

# LivelyU

LIFELONG LEARNING ACADEMY

WOOD COUNTY  
COMMITTEE

ON  
*Aging*

**Fall 2023**  
SEPTEMBER-NOVEMBER

**BGSU.** | Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

# LivelyU

## LIFELONG LEARNING ACADEMY

### WHAT IS LIVELYU?

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

### ANNUAL REGISTRATION FEE FOR LIVELYU

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

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

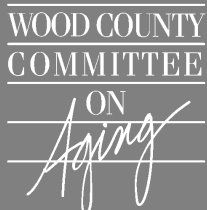
### HOW TO REGISTER FOR LIVELYU COURSES

For those who have completed the annual tuition payment for 2023 you can proceed to register for the fall semester by scanning the **QR code** on the back of this brochure or if you require assistance with the QR code the front desk at the Wood County Senior Center will assist you. Additional registration options include; contacting the Programs Department at **419.353.5661** or emailing **programs@wccoa.net**

### COMMITTEE MEMBERS & HOW TO BECOME A VOLUNTEER

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

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



**Optimal Aging Institute**

**BOWLING GREEN STATE UNIVERSITY**

**Wood County Committee on Aging, Inc.**

140 S. Grove Street,

Bowling Green Ohio 43402

Phone: 419.353.5661 or 800.367.4935

Email: [programs@wccoa.net](mailto:programs@wccoa.net)

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

# FALL SEMESTER 2023

## COURSE OFFERINGS

### LIFE IS A TREASURE HUNT: THE ART OF ANTIQUE COLLECTING

*History*

**Tuesdays, September 5, October 10, November 7**

**2 to 3 p.m.**

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

**INSTRUCTOR:** *Fern Larking Kao, Antique Collector and Sales*

#### **COURSE OUTLINE:**

**September 5:** In this session we will explore antique and estate Jewelry & silver and gold sewing accessories from about 1830 to 1960. Fern will share the mechanics of discovering the value of jewelry from different eras, including how to determine carat weight, where pieces originated from and whether they are made of precious metals. Each participant can bring in (1) piece of jewelry or sewing accessories to practice these skills and learn what to look for to find value in items.

**October 10:** This session will cover ladies Victorian era from 1837-1901 including chatelaines, Posey holders, ladies hem lifters and nanny's brooches. Fern will share the stories on where and why they were first used, and their value if found today. Each participant can bring in (1) item to learn what to look for to find value in items.

**November 7:** The final session will explore the value of perfume bottles including the rich history of bottles from a local factory Devilbiss, 1920's to 1940's hats and hat pins, and hat pin holders. Each participant can bring one (1) item to learn what to look for to find value in items.

### BIRD MIGRATION IN NORTHWEST OHIO

*Science*

**Wednesday, September 6**

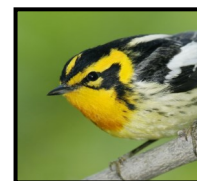
***Zoom Option Available***

**2 to 3 p.m.**

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

**INSTRUCTOR:** *Educator from Black Swamp Bird Observatory*

*Pictured Right:  
Blackburnian Warbler Male*



#### **COURSE OUTLINE:**

Black Swamp Bird Observatory (BSBO) was founded in 1992 by a group of biologists studying bird migration in the area. Having collected several years of data, they recognized the need for an organization to help disseminate their research findings. BSBO's long-term research projects have helped to develop a greater understanding of bird migration and the habitat needs of songbirds, raptors, shorebirds, and rails. BSBO data has been used to assist both private and governmental land owners in better managing their properties for migratory bird species. The Observatory's education and outreach programs have received national accolades. This session will offer information on why northwest Ohio is such an important location during spring and fall songbird migration as well as the importance of bird habitat, and bird conservation.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### DNA & FORENSICS

SCIENCE

Wednesday, September 6

10 to 11 a.m.

Monday, September 11 *Tour date*

2 to 3:30 p.m.

