers.

Bunco: Tuesday, May 23 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, May 24 at 12:30 p.m. Take some time to stimulate your brain and challenge yourself to some riddles, trivia, and problem-solving questions. We play for pride not prize. **Zoom option available.**

100 Pin Wii Bowling: Friday, May 26 at 12:30 p.m.

Seminar Series: Childhood Movie Stars: Wednesday, May 31 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhood stars. This month we are featuring: *Drew Barrymore.*

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. Take or trade puzzles at this site.

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

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

Trivia Battle: Tuesday, May 2 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, May 3 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home.*

Monthly Guessing Game: Thursday, May 4 at 12:30 p.m. Guess how many items are in the jar and get a chance to win the prize!

Bingo: Friday, May 5 at 10:30 a.m. *Facilitated by Bridge Home Health and Hospice.*

Kingston Derby: Monday, May 8 at 12:30 p.m. Join us for a fun and interactive horse race game. *Facilitated by Kingston of Perrysburg.*

Breakfast Club: Tuesday, May 9 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, May 10 at 12:30 p.m. Join us as we explore art through our paint and canvas. This session we will create a painting focusing on dandelions. All materials and instructions will be provided.

Registration is limited to 6 people. *Instructor Lori Lawton, ATR. Registration required.*

State of the County Report: Thursday, May 11 at 12:30 p.m. This presentation will share updates on what has been happening around the county since 2022. This session will allow time for questions and answers. *Facilitated by Wood County Commissioners.*

Mother's Day Celebration: Friday, May 12 from 12:30 to 1:30 p.m. Please join us for a Mother's Day Celebration! We will be honoring all mothers by giving them a flower and a goodie bag!

Reservations required as event is limited to 20. *Sponsored by Hanneman Family Funeral Homes & Cathy Hoffman.*

Ted Talk: How to live Passionately—No

Matter Your Age: Monday, May 15 at 12:30 p.m. **Session topic:** Author Isabel Allende is 71. She has incredible perspective. In this candid talk, meant for viewers of all ages, she talks about her fears as she gets older and shares how she plans to keep on living passionately.

Seminar Series: Childhood Movie Stars:

Tuesday, May 16 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhoods stars. Featuring: *Maureen McCormick.*

Birthday Lunch: Wednesday, May 17 at noon. *Birthday gifts sponsored by Bowling Green Manor.*

Trivia: Monday, May 22 at 12:30 p.m. Come enjoy this interactive and thought provoking game. *Facilitated by Grand Rapids Care Center*



Craft: Thursday, May 25 at 12:30 p.m. Create mini mason jar candle holders for your indoor or outdoor use. All supplies and instructions are provided. *Sponsored by the Manor of Perrysburg.*

Would You Rather Fitness: Friday, May 26 at 11:45 a.m. Join us for a fun way to get some steps in!

Odds 'N Ends of Wood County: Tuesday, May 30 at 12:30 p.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time he has found many strange and historical things. Some have stories, others will remain history mysteries. *Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

Pemberville

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

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

Cards: Daily before and after lunch. Join us!

Exercise: Tuesdays at 11 a.m. *Led by video.*

Bridge: Thursdays from 9 a.m. to 12 p.m. Please call for details on joining. **Registration required.**
Organized by Marilyn Bowlus.

Wii Bowling: Fridays from 10 a.m. to 12 p.m.

Minutes with the Mayor: Monday, May 1 at 12:30 p.m. *Pemberville Mayor Carol Bailey*

Ted Talk: What are They?: Wednesday, May 3 at 1 p.m. **Session topic:** Learn more about the power of Ted Talks. TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way. This session will cover how to access them, their purpose and will share their inspirational messages.

Bingo: Thursday, May 4 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Seminar Series: Childhood Movie Stars: Tuesday, May 9 at 12:15 p.m. This seven part series is designed to highlight facts about famous childhood stars. This month we will feature: ***Judy Garland.***

Breakfast Club: Wednesday, May 10 at 9:30 am.
Location: Granny's (1105 W. Main St., Woodville).
Cost: breakfast cost on your own. **Register with the Pemberville Senior Center.**

Black Swamp Stories: Wednesday, May 10 at 12:15 p.m. The history of the Great Black Swamp is both long and fascinating. There is no single history of the swamp, but there are thousands of histories. In this program *Education Coordinator, Mike McMaster,* from the *Wood County Museum,* will share a few of the notable stories of the Great Black Swamp.

Mother's Day Celebration: Friday, May 12 at 11:30 a.m. Join us as we celebrate the mothers of the Pemberville Area Senior Center. *The Commons of Perrysburg* will bring a special dessert and lead us in some fun games after lunch. All are welcome.
Reservations required.

