

WOOD COUNTY COMMITTEE

ON
Aging
SEPTEMBER 2023

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

We will be hosting this year's **Golden Care Awards** to recognize the caregiving heroes in our communities. This event will recognize Compassionate Caregivers in the following categories:

- 1. Medical or Professional Care Providers working in a facility or home care setting**
(physician, therapist, nurse, STNA, care navigator, social worker, etc.)
- 2. Support Staff working in a facility or home care setting**
(volunteer, companion caregiver, housekeeper, dietary, salon, activities, maintenance, etc.)
- 3. Community Caregiver**
(Someone caring for a spouse, adult child, other family member, friend, neighbor, etc.)

Community members can nominate as many caregivers as they see fit. Facilities can nominate up to four nominees from their facility. All nominees will be honored with a ceremony, certificate, and dinner. The judges will select three Golden Care winners for 2023.

To nominate someone, complete the nomination form and send their photo by October 1 to:

programs@wccoa.net **or** drop off/mail to the Wood County Senior Center:
140 S. Grove Street, Bowling Green, OH 43402 For more information, contact the WCCOA Programs Department at 419.353.5661 or 1.800.367.4935 or email program@wccoa.net

This event is sponsored by: Briar Hill Health Campus, Bridge Home Health & Hospice, Bowling Green Manor, Brookdale of Bowling Green, Ameda Healthcare, The Willows of Bowling Green, Waterford at Levis Commons and Wood Haven Health Care.

Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Arts Abound

Perennial Pursuits

Friday, October 27 from 6 to 8 p.m.

Wood County Senior Center

Those interested performing or displaying your art please see the Programs Department or register using the QR code.

This event strives to showcase various art forms

pursued by community members who are compelled to create or engage in the arts as vital and meaningful components of quality of life.

- Visual art contributions will also be displayed in conjunction with the public performance.
- Enjoy an evening of celebrating these local artists across all art forms, enjoy refreshments and more.

All event inquiries can be directed to the Programs Department at 419.353.5661 or email programs@wccoa.net



Golden Care Awards

Monday, November 13

Event begins at 5:30 p.m.



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. Items are to be picked up at the Wood County Senior Center 140 S. Grove St. Bowling Green, OH. If you would like to donate a new or gently used item to our closet, contact our Social Services Department for prior approval of need for the item/s. 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 four hours per month one-on-one with them, provide emotional support, and build a meaningful relationship. Requirements to volunteer for this program include: 21 years of age or older, ability to commit for at least 6 months; desire to work with older adults, and willingness to complete a background check. If interested, contact Lisa Myers (see contact info in above paragraph).

Home Delivered Meals

Monday - Friday

Hot, nutritious meals are available for homebound seniors in Wood County who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend. Suggested donations of \$2 per meal are requested. Call Social Services at 419.353.5661 or 800.367.4935.

Medical Escort

The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical



appointments such as physician, dental, or eye appointments up to three times per month per individual. WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. and 2:30 p.m.

To register for this service, please call:

Northern part of the County: 419.666.8494

Southern part of the County: 419.353.5661 or
1.800.367.4935

Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers year round.

Opportunities include front desk receptionist, newsletter collation, lunch assistance, and Home Delivered Meal delivery to homebound clients.

Please contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935.

UnitedHealthcare Members

You might be eligible to receive a discount on our fitness classes!

Renew Active™ is the gold standard in Medicare fitness programs for both the body and the mind! The program is available with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or are currently participating in a class, you may be eligible to receive a discount or have the class fee fully covered! *Contact Kinsey Kale, Program and Wellness Specialist* at 419.353.5661 or email programs@wccoa.net You can learn more at: UHCRenewActive.com

Clinics & Consultations

Podiatry Clinic

Provided by Heel and Toe Podiatry with
Dr. Scott Johnston

For an appointment, please call 419.474.7700

Clinic Site	Date	Time
Wood County Senior Center	Sept. 13	1 to 3 p.m.
Pemberville Area Senior Center	Oct. 18	1 to 3 p.m.

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

alzheimer's  **association**

Memory Chat

Wednesday, September 20, 2023

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.

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**

Grandparents Raising Grandchildren Support Group

4th Wednesday of the month 11 a.m. to 1 p.m.

Location: Wood County Senior Center, 140 South Grove St., Bowling Green, OH 43402

For more information or to register

Contact: Sara Nidiffer,

Wood County Educational Service Center (WCESC) for registration info at 419.409.2087 or snidiffer@wcesc.org

Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*
Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

Community Christian Legal Services is here to help you understand your rights under the law. **Legal aid services include** assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits. **Appointments are required.** Call your Senior Center to schedule!

Clinic Site	Date	Time
Perrysburg	Sept. 7	2 to 4 p.m.
Bowling Green	Sept. 14	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

Grandparents Raising Grandchildren Holiday Project

Help us give back during this holiday season by supporting local grandparents who are raising their grandchildren. Wood County Job & Family Services and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age). Interested grandparents in need are asked to complete an application. **NOTE:** **Applications will be available November 1 and the application deadline is Friday, December 1, 2023.**

WCCOA Support Groups

Caregiver Support Group

Monday, September 11 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, September 28 at 10 a.m.

Location: Perrysburg Area Senior Center
140 W. Indiana Avenue, Perrysburg

Care Compass Project

Wednesday, September 6 at 11 a.m.

Topic(s): Aging in Place

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

Thursday, September 7 at 5:45 p.m.

Location: Wood County Senior Center

This support group is for you if you're newly diagnosed or you have been living with Parkinson's disease or Parkinson's-like symptoms for awhile or if you're a Care Partner of someone who does. Contact the Wood County Committee on Aging at 419.353.5661 or email programs@wccoa.net to register for this group.

Grasping Your Grief

Wednesdays, September 6 & 20 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

Alzheimer's Association

Caregiver Support Group

First 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 ****Participants must bring in their own water bottles to all fitness classes.****

Chair Yoga Cost: \$20

Thursdays, July 27 to September 21 at 1 p.m.
(No Class July 20, Aug. 3, 31 & Sep. 7)
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 The Willows of Bowling Green*

Delay the Disease Cost: \$20

Wednesdays, August 23 to September 27 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, August 23 to September 27 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 September 4, 2023 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, Sept. 13 to Oct. 18 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, August 8 to September 25 at 10:30 a.m.
(No Class August 28, September 4)
Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced:

Tuesdays, September 19 to October 24 at 10:30 a.m.
Incorporates breathing techniques, warm-up postures to help open the body. Moving into different standing and balancing postures and wind down postures on the floor with sound vibration or guided relaxation.

