

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
JUNE 2023

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# Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at [www.wccoa.net](http://www.wccoa.net)

## Wood County Takes a Stand Against Elder Abuse

Wednesday, June 14 at 10 a.m.

Wood County Senior Center,  
140 South Grove, Bowling Green



June is National Elder Abuse Awareness Month. In recognition, the Wood County Department of Job and Family Services and the Wood County Committee on Aging are partnering to hold a special event.

Join us around the flag pole at the Wood County Senior Center on Wednesday to hear the presentation. Attendees are encouraged to wear purple for Elder Abuse Awareness. Light refreshments will be served.

*In Wood County there were 310 reports of elder abuse, neglect or exploitation in 2022.*

Reports of elder abuse are on the rise as the population of those 60 years of age and over continues to grow. Some indicators of elder abuse may include an older adult appearing fearful, anxious or isolated. There may be physical injuries or it may appear that the person is neglecting his or her personal care. Other indicators might include missing possessions, financial transactions that are out of the ordinary or sudden changes to a will or property title. Risk of abuse can be mitigated by making certain financial, medical, and legal affairs are in order.

If you suspect abuse of an older adult, you can call Wood County's Adult Protective Services hotline at 419.354.9669 or 888.860.4136 to make a report. The line is open 24 hours a day and 7 days a week.



## Dinner for Eight

The table is set...

and we're reserving a spot just for **YOU!**

Monday, June 26 at 4 p.m.

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

This "Dinner for Eight" event will involve a randomly arranged group of eight gathering together for an evening of great food and friendly conversation at an area restaurant within a 30 mile radius.

Registered participants will be placed into a generated group of eight based on common conversational interest to have a chance to meet seven new friends that will spark a exciting new social and dining experience which will make for a great night out. Register as a couple or an individual by filling out your top three dinner topic conversations. Couples will remain grouped together. Types of restaurants include wineries, seafood, Italian, and other locations will be secured for a table of 8 and registrants won't know where their going until they receive their golden ticket when they meet up in the lobby of the Wood County Senior Center on June 26. Transportation is on your own and carpooling is encouraged. Cost on own. What are you waiting for? **Register for this great event today! Contact the Programs Department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

# 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](mailto:programs@wccoa.net) You can learn more at: [UHCRenewActive.com](http://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	July 12	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

**Tuesday, June 20**

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

**Location: Wood County Senior Center**

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age.

**For an appointment, please call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

**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**

**Interested in  
volunteering?**

Come make a difference with WCCOA! We have many different volunteer opportunities available and can help you find the best volunteer role for you. You could:

- Help homebound seniors in Wood County remain in their homes by delivering meals to their door once a week.
- Collate the monthly newsletter with a group of other volunteers monthly.
- Help during lunch or dinner by serving food or cleaning up at our dish station.
- Participate in a variety of other opportunities! Pop popcorn, help lead a

For more information on how to volunteer at any of our sites please reach out to our volunteer coordinator at 419-353-5661 or 1-800-367-4935.

## 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](http://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](mailto:neighborhoodlegal@yahoo.com)

# WCCOA Support Groups

## Caregiver Support Group

**Monday, June 12 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, June 22 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.*

## 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 at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net) to register for this group.

## Grasping Your Grief

**Wednesdays, June 7 & 21 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](mailto:snidiffer@wcesc.org)

## 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.

## 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](http://www.wccoa.net) \*\*Participants must bring in their own water bottles to all fitness classes.\*\*

## Chair Yoga

Cost: \$20

Thursdays, June 8 to July 13 1 at 1 p.m.

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

## Club F.I.T.

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 Bowling Green Manor*

## 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

Cost: Free

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

No Class Monday, June 19

This class focuses on strengthening muscles and increasing range of motion for daily activities. Seated exercises or chair used for standing support. *Jenny Triggs, Certified Instructor.*

## Tai Chi

Cost: \$60

Wednesdays, June 21 to July 26 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, June 5 to July 17 at 10:30 a.m.  
No Class June 19

Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

**Advanced:** Tuesdays, Jun. 6 to Jul. 18 at 10:30 a.m.  
No Class July 4

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 to June 29 at 11 a.m.  
Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level. *Caroline Dickinson, Certified Instructor.*

## Virtual Fitness Class on Zoom

\*SilverSneakers virtual class listed below are FREE for SilverSneakersMembers.

## SilverSneakers Classic

Cost: \$20 Wednesdays, May 24 to June 28 at 10 a.m.

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. *Shelia Brown, Certified Instructor*



# Wood County

(Located in Bowling Green)

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

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

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

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

**Beginner Guitar Circle:** Wednesday, June 7 & 21 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. For intermediate to advanced players. Registration required for first time participants. *Sessions assisted by John Zanfardino.*

**Writer's Group:** Fridays at 10 a.m. The environment will be supportive and will provide discussion on publishing and writing opportunities. *Facilitated by Herb Dettmer.*

**Happy Hour:** Friday, June 2 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Bowling Green Manor. Zoom option available.*

**Black Swamp Stories:** Monday, June 5 at 11 a.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 stories. In this program we will share a few of the notable stories of the Great Black Swamp. *Presented by Mike McMaster, Wood County Museum.*

**Black Swamp Herb Society:** Tuesday, June 6 at 4 p.m. The Black Swamp Herb Society would like to introduce ourselves and present some pictures of our garden, located at the Wood County Museum. Our focus is on showcasing the various types of herbs and educating visitors on their uses. Volunteer with us!