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

**INSTRUCTORS:** *Crystal M. Oechsle, Ph.D. Instructor of Forensic Biology, BGSU*

**ADDITIONAL COURSE FEE:** Cost of parking pass for tour

#### COURSE OUTLINE:

##### Wednesday, September 6:

DNA has quickly become the “gold standard” for forensic evidence. It can damn the guilty, exonerate the innocent, and is generally expected to be present and tested in every case by the lay public. But, what is it and how did DNA rise to such prominence? Are DNA results always reliable or relevant? This session is meant to provide the novice with a basic working knowledge of forensic DNA analysis, including history, current and emerging techniques. Join Dr. Crystal Oechsle for a better understanding of DNA and forensic science. Dr. Oechsle currently is an Assistant Teaching Professor at Bowling Green State University and the Center for the Future of Forensic Science. Dr. Oechsle’s curriculum vitae includes work as a hybrid criminalist, DNA analyst and technical leader, crime scene responder, and quality assurance manager.

##### Monday, September 11: Tour at The Center for Future Forensic Science, 116 Life Sciences Building, BGSU

Tour limited to the first 15 people registered. If you are unable to make it please call 24 hours in advance so we can call people from our waiting list.

Note that all registered participants will need to have a parking pass. You may do so online at: <https://www.bgsu.edu/parking-services/permits-and-registrations.html> or you can use personal BGSU parking pass.



To carpool meet at 1:30 p.m. at the Wood County Committee on Aging, 140 South Grove Street, Bowling Green if you would like to car pool. Your parking ticket will need to be purchased in advance.

Tour the Ohio Attorney General’s Center for the Future of Forensic Science laboratories. The Center’s laboratories conduct forensic science research and support the BGSU Bachelor of Science in Forensic Science and Master of Science in Forensic Science programs. The Center for the Future of Forensic Science is set up similarly to state crime labs that handle and test

evidence. Forensic science is not as it seems on popular tv shows but the tour of the Center for the Future of Forensic Science labs appropriately represents the equipment crime labs currently utilize.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### BEING A COLLEGIATE ATHLETE

*Physical Wellness*

**Tuesday September 12, October 10**

**4 to 5 p.m.**

**Match: Friday November 10** Stroh Center, 1535 E Wooster St, Bowling Green

**6 p.m.**

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

**INSTRUCTOR:** *Danijela Tomic, Bowling Green State University Volleyball Coach*

**COURSE FEE:** \$5, if attending match on November 10. *Must pay WCCOA in advance by November 1, 2023*

#### COURSE OUTLINE:

**Tuesday, September 12:** Coach Tomic will share her journey in becoming BGSU's head volleyball coach. Learn about the demands of training, leadership and skill building that is needed to be a collegiate head coach. Learn the importance of creating a supportive culture for the team.

**Tuesday, October 10:** Get to know the players of the BGSU Volleyball team. Coach Tomic will bring the team in to share stories of what it takes to be a collegiate athlete—how they balance practice and schoolwork.

**Friday, November 10:** Watch the team you met play in a match! The match will take place at the Stroh Center at 6 p.m. against University at Buffalo. **Note:** Tickets are \$5 each and last day for payment is November 1. Seating is first come first serve and handicap accessible seating is available. Parking is free.

### WRITING BOOT CAMP

*Literature*

**Tuesdays, September 12, 19, 26, October 3, 10, 17, 24**

**3:30 to 5 p.m.**

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

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

#### COURSE OUTLINE:

Sharpen your thinking, creativity and writing skills in the Writing Boot Camp. This bootcamp is focused on learning to write fiction by writing. Each week attendees will have a brief themed discussion on writing. Then they will be given a writing prompt and asked to create a work of fiction, poetry, or creative nonfiction. Afterwards, the class will share and critique each other's works.