Intermediate:

Thursdays, September 14 to October 19 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 is FREE for SilverSneakers Members.

SilverSneakers Classic Cost: \$20 Wednesdays, August 16 to September 20 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. *Sheila 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.

The WiseWorld Forum: Tuesdays in September at 3 p.m. By coming together with our accumulated wisdom and life experience we plan to discuss and address pressing global issues. The group aims to use their knowledge and insights to make a positive impact on the world. *Host: David Drain.*

Guitar Circle: Wednesdays at 11:30 a.m. For intermediate to advanced players. **Registration required for first time participants.** *Sessions assisted by John Zanfardino.*

Memoir Writing Group: Wednesdays at 4 p.m. This is a transformative group that will meet to reclaim their voices and share stories to create experiences through our words. The goal is to document life events and discuss how they impact us. The group will not focus on checking grammar or punctuation but more on the art of storytelling to capture our history. Bring a pen and notebook.

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

Veterans Social Group: Fridays at 10 a.m. This group will share stories, decide on projects and enjoy each others company over coffee. *Facilitated by Herb Dettmer.*

How about a Movie: Fridays at 1 p.m.
September 1: "Stella Dallas" **September 8:** "Sorry, Wrong Number" (1948) **September 15:** "Crime of Passion" (1956) **September 22:** "There's Always Tomorrow" (1956) **September 29:** "The Two Mrs. Carrolls" (1947) See Page 17 for more details.

Happy Hour: Friday, September 1 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Bowling Green Manor.* **Zoom option available.**

New Voting Rules: Tuesday, September 5 at 11 a.m. On January 6, 2023, the Governor signed Ohio House Bill 458 that made several changes to election laws. This session will highlight the changes that impact Ohio voters *Presented by Deborah Dalke.*

Romantic Movies: Wednesdays, September 6, 13, 20, 27 at 1 p.m. **6:** "The Green Card" (1990) **13:** "Along Came Polly" (2004) **20:** "The Book Club" (2018) **27:** "The Book Club: The Next Chapter" (2023) **Registration required.**

BG Knitter's Guild: Wednesday, September 6 at 4 p.m. Bring your supplies. *Hosted by Jackie Instone.*

John Grisham's Movie: Thursday, September 7, 14, 21, and 28 at 1 p.m. **10:** "The Rainmaker" (1997) **17:** "The Pelican Brief" (1993) **24:** "The Client" (1994) **31:** "A Painted House" (2003)

Registration required.

MyChart: Thursday, September 7 at 4 p.m. MyChart is an electronic medical records system used by many healthcare facilities where you can access test results and much more. Join us to learn how to sign up for MyChart and to confidently navigate it with ease.

Prerecorded by Clara Fiori, WCCOA

Collette Travel Information: Switzerland, Austria and Bavaria Friday, September 8 at 10 a.m. Join our travel agent Mitchell Mack as he shares information on an upcoming 2024 trip.

Nails: Monday, September 11 at 10:30 a.m. Appointments are 10 minutes in length. **Registration required.** *Facilitated by Wood Haven Health Care.*

Black Swamp Stories: Monday, September 11 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 of histories. In this program Education Coordinator, *Mike McMaster, from the Wood County Museum,* will share a few of the notable stories of the Great Black Swamp.

TV Series: 1883: In this series you will view: Monday, September 11 at 1 p.m. Season 1 Episode 4, 5, & 6 Monday, September 25 at 1 p.m. 1883 Season 1 Episode 7, 8 & 9 **Registration encouraged.**

Quilter Group: Monday, September 11 & 25 from 2 to 3:30 p.m. Bring projects or just come to learn. *Host: Marsha Miller*



Craft: Tuesday, September 12 at 10:30 a.m. Denim Angels. All supplies provided and instruction included in this class. **Cost: \$5. Payment to be made in advance to secure a spot. Registration required.** *Facilitated by Leslie Miller.*

Name That Tune Bingo: Tuesday, September 12 at 11 a.m. *Facilitated by Heritage Corner Health Care*

Wood County Continued...

Karaoke: Tuesday, September 12 at 4:30 p.m. No previous singing experience necessary.

Comedy Special: Wednesday, September 13 at 4 p.m. **Feature:** "The Lemon Drop Kid" The Bob Hope Collection. **Registration required.**

Menu Talk: Thursday, September 14 at 11:00 a.m. Discuss current menu options and explore future food items. *Presented by Angie Bradford, WCCOA*

Breakfast Club: Monday, September 18 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main street, Bowling Green). Cost on your own. **Registration required.**

Brain Training: Tuesday, September 19 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by August 7.** *Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care.* **Topic:** Addiction and Pain Medications **Video Presenter:** Jason M. Satterfield, Ph.D.

Salvation Army: Monday, September 18 at 11 a.m. Learn about the services and process for applying for holiday assistance. *Presented by Nichole MacKnight.*



Craft: Tuesday, September 19 at 3 p.m. Make a decorative Sunflower for wall décor or outdoor use. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels with Stephanie*

Physiology and Fitness: Tuesday, September 19 at 4:30 p.m. Video Series from *The Great Courses* followed by a discussion. **Topic:** Your Heart in Action **Presenter:** Dean Hodgkin

Cold and Flu Season: Wednesday, September 20 at 11 a.m. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

Movie Star Trivia: Wednesday, September 20 at 12:30 p.m. Featuring movie star Denzel Washington. *Facilitated by Mary Tebbe, WCCOA.* **Zoom option available.**

TED Talks: Thursday, September 21 at 4:30 p.m. **Topic:** "The Power of Vulnerability" The power of vulnerability Brené Brown studies human connection.

