

WOOD COUNTY COMMITTEE

ON

Aging

OCTOBER 2023

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This event is free and open to the community. Register by calling

419.353.5661 or email program@wcco.net

Event sponsored by:



Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wcco.net

Citizens SCAM Prevention Academy

Train yourself to Stop Counterfeit Attempts to steal your Money

Thursday, October 26 from 2 to 4 p.m.

Wood County Senior Center

Learn how to protect yourself, your friends and community members by keeping up to date on the ways scammers use the digital world to target older adults. You will leave this training armed with tools and tips on methods to protect your money digitally, on how the most common scams occur and ways to avoid being targeted. This event will have *featured speakers from the financial, technology and consumer protection industry, booths, giveaways and much more.* Register for this training today by emailing programs@wcco.net or calling 419.353.5661



Perennial Pursuits

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

Wood County Senior Center

Stop in to experience a showcase of various local artists exhibiting vital and meaningful components for their life with the community. Enjoy an evening of celebrating these local artists across all art forms.

Refreshments and the following art will be showcased:

- Paintings; theatre skits; piano, guitar and other musical performances; dancing, movement, singing, poetry and much more!

Veterans Day Recognition on Monday, November 6 from 1 to 4 p.m.

Honoring veterans in their own homes throughout Wood County

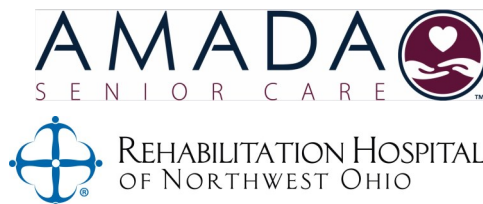


In honor of Veterans Day, we will be recognizing Wood County veterans in their own homes throughout Wood County on Monday, November 6.

Veterans who have registered for this program will receive a slice of pie sponsored by the **Rehabilitation Hospital of Northwest Ohio**, a yard sign and a poppy pin sponsored by **Amada Senior Care, Hanneman Family Funeral Homes & Crematory, Paramount Elite and Affiliate of Promedica** delivered to their homes.

If you are an interested veteran or would like to thank a veteran, please call the Programs Department to register at 419.353.5661 email programs@wcco.net. Submit the veteran's name, address, branch of service, phone number, and inform them that they will need to be home on November 6.

Event signs are sponsored by:



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

Clinic Site	Date	Time
Wood County Senior Center	Nov. 15	1 to 3 p.m.
Pemberville Area Senior Center	Nov. 1	1 to 3 p.m.

For an appointment, please call 419.474.7700

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

alzheimer's association Memory Chat

Friday, October 13, 2023

Appointments available at 11:30 a.m. & 12:30 p.m.

Location: Wood County Senior Center

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email programs@wcco.net.

Senior Legal

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

Community Christian Legal Services

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

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

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

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. 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). 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.** To receive an application, contact WCCOA at 419.353.5661 or 800.367.4935 or email programs@wcco.net

WCCOA Support Groups

Caregiver Support Group

Monday, October 9 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, October 26 at 10 a.m.

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

Care Compass Project

Wednesday, November 1 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, October 5 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, October 4 & October 18 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, September 28 to November 9 at 1 p.m.
(No Class October 12) 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 Wood Haven Health Care.*

Delay the Disease

Cost: \$20

Wednesdays, October 4 to November 8 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, October 4 to November 8 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.
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, September 13 to October 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, October 2 to November 13 at 10:30 a.m.
(No Class October 9)

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 31 at 10:30 a.m.
(No Class October 10)

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 11a.m.

Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level.

Caroline Dickinson, Certified Instructor.

Virtual Fitness Class on Zoom

*SilverSneakers virtual class listed below is FREE for SilverSneakers Members.

SilverSneakers Classic

Cost: \$20 *Wednesdays, September 27 to November 1 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.