**Romantic Movies:** Wednesdays, June 7, 14, 21, 28 at 1 p.m. **7:** "Eat, Pray, Love" (2010) **14:** "Runaway Bride" (1999) **21:** "What Women Want" (2000) **28:** "The Break Up" (2006)  
Registration required.

**BG Knitter's Guild:** Wednesday, June 7 at 4 p.m. Bring your own supplies. *Hosted by Jackie Instone.*

**Baseball Movies:** Thursday, June 8, 15, 22, and 29 at 1 p.m. **8:** "Field of Dreams" (1989) **15:** "Trouble with the Curve" (2012) **22:** "Million Dollar Arm" (2014) **29:** "The Rookie" (2002) Registration required.

**Breakfast Club:** Monday, June 12 at 9 a.m.  
**Location:** Meet at City Egg (121 S. Main St, Bowling Green). Cost on your own. Registration required.

**Nails:** Monday, June 12 at 10:30 a.m. Appointments are 10 minutes. Registration required. *Facilitated by Wood Haven Health Care.*

**TV Series: Yellowstone:** Monday, June 12 & 26 at 1 p.m. In this series you will view: **June 12:** Season 4 Episode 2, 3 & 4 **June 26:** Season 4 Episode 5,6, & 7  
Registration encouraged.



**Craft:** Tuesday, June 13 at 10:30 a.m. Jewelry Art with broken costume jewelry. Bring all of your jewelry to use on this art piece. Instruction provided.  
**Cost: \$10. Payment to be made in advance to secure a spot.**  
Registration required.  
*Facilitated by Leslie Miller*

**Comedy Special:** Tuesday, June 13 at 4 p.m.  
**Feature:** "The General" Buster Keaton Registration required.

**Brain Training:** Tuesday, June 20 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. Registration required by June 16.  
*Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care. Topic: Understanding and Managing Emotions Video Presenter: Jason M. Satterfield, Ph.D.*

**CarFit:** Tuesday, June 20, Wednesday June 21 and Thursday June 22 from 1 to 4 p.m. There is a lot more to driving safe than how you drive. Having a proper fit inside your vehicle can help protect you and those around you. Make your 20 minute appointment to check how you fit in your vehicle. *Sandy Wiechman, Safe Communities*

# Wood County Continued...



**Craft:** Tuesday, June 20 at 3 p.m. We will be creating decorative bees for use in the garden or home décor. All supplies and guidance for project will be provided.

**Registration required.** Sponsored by 1018 Travels with Stephanie.

**Physiology and Fitness:** Tuesday, June 20 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Components of Fitness **Presenter:** Dean Hodgkin, B.Sc

## Game: Toledo Mud Hens

Wednesday, June 21  
Fifth Third Field Mud Hens  
Stadium, 406 Washington  
Street, Toledo  
Start time 12:05 p.m.



Catch a lasting memory when you join in on the fun of Senior Days with the 'World Famous' Toledo Mud Hens! Tickets are \$10 and lunch vouchers are available for an extra \$5. Lunch includes a hog dog, chips and a soft drink. Wheelchair spaces, handicap seating available. Carpooling from the Meijer parking lot is encouraged. Meet there at 11 a.m. if carpooling.

**Registration required** by calling 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)

**Reducing the Risk of Falls:** Wednesday, June 21 at 11 a.m. This session will provide insight into the physiological reasons why we fall, how to prevent falls and what to do if you do fall. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

**Movie Star Trivia:** Wednesday, June 21 at 12:30 p.m. Join us as we challenge the Rossford Senior Center featuring movie star Demi Moore. *Facilitated by Mary Tebbe, WCCOA.* **Zoom option.**

**Lunch & Learn:** Friday, June 23 at 11:30 a.m.

**This month:** "Neuroplasticity and Its Relation to Driving." The topic of driving safety for the older driver by providing a brief overview of the principles of neural plasticity as they relate to the occupation of driving. We will begin by defining neuroplasticity; why it is important for drivers as they age; and how drivers can apply the use of these principles to the task

of driving. *Presented by Lynne Chapman, Mercy Health.* See page 16 for more details! First 25 registered will receive lunch provided by Wood Haven Health Care. **Registration required.**

**Coffee & Coloring:** Monday, June 26 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, June 26 from 1 to 3 p.m.

**This month's project:** The ancient Japanese technique of hammering plants to create patterns on fabric is called Tatakizome. Feel free to bring an article of clothing, or fabric of your own to try your hand at flower pressing! **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.* See page 16.

**Therapy Dogs International:** Monday, June 26 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, June 27 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

**Reader's Café:** Tuesday, June 27 at 3 p.m. This club features books that have been turned into movies! Pick up a copy of the book to read (starting June 1) then come together to watch the film. **Feature:** "A Man Called Otto" (2022) by Frederik Backman **Synopsis:** When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. **Books and audiobooks available by loan.** **Registration required.**

**Brain Games:** Wednesday, June 28 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.**

**Antique Roadshow:** Wednesday, June 28 at 1:30 p.m. Bring in your antique items for an opportunity to learn more about their value and history. Items featured include jewelry, china and glass. **Registration required.** *Hosted by Fern Kao.*

**Zoom Bingo:** Friday, June 30 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:** Wednesdays, June 1 to July 6 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. 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:** Thursdays at 12:30 p.m.