Lunch & Learn: Friday, September 22 at 11:30 a.m. **This month:** "Solar Eclipse: April 8, 2024" *Presented by Wood County Emergency Management.* *See page 14 for more details!* **Registration required.**

Zoom Bingo: Friday, September 22 at 1 p.m. *Cover-all prize awarded. Register to receive the code.*

Coffee & Coloring: Monday, September 25 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts. *Hosted by Jan Chilcote. Donuts provided by St. Clare Commons.*

Art Therapy: Monday, September 25 from 1 to 3 p.m. **This month's project:** "Puzzle Piece Collage". **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16*

Therapy Dogs International: Monday, September 25 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, September 26 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

Reader's Café: Tuesday, September 26 at 3 p.m. This group features books that have been turned into movies! Pick up a copy of the book to read (starting September 1) then come together to watch the film. And afterwards discuss the difference between the book and movie. **Feature:** "The Help:" by Kathryn Stockett *Books and audiobooks available by loan.* **Registration required.**

Brain Games & Trivia: Wednesday, September 27 at 12:30 p.m. **Zoom option.**

Acrylic Painting: Wednesday, September 27 at 3 p.m. This session will cover various brush techniques while using a variety of colors to create "Fall Tree" This class is open to all levels of painting experience! *Hosted by Leslie Miller. Cost: \$5 page 16*

Terrific Terracotta Pots: Thursday, September 28 from 2 to 4 p.m. All supplies and instruction provided by Mary Sonenson. Cost: \$20 *see page 18 for details!*

Open Forum for Technology: Thursday, September 28 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required for submission of questions.** Feel free to sit in to learn something new.

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, August 30 to October 4 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 & Fridays 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 by calling 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

Happy Hour: Friday, September 1 at 12:30 p.m. **Registration required.** Snacks sponsored by Manor at Perrysburg. Zoom option available.

Texas Hold 'Em Tournament: Tuesday, September 5 & Monday, September 18 at 1 p.m.

Euchre Tournament: Thursday, September 7 at 12:45 p.m. **Registration required.**

Senior ScamGuard: Friday, September 8 at 12:15 p.m. Attend this presentation to learn ways to keep yourself safe from being a target from scammers. Pamela Rybka, Community Outreach Coordinator, Toledo Better Business Bureau.

10 Clues: Guess Who? Game: Monday, September 11 at 12:30 p.m. This game will provide clues to see if you can guess who it is. Manor at Perrysburg.

Pinochle Tournament: Monday, September 11 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, September 12 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, September 12 at 12:15 p.m. *Facilitator: Waterford at Levis Commons.*

TED Talk: The Secret to Living Longer May be Your Social Life Wednesday, September 13 at 12:30 p.m. Susan Pinker reveals how in-person social interactions are not only necessary for human happiness but also could be a key to health and longevity. *Previously recorded presentation.*

Now and Then: Thursday, September 14 at 12:30 p.m. **Reminiscing Topic:** Birthday Parties. *Facilitated by Comfort Keepers.*

Lunch and Learn: Aromatherapy: Friday, September 15 at 12:15 p.m. Aromatherapy is based on the usage of aromatic materials including essential oils and other aroma compounds, with claims for improving psychological and physical well-being. Attend today's session to learn more about this unique practice. **Registration Required. Space is limited to the first 15 registrants.** Lunch by Lakes of Monclova.

Cooking Demo: No Bake Treat Tuesday, September 19 at 12:30 p.m. Enjoy a live cooking demonstration and taste test at the end! Learn how to make a fruit garnish to take your dessert to the next level. *Sponsored by Willows at Bowling Green*

Birthday Lunch: Wednesday, September 20 at 12 p.m. *Sponsored by Manor at Perrysburg.*

MyChart: Thursday, September 21 at 12:30 p.m. MyChart is an electronic medical records system used by many healthcare facilities where you can access test results, schedule appointments, chat with your provider, see your medications and much more all in the convenience of your own home. Join us to learn how to sign up for MyChart and to confidently navigate it with ease. *Prerecorded by Clara Fiori, WCCOA*

Trivia: Friday, September 22 at 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Hand & Foot Card Game: Monday, September 25 at 12:30 p.m.

Movie Day: Tuesday, September 26 at 12:45 p.m. **Feature:** "About My Father" (2023) . **Sponsored by Walker Witzler Shank Funeral Homes & Crematory. Registration required.** Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.

Perrysburg Continued...

Caregiver Support Group: Thursday, September 28 at 10 a.m. The group provides resources, advice on stress of caregiving, recommendations, and an outlet for caregivers to connect with one another. **Advance registration required by calling 419.353.5661.** Hosted by WCCOA.

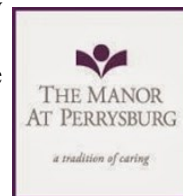
Left, Right, Center: Thursday, September 28 at 12:30 p.m. Sponsored by Kingston of Perrysburg.



Fall Harvest Celebration: Friday, September 29 at 12:30 p.m.

Celebrate everything fall with us! Decorate pumpkins, enjoy fall treats and share stories about your favorite fall adventures.

Sponsored by



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.

Senior ScamGuard: Tuesday, September 5 at 12:30 p.m. Attend today's presentation to learn how to keep yourself safe from being targeted by scams. Pamela Rybka, Community Outreach Coordinator, Toledo Better Business Bureau.

Noodle Drum Exercise: Wednesday, September 6 & 20 at 11:15 a.m. Join this fun exercise session that will have you moving to music and drumming while you're having fun. Facilitated by Lauren Firsdon, Wayne Area Senior Center Site Manager.

How to Care for Your Houseplants: Thursday, September 7 at 12:30 p.m. Sue Wolf of Wolf's Blooms and Berries will be turning the spotlight to houseplants. Learn about the best tips on how to care for and treat diseases that occur with common houseplants. Those who attend the session will take a plant home with them! **Registration required.**

Trivia Battle: Monday, September 11 at 12:30 p.m. Let's test our knowledge with a trivia contest against Pemberville, and Grand Rapids Senior Centers. Sponsored by Rehabilitation Hospital of NWO.

Bingo: Tuesday, September 12 at 1 p.m. Sponsored by Bowling Green Manor.

Bingo: Wednesday, September 13 at 1 p.m. Sponsored by St. Catherine's Manor Fostoria.

Native Plants: Friday, September 15 at 12:30 p.m. Native plants are locally adapted to regional soil and climate conditions, making them an environmentally-friendly choice for the garden. Continued....