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. Peer led group. 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 Coffee Social: 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. **6:** "Sabrina" **13** "Deadline USA" (1952) **20:** "The African Queen" (1951) **27:** "Knock on Any Door" (1949) See *Page 17 for more details.*

Hispanic Heritage Month Celebration: From September 15 until October 15 we recognize the achievements of Hispanics in the USA. To celebrate this event we will host a Hispanic scavenger hunt (using a smart phone or computer to research). The questionnaire will be available at the front desk. The last day to turn in your completed questionnaire to the front desk is **Friday, October 13.** The first five correct forms will receive a \$25 gift card for "El Zarape." Winners will be announced Monday, October 16.

Missionaries of the Maumee River: Monday October 2 at 11:00 a.m. Reverend Joseph Badger and his son-in-law Reverend Isaac vanTassel, were two of the earliest pioneer missionaries along the Maumee River. Learn about their contributions to the history of Wood County and the interesting observations made of them in this program. *Presented by Mike McMaster Education Coordinator from the Wood County Museum.*

Gordon Food Service (GFS) Food Show: Monday, October 2 from 1:30 to 3 p.m. Stop in the dining room to sample a variety of new food choices. *See page 18 for more details.*

Romantic Movies: Wednesdays at 1 p.m. **4:** "P.S. I Love You" (2007) **11:** "Dirty Dancing" (1987) **18:** "Message In a Bottle" (1999) **25:** "Safe Haven" (2013) **Registration required.**

BG Knitter's Guild: Wednesday, October 4 at 4 p.m. We will be making quilts for the honor flight. Quilts are red, white and blue and no smaller than 34 by 44. Bring your supplies. *Hosted by Jackie Instone.*

Hispanic Heritage Month Movies: Thursdays at 1 p.m. **5** "Spanglish" (2004) **12** "Stand and Deliver" (1988) **19** McFarland USA (2015) **26** "Selena" (1997) **Registration required.**

Rome and The Amalfi Coast: Friday, October 6 at 10 a.m. Join our travel agent Mitchell Mack as he shares information on an upcoming 2024 trip.

Happy Hour: Friday, October 6 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Bowling Green Manor.* **Zoom option available.**

Nails: Monday, October 9 at 10:30 a.m. Appointments are 10 minutes in length. **Registration required.** *Facilitated by Wood Haven Health Care.*

TV Series: 1923: In this series you will view: Monday, October 9 at 1 p.m. Season 1 Episode 1, 2, & 3 and Monday, October 23 at 1 p.m. Season 1 Episode 4, 5 & 6 **Registration encouraged.**

Quilter Group: Monday, October 9 & October 23 from 2 to 3:30 p.m. Bring projects or just come to learn. *Host: Marsha Miller.*

Dot Art Class: Monday's, October 9, 16, 23 at 3 p.m. Learn how to design your own dot art keychains. All supplies and instructions provided by facilitators Ken and Linda Silverwood. **Cost: \$5** Maximum 6 people. **Registration required.**



Craft: Tuesday, October 10 at 10:30 a.m. Make your own special Halloween witches. 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.*

Wood County Continued...

Name That Tune Bingo: Tuesday, October 10 at 11 a.m. Join us for a fun way to reminisce old tunes and play bingo at the same time. Prizes will be awarded. *Facilitated by Heritage Corner Health Care*

Karaoke: Tuesday, October 10 at 4:30 p.m. No previous singing experience necessary.

Comedy Special: Wednesday, October 11 at 4 p.m. **Feature:** Yakov Smirnoff in "What A Country" **Registration required.**

Breakfast Club: Monday, October 16 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main street, Bowling Green). Cost on your own. **Registration required.**

Brain Training: Tuesday, October 17 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses* followed by a group discussion. **Registration required by October 9.** *Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care.* **Topic:** Embracing Imperfections **Video Presenter:** Jason M. Satterfield, Ph.D.