**Tai Chi:** Thursdays at 9:30 a.m. **Schaller Building** (130 W. Indiana Ave., Perrysburg) Peer-led

**Euchre Tournament:** Thursday, June 1 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, June 2 at 12:30 p.m. **Registration required.** Snacks sponsored by Manor of Perrysburg. **Zoom option.**

**CarFit:** Monday, June 5 from 10 a.m. to 12 p.m. There is a lot more to driving safe than how you drive. Having a proper fit inside your vehicle can help protect you and those around you. **Make your 20 minute appointment** to check how you fit in your vehicle. Sandy Wiechman, Safe Communities

**Texas Hold 'Em Tournament:** Monday, June 5 at 1 p.m. **Registration is required.**



**Craft:** Tuesday, June 6 at 12:30 p.m. Create a lollipop flower pot to give as a gift or to decorate your place. All instructions and supplies will be provided. **Registration required.** *Facilitated by Kingston of Perrysburg*

**Armchair Travels: Italy** Wednesday, June 7 at 12:30 p.m. Explore a different country each month and learn about their culture all from the comforts of the Senior Center. *Presented by The Commons.*

**Now and Then:** Thursday, June 8 at 12:30 p.m. **Reminiscing Topic:** Weddings. *By Comfort Keepers.*

**Menu Talk:** Friday, June 9 at 12:30 p.m. This session will provide an opportunity to discuss current menu options and explore future food items. *Presented by Angie Bradford, Director Food Service.*

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

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

**Breakfast Club:** Tuesday, June 13 at 9 a.m. **Location:** Bob Evans (1303 Levis Commons, Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**

**Bingo:** Tuesday, June 13 at 12:15 p.m. Northeast Area Senior Center will be joining us for lunch and a game of bingo. *Host Waterford at Levis Commons.*

**Seminar Series: Childhood Movie Stars:** Wednesday, June 14 at 12:30 p.m. Highlighting famous childhood stars. *Maureen McCormick*

**Safe Drug Disposal:** Thursday, June 15 at 12:15 p.m. Learn how to identify narcotics, where to look for them, 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 Prevention Coalition will provide free Deterra packets & drug drop box magnets.

**Father's Day Floats:** Friday, June 16 at 12:30 p.m. *Presented by the Manor of Perrysburg.*

**Name that Candy:** Tuesday, June 20 at 12:15 p.m. Play a game to celebrate National Candy month. *Presented by St. Clare Commons.*

**Texas Hold 'Em Tournament:** Tuesday, June 20 at 1 p.m. **Registration is required.**

**Birthday Lunch:** Wednesday, June 21 at 12 p.m. *Sponsored by Heritage Health Care/Manor of Perrysburg.* **Entertainment by: Jane & Reyes**

**Caregiver Support Group:** Thursday, June 22 at 10 a.m. For anyone providing caregiving to individuals in Wood County. *Hosted by WCCOA.* **Registration required by calling 419.353.5661**



# Perrysburg Continued...

**Left, Right, Center:** Thursday, June 22 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

**Hand & Foot Card Game:** Monday, June 26 at 1 p.m. Registration required.

**Movie Day:** Tuesday, June 27 at 12:45 p.m.

**Feature:** "Ticket to Paradise" (2022) Ticket to

**Synopsis:** A man and his ex-wife race to

Continued... Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. Registration required. *Sponsored by Witzler-Shank-Walker Funeral Home.*

**Heat and Stroke Exhaustion:** Thursday, June 29 at 12:15 p.m. This presentation will focus on ways to avoid heat related illnesses and if one occurs ways to treat them. *Presented by Legacy Perrysburg.*

## 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, June 2, 9, 16, 23, 30 at 11:45 a.m. How many clues will it take for you to uncover the inventor?

**Black Swamp Stories:** Tuesday, June 6 at 12:30 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 stories. We will share a few of the notable stories of the Great Black Swamp. *Presented by Mike McMaster, Wood County Museum.*

**The Unique and Unusual: Houses and**

**Landmarks:** Friday, June 9 at 12:30 p.m. This 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. *Facilitated by Lauren Firsdon, Wayne Area Senior Center, WCCOA.*

**Fitness Fun:** Monday, June 12 & 26 at 11:15 a.m. *By video.*

**Bingo:** Tuesday, June 13 at 1 p.m. *Sponsored by Bowling Green Manor.*

**Bingo:** Wednesday, June 14 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Breakfast Club:** Thursday, June 15 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.**

**Father's Day Celebration:** Friday, June 16 at 12:30 p.m. Celebrate the father's in our lives by enjoying a variety of desserts and some baseball trivia.