They support many pollinators, including local butterflies, bees and birds and more. Learn about the benefits of native plants and how to care for them. Presented by the Wood County Parks District.

Trivia Hour: Monday, September 18 at 12:30 p.m. Get ready to form teams and have some friendly competition. Win prizes and wow your friends with your trivia knowledge. Facilitated by Wayne Public Library.

Emotions Through Art: Tuesday, September 19 at 12:30 p.m. Create an abstract piece of art using different mediums representing your views. All supplies will be provided. Facilitated by Wayne United Methodist Church.

Birthday Lunch: Wednesday, September 20 at noon. Cake & ice cream provided by The Willows.

Bingo: Wednesday, September 20 at 1 p.m. Sponsored by Bridge Home Health & Hospice.

Breakfast Club: Thursday, September 21 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

Emergency Preparedness for Your Health: Wednesday, September 27 at 11 a.m. We will focus on emergency preparedness when a health crisis occurs. Learn more about how to keep yourself healthy! Presented by Kamarose Wildman, Wood County Health Department.

Craft: Fall Pumpkin Vase: Tuesday, September 26 at 12:30 p.m. All supplies and instructions provided by The Willows of BG.

Bingo: Thursday, September 28 at 12:30 p.m. Sponsored by Wood Haven Health Care.

Rossford

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

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

Club F.I.T.: Tuesday, September 5 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 and waivers required.

Trivia: Wednesday, September 6 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Senior ScamGuard: Thursday, September 7 at 12:15 p.m. Attend this presentation to learn ways to keep yourself safe from being a target from scammers. *Pamela Rybka, Community Outreach Coordinator, Toledo Better Business Bureau.*

Pies for Guys: Friday, September 8 at 1 p.m.
Gentleman, enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

Breakfast Club: Tuesday, September 12 at 12:30 p.m. Meet at Denny's, 1122 Buck Road, Rossford, Ohio 43460. Cost on own. **Register with the Senior Center prior to attending the breakfast.**

Game Day: Wednesday, September 13 at 12:30 p.m. *Hosted by Kingston Health Care.*

MyChart: Thursday, September 14 at 12:30 p.m.
Technology and healthcare can be intimidating, especially when it comes to mixing the two together! MyChart is an electronic medical records system used by many healthcare facilities where you can access test results, schedule appointments, chat with your provider, see your medications and much more all in the convenience of your own home. Join us to learn how to sign up for MyChart and to confidently navigate it with ease. *Prerecorded by Clara Fiori, WCCOA*

Trip: Outing to W.W. Knight Park: Friday, September 15 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 and waivers required.**

Movie Day: Runaway Bride Monday, September 18 at 1 p.m. This romantic comedy brings together Julia Roberts and Richard Gere again. Roberts plays a small town girl whose marches down the aisle has become a series of near misses when she bolts before saying I do. Gere is a cynical big-city newspaper columnist eager to write a tell all story about the beautiful shy bride. The more he finds, the more he falls for her.

Birthday Lunch: Wednesday, September 20 at noon. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, September 20 at 12:30 p.m. **Featuring:** Denzel Washington. *Hosted by Mary Tebbe, WCCOA.* **Zoom option available.**

Dear Papa: Help!: Tuesday, September 26 at 12:30 p.m. Imagine getting a letter from your grandchild with a question or concern for you to answer, what would you say? *Presented by Wood Haven Health Care.*

Series: Live Long, Live Healthy: The Secret to Living Longer May Be Your Social Life Thursday, September 28 at 12:30 p.m. The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to *psychologist Susan Pinker*, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy --it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond. *TED talk prerecorded by Susan Pinker.*

Interested in
volunteering?

- Delivering meals to homebound older adults 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 in Bowling Green.

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.

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. Advance 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.

Trivia with Markeita: Friday, September 1 at 12:30 p.m. Stop in to find out what kind of trivia game Markeita will come up with!

Bingo: Tuesday, September 5 at 12:30 p.m.
Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.

Historical Topic: Wednesday, September 6 at 12:15 p.m. The topic will be a mystery for all of us. *Mike Mc Master from the Wood County Historical Society will be here. He always has some interesting topics along with some fun facts. It's been awhile since he's been here, so let's welcome Mike back!*

Kingston Derby: Friday, September 8 at 12:30 p.m. Join us for a fun and interactive game.
Facilitated by Kingston of Perrysburg.

Trivia: Monday, September 11 at 12:15 p.m.
Facilitated by Bridge Home Health And Hospice.

Knitting and Crocheting: Monday, September 11 at 12:30 p.m. Bring your own supplies.

Dominoes: Tuesdays, September 12, & 26 at 12:30 p.m.

MyChart: Tuesday, September 12 at 12:30 p.m. Technology and healthcare can be intimidating, especially when it comes to mixing the two together! MyChart is an electronic medical records system used by many healthcare facilities where you can access test results, schedule appointments, chat with your provider, see your medications and much more all in the convenience of your own home. Join us to learn how to sign up for MyChart and to confidently navigate it with ease. *Prerecorded by Clara Fiori, WCCOA.*

Club F.I.T.: Wednesday, September 13 at 12:45 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 and waivers required.

Walbridge Talk: Thursday, September 14 at 12:15 p.m. *featuring Mayor Ed Kolanko.* The Mayor will share local tips on safety, local happenings and much more.

Left, Right, Center Game: Monday, September 18 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

Bingo: Tuesday, September 19 at 12:30 p.m. *Bring your own place holders.*

Birthday Lunch: Wednesday, September 20 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

Nutrition as We Age: Wednesday, September 20 at 12:30 p.m. As we mature our nutrition becomes even more important in order to maintain our physical health and well-being. Life sometimes gets in the way of our nutritional health. We may not feel like eating or we just forget to eat. *Kelly Ellis with Partners in Home Health Care* will be here to share with us some healthy tips on ways you can easily maintain your overall health and nutritional needs.

Bunco: Tuesday, September 26 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, September 27 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, September 29 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, September 1 from 10:30 to 12 p.m.

Prizes sponsored by Bridge Home Health and Hospice.

Birthday Acknowledgements: Tuesday, September 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, September 5 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, September 6 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home Health Care.*

Plastic Cap Collection: Wednesday, September 6 at 12:30 p.m. We will be collecting various plastic caps in the months of August, Sept. and Oct. for the 577 Foundation so they can make a bench for their garden. Share your caps by dropping them off.