Physiology and Fitness: Tuesday, October 17 at 4:30 p.m. Video Series from *The Great Courses* followed by a discussion. **Topic:** The Fitness of Breathing **Presenter:** Dean Hodgkin

Pain Control & Aging Wednesday, October 18 at 11 a.m. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

Movie Star Trivia: Wednesday, October 18 at 12:30 p.m. Featuring movie star: *Sandra Bullock.* *Facilitated by Mary Tebbe, WCCOA.* **Zoom option available.**

Art Project: Thursday, October 19 at 2:30 p.m. Paint a decorative wooden pumpkin. All supplies and guidance for project will be provided. Cost: \$20 **Registration required.** *Instructor: Mary Soneson. See page 16.*

TED Talks: Thursday, October 19 at 4:30 p.m. **Topic:** "We don't "move on" from grief. We move forward with it." In a talk that's by turns heartbreaking and hilarious, writer and podcaster *Nora McInerney* shares her hard-earned wisdom about life and death. Her candid approach to something that will, let's face it, affect us all, is as liberating as it is gut-wrenching. Most powerfully, she encourages us to shift how we approach grief.

Coffee & Coloring: Monday, October 23 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Host Jan Chilcote.*

Art Therapy: Monday, October 23 from 1 to 3 p.m. **This month's project:** "Dots" . **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16*

Books and Bagels: Tuesday, October 24 from 10 to 1 p.m. Bring in a books to swap for other books. Have your blood pressure taken to receive a bagels. *Sponsored by the Willows of Bowling Green.*

Trivia: Tuesday, October 24 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

Brain Games & Trivia: Wednesday, October 25 at 12:30 p.m. **Zoom option.**

Acrylic Painting: Wednesday, October 25 at 3 p.m. This session will cover various brush techniques while using a variety of colors to create "Night Moon" This class is open to all levels of painting experience! *Hosted by Leslie Miller. Cost:\$5 See page 16*

Open Forum for Technology: Thursday, October 26 from 4 to 5 p.m. Submit your questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

Lunch & Learn: Friday, October 27 at 11:30 a.m. **This month:** "The Ethics of Artificial Intelligence" *Presented by Stefan Fristch, BGSU. See page 14 for more details!* **Registration required.**

Zoom Bingo: Friday, October 27 at 1 p.m. *Cover-all prize awarded. Register to receive the code.*

Therapy Dogs International: Monday, October 30 from 1 to 2 p.m. *All therapy dogs have been tested and evaluated for Therapy Dog work by Certified Therapy Dogs International evaluators*

Reader's Café: Tuesday, October 31 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 26) then come together to watch the film. Discussion to follow. **Feature:** "Room" by Emma Donoghue. **Synopsis:** Room is home to Jack, but to Ma it's the prison where she has been held for seven years in his eleven by eleven foot space. **Books and audiobooks available by loan. Registration required.**

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

Perrysburg

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

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

SilverSneakers Yoga: Wednesdays, October 11 to November 15 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*

Texas Hold ‘Em Tournament: Monday, October 2 & 16 at 1 p.m.

Clear Captions: Tuesday, October 3 at 12:15 p.m. Clear Captions is an innovative caption phone service that reduces listening fatigue and helps understanding with cutting edge call captioning services that make it possible to SEE the words callers are saying. A federal program, enacted by Title IV of the Americans with Disabilities Act (ADA), makes this service available at NO COST to those with hearing loss who would benefit from the use of captioning. *Presented by Sue Johnson, Clear Captions*

Euchre Tournament: Thursday, October 5 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, October 6 at 12:30 p.m. **Registration required.** *Snacks sponsored by Manor at Perrysburg. Zoom option available.*

10 Clues: Guess Who? Game: Monday, October 9 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, October 9 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, October 10 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, October 10 at 12:30 p.m. *Facilitator: Waterford at Levis Commons.*

Bunco: Wednesday, October 11 at 12:45 p.m. **Registration required.**

Now and Then: Thursday, October 12 at 12:30 p.m. **Reminiscing Topic:** Old Time Radio. Join in a chance to share and discuss your history with old time radios. *Facilitated by Comfort Keepers.*

Friends in Fellowship: Tuesday, October 17 at 10:30 a.m. Join us for this social time to reflect, share stories and commiserate in a positive environment. *Host: Connie Stalter.*

Understanding AFib: Tuesday, October 17 at 12:15 p.m. Atrial Fibrillation is the most common type of treated heart arrhythmia. Learn more about the signs, symptoms and treatment methods used to treat it today. *Presented by St. Clare Commons.*

Birthday Lunch: Wednesday, October 18 at 12 p.m. **Entertainment:** Birds of a Feather. *Sponsored by Manor at Perrysburg.*

Blood Pressure & Blood Sugar Screening: Thursday, October 19 at 11 a.m. *Facilitated by Bethany Pfeiffer RN, Mercy Health.*

Jackets Give Back Day: Friday, October 20 from 9:30 to 1:30 p.m. Perrysburg High School Students will be at the center assisting with a variety of activities and lunch.