**September 12:** Introductions, followed by prompt, writing time.

**September 19:** What is flash fiction? followed by prompt, writing time.

**September 26:** Creating compelling dialogue followed by prompt, writing time.

**October 3:** Poetry writing primer followed by prompt, writing time.

**October 10:** Writing descriptions of people, places and things followed by prompt, writing time.

**October 17:** Creative nonfiction using your life as material followed by prompt, writing time.

**October 24:** Recap: Explore the ideas, techniques, and practices learned throughout the session.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### FASCINATING PEOPLE AND CAREERS

### HUMANITIES

<b>Thursday, September 7</b> <i>Lex Blanton, Zoom Room Toledo</i>	<b>Zoom Option Available</b>	<b>2 to 3 p.m.</b>
<b>Tuesday, September 12</b> <i>Zoo educator, The Toledo Zoo</i>	<b>Zoom Option Available</b>	<b>10 to 11 a.m.</b>
<b>Tuesday, October 3</b> <i>Rodney K. Rogers, President of BGSU</i>	<b>Zoom Option Available</b>	<b>11 to 12 p.m.</b>
<b>Wednesday, October 18</b> <i>Dr. Peter Lalor, Wood County Hospital</i>	<b>Zoom Option Available</b>	<b>2 to 3 p.m.</b>

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

**INSTRUCTORS:** *Lex Blanton, Toledo Zoo; Rodney K. Rogers, President of BGSU, Dr. Peter Lalor, WC Hospital*

#### COURSE OUTLINE:

**Thursday, September 7:** *Lex Blanton, Certified Professional Dog Trainer* Hear what is it like to work day to day with man's best friend! Lex is a manager and lead trainer at Zoom Room Toledo, a Certified Professional Dog Trainer with many other certifications will discuss what it is like working with dogs and how sometimes the training is more than just wanting a well-behaved family pet.

**Tuesday, September 12:** *Zoo Educator, The Toledo Zoo* This session will discuss the wide variety of careers in the zoo with a focus on those that work with the animals (zookeepers, animal behavior, conservation) and all the ways that the zoo helps animals beyond just the zoo borders.

**Tuesday, October 3:** *Rodney Rogers, President of BGSU* President Rogers will share the secrets of what it takes to run a university. You will learn more about the day to day operations, the goals of a public university, and future plans.

**Wednesday, October 18:** *Dr. Peter Lalor, M.D., FACS, FASMBS Wood County Hospital* Dr. Lalor, a fellowship-trained bariatric surgeon, offers the most options for weight loss surgery in Northwest Ohio. His practice also includes advanced laparoscopic general surgery procedures and endoscopy. He will share information on his profession and how he choose his work in this field.

### TOLEDO MUSEUM OF ART GALLERY GROUP

### Art

**Wednesdays, September 13, October 11, and November 8** **2 to 3 p.m.**

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

*\*Participants must provide their own transportation to the museum, carpooling is encouraged*

**DOCENTS:** *Michael Coomes and Sally Drier, Toledo Museum of Arts (TMA) docents*

**ADDITIONAL COURSE FEE:** Parking fees if not a TMA member. *See next page for more information.*

**COURSE OUTLINE:** *Continued on next page.*

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### TOLEDO MUSEUM OF ART GALLERY GROUP (CONTINUED)

Art

As an art education institution, TMA strives to provide access to works of art and information about them. The Museum's Gallery Group program provides an opportunity for art lovers to gather monthly to explore interesting themes in the TMA collection. Led by a docent guide, Gallery groups provide an enriching way to either experience the Museum with friends and colleagues or make new friends while exploring art.

**Wednesday, September 13:** Expanding Horizons: The Evolving Character of a Nation

**Wednesday, October 11:** A History of the World in Five Glasses: Beverages That Have Shaped Civilizations

**Wednesday, November 8:** Medieval Art: Myths and Stories

*If you are unable to make it, call 24 hrs. in advance so we can contact our waitlist.*

### MINDFULNESS & MEDITATION

Well-being

**Wednesday September 13, September 20**

**Zoom Option Available**

**10 to 11 a.m.**

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

**INSTRUCTOR:** *Rebecca Greenwood, Assistant Clinical Professor (BGSU), Physical Therapist & Health Coach, Zooming in from Texas*

#### COURSE OUTLINE:

This course will provide an overview of mindfulness and how to begin a daily mindfulness practice, including the health and emotional benefits as well as the physiological responses associated with mindfulness. During each class, you will have the opportunity to participate in mindfulness activities as well as breakout time to reflect. A variety of tools will be provided for participants to continue an ongoing daily mindfulness practice.