Grand Rapids Senior Center closed on Thursday, September 7.

MyChart: Friday, September 8 at 12:30 p.m. Technology and healthcare can be intimidating, especially when it comes to mixing the two together! MyChart is an electronic medical records system used by many healthcare facilities where you can access test results, schedule appointments, chat with your provider, see your medications and much more all in the convenience of your own home. Join us to learn how to sign up for MyChart and to confidently navigate it with ease. *Prerecorded by Clara Fiori, WCCOA.*

Monthly Guessing Game: Monday, September 11 at 12:30 p.m. Join in the fun of this game that will keep you guessing. *Facilitated by Kingston of Perrysburg.*

Breakfast Club: Tuesday, September 12 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.**



Instructor Lori Lawton, ATR.

ScamGuard: Friday, September 15 at 12:30 p.m. Discover ways to keep yourself safe from being a target from scammers. *Pamela Rybka, Toledo Better Business Bureau.*

Historical Topic: Monday, September 18 at 12:15 p.m. The topic will be a mystery for all of us. *Mike Mc Master from the Wood County Historical Society.*

Birthday Lunch: Wednesday, September 20 at noon. *Sponsored by Bowling Green Manor.*

TED Talk: The tree-growing movement restoring Africa's vital landscapes: Thursday, September 21 at 12:30 p.m. 2023 Audacious Project grantee Wanjira Mathai is at the forefront of re-greening the planet. Learn more about how her team invests in local restoration projects across the continent -- including a tree-growing movement that aims to revitalize 100 million hectares of African land by 2030.

Would You Rather Fitness: Friday, September 22 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!



Craft Pumpkin Vase: Monday, September 25 at 12:30 p.m. All materials and instructions will be provided. **Registration encouraged.** *Facilitated by The Willows of Bowling Green.*

Trivia: Monday, September 25 at 12:30 p.m. Come enjoy this interactive and thought provoking game. Theme: state trivia. *Facilitated by Grand Rapids Care Center.*

Trip: Rita's Dairy Bar Friday, September 29 at 1:30 p.m. Meet us at 24030 Front St., Grand Rapids to enjoy a small sundae of your choice! **Reservations required.** Limit 20 people. *Sponsored by Bowling Green Manor/ The Manor at Perrysburg/Heritage Health Care.*

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.

Odds 'n Ends of Wood County Part II:
Tuesday, September 5 at 12:15 p.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time, he has found many strange and historical things. In this program, he will share more information from the sites he found and he will share his adventures. Some stops have stories, others will remain history mysteries. *Mike Mc Master, Wood County Historical Society*

Movie: Wednesday, September 6 at 12:30 p.m.

Feature: "Grease" (1978) Comedy/ Musical/ Romance **Synopsis:** Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance? Rated (PG) . *Snacks sponsored by Wood Haven Health Care.*

Bingo: Thursday, September 7 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Minutes with the Mayor: Monday, September 11 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs. She will also share special details of what the town has to offer.

Breakfast Club: Wednesday, September 13 at 9 am. **Location:** Granny's (1105 W. Main St., Woodville). **Cost: breakfast cost on your own.**
Register with the Pemberville Senior Center.

Name that Tune: Wednesday, September 13 at 1 p.m. Tune in for a live Zoom game of 'Name That Tune'. Piano played by Marilyn Wilson. Play for pride, no prizes awarded. *In person option at the Wood County Senior Center or Pemberville Area Senior Center.*

Classic Games: Thursday, September 14 at 12:45 p.m. Join us while we flash back in time and play some classic games from the early to mid-century. *Prizes provided and hosted by Wood Haven Health Care.*

Trivia: Monday, September 18 at 12:45 p.m.
Hosted by Bridge Home Health & Hospice.

MyChart: Tuesday, September 19 at 12:45 p.m. Technology and healthcare can be intimidating, especially when it comes to mixing the two together! MyChart is an electronic medical records system used by many healthcare facilities where you can access test results, schedule appointments, chat with your provider, see your medications and much more all in the convenience of your own home. Join us to learn how to sign up for MyChart and to confidently navigate it with ease. *Prerecorded by Clara Fiori, WCCOA*

Birthday Lunch: Wednesday, September 20 at 12 p.m. *Sponsored by Otterbein Pemberville*

Senior ScamGuard: Thursday, September 21 at 12:30 p.m. Attend this presentation to learn ways to keep yourself safe from being a target from scammers. *Pamela Rybka, Community Outreach Coordinator, Toledo Better Business Bureau.*

Mystery Game: Monday, September 25 at 12:45 p.m. Come have some fun with us. We will play a new game each month. *Facilitated by Kingston Health Care.*

Movie: Wednesday, September 27 at 12:45 p.m. **Feature:** "Stepmom" Comedy/Drama. Rated: PG-13 (2009) **Synopsis:** A terminally-ill woman must deal with her ex-husband's new lover, who will be their children's stepmother. *Snacks sponsored by Wood Haven Health Care.*

Trivia Battle: Thursday, September 28 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.*

Around the County, Events & Classes

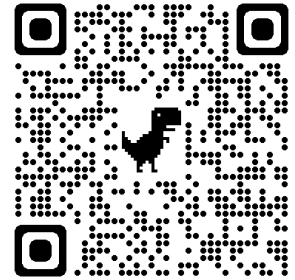
Cornhole Tournament

Sunday, September 17, 2023 Register by Saturday, September 9

Starts at 1 p.m. (est. Tournament time 6 hours)

Wooster Green, 100 South Church St., Bowling Green

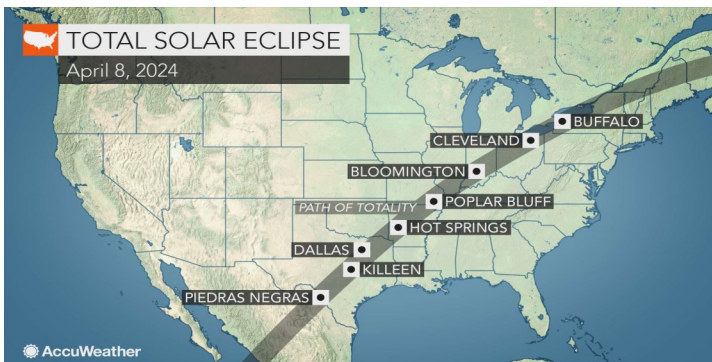
Supporting the "Grandparents Raising Grandchildren Project" in partnership with the Wood County Committee on Aging, Bowling Green Kiwanis and Bowling Green State University



Tournament details:

- \$25 donation for two member team; \$15 donation for single registrant and we will pair you up.
Note: No rain date, fee is a donation
- Boards provided; you may bring resin bags
- Double Elimination Process with four divisions: Business; Campus Life; Civic Group; Community
- Trophy provided for 1st place in each division
- **Register using the QR code to the right**

For registration information, email BG Kiwanis at bgohkiwanis@gmail.com Or drop off registration and payment to WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis.