**Seminar Series: Childhood Movie Stars:**

Tuesday, June 20 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhoods stars. Featuring: *Judy Garland.*

**Birthday Lunch:** Wednesday, June 21 at noon. *Cake & ice cream provided The Willows of Bowling Green.*

**Bingo:** Wednesday, June 21 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Trivia Battle:** Friday, June 23 at 12:30 p.m. Let's test our knowledge with a trivia contest against Pemberville, and Grand Rapids Senior Centers. Prize of a donut party for winning site each quarter. *Sponsored by Rehabilitation Hospital of NWO.*

**State of the County Report:** Tuesday, June 27 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. *Presented by Wood County Commissioners.*

**Salt Trivia:** Wednesday, June 28 at 12:30 p.m. What you may not know about high blood pressure is that it could hurt you. 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. Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Join us as we play a trivia game to help you learn more about sodium and high blood pressure. *Presented by Shannon Smith, OSU extension office.*

**Bingo:** Thursday, June 29 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.

**Trip: Outing to W.W. Knight Park:** Monday, June 5 at 1:30 p.m. Meet us outside of the W.W. Knight Building (29530 White Rd., Perrysburg) to gather together and then take a nature walk with us. Bring a bottle of water and wear proper foot wear. NOTE: There may be uneven terrain, however, there will be rest spots on the trail. Enjoy the fresh air and great conversations. **Registration required.**

**Club F.I.T.:** Tuesday, June 6 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, June 7 at 12:30 p.m.  
*Sponsored by Perrysburg Healthcare & Rehab*

**Black Swamp Stories:** Thursday, June 8 at 12:30 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 stories. 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.  
*Presented by Mike McMaster, Wood County Museum.*

**Divas and Desserts:** Friday, June 9 at 1 p.m. Ladies, join us for a little conversation, a special drink and a dessert with friends. *Dessert provided by The Commons.*

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

**Breakfast Club:** Tuesday, June 13 at 9 a.m.  
**Location:** Denny's, 1122 Buck Road, Rossford, 43460 **Breakfast on your own. Register with the Senior Center.**

**Game Day:** Wednesday, June 14 at 12:30 p.m.  
*Hosted by Kingston Health Care.*

**Father's Day Tribute:** Thursday, June 15 at 12:15 p.m. We will pay tribute to all of the fathers in our lives. Enjoy some snacks and soda while reminiscing about our fathers. *Snacks courtesy of St. Clare Commons.*

**Bingo:** Thursday, June 15 at 12:30 p.m. *Prizes sponsored by The Commons.*

**Senior Center closed on:** Friday, June 16

**Nutrition as We Age:** Tuesday, June 20 at 12:30 p.m. As we age our nutritional needs change to meet the needs of our physiological changes. This session covers ways we can adjust our diet to meet our bodies demands. *By Partners in Home Care.*

**Birthday Lunch:** Wednesday, June 21 at noon. *Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, June 21 at 12:30 p.m. **Featuring:** Demi Moore. Learn more about her family life, hobbies and career highlights. *Hosted by Mary Tebbe, WCCOA. Zoom option available.*

**The 40-70 Rule:** Friday, June 23 at 12:30 p.m. An action plan for successful aging provides expert advice to help you and your loved ones start the necessary conversations about the future and put your plan into action. This action plan is written for the individual who wants to face aging with confidence. The 40-70 rule will have you starting conversations on aging topics before a crisis occurs. If you're 40 and your parents are 70 you can learn ways to start the conversations. *Presented by Home Instead.*

**Noodle Drum Exercise:** Monday, June 26 at 12:30 p.m. *Facilitated by Mary Tebbe, Rossford Area Senior Center Site Manager.*

**Thinklers: A Collection of Brain Ticklers:** Tuesday, June 27 at 12:30 p.m. Exercise Your brain with these fun activities. **Theme:** "Ask me more..." *Facilitated by Wood Haven Health Care.*

**Jingo:** Wednesday, June 28 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, June 15 from 3 to 4:15 p.m. featuring JOHN PICKLE while enjoying afternoon refreshments and fun!

Friday, June 16 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 June 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**

**Kingston Derby:** Friday, June 2 at 12:30 p.m. Come place your bets on this interactive horseracing game. *Facilitated by Kingston of Perrysburg.*

**Basic First Aid:** Monday, June 5 at 12:30 p.m. Have you ever wondered what to do if you were in a situation where someone was in need of help? *Becky Rosebrock from Lake Township Fire Department*, will be here to share information on; First Aid, CPR, choking or even how to use an AED. Hands on demonstration will be provided. *Presented by Lake Township EMT/Firefighter.*

**Bingo:** Tuesday, June 6 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

**Flight to Extinction: The American Passenger & The Bowling Green**

**Massacre:** Wednesday, June 7 at 12:30 p.m. At exactly 1:00 PM, on September 1st, 2014 marked the 100th anniversary of the extinction of the passenger pigeon. Learn about the life and extinction of the American Passenger Pigeon, whose numbers once were so great their flocks blotted out the sun. What role did the Bowling Green Massacre play in the demise of this elegant bird? *Presented by Mike McMaster, Wood County Museum.*

**Walbridge Talk:** Thursday, June 8 at 12:15 p.m. *featuring Mayor Ed Kolanko*

**Seminar Series: Childhood Movie Stars:**

Friday, June 9 at 12:30 p.m. This seven part series is designed to highlight facts about famous childhood stars. This month we are featuring: *Ron Howard*

**Trivia:** Monday, June 12 at 12:15 p.m. *Facilitated by Bridge Home Health And Hospice.*

**Knitting and Crocheting:** Monday, June 12 at 12:30 p.m. Bring your own supplies.

**Bingo at the Perrysburg Area Senior**

**Center:** Tuesday, June 13 at 12:45 p.m. Join them for lunch and a game of bingo. *Host Waterford at Levis Commons.*

**Dominoes:** Tuesdays, June 13 & 27 at 12:30 p.m.

**Club F.I.T.:** Wednesday, June 14 at 10:15 a.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.**

**Bingo:** Tuesday, June 20 at 12:30 p.m. *Bring your own place holders. Sponsor The Commons.*

**Birthday Lunch:** Wednesday, June 21 at 12 p.m. *Cupcakes sponsored by Walker Witzler-Shank Funeral Homes.*

**State of the County Report:** Wednesday, June 21 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.*

**Left, Right, Center Game:** Friday, June 23 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

**Game: Don't You Forget:** Monday, June 26 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.

**Bunco:** Tuesday, June 27 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Brain Games & Trivia:** Wednesday, June 28 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.**