Lunch and Learn: Reflexology Friday, October 20 at 12:15 p.m. Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It’s based on a theory that these body parts are connected to certain organs and body systems. Learn more about this alternative healing practice during this session. Rosie Montague, Certified INGHAM reflexologist. **Registration Required. Space is limited to the first 15 registrants.** *Lunch by Lakes of Monclova.*

Hand & Foot Card Game: Monday, October 23 at 12:30 p.m.

Perrysburg Continued...

Movie Day: Tuesday, October 24 at 12:45 p.m.
Feature: "Haunted Mansion" (2023). **Synopsis:** A woman and her son enlist a motley crew of so-called spiritual experts to help rid of their home of supernatural squatters. **Registration required.**
Sponsored by Witzler-Shank-Walker Funeral Home and Crematory
Caregiver Support Group: Thursday, October 26 at 10 a.m. The group provides resources, advice on stress of caregiving, continued....

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, October 26 at 12:30 p.m. *Sponsored by Kingston of Perrysburg.*

Trivia: Friday, October 27 at 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

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.

NEW TV Series: Madame Secretary:
Mondays at 12:30 p.m. **October 2** Season 1 Episode 1, **October 9** Season 1 Episode 2, **October 16** Season 1 Episode 3, **October 23** Season 1 Episode 4, **October 30** Season 1 Episode 5

Euchre: Thursdays at 1:15 p.m.

Noodle Drum Exercise: Wednesday, October 4 & 18 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.*

Bingo: Tuesday, October 10 at 1 p.m. *Sponsored by Bowling Green Manor.*

Bingo: Wednesday, October 11 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Expressions Through Art: Tuesday, October 17 at 12:30 p.m. This month: Abstract Circles Abstract is



art that does not try to represent external reality, but seeks to achieve its effect using shapes, forms, colors, and textures. You do not have to be an artist when it comes to abstract art. It is just a time to have fun and find the inner child within! All supplies are included. **Registration required.** *Facilitated by Wayne United Methodist Church.*

Trivia Battle: Tuesday, October 17 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.*

Birthday Lunch: Wednesday, October 18 at noon. *Cake & ice cream provided by The Willows.*

Bingo: Wednesday, October 18 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Breakfast Club: Thursday, October 19 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

Overview of the Parks in Wood County:
Friday, October 20 at 12:30 p.m. Enjoy a thorough look at the natural beauty of the Parks that make up Wood County. Learn more about what they have to offer you. *Presented by the Wood County Parks District.*

Bingo: Thursday, October 26 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Mental Well-being for Older Adults Friday, October 27 at 12:30 p.m. As we age we experience a variety of challenges and losses. It is important to recognize the symptoms of common mental health changes. Learn ways to identify mental health illness and ways to reach out for treatment options in our county. *Presented by the Wood County Health Department.*

Spooky Spectacular: Tuesday, October 31 at 12:30 p.m. Take part in some fun Halloween activities. Dress up or just come as you are to enjoy treats and cookie decorating. **Registration recommended.**

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, October 3 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, October 4 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Game Day: Wednesday, October 11 at 12:30 p.m.
Hosted by Kingston Health Care.

Divas and Desserts: Friday, October 13 at 1 p.m. Ladies, enjoy some desserts with your friends and some good conversations. *Dessert provided by Ernest Health.*

Movie: Monday, October 16 at 12:30 p.m. **Feature:** About Schmidt **Synopsis:** Newly retired, Warren Schmidt and his wife have big plans to see America- but an unexpected twist changes everything. Now he is determined to stop his daughter's wedding to an underachieving salesman. From meeting the grooms eccentric parents to sponsoring a Tanzanian foster child, Schmidt sets off on his mission...and gets lost along the road to self-discovery.