Lunch and Learn: Solar Eclipse on April 8, 2024

Friday, September 22

11:30 to 12:30 p.m.

Wood County Senior Center

Presented by Jeff Klein,
Wood County Emergency Management Agency

On April 8, 2024 Northwest Ohio will be a part of the area of totality for a solar eclipse. This is a once in a lifetime event with the last one taking place in Ohio in 1806. This Solar Eclipse will bring in visitors from all over the world and will have them spreading throughout the United States to view this natural wonder. Experts anticipate Wood County's population to double during this period of the eclipse. Since April 8 is a Monday and it will take place after spring breaks for schools, we are expecting several days with an influx of visitors locally. We are encouraging our communities to learn about this eclipse affects on Northwest Ohio, and Nationally as well. The Wood County Emergency Management Agency (WCEMA) will be sharing information on how to prepare for this eclipse at home in an in Wood County.

*Presented by Jeff Klein, Wood County Emergency Management Agency. 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 August 14. This session will fill up fast if you cannot make it please call 24 hours in advance to cancel, so we can activate our waitlist.***

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, September 1 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*

Cold and Flu Season: Wednesday, September 20 at 11 a.m. This session will provide insight on the latest flu trends, preventative measures and causes for concern. *Presented by Mercy Residence Family Medicine. In-person option at the Wood County Senior Center.*

Movie Star Trivia: Wednesday, September 20 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** Denzel Washington. *In-person option in Wood County Senior Center and Rossford.*

Brain Games & Trivia: Wednesday, September 27 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.*

Lunch and Learn: Solar Eclipse on April 8, 2024 Friday, September 22 at 11:30 a.m. We are encouraging our communities to learn about this eclipse affects on Northwest Ohio, and Nationally as well. The Wood County Emergency Management Agency (WCEMA) will be sharing information on how to prepare for this eclipse at home in an in Wood County. *Presented by Jeff Klein, Wood County Emergency Management Agency*



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 their 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@wccoa.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 &



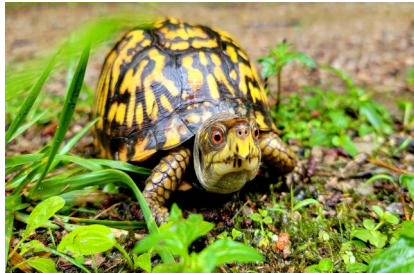
Back to the Wild *This event is open to the public!*

Thursday, September 7 at 1:30 p.m. **Wooster Green**

Join us at Wooster Green (the green space/gazebo located across S. Grove Street from the Wood County Senior Center) for this event! All attendees are welcome to park in the Senior Center parking lot. **Bring along a lawn chair** and enjoy this special presentation. **Please note: There is potential for uneven terrain.**

Back to the Wild is a licensed Wildlife Rehabilitation Center in Castalia, Ohio. Their primary mission is to rehabilitate and ultimately release injured, orphaned, and displaced wildlife into their natural habitat. Through this work, Back to the Wild aims to educate and foster in children and adults an awareness, appreciation, and respect of our natural world.

Back to the Wild will bring along a wide variety of amazing animals to discuss and delight you with. They teach about the incredible birds of prey found in this area of the United States as well as their impact on the environment. They will also include fun



facts and tidbits about reptiles, amphibians, insects, and mammals, and important information about habitats, life histories, and more. It is important to Back to the Wild to also get across the message that we can all make a difference. Many injuries wild animals sustain due to human impact are completely preventable.

Back to the Wild works hard to make this event fun and interesting for their audience. Bring your family, friends, grandchildren and have fun with us!

This special event has been sponsored by:

*In the event of rain, this event will be held at
First Presbyterian Church (126 S. Church Street).*

 **CHI Living Communities**
St. Clare Commons

Art Therapy: Puzzle Piece Collage

Monday, September 25 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: Using an array of puzzle pieces, participants will be able to create their own work of art in collage format on a provided canvas. Feel free to bring your own unwanted puzzles and please wear a paint shirt.

Registration required. Call 419.353.5661 or email programs@wcco.net

Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.



Acrylic Painting Class

Wednesday, September 27 at 3 p.m.

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

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

August's painting is shown to the right. This session will cover various brush techniques while using a variety of colors to create this "Fall Tree" 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.* **Advance registration and payment required to secure place. Call 419.353.5661 or email programs@wcco.net**



Around the County, Events & Classes

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.**

September 1: "Stella Dallas" (1937) *Starring Barbara Stanwyck, John Boles, Anne Shirley*

September 8: "Sorry, Wrong Number" (1948) *Starring Barbara Stanwyck, Burt Lancaster, Ann Richards*

September 15: "Crime of Passion" (1956) *Starring Barbara Stanwyck, Sterling Hayden, Raymond Barr*

September 22: "There's Always Tomorrow" (1956) *Starring Barbara Stanwyck, Fred MacMurray, Joan Bennett*

September 29: "The Two Mrs. Carrolls" (1947) *Starring Humphrey Bogart, Barbara Stanwyck, Alexis Smith*



Care Compass Project

Wednesday, September 6, 2023

11 a.m. to 1 p.m.