**Wii 100 Pin Bowling:** Friday, June 30 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. Take or trade puzzles

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

**Bingo:** Friday, June 2 at 10:30 a.m. *Facilitated by Bridge Home Health and Hospice.*

**Senior Center closed:** Thursday, June 1 for a blood drive that is being held at the church.

**Birthday Acknowledgements:** Monday, June 5 at 12:30 p.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, June 6 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, June 7 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Host by Clara Fiori, WCCOA*

**Monthly Guessing Game:** Thursday, June 8 at 12:30 p.m. Guess how many items are in the jar and get a chance to win the prize!

**Nature's Nursery Presentation:** Friday, June 9 at 12:30 p.m. Join us for a presentation on local wildlife and conservation. The session will cover the theme "Focus on Your Footprint." We will cover global conversation challenges and how wildlife pay the price and steps you can take to solve these issues. Learn more about their mission of improving the well-being of Northwest Ohio wildlife populations and habitats through public education and rehabilitation with an emphasis on coexistence. *Sponsored by Kingston of Perrysburg and Bridge Home Health and Hospice.*



## Canvas Art Party:

Wednesday, June 14

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 a rooster. All materials and instructions will be provided.

**Registration is limited to 6 people.** *Instructor Lori*

*Lawton, ATR. Registration required.*

**Ted Talk: Life's Third Act:** Thursday, June 15 at 12:30 p.m. **Session topic:** Within this generation, an extra 30 years have been added to our life expectancy -- and these years aren't just a footnote or a pathology. In this talk, Jane Fonda asks how we can think about this new phase of our lives.

**Father's Day Celebration:** Friday, June 16 from 12:30 to 1:30 p.m. Please join us for a Father's Day Celebration! We will be honoring all fathers by giving them a piece of pie and a goodie bag! **Reservations required as event is limited to 20.** *Sponsored by Hanneman Family Funeral Homes & Cathy Hoffman.*

## Seminar Series: Childhood Movie Stars:

Tuesday, June 20 at 12:45 p.m. This seven part series is designed to highlight facts about famous childhoods stars. Featuring: *Melissa Gilbert*

**Birthday Lunch:** Wednesday, June 21 at noon. *Birthday gifts sponsored by Bowling Green Manor.*

**Would You Rather Fitness:** Thursday, June 22 at 11:45 a.m. A fun way to get some steps in!

**Trivia:** Monday, June 26 at 12:15 p.m. Come enjoy this interactive and thought provoking game. Theme: Animal trivia. *Facilitated by Grand Rapids Care Center*



**Craft:** Monday, June 26 at 12:30 p.m. Create mini candle with various scents for your indoor or outdoor use. All supplies and instructions are provided. *Sponsored by the Manor of Perrysburg.*

**Black Swamp Stories:** Tuesday, June 27 at 12:30 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 stories. 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. *Presented by Mike McMaster, Wood County Museum.*

**Trip: Rita's Dairy Bar:** Friday, June 30 at 1:30 p.m. Meet us at 24030 Front St., Grand Rapids. Enjoy a sundae to start your summer off right. **Registration required.** Limit 20. Transportations on own. *Sundaes sponsored by Bowling Green Manor.*



# 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.

**Bingo:** Thursday, June 1 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Minutes with the Mayor:** Monday, June 5 at 12:30 p.m. *Pemberville Mayor Carol Bailey*

**Menu Talk:** Tuesday, June 6 at 12:15 p.m. This session will provide an opportunity to discuss current menu options and explore future food items.  
*Presented by Angie Bradford, Director Food Service, WCCOA.*

**Movie:** Wednesday, June 7 at 12:45 p.m. **Feature:** "Julie and Julia" Biography/Drama/Romance  
**Synopsis:** Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. *Snacks sponsored by Wood Haven Health Care.*

**Trivia Bingo:** Thursday, June 8 at 12:45 p.m.  
*Hosted by Wood Haven Health Care*

**Seminar Series: Childhood Movie Stars:** Monday, June 12 at 12:15 p.m. This seven part series is designed to highlight facts about famous childhood stars. This month we will feature: ***Drew Barrymore.***

**Piano Recital:** Tuesday, June 13 at 12:45 p.m. Students of local piano teacher, Carol Slater, will serenade us with the melodious tunes they have been learning in their lessons.

**Breakfast Club:** Wednesday, June 14 at 9:30 am.  
**Location:** Granny's (1105 W. Main St., Woodville).  
**Cost:** breakfast cost on your own. **Register with the Pemberville Senior Center.**

**Missionaries Along the Maumee:** Wednesday, June 14 at 12:15 p.m. Reverend Joseph Badger and his son-in-law Reverend Isaac van Tassel, were two of the earliest pioneer missionaries along the Maumee River. Continued on next page....