### EVERYTHING YOU WANTED TO KNOW ABOUT LANGUAGE

Language/Literature

**Wednesday September 13, October 11, November 8**

**4 to 5 p.m.**

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

**INSTRUCTOR:** *Alice Calderonello, Ph.D., Professor Emeritus of English, Geoff Howes Professor Emeritus of German, BGSU*

#### COURSE OUTLINE:

**Wednesday, September 13:** *Widely-held notions about Grammar (and why they're mostly wrong)* How do widely-held ideas about the meaning of the word "grammar" differ from those held by linguists and language professionals? What is a dialect and why do some dialects (and languages) become "standard"? When is "bad" grammar use intentional and why?

***Continued on next page...***

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### EVERYTHING YOU WANTED TO KNOW ABOUT LANGUAGE *Language/Literature*

#### **Wednesday, October 11:** *Language in Use within Speech Communities*

What is a speech community? How does membership within a speech community affect language use? How/why do speech community members learn appropriate language use/behavior—such as politeness—even when teaching isn't explicit? What is code shifting and what does it accomplish?

#### **Wednesday, November 8:** *Language is Always Changing (whether we like it or not)*

English is a Germanic language. What does that mean? What are Indo European languages and how does English fit in? (The mystery of Basque...) Why can speakers of American English understand Chaucer? Shakespeare? What are some current changes in American English and why are they happening?

### HISPANIC HERITAGE CULTURE

*Language*

**Thursdays, September 14, 21, 28 and October 5**

**10 to 11 a.m.**

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

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

**ADDITIONAL COURSE FEE:** None

#### **COURSE OUTLINE:**

National Hispanic Heritage Month is Friday, September 15, 2023, through Sunday, October 15, 2023. Each year, Americans observe National Hispanic Heritage Month celebrating the histories, culture, and contributions of American citizens with backgrounds from Spain, the Caribbean, Central and South America. This observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

**September 14:** Hispanic culture and values. Hispanic vocabulary

**September 21:** Hispanic music (tango, salsa, bachata, reggaeton, mariachi, etc.)

**September 28:** Hispanic foods (paella, burritos, pupusas, empanadas, etc.)

**October 5:** Hispanic celebrations (quinceanera, day of the dead, Cinco de Mayo, Dia de los Reyes, Running of the Bulls, Bullfighting)

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### LIGHTENING THE LOAD:

*Well-Being*

**Fridays, September 15, 29, October 13, 27**

**10 to 11 a.m.**

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

**INSTRUCTOR:** Amy Whitacre, Teacher & Kelly Beutler Joyful Sort, Worthington, Ohio

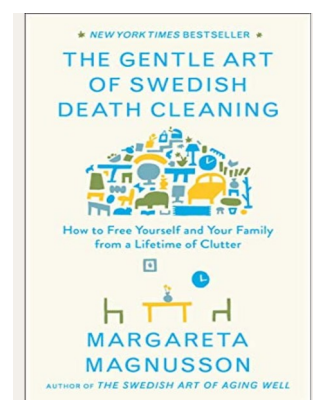
Joyful Sort is a premiere professional organizing service that is passionate about helping people find simplicity and ease in their homes. Their goal is to marry function and style, providing beautiful yet practical organizing solutions that allow their clients to shift their focus away from clutter and back to the good stuff.

**ADDITIONAL COURSE FEE:** Margareta Magnusson's book The Gentle Art of Swedish Death Cleaning to guide discussions. Orders for books need to be received by Wednesday, September 6, 2023. Cost: \$18 Checks can be made payable to Wood County Committee on Aging.