Wood County Senior Center

Topic: Aging in Place

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

Lunch is provided by Brookdale of Bowling Green for the first 20 participants. ***In-Person & On Zoom!***

11 a.m. Aging in place is when a person lives and ages in their residence of choice, for as long as they are able to. Includes having services, care and needed support in the residence as well. Come learn about what you can do to improve your chances of staying in your home longer and safer. *Presented by Linda Gutierrez, Ohio Living*

11:45 a.m. Tips & Tricks for Downsizing Your Home: Are you thinking of selling or just cleaning out your home and don't know where to begin? This presentation will give you ideas on how to start the process, options to organize your home and part with your personal belongings. We will also discuss repairs and updates necessary to get your home ready to sell. *Presented by Brooke Michel-Yussim, Associate Broker, The Danberry Company and has been licensed since 2006. She will bring her experience and expertise of the current market conditions and answer any of your real estate questions.*

The Care Compass Project is brought to the community by:



SAVE THE DATE: Football Pick 'Em Challenge

October 8 to December 10

Participate in this friendly competition and guess the winners each week for the ten pre-selected football games (both NFL & NCAA). Register with the Programs Department to receive your weekly score sheets. The person with the most winning teams will receive a \$100 gift card. Sponsored by:



Around the County, Events & Classes



90s Plus Spectacular!

Celebrating Those 90 Years of Age and Over in Wood County
Monday, September 18, 2023

Doors open at 3:30 p.m. & Event begins at 4 p.m.

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

The 90s Plus Spectacular recognizes those who have reached the milestone of 90 years of age or older. Participants will be honored on the evening of the event with a slide show featuring significant memories from their lives and with awards presented by elected officials. There will also be entertainment and dinner for all to enjoy!

Registration for those 90+ is required by Friday, September 1. Visit our website or stop by your local Senior Center for a biography form. Please submit a JPEG photo by emailing it to programs@wccoa.net or include a printed photo with each application form. Each honoree will receive a free meal however, they may bring two guests. Each guest must provide an advance payment of \$7 per guest meal is required with registration.

Send all honoree information including a biography form, picture (s) and guest payments to:

Wood County Senior Center, 140 S. Grove Street, Bowling Green, OH 43402

or emailed to programs@wccoa.net

Call the Programs Department at 419.353.5661 or 800.367.4935

or email programs@wccoa.net for more information.

Thank You to Our 2023 Sponsors

Dinner & Centerpieces: *Bowling Green Manor, The Willows of BG & Hanneman Family Funeral Homes;*

Boutonnieres: *Waterford at Levis Commons; Framed Certificates:* *Wood Haven Health Care*

Entertainment: *Brookdale of Bowling Green*



ODI
Ohio Department
of Insurance

Medicare 101

Tuesday, September 26 at 1 p.m.
Wood County Senior Center



OSHIIP
Answers to your
Medicare questions

Learn ways to stay informed, stay healthy, and save money. *A free service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIP) at the Ohio Department of Insurance.*

Please note: This event is an educational presentation on Medicare. No RSVP needed!

- Learn about recent changes to Medicare
- Find out how the October 15 – December 7 Medicare Annual Coordinated Election Period can work for you
- Get tips on how to enroll for 2024 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan
- See if you qualify to SAVE an average of \$3,900 on your prescription drug costs

Visit www.insurance.ohio.gov or call 1.800.686.1578 to learn more about this event and Medicare.



Art Project: Terrific Terracotta Pots

Thursday, September 28 from 2 to 4 p.m.

Wood County Senior Center. Cost \$20

Facilitated by Mary Soneson, Bachelor of Fine Arts, Free Lance Artist

Keep a little summer all year long by painting a warm sunny design on a flower pot complete with an easy care starter plant. There will be many designs to choose from. Register by calling 419.353.5661 or email programs@wccoa.net

Around the County, Events & Classes



Fall Concert *With Live Music:* *Ginger and the Snaps*

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

Wood County Senior Center

This rocking all girl band performs on the Bowling Green scene. Enjoy singing along to the classic rock and pop songs of the 60's to the 90's. Featuring the artists of Ginger Barson, bass; Ann Jenks guitar, percussions and singer; Deb Weiser, guitar and singer and Justin Newcomb, singer.

Sponsored by:



PARAMOUNT

ELITE | **MEDICARE PLANS**

Affiliate of ProMedica

Would you like to stay for dinner (served from 5:30 to 6:30 p.m.)?

Make **your reservation** no later than Wednesday, October 4 at 2 p.m.



The Bob Ross Experience: Painting Class

Tuesday, November 14 from 2 to 5 p.m.

Wood County Senior Center

Cost: \$50, supplies provided

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours!

Classes are specially suited for beginners; you need no previous experience to attend. As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.” Only Certified Ross Instructors are trained to provide guidance you can count on.

Hosted by Nate Miller, CRI®.

Advanced registration required by Wednesday, November 8. Class is limited to the first 10 participants!

**No refunds will be available after November 8. Payment must be received to secure your spot!*

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, September 1 & 15

from 10 to 2 p.m.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, September 13 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@wcco.net

Travel Opportunities

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@wccoa.net for more information.



Switzerland, Austria and Bavaria August 7 to 16, 2024

10 days with 13 meals with Activity level 3

Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort of Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in The Sound of Music, during your time in Salzburg. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria. **Trip Highlights:** Bern, Habkern, Lucerne, Liechtenstein, Innsbruck, Salzburg, Bavaria

Rome and the Amalfi Coast October 15-24, 2024

10 days with 13 meals with Activity Level 3

Your tour opens in the "Eternal City" of Rome with a classical tour of famous sites such as Pantheon and Colosseums. The town of Amalfi is a historic center with marble cathedral and atmospheric piazzas. Travel among lemon trees and hillside groves as you make your way along the picturesque coastal drive.

Trip highlights: Trevi Fountain, the Pantheon and Piazza Navona, Sail along the Amalfi Coast, Sorrento Farmhouse Visit.



Sunny Portugal April 2 to 11, 2024

10 days with 13 meals with an Activity Level 2

Your trip will include postcard-worthy coastlines brushing against crystal clear water, stunning cliffs plunging into the rocky waves below, and awe-inspiring vistas that will leave you speechless – this is the Algarve. The southernmost region of Portugal, the Algarve is home to the perfect combination of historical architecture and sandy beaches. While in the Algarve, make sure you sample some of the fresh seafood, indulge in the local figs and oranges, and maybe even buy a piece of intricately painted pottery.