Ways to Use an Apple Watch: Tuesday, October 17 at 12:30 p.m. An Apple watch is a type of wearable technology that is becoming more and more popular. Learn some unique applications that the apple watch features to aid with your day to day living. From features like fall detection to daily step count, there's something that everyone can use. *Prerecorded by Clara Fiori, WCCOA*

Birthday Lunch: Wednesday, October 18 at noon. *Cake sponsored by Partners in Home Care.*

Movie Star Trivia: Wednesday, October 18 at 12:30 p.m. **Featuring:** Sandra Bullock. Play a fun game of movie trivia with participants from the Wood County Senior Center and those joining in from home. Find out how much you know about this actress. *Hosted by Mary Tebbe, WCCOA.* **Zoom option available.**

Breakfast Club: Tuesday, October 23 at 9 a.m. Meet at Denny's, 1122 Buck Road, Rossford, Ohio 43460. Cost on own. **Register with the Senior Center prior to attending the breakfast.**

Pizza Party:

Wednesday, October 25
from 12 to 1 p.m.

Celebrate the fall season with us by partaking in a pizza party. Enjoy slices of pizza, cider and donuts and take part in some fun games.

Registration is required by contacting Mary Tebbe, Rossford Site Manager at 419.666.8494.
This event is sponsored by *Genacross*.



NEW Series: Power Foods, The Healthiest Vegetables:

Thursday, October 26 at 12:30 p.m. When you hear the word superfood, what comes to mind? A avocado with a pit powers? A pear with magic juices? Some foods are so nutritious it may seem like they are powerful, but outside the marketing world, there actually is no such thing as a superfood. This new series will examine some of the top power foods for maintaining good health. We will discover which are the healthiest vegetables, and some recipes to go along with them.

Bits and Pieces: Tuesday, October 31 at 12:30 p.m. A monthly mixture of horse sense and common sense when it comes to working with people. Attend the center today and join in this fun game. *Presented by Wood Haven Health Care.*

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.
- Participate in a variety of other opportunities! Pop popcorn, help lead a program, assist with special

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 or email sspencer@wccoa.net

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.

Bingo: Tuesday, October 3 at 12:30 p.m.
*Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.*

Kingston Derby: Friday, October 6 at 12:30 p.m.
Join us for a fun and interactive game. *Facilitated by Kingston of Perrysburg.*

Trivia: Monday, October 9 at 12:15 p.m. Enjoy a fun game of trivia with a chance to win some candy.
Facilitated by Bridge Home Health And Hospice.

Knitting and Crocheting: Monday, October 9 at 12:30 p.m. Bring your own supplies.

Dominoes: Tuesdays, October 10, & 31 at 12:30 p.m. Play several rounds of dominoes with us!

Continuum of Health Care: Tuesday, October 10 at 12:45 p.m. This presentation will focus on how to make the best choice of care when transferring out of the hospital from a brief hospitalization. Choices include inpatient rehabilitation, long term care (nursing home care) or in home health services. This information can be used by you to narrow down your health care needs and choices. *Presented by Kelly Ellis, Partners in Home Care.*

Club F.I.T.: Wednesday, October 11 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, October 12 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, October 16 at 12:30 p.m. Roll your way to victory in this dice game by being the last player to hold their chips!

Card Bingo: Tuesday, October 17 at 12:30 p.m. Bringing Card Bingo back, some may remember it, others its new to them. This is a peer lead game. There is a gift exchange through out the game and the last game is a snatch and grab. You are to bring a \$5.00 gift wrapped or in a gift bag, please no old stuff that you have laying around your house that you just don't want anymore. Your junk isn't always someone else's treasure.

Birthday Lunch: Wednesday, October 18 at 12 p.m. *Cupcakes sponsored by Orchard Villa.*

Trivia with Markeita: Thursday, October 19 at 12:15 p.m. Put on your thinking caps and brush up on the 1970's. We've been through the '50's and '60's now on to the 70's. Let's see how much you remember from events, people and places in the 70's.