Recipe Club: Monday, May 15 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, May 15 at 12:45 p.m. *Hosted by Bridge Home Health & Hospice.*

Birthday Lunch: Wednesday, May 17 at 12 p.m. *Sponsored by Otterbein Pemberville.*

Movie: Wednesday, May 17 at 12:45 p.m. **Feature:** "Because of Winn-Dixie" Comedy/Drama/Family
Synopsis: A mischievous dog befriends a lonely young girl in a new town and helps her make new friends. *Snacks sponsored by Wood Haven Health Care.*

Trivia Battle: Thursday, May 18 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, May 22 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.*

Movie: Tuesday, May 30 at 12:45 p.m. **Feature:** "Up" Animation/Adventure/Comedy
Synopsis: 78-year-old Carl Fredrickson travels to Paradise Falls in his house equipped with balloons, inadvertently taking a young stowaway. *Snacks sponsored by Wood Haven Health Care*

Save the date: Senior Safety Expo

at Peace Lutheran Church
1021 W Wooster St, Bowling Green, and
BG Fire Division at Pearl St.

On Friday, June 23 from 10 a.m. to 2 p.m. The Senior Safety Expo will bring together a number of local resources to help seniors understand the importance of staying safe in your home and on the road.

You will find:

- Way to prevent falls, poisonings, and burns, as well as ways to avoid scams.
- A drive through car fit station to share ways to stay safe while driving.
- Meet with health professionals and experts who specialize in helping drivers
- Vendors booth and mini presentations will take place.

Stay tuned for information on registration for the lunch and learn and more details!



North Baltimore

***Regular scheduled programs and congregate meals will be on hold until further notice.**

* Below you will find programs scheduled for the community room at West Haven Apartments adjacent to the North Baltimore Area Senior Center. Enter the set of doors past the Senior Center door.

Guided Painting: Monday, May 8 at 11 a.m. Create a painting to add to your décor. This floral painting is shown on the right. 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, May 18 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. **Registration is required for each course you are planning to attend; space is limited!**

Life Remembrance – A Loving Choice Tuesday, June 6, 13, 20, 27 at 2 p.m.
Wood County Senior Center, 140 South Grove St. BG

Each part of the series builds upon each other and gives you a vast amount of information. This information will help you give a loving and heartfelt choice to your life and your loved ones. **Drew DeVore, Funeral Director & Mark Henderson, Pre-Planning Specialist from Hanneman Funeral Home will be part of this series:**



- **June 6:** The first part of the series is who we are as a funeral home, staff, and what goes on in those 24 hours after a death occurs.
- **June 13:** The second part of the series deals with where to start and how can you provide a more peaceful loving way for your loved ones to move forward.
- **June 20:** The third part of the series is knowing your options, making your choices, and having the peace of mind that you left the most precious gift of planning ahead for your loved ones.
- **June 27:** The last part of the series deals with Medicaid Spenddowns what it is and how to go about it. We will also discuss Social Security benefits, Veteran's benefits, and other final life decisions.

Registration required by called 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, May 5 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 & Wood County Senior Center.

Hearing and Vision Loss: Wednesday, May 17 at 11 a.m. This session will provide insight into the changes we may experience as we age with our hearing and vision. Learn ways to identify important changes and preventative methods that may assist you.
Presented by McLaren St. Luke's Family Medicine. In-person option at the Wood County Senior Center.

Movie Star Trivia: Wednesday, May 17 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** George Clooney. Continued.....

Learn more about his family life, hobbies and career highlights. *In-person option in Wood County Senior Center and Rossford.*

Brain Games & Trivia: Wednesday, May 24 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 Wood County Senior Center.*

Lunch and Learn: Friday, May 26 at 11:30 a.m.
Topic: See page 16
In-person option in Wood County Senior Center.

Bingo: Friday, May 26 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 & Classes



Art Therapy: Painting & Basic Embroidery

Monday, May 22 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: Embroidery has been found to help cultivate mindfulness, reduce feelings of stress, and relieve feelings of tension. In this group we will be painting on raw/unprimed canvas to create a sunset skyscape in the clouds. Using an embroidery hoop, and embroidery supplies, group members will be taught a basic French knot embroidery stitch to add clouds onto the canvas if desired.

Registration required. *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.*

Acrylic Painting Class

Wednesday, May 24 at 3 p.m.

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

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

May'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:

"A Conversation on Ways to Age Successfully"

Friday, May 26 at 11:30 a.m.