Trip highlights: Portuguese Riviera, Lisbon, Belém, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites, Azeitao

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

September 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
All sites closed for Labor Day				Baked Ham OR Chicken Tenders cauliflower, 3 bean salad, mandarin oranges & grapes
4	5 Stuffed Pepper OR Chicken Cordon Bleu riviera blend, macaroni salad, mixed fruit, pineapple-orange juice	6 Beef Stroganoff OR Teriyaki Salmon noodles, squash, tossed salad, pears & grapes	7 Chipped Ham OR Chicken Salad baked bean salad, carrots, mandarin orange salad, ice cream	8 Goulash OR Pecan Crusted Tilapia far east blend, banana, peaches & cream, granola
11 Bratwurst OR Grilled Chicken Sandwich mashed potatoes, sauerkraut, pineapple & cottage cheese, rice krispy treat	12 Beef Lasagna OR Broccoli Stuffed Chicken lima beans, Caesar salad, pears	13 Turkey Stew OR Ham & Bean Soup cornbread, heritage slaw, rosy applesauce, fruit sorbet	14 Chicken Paprikash OR Meatloaf noodles, mixed vegetables, cauliflower peanut salad, peaches	15 Scalloped Potatoes & Ham OR Lemon Pepper Tilapia kyoto blend vegetables, pickled beets, grape juice, pudding
18 Country Fried Steak OR Chicken Lasagna mixed vegetables, heritage slaw, orange	19 Chef Salad w/Ham, Cheese & Egg OR Tuna Salad on a bed of lettuce potato salad, mixed fruit, banana nut muffin	20 Birthday Lunch! Hamloaf baked potato, cucumber salad, applesauce, cake & ice cream	21 Spaghetti with Meatsauce OR Pork Chop noodles, corn, spinach salad, melon & grapes	22 Pepper Steak OR Catfish wild rice, broccoli, pineapple, cherry crisp
25 Sweet & Sour Chicken OR Pork Cutlet wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jello	26 Honey Mustard Chicken OR Vegetables Lasagna winter blend, Texas caviar, apple, pie	27 Turkey OR Liver & Onions au gratin potatoes, celery sticks, orange sections	28 Hot Dog OR Hamburger baked beans, banana, cranberry juice, peach crisp	29 Chipped Beef OR Creamed Chicken mashed potatoes, broccoli salad, apricots

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.

September 2023		
Tuesday	Wednesday	Thursday
Chicken Casserole 5 mixed vegetables, fresh fruit, crumb topped peaches	Mushroom Steak 6 mashed potatoes, tomato-zucchini salad, pineapple, cookies	Pork Chop 7 prince charles blend vegetables, au gratin potatoes, orange, apple pie
Birthday Dinner! Roast Beef 12 cheese potato bake, Scandinavian vegetable blend, grapes & mandarin oranges, cake & ice cream	Teriyaki Salmon 13 rice, apple sweet potato bake, heritage coleslaw, cherry crunch	Chicken Alfredo 14 noodles, broccoli, Caesar salad, pears, éclair cake
Meat Lasagna 19 green beans, cauliflower salad, rosy applesauce, pudding	Chicken Tenders Salad w/ Egg & Cheese 20 pea salad, citrus sections, muffin, pumpkin pie	Pepper Steak 21 rice, oriental vegetables, coleslaw, strawberries, pound cake
Grilled Chicken Breast 26 au gratin potatoes, betty's spinach salad, mandarin orange salad, lemon bar	Sausage Links 27 hash browns, french toast, tomato juice, spiced apples	BBQ Ribs 28 roasted cauliflower, corn relish, fruited jello, cherry strudel bites

The WiseWorld Forum: Tuesday's in

September at 3 p.m. The group aims to use their knowledge and insights to make a positive impact on the world. *Host: David Drain*

BG Knitter's Guild: Wednesday, September 6 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Karaoke: Tuesday, September 12 at 4:30 p.m.

Comedy Special: Wednesday, September 13 at 4 p.m. **Feature:** "The Lemon Drop Kid" Bob Hope **Registration required.**

Physiology and Fitness: Tuesday, September 19 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Your Heart in Action **Presenter:** Dean Hodgkin, B.Sc. Discussion to follow.

TED Talk: Thursday, September 21 at 4:30 p.m. Featuring "The Power of Vulnerability"

Readers Café: Tuesday, September 26 at 3 p.m. Pick up a copy of the book to read (starting March 1) then come together to watch the film. **Feature:** "The Help" by Kathryn Stockett **Books and audiobooks available by loan. Registration required.**

Open Forum for Technology: Thursday, September 28 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **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.



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.

Capital Campaign Donors

Cathy & Jeffrey Hall, Patricia Sharp & Debra Layfield, Bill Carpenter, Coquette Gake Neifer, John R Blinn, Chris & Ellen Dalton, Linda & George Hamilton, Betty Jean Sidle-Parrish In Memory of Joanna Fields

Kitchen Fund Donors Walbridge VFW Post 9963, Walbridge VFW Post 9963 Auxiliary

Thank you to all who have donated. We Appreciate your Support!



Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging.

Visit:

www.krogercommunityrewards.com
and register or re-enroll today.

You need to re-enroll every year.

Our organization number is: **VB952**

If you have any questions, please contact us at 419.353.5661 or 800.367.4935

Program & Service Scholarship Fund

Would you like to participate in programs, classes or events but do not have the resources to do so?

The WCCOA Program & Service Scholarship Fund can assist you! Fill out the application form 30 days prior to an event, class or program to be considered for a scholarship. Call 419.353.5661 or 800.367.4935 or email programs@wccoa.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.



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

LivelyU
LIFELONG LEARNING ACADEMY

**Fall Semester 2023
SEPTEMBER—NOVEMBER**

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

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

Where are the courses held? Currently, all courses will be held at the Wood County Senior Center (140 S. Grove Street, Bowling Green) or other off-site listed locations.

How can I take these courses? Any person wishing to take a LivelyU Learning Academy course may pay a \$20 tuition for the calendar year. This tuition payment will allow access to any courses taking place throughout the fall semester of the Learning Academy, September to November of 2023. **Registration is required for each course you are planning to attend; space is limited!**

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

**All Senior Centers will be closed on
Monday, September 4, 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

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

Ohio's First Nationally Accredited Senior Center