Ways to use an Apple Watch: Monday, October 23 at 12:30 p.m. An Apple watch is a type of wearable technology that is becoming more and more popular. Learn some unique applications that the apple watch features to aid with your day to day living. From features like fall detection to daily step count, there's something that everyone can use. *Prerecorded by Clara Fiori, WCCOA*

Bunco: Tuesday, October 24 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Brain Games & Trivia: Wednesday, October 25 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.**

Managing Arthritis: Thursday, October 26 at 12:30 p.m. This session will provide insight on the causes of arthritis, treatment options and maintenance of your wellness. *Prerecorded by Mercy Family Medicine Residency Program*

Wii 100 Pin Bowling: Friday, October 27 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.

Birthday Acknowledgements: Monday, October 2 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, October 3 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, October 4 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: Thursday, October 5 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.

Bingo: Friday, October 6 from 10:30 to 12 p.m. *Prizes sponsored by Bridge Home Health and Hospice.*

Monthly Guessing Game: Monday, October 9 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, October 10 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.**



Canvas Art Party:
Wednesday, October 11 at 12:30 p.m.

Painting: Pumpkins with holly. All materials and instructions will be provided.

Registration is limited to 6 people. Registration required by October 5. *Instructor Lori Lawton, ATR.*

TED Talk: Monday, October 16 at 12:30 p.m.

Feature: Mosquitos, Malaria and Education presented by Bill Gates

Synopsis: Bill Gates hopes to solve some of the world's biggest problems using a new kind of philanthropy. In a passionate and, yes, funny 18 minutes, he asks us to consider two big questions and how we might answer them.

Birthday Lunch: Wednesday, October 18 at noon.
Sponsored by Bowling Green Manor.



Craft : Thursday, October 19 at 12:45 p.m. We will be making Halloween Bat Gnomes. These can be used to decorate your place for Halloween or as a fun gift for a family member or friend. All materials and instructions will be provided.

Registration required.

Facilitated by Wood Haven Health Care.

Historical Presentation: Wednesday, October 25 at 12:30 p.m. Stop in to listen to one of many great local history presentations. Presented by *Mike McMaster, Wood County Historical Museum*

Ways to use an Apple Watch: Thursday, October 26 at 12:30 p.m. An Apple watch is a type of wearable technology that is becoming more and more popular. Learn some unique applications that the apple watch features to aid with your day to day living. From features like fall detection to daily step count, there's something that everyone can use. *Prerecorded by Clara Fiori, WCCOA*

Would You Rather Fitness: Friday, October 27 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

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

Pemberville

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

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

Cards: Daily before and after lunch. Join us!

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

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

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

Minutes with the Mayor: Monday, October 2 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.

Movie: Wednesday, October 3 at 12:45 p.m.

Feature: "The Age of Adeline" (2015) Drama/Fantasy/Romance **Synopsis:** Adaline Bowman has miraculously remained 29-years-old for almost 8 decades. She never allows herself to get close to anyone in fear they'll discover her secret, but when she meets a charismatic philanthropist, Adaline is reminded of her long-suppressed passion for life and romance. Rated (PG). *Snacks sponsored by Wood Haven Health Care.*

Caring Cards: Wednesday, October 4 at 1 p.m. Join us as we create and prepare holiday cards for military men & women, as well as those in nearby care facilities. Some supplies available, donations also accepted.

Bingo: Thursday, October 5 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Meet Me at the Zoo: Wednesday, October 11
You can meet at the Center at 9:30 a.m. to carpool to the zoo. Free admission (and parking) any Wednesday during September & October for anyone 60+. Join up with others as the zoo hosts special events on this day you will have a chance to win great "ZOO-venirs" as they present BINGO with a Zoo twist! Games in the Malawi Event Center, 10:30 a.m. to noon. Limited capacity, first come, first serve.
Registration required to determine carpool numbers.