#### COURSE OUTLINE:

Throughout this four session course, registrants will learn strategies and set goals on what/how to declutter our homes. Release the burden of having "too much stuff" ... for yourself AND your loved ones! Margareta Magnusson's book The Gentle Art of Swedish Death Cleaning to guide our discussion.

Each session will focus on a different section of the book and will have participants completing at home tasks to assist with decluttering. A Zoom call with Kelly Beutler, owner of Joyful Sort a professional organizing company will share her best practiced tips to help participants live clutter-free.



### TRAVELOGUE: SOUTHEAST ASIA

*Geography*

**Wednesday, September 20**

**Zoom Option Available**

**2 to 3 p.m.**

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

**INSTRUCTOR:** Joseph Jacoby, Sociology Ph.D., retired BGSU Sociology faculty member, photographer with extensive world travel experience

#### COURSE OUTLINE:

In March and April of 2023 instructor, Joseph Jacoby, traveled to four countries in southeast Asia: Thailand, Laos, Cambodia, and Viet Nam. With the aid of photos he captured, he will recount travel experiences, particularly including the lingering effects of the Vietnam War.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### Structured Problem Solving

*Intellectual Well-being*

**Tuesdays, September 26, October 3, 10, 17, 24, 31, & November 7**

**9:30 to 10:30 a.m.**

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

**INSTRUCTOR:** *David Drain, Retired Statistician, Intel Corporation*

**COURSE OUTLINE:** Structured problem solving is a proven strategy for discovering effective solutions to difficult, complex problems: climate change, reproductive rights, gun violence, and poverty, for example. The method employs teams to create a clear statement of the problem, discover the multiple causes of the problem, formulate and evaluate solutions address those causes, and then implement those solutions effectively. This method eliminates many of the common errors that commonly occur in typical amateur problem-solving: failing to find the actual causes of the problem, choosing attractive but ineffective solutions, and implementing solutions that do not endure the test of time.

### NUTRITION AND YOU

*Well-Being*

**Wednesday, September 27, October 11, October 25**

**10:30 to 11:30 a.m.**

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

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

#### **COURSE OUTLINE:**

**Wednesday, September 27: Getting to the Root of Plant-Based Nutrition:** This session will help you explore the world of a plant-based diet with an introduction to the types of foods to eat, the benefits, and tips to help you succeed. Plus, you'll find helpful information about eating plant-based on a budget and how to ensure you get enough essential vitamins and minerals your body needs to thrive!

**Wednesday, October 11: Probiotics and Nutrition—30 Billion Friends I Have Never Met:** Discover how bacteria can actually be healthy for you. Probiotics are gut bacteria that can help provide many health benefits. Since there are thousands and thousands of available probiotics, the choices of which ones to choose can be a little overwhelming. Learn helpful tips on ways to decide which ones are best for you.

**Wednesday, October 25: Cravings—What is my Body Telling Me?:** If you ever get a craving for something sweet or salty that you can't quite kick, you may think it's your body's way of testing your willpower. Sometimes a craving is your body's way of asking for something that it's missing nutritionally. In general, a craving can signal something is out of balance, but it doesn't always mean you need a certain type of food. Learn ways to read those cravings to obtain better health.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### CONVERSATIONAL SIGN LANGUAGE

*Well-Being*

**Wednesdays, September 27, October 4, 11, 18, 25 and November 1**

**3 to 4 p.m.**

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

**INSTRUCTOR:** *Nancy Scott, B.A. in Deaf Education and Hard of Hearing, Retired Teacher*

**ADDITIONAL COURSE FEES:** None

#### **COURSE OUTLINE:**

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

Topics include: the alphabet, numbers, colors, foods, family members, animals, places, and times.

We can also find time for other subjects that may interest class members. In each class we will take time to converse with each other to practice this new skill. This can be a great skill to teach your grandchildren or your friends and family, or to begin communication with a deaf acquaintance.

Class size limited to 15. Repeat Course from Spring of 2023.