Continued....Learn about their contributions to the history of Wood County and the interesting observations made of them in this program.  
*Presented by Mike McMaster, Education Coordinator, Wood County Museum.*

**Trivia Battle:** Thursday, June 15 at 12:15 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.*

**Recipe Club:** Tuesday, June 20 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.

**Birthday Lunch:** Wednesday, June 21 at 12 p.m. *Sponsored by Otterbein Pemberville.*

**Movie:** Wednesday, June 21 at 12:45 p.m. **Feature:** "My Fair Lady" Drama/Family/Musical **Synopsis:** In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl, Eliza Doolittle, presentable in high society. 1964 Rated (G) . *Snacks sponsored by Wood Haven Health Care .*

**Mystery Game:** Monday, June 26 at 12:45 p.m. Come have some fun with us. We will play a new game each month. *Facilitated by Kingston HealthCare.*

**State of the County Report:** Tuesday, June 27 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*

**Podiatry Clinic...** Wednesday, June 28 from 1 to 3 p.m. Facilitated by *Heel and Toe Podiatry.* Dr. Scott Johnston. **Appointments must be made by calling (419)-474-7700**

**Trivia:** Thursday, June 29 at 12:45 p.m. *Hosted by Bridge Home Health & Hospice.*

**Name that Tune:** Friday, June 30 at 1 p.m. Tune in for a live Zoom game of 'Name That Tune' with Pemberville's own Marilyn Wilson on piano! Play for pride, no prizes awarded. *In person option in at the Wood County Senior Center or Pemberville Area Senior Center.*

# 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, June 12 at 1 p.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, June 15 at 1 p.m. West Haven Apartments Community Room Prizes sponsored by Bridge Home Health & Hospice



## Mosaic Tile Unveiling Ceremony



The countywide mosaic project came to end in April and we are awaiting the unveiling of final mosaic project. The final project will be unveiled in its permanent display location this month. You are invited to join us for its unveiling on:

Wednesday, June 7 at 10 a.m.  
In the dining room at the  
Wood County Senior Center

A special thank you to Gail Christofferson, Animal House Glass for her vision and support of this project.

### 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](mailto: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, June 2 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: Perrysburg & Wood County*

**Spelling Bee:** Monday, June 5 at 12:30 p.m. Join us as we challenge the Wood County Senior Center. We are playing for pride not prize so it's bound to be fun!  
*In-person in Wayne & Wood County Senior Center.*

**Reducing the Risk of Falls:** Wednesday, June 21 at 11 a.m. This session will provide insight into the changes we may experience as we age with our mobility and how falls come into play. Learn ways to identify fall risks and ways to prevent injuries related to falls. *Presented by Mercy Residence Family Medicine. In-person option at the Wood County Senior Center.*

**Movie Star Trivia:** Wednesday, June 21 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** Demi Moore. *In-person option in Wood County Senior Center and Rossford.*

**Brain Games & Trivia:** Wednesday, June 28 at 12:30 p.m. This session will have you completing word puzzles, trivia questions, and number games.  
*In-person option at the Northeast and Wood County Senior Center.*

**Name that Tune:** Friday, June 30 at 1 p.m. Guess the songs played by Pemberville's own Marilyn Wilson on piano! *In person option in at the Wood County Senior Center & Pemberville Area Senior Center.*

**Bingo:** Friday, June 30 at 1 p.m. Play 10 rounds of bingo online. *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](mailto: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

## Senior Safety Expo 2023



**On Friday, June 23 from 10 a.m. to 2 p.m.**

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

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. This event is open to all older adults in the community.

***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.
- Lunch and Learn included in event with prior registration. See below.

A Lunch and Learn will be presented by Linda Chapman, Mercy Health featuring the topic “Neuroplasticity and Its Relation to Driving.” 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 June 12. This session will fill up fast, if you cannot make it please call to cancel, so we can activate our waitlist.**



### **Art Therapy: Tatakizome**

Monday, June 26 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:** The ancient Japanese technique of hammering plants to create patterns on fabric is called Tatakizome. This very simple technique will render gorgeous results using fresh flowers, a hammer and your choice of paper, canvas or fabric to transfer the flower “dye.” Feel free to bring an article of clothing, or fabric of your own to try your hand at flower pressing!

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

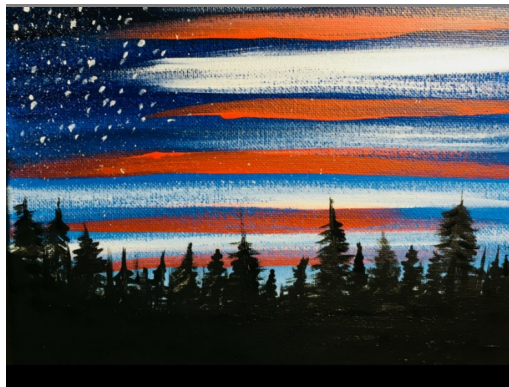
### **Acrylic Painting Class**

Wednesday, June 28 at 3 p.m.

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

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

June's painting is shown to the left. This session will cover various blending techniques while using a variety of colors to create “An American Flag with 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.*





# Around the County, Events & Classes



## Foil Embossing by Hand

Thursday, June 15 ~ 3:00 to 5:00 p.m.