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

This session will allow for an interactive discussion with audience members following the presentation. *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 May 15. This session will fill up fast, if you cannot make it please call to cancel, so we can activate our waitlist.**

There is no 'one description fits all' for successful aging. In the 1990's, doctors Rowe and Kahn defined successful aging as "avoiding disease and disability, high cognitive and physical function, and engagement with life." While this definition has become widely accepted, it is limiting. Eventually, due to physical aging and genealogy, some of us will not be able to meet these criteria at a certain age. Even without meeting these criteria, we can still age successfully.

While maintaining your health, eating a healthy diet, staying physically and/or mentally active, and remaining socially engaged are some things touted as supporting successful aging, it does not mean all factors will fit for you. Just like we are individuals with our own way of thinking and doing, successful aging follows the same path. It is an individual journey. Learn more about ways to navigate the natural aging process successfully.

Presented by Dr. Murthy Gokula MD CMD Geriatrics Specialist/CEO STAYHOME IWILL PC

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 May 15. 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. LAWOW 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. LAWOW is 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@wccoa.net

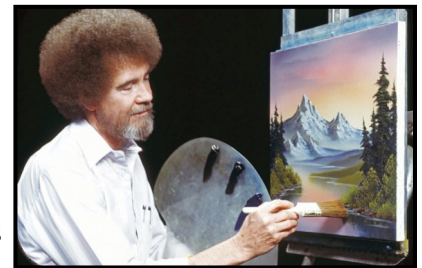
The Bob Ross Experience: Painting Class

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, May 5 & May 19
from 10 a.m. to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, May 10 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.**

May 5: "Slim" (1937) Starring Pay O'Brien, Henry Fonda, Stuart Erwin

May 12 "The Ox-Bow Incident" (1943) Starring Henry Fonda, Dana Andrews

May 19: "Gideon's Trumpet" (1980) Starring Henry Fonda, Jose Ferrer, John Houseman

May 26: "Spencer's Mountain" (1963) Starring Henry Fonda, Maureen O'Hara, James McArthur

 <p>Care Compass Project Navigating the Caregiving Continuum: Planning for today and for the future.</p>	<p>Care Compass Project 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 Presented by Diana Waugh RN and Author

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

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

Around the County, Events & Classes

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



Chronic Disease Self-Management (CDSM) Workshop

Tuesdays, May 23 to June 27 (six weeks)

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.



The power to make it better.

AARP Driver Safety Program

Thursday, June 1 from 12:30 - 5 p.m.

Wood County Senior Center

The AARP Smart Driver course is the nation's first

refresher course specifically

designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Our Smart Driver course will help you:

- Receive a multi-year discount on your auto insurance.*
- Refresh your driving skills and your knowledge of the rules — and hazards — of the road.
- Reduce your chances of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.

Registration is required by calling 419.353.5661 or 800.367.4935 or email programs@wccoa.net



Folk Art: Ukrainian-Inspired Eggs

Thursday, May 11 ~ 4:30 to 6:30 p.m. Wood County Senior Center

Learn how to create a delicate unique centerpiece. These dyed eggs originate in ancient Eastern and Central European. Participants will use the traditional "kistka" tool to decorate their eggs with a bees wax and a rich permanent dye. You will learn the history of this art form and will be guided to make a traditional Ukrainian-style pattern on one side and their choice of decoration on the other. Decorated eggs are not just for Easter they can be a unique gift for a family member or friend. All materials will be provided, including a 9" x 4" display stand. **Cost: \$20**

*Please wear old clothing or an apron because the permanent dyes will stain. **Instructor: Mary Soneson**

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.