### HEART OF CAREGIVING: HANDS ON CAREGIVING TRAINING

*Wellness*

**Tuesday, October 3 and Tuesday, October 10**

**10 to 11:30 a.m.**

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

**INSTRUCTOR:** *Sara Chambers, BSN, RN, CHPN, Hospice of Northwest Ohio & Carol Kinsey, Hospice and Palliative Care RN*

#### **COURSE OUTLINE:**

“There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. Caregiving is universal.”

Rosalynn Carter, Former First Lady of the United States.

Do you have a loved one that you care for? Do you want to prepare in case you find yourself having to take care of a loved one? This hands-on session will share a variety of different caregiving techniques while remaining focused on safety. These sessions will be facilitated by two registered nurses; you will learn important skills such as making an occupied bed, crushing medications for patients who cannot swallow pills, incontinence care, and much more. Upon completion of this course you will acquire active caregiving skills and tips to ensure your caregiving experience is less stressful and more supportive.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### CARDS & CALLIGRAPHY

Art

**Thursdays, October 5 and October 12**

**2 to 4 p.m.**

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

**INSTRUCTOR:** Jackie Metz

**ADDITIONAL COURSE FEE:** \$15 per person,

Supplies include 10 metallic pens, 5 homemade cards by Judy Miller.

Sample card at right.

#### COURSE OUTLINE:

Before typewriters and computers, people were more dependent on handwriting. For notes and simple bookkeeping any old handwriting would suffice, but for formal documents such as deeds or contracts, or meaningful text such as books or poems, people would rely heavily on the artistic skill of a calligrapher.



Granted, there is less demand for hand-penned ornate lettering today. Participants can practice the art of calligraphy in these hands-on sessions and apply it to a special project. Registrants will be given five homemade cards to design the writing as your own with step by step instruction. Use this class as a jump start to completing your holiday greeting cards.

**Class size is limited to 10 spots. Registration for this class closes on September 18.**

### COUNTY COURTS: JUROR SELECTION AND CRIMINAL TRIAL

Government

**Wednesdays, October 4 and October 18**

**10:30 to 11:30 a.m.**

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

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

**ADDITIONAL COURSE FEES:** None

#### COURSE OUTLINE:

**Wednesday, October 4:** This session will look at the trial process including the selection of a jury, opening statements, presentation of evidence and testimony of witnesses, closing arguments, presentation of jury instructions (charging the jury), deliberation and announcement of the verdict.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### COUNTY COURTS: JUROR SELECTION AND CRIMINAL TRIAL

*Government*

**Wednesday, October 18:** This session will offer an innovative approach to learning the law and how the legal system functions. Guided by Judge Kuhlman participants will work their way through a criminal trial and sentencing. This session will aid in developing a better understanding and appreciation for the law, procedures and the judicial system, including constitutional rights and responsibilities. **Please note that participants must provide their own transportation to the Courthouse. Carpooling is encouraged.**

### HEALTH TOURISM FOR OLDER ADULTS: AUTHOR VISIT

*Well-being*

**Thursday, October 12**

**Zoom Option Available**

**10 to 11 a.m.**

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

**INSTRUCTOR & AUTHOR:** *Bob Lee, PhD., School of Applied Human Development, Professor Bowling Green State University*

**ADDITIONAL COURSE FEE:** "Leisure Tourism and Older Adults" by Bob Lee.

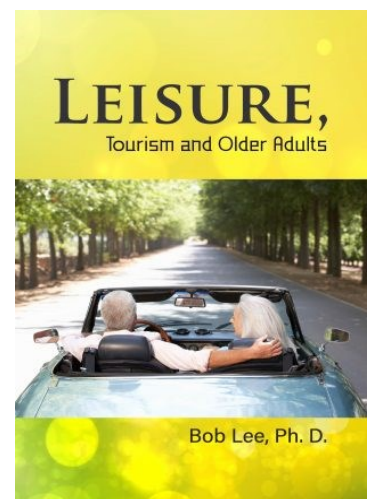
Cost \$54 However, book is not required.