Wood County Senior Center Cost: \$20

Have fun exploring embossing by hand in this unique and versatile medium. Using this sunflower motif or a design of your own, students will learn about this process while working to create a one-of-a-kind piece of foil art. Foil's mirror-like qualities can pick up colors that are near it, adding another dimension of interest to the finished piece. All projects will be completed with an 8" by 10" matt which is included in the class cost. All supplies included. **Instructor: Mary Soneson**

**Registration required.** Contact the Wood County Senior Center 419.353.5661 or [programs@wccoa.net](mailto: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 R. Blinn.* **Reservations required.**

**June 2:** "The Last Dance" (2000) *Starring Maureen O'Hara, Catherine Bell*

**June 9** "Cab to Canada" (1998) *Starring Maureen O'Hara, Catherine Bell*

**June 16:** "The Red Pony" (1973) *Starring Henry Fonda, Maureen O'Hara, Ben Johnson*

**June 23 :** "Spencer's Mountain" (1963) *Starring Henry Fonda, Maureen O'Hara, James McArthur*

**June 30:** "The Quiet Man" (1952) *Starring John Wayne, Maureen O'Hara, Barry Fitzgerald*



## Care Compass Project

Wednesday, June 7, 2023

11 a.m. to 1 p.m.

Wood County Senior Center

**Topic: Communication**

The Care Compass Project is free and open to all current and future caregivers. **Registration is required** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wccoa.net](mailto: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 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

## Wood County Fair – Senior Day

Thursday, August 3, 2023

Wood County Committee on Aging: [www.wccoa.net](http://www.wccoa.net)

Find us on Facebook at [facebook.com/wccoa](https://facebook.com/wccoa)

### Entertainment Sponsored by:

Rehabilitation Hospital of Northwest Ohio,  
State Bank, Wood County Hospital, Wood Haven Health Care

9 – 9:50 a.m.

**J.D. Owen**, Classic Rock, Country, Blues, Oldies, and Motown  
*Findlay, Ohio*

**Coffee & Donuts sponsored by Brookdale of Bowling Green**  
*First Come First Served*

9:50 – 10 a.m.

Welcome & Opening Address  
National Anthem *by J.D. Owen*

10 – 11 a.m.

**New Moon Band**, Blues Rock/Folk band  
*Toledo, Ohio*

11 – 11:10 a.m.

**Door Prize Drawing (Must be present to win)**

11:10 – 12:10 p.m.

**Whitehead**  
Classic Rock of the 70's, 80's & 90's, Current & Classic Country  
*Sylvania, Ohio*

12:10 – 12:30 p.m.

Lunch Address  
**Lunch sponsored by:** Bridge Home  
Health and Hospice, Hanneman Family  
Funeral Homes, Paramount Elite an  
Affiliate of Promedica, St. Clare  
Commons, Waterford at Levis  
Commons

Stacked Turkey or Ham, cold beans,  
heritage coleslaw, melon salad, Rice  
Krispie treat and water.



12:30 – 1:15 p.m.

**Extra Stout**, Irish, Country, Folk, Rock 'n' Roll  
*Northwest, Ohio*

1:30 – 2:30 p.m.

**Night Sessions Big Band**  
*Northwest Ohio*

2:30 p.m.

**Door Prize Drawing (Must be present to win)**

**Lunch reservations are required by Friday, July 28** and can be made by calling 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

All events are held under the tent. Enter through **Gate B or C off of Poe Road**. A free shuttle from the parking lot on Poe Road to the Fairgrounds is provided via golf carts courtesy of the Wood County Sherriff's Office. When you are in the parking lot, call 419.352.8257 for your free shuttle into the fairgrounds on Senior Day.

# 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)  
9 to 12:30 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](mailto: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](mailto:programs@wccoa.net)**

*\* Inquire with your insurance company for discount eligibility.*



## Guiding Pathways

*Respite Program for Those With Early- to Moderate Stage Dementia*

**Cost: \$10 per session, lunch included**

### **Wood County Senior Center**

140 S. Grove St, Bowling Green  
Fridays, June 16 from 10 to 2 p.m.  
and June 23 from 10 a.m. to 1 p.m.

### **St. Timothy's Church**

871 E. Boundary St., Perrysburg  
Wednesday, June 14 from 10 a.m. to 2 p.m.  
Support provided by Arista Home Care Solutions,  
Kingston of Perrysburg & St. Timothy's Church

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](mailto:programs@wccoa.net)



# Travel Opportunities continued on page 23

Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto: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.