Lunch Menu

May 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Cream of Broccoli Soup OR Vegetable Soup egg salad sandwich, celery & peanut butter, orange sections	Roasted Pork OR Broccoli Stuffed Chicken Breast baked potato, corn relish, granola, berry blend yogurt	Hamloaf OR Buffalo Chicken Mac rivierra blend, watermelon, apple crunch	Chicken Patty OR Sausage Patty hashbrown casserole, three bean salad, fruit sorbet	Scalloped Potatoes & Ham OR Roasted Vegetable Lasagna winter blend, citrus slaw, grapes, banana bread
Chipped Beef OR Creamed Chicken biscuit, mashed potatoes, orange juice, baked apples	Goulash OR Teriyaki Chicken Breast carrots, potato salad, mandarin orange salad	Turkey OR Liver & Onions mashed potatoes, carrots & chickpea salad, emerald pears, graham crackers	Chicken Alfredo OR Cubed Steak noodles, green beans, Caesar salad, fruit cocktail	Pork Cutlet OR Catfish rice, Italian blend vegetables, celery sticks & peanut butter, melon
Mac & Cheese w/Ham OR BBQ Chicken Breast succotash, pineapple-orange juice, cherry crisp	Chicken Salad OR Chef Salad w/Ham redskin potato salad, watermelon & grapes, banana nut muffin	Birthday Lunch! Beef Lasagna key west blend, pea salad, peaches, cake & ice cream	Stuffed Green Pepper Soup OR White Chicken Chili marinated vegetable salad, tropical fruit, banana	Ground Bologna OR Chipped Turkey baked bean salad, tomato zucchini salad, mixed fruit, cookies
Country Fried Steak OR Cabbage Roll mashed potatoes, creamy slaw, cinnamon applesauce, lemon bar	Spaghetti & Meatballs OR Honey Mustard Chicken noodles, Italian 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 vegetables, au gratin potatoes, cranberry fruited Jell-o
All Sites Closed in Observance of the Holiday.	BBQ Beef OR Turkey Burger sweet potato fries, sauerkraut salad, mixed fruit, fig cookie	Grilled Chicken Breast OR Liver & Onions small whole potatoes, Texas caviar bean salad, apple juice, lemon bar		

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

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

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

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

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

Dinner Menu

May 2023		
Tuesday	Wednesday	Thursday
Sausage Pizza succotash, Caesar salad, pears & grapes, cookies	Salmon Patty red skin potatoes, broccoli, apple slices, lemon pudding	Taco Salad w/Beef & Cheese corn relish, orange juice, éclair cake
Birthday Dinner! Hamloaf cheese potato bake, peas & onions, grape juice, cake & ice cream	Grilled Chicken Breast Prince charles blend, heritage slaw, strawberries, angel food cake	Lemon Pepper Cod rice, brussel sprouts, cantaloupe & grapes, apple crisp
Macaroni & Cheese w/Ham stewed tomatoes, wilted lettuce salad, apple, chocolate cream pie	Roast Pork mashed sweet potatoes, green beans, mandarin oranges & grapes, cheesecake	Chicken Salad Croissant carrot & celery sticks, pea salad, melon, graham crackers
Teriyaki Chicken wild rice, stir fry blend vegetable, tossed salad, orange sections, carrot cake	Sausage, Egg, & Cheese Casserole hash browns, pineapple juice, baked apple	Hot Dog french fries, coleslaw, mixed fruit, apple pie
Baked Ziti European blend, Caesar salad, citrus sections, cracker pudding	Ham corn, baked potato, melon & grapes, apple strudel bites	

BG Knitter's Guild: Wednesday, May 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Comedy Special: Tuesday, May 9 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** Jerry Lewis "The Nutty Professor" **Registration required.**

Mystery Game: Wednesday, May 17 at 4 p.m. Come join us for some game night fun! *Facilitated by Kinsey Kale, WCCOA*

Science of Natural Healing: Tuesday, May 16 at 4:30 p.m. Join us for a video series from *The Great Courses* presented by Dr. Mimi Guarneri. **This month's topic:** You are Your Own Best Medicine. Discussion to follow.

Bob Ross Experience: Tuesday, May 30 at 3 p.m. Cost: \$50 space is limited. **Facilitated by** Nate Miller CRI

Readers Café: Tuesday, May 30 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. **Feature:** Devotion by Adam Makos An Epic Story of Heroism, Friendship and Sacrifice

Piano Recital: Tuesday, May 30 at 6 p.m. featuring students of Hikari Fujii

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. Nutrition and ingredient information is available upon request.

Travel Opportunities continued



Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@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. Visit our website at <http://friendsofwcco.com/>

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

Kitchen Donations:

VFW of Walbridge

Capital Campaign Donations:

Betty and Dave Goodman
Ethel Vanko In memory of Dolores Ann Shoenhofer
Eric Murray, Geoffrey Howes, Barbara Murphy
John & Alice Calderonello
Carol and James Spitnale
Joseph and Elayne Jacoby
First Presbyterian Church
Annette Reazin, Charles Kokomoor, John Doroghazi
Craig and Tamara Premo
League of Women Voters of Bowling Green
Ladies Auxiliary FOE #2180 In memory of Darlene Bair
Shirley Makolajezyk, Veronica Kamps
United Women Educators
Ron and Maorong Lancaster



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



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

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



BLOGSPOT

woodcountycouncilonaging.blogspot.com/

All sites will be close on Monday, May 29 in
observance of Memorial Day.

Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 514 W. Water Street, North Baltimore, Ohio 45872 Temporarily closed except for programs listed on page 14.	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