Bob Lee is a professor in the School of Applied Human Development at Bowling Green State University where he has also served as the program coordinator for the Tourism Hospitality Event Management Program for years. Dr. Lee has produced more than 50 scholarly publications. He is co-editor for the Journal of the Visions in Leisure and Business and associate editor for the Annual of Therapeutic Recreation and the Journal of Park Recreation Administration.

#### COURSE OUTLINE:

Health tourism has a long history. It is based on the use of medical resources and the use of medical procedures. Health tourism consists of disease prevention, wellness tourism and medical tourism, which included surgery and treatment of diseases. Each year, millions of US residents travel to another country for medical care which is called medical tourism. Medical tourists from the United States most commonly travel to Mexico and Canada, and to several other countries in Central America, South America, and the Caribbean.

The reasons people may seek medical care in another country varies and the type of procedures also vary. The most common types of procedures that patients pursue during medical tourism trips include elective cosmetic surgery, organ transplantations, cardiac surgery and orthopedic surgery. Learn more about the benefits and risk associated with this type of travel at various stages of adulthood.



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# FALL SEMESTER 2023

## COURSE OFFERINGS

### ADVENTURES IN THE SPANISH LANGUAGE II

*Language*

**Thursdays, October 12, 19, 26 and November 2 & 9**

**10 to 11:30 a.m.**

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

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

**ADDITIONAL COURSE FEE:** None

#### **COURSE OUTLINE:**

This course follows Adventures of Spanish Language I. The basic Spanish language and the cultures of the Spanish-speaking world (begun in Spanish Language I) will be continued using more complex structures of the Spanish Language but always including them in the conversation mode.

**October 12:** Review of the structures learned in the previous course.

**October 19:** Verbs Ser v Estar

**October 26:** The Reflexive Verb- Daily Routines

**November 2:** The Past tense: Imperfect v. Preterite

**November 9:** The Future tense

### TRAVELOGUE: AUSTRALIA AND NEW ZEALAND

*Geography*

**Wednesday, October 25**

***Zoom Option Available***

**2 to 3 p.m.**

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

**INSTRUCTOR:** *Bob Rex, retired Bowling Green Junior High Teacher*

**ADDITIONAL COURSE FEE:** None

#### **COURSE OUTLINE:**

Come and enjoy an adventure down under. Bob will guide you through his three month hiking and bicycling trip in Australia and New Zealand. Although separated by only a few hours of travel, and belonging to the same continent Australia and New Zealand are very different countries. Both share a deep respect for nature, preserved traditions from before the European discovery of the Southern Seas. Through a picture presentation and entertaining stories you will learn about these countries roots, food, art, and wildlife.

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# FALL SEMESTER 2023

## COURSE OFFERINGS

### THE PSYCHOLOGY OF MARKETING

INTELLECTUAL WELL-BEING

Wednesday, October 25

Zoom Option Available

10 to 11:30 a.m.

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

**INSTRUCTORS:** *Louisa Ha, Ph.D, Professor of research excellence in the School of Media and Communication*

**ADDITIONAL COURSE FEE:** None

#### COURSE OUTLINE:

Marketing is the process of identifying, anticipating, and satisfying customer needs and wants through the creation, promotion, and distribution of products and services. It is an essential aspect of any successful business, and the world's top brands have mastered the art of marketing. In this session, participants will explore marketing strategies of the world's top brands and secrets behind successes. More goes into the advertisements seen in everyday life. Participants will learn ways that populations are targeted and understand the psychology behind advertising campaigns.



The LivelyU Lifelong Learning Committee would like to formally thank all of the instructors for their willingness to share their time and knowledge with the participants during their course time. A most gracious thank you is also extended to the participants for their interest in actively learning and growing through these course offerings. We are looking forward to another great year of learning, sharing and exploring together. The spring 2024 course offerings will be available in February of 2024. The spring semester will run from March to May 2024.

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

*The Optimal Aging Institute and WCCOA are looking forward to hosting you in 2024!*

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WOOD COUNTY  
COMMITTEE



Wood County Committee on Aging, Inc.  
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419.353.5661 or 1.800.367.4935

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)



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If you have already paid the 2023 tuition  
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