## 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.***





## 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

June 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Sweet &amp; Sour Chicken OR Pork Chop Suey</b> rice, cauliflower, Caesar salad, apricots	<b>Ham Loaf OR Shrimp Poppers</b> baked potato, orange, peaches & cream, granola
<b>Stuffed Pepper OR Chicken Stuffing Casserole</b> mixed vegetables, pasta salad, grape juice, peaches	<b>Pork Ribette OR Chicken Tenders</b> sweet potatoes, broccoli salad, pears, graham crackers	<b>Ham and Bean Soup OR Turkey Pot Roast</b> Apple, cabbage and raisin salad, corn bread, peaches, tomato juice,	<b>Meatloaf OR Chicken Paprikash</b> noodles, lima beans, Betty's salad, citrus	<b>Chef Salad w/Turkey OR Tuna Salad on a bed of lettuce</b> potato salad, cantaloupe & grapes, blueberry muffin
<b>Chicken &amp; Dumplings OR Baked Ham</b> french green beans, pickled beets, citrus sections, frozen yogurt	<b>Swedish Meatballs OR Veal Patty</b> noodles, oriental vegetables, Asian salad, pineapple	<b>Hot Dog OR Hamburger</b> Baked beans, rosy applesauce, coleslaw, brownie	<b>Beef Taco Meat OR Chicken Strips</b> lettuce & tomatoes, refried beans, mixed fruit, cookies	<b>Pepper Steak OR Lemon Pepper Pollock</b> rice, stewed tomatoes, tropical fruit, cherry crunch
<b>All Sites Closed. Juneteenth observed</b>	<b>Pork Chop OR Broccoli Stuffed Chicken Breast</b> baked potato, corn relish, orange	<b>Birthday Lunch! Hamloaf</b> riverside blend, apple juice, watermelon, cake & ice cream	<b>Chicken Patty OR Sausage Patty</b> hashbrown casserole, three bean salad, fruit sorbet	<b>Scalloped Potatoes &amp; Ham OR Roasted Vegetable Lasagna</b> winter blend, citrus slaw, grapes, banana bread
<b>Chipped Beef OR Creamed Chicken</b> mashed potatoes, orange juice, baked apples	<b>Goulash OR Teriyaki Chicken Breast</b> carrots, potato salad, mandarin orange salad	<b>Ground Bologna OR Chipped Turkey</b> baked bean salad, tomato zucchini salad, tropical fruit, cookies	<b>Chicken Alfredo OR Cubed Steak</b> noodles, green beans, Caesar salad, fruit cocktail	<b>Pork Cutlet OR Catfish</b> rice pilaf, Italian blend vegetables, celery sticks & peanut butter, melon

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.

June 2023			
Tuesday	Wednesday	Thursday	
		<b>Chicken Pot Pie</b> broccoli salad, pineapple w/cottage cheese, strawberry pie	<b>1</b>
<b>Lemon Pepper Cod</b> sweet potatoes, macaroni salad, grapes & mandarin oranges, cherry cobbler	<b>Sweet &amp; Sour Pork</b> rice, oriental vegetables, pickled beets, citrus sections, lemon bar	<b>Veal Patty</b> capri blend, potato salad, peach crunch	<b>8</b>
<b>Birthday Dinner!</b> <b>Beef Stroganoff</b> noodles, carrots, Bettys spinach salad, melon, cake & ice cream	<b>Corned Beef</b> boiled potatoes, cooked cabbage & carrots, strawberries, bisquit	<b>Chef Salad w/Ham, Turkey, Egg, &amp; Cheese</b> marinated vegetable salad, orange, blueberry muffin, cookies	<b>15</b>
<b>Beef Fajita Tacos</b> lettuce & tomato, corn casserole, spanish rice, apricots, brownie	<b>Turkey</b> mashed potatoes, green beans, mandarin orange salad, pumpkin pie	<b>Honey Mustard Chicken</b> noodles, mixed vegetable blend, coleslaw, grapes, ice cream cake	<b>22</b>
<b>Hamloaf</b> baked potato, riviera vegetable blend, cranberry Jell-O salad, chocolate cake	<b>Shredded Chicken Sandwich</b> french fries, zucchini & tomato salad, cranberry juice, apple crisp	<b>Goulash</b> brussel sprouts, wilted lettuce salad, plums, banana cream pie	<b>29</b>

**BG Knitter's Guild:** Wednesday, June 7 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Comedy Special:** Tuesday, June 13 at 4 p.m. Come and view a stand-up comedy special to lighten up your night! **Feature:** "The General" Buster Keaton **Registration required.**

**Physiology and Fitness:** Tuesday, June 20 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Components of Fitness **Presenter:** Dean Hodgkin, B.Sc. Discussion to follow.

**Readers Café:** Tuesday, June 27 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:** "A Man Called Otto" (2022) by Frederik Backman **Synopsis:** When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. **Books and audiobooks available by loan. Registration required.**

*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](mailto: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 Fund

Auxiliary VFW Post 9963  
VFW Post 9963

### Capital Campaign

Stephen Chang  
Doris Beck & Larry Harris, In Memory of Norma Christen  
Jackie & Carl Metz In Memory of Jeffery Pettit  
Beck Bhaer  
Joyce Goralske-Wilson  
Anonymous for AARP Tax Preparation



### 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](http://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](mailto: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 contact WCCOA: [wccoa@wccoa.net](mailto:wccoa@wccoa.net)  
To register for programs & events: [programs@wccoa.net](mailto:programs@wccoa.net)

We're on the Web!

[www.wccoa.net](http://www.wccoa.net)



FACEBOOK

[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



BLOGSPOT

[woodcountycommitteeonaging.blogspot.com/](http://woodcountycommitteeonaging.blogspot.com/)

All Senior Centers will be closed on  
Monday, June 19, 2023

## 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

<b>Grand Rapids Area Senior Center</b> , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
<b>North Baltimore Area Senior Center</b> , 514 W. Water Street, North Baltimore, Ohio 45872 Temporarily closed except for programs listed on page 14.	419.257.3306
<b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 9:30 a.m. to 2:30 p.m.	567.249.4921
<b>Pemberville Area Senior Center</b> , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
<b>Perrysburg Area Senior Center</b> , 140 W. Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
<b>Rossford Area Senior Center</b> , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.666.8494
<b>Wayne Area Senior Center</b> , 202 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
<b>Wood County Senior Center</b> , 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*