Classic Games: Thursday, October 12 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.*

Birthday Lunch: Wednesday, October 18 at 12 p.m. *Sponsored by Otterbein Pemberville*

Trivia Battle: Thursday, October 19 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.*

Lighthouses Part II: Thursday, October 19 at 12:45 p.m. We will explore the basic about lighthouses, with a special focus on Ohio and Michigan lighthouses. Kim will prepare you to go on your own self-guided tour with some bonus trivia about the Toledo Harbor Lighthouse. *Presented by Kim Thomas.*

Mystery Game: Monday, October 23 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, October 25 at 12:45 p.m.
Feature: "Hocus Pocus" (1993) Fantasy/Comedy
Synopsis: Set in scenic Salem in late October, this cult classic is about three witches who come back from the dead after 300 years. Rated (PG). *Snacks sponsored by Wood Haven Health Care.*

Seminar Series: Star Citizens Thursday, October 26 at 1 p.m. With all of the negativity in our world these days, we can't forget the good that is still all around us. Stop in for a short presentation on a citizen who is doing something great with his life.
Featured this month: *Dale Schroeder.*

TED Talk: Monday, October 30 at 1 p.m.
Featured this month: "The Next Outbreak? We're Not Ready" In 2014, the world avoided a horrific global outbreak of Ebola, thanks to thousands of selfless health workers -- plus, frankly, thanks to some very good luck. In hindsight, we know what we should have done better. *Presented by Bill Gates*

"Looks Aren't Everything. Believe Me, I'm a Model" Cameron Russell admits she won "a genetic lottery": she's tall, pretty and an underwear model. But don't judge her by her looks. In this fearless talk, she takes a wry look at the industry that had her looking highly seductive at barely 16-years-old.

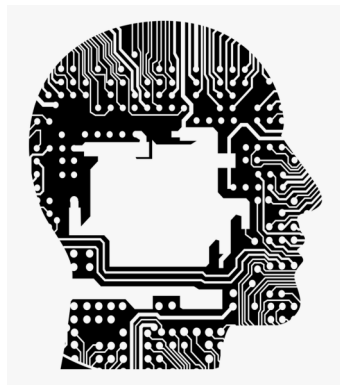
Around the County, Events & Classes



Meet me at the Toledo Museum of Art Tour

Thursday, October 19 at 2 p.m. **Theme: Paintagories.**

This is FREE monthly program that includes interactive discussion for those with early to moderate stage dementia. All tours are one hour in length and we will meet in the Herrick Lobby. **Registration is required.** For more information or to register contact the Programs Department at 419.353.5661 or email programs@wccoa.net



Lunch and Learn: Ethics of Artificial Intelligence

Friday, October 27

11:30 to 12:30 p.m.

Wood County Senior Center

Presented by Stefan H. Fristch, PhD., BGSU

Currently, artificial intelligence (AI) is one of the hottest topics in science, technology, and innovation. AI has spread to literally every aspect of our lives. Examples include personal assistants like Siri, Alexa, but also self-driving cars, Internet search engines, email-spam filters, smart home devices, investment algorithms, facial recognition and a myriad other applications. AI is predicted to transform our society as dramatically as the steam engine, electricity, or the Internet have done before. As with any new technology, public discourse oscillates between euphoria and anxieties, pros and cons, advantages and negative side

effects of AI. This presentation will highlight the multi-faceted dilemmas (global) society faces in its quest to harness AI's powers.

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 October 16. 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.**

Golden Care Awards Monday, November 13

Event begins at 5:30 p.m. **Wood County Senior Center**

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.

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, October 6 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

Pain Control & Aging: Wednesday, October 18 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, October 18 at 12:30 p.m. **Zoom Host:** Rossford Area Senior Center. **Featuring:** Sandra Bullock. *In-person option in Wood County Senior Center and Rossford.*

Brain Games & Trivia: Wednesday, October 25 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: The Ethics of Artificial Intelligence (AI) Friday, October 27 at 11:30 a.m. Learn more about AI and how it will impact our day to day lives. This information will change the way we do things in today's world. *Presented by Stefan Frisch, PhD, BGSU*

Bingo: Friday, October 27 at 1 p.m. Play 10 rounds of bingo online. *Prize awarded for the cover-all.*



Wood County Senior Center Cards & Games

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

Bingo: Tuesdays at 1 p.m.

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

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

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

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

Billiards Room: Available by appointment, Monday through Friday *Participants must bring 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@wcco.net

Hotspot Loans

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



Tablet Loans

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

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



Tablets do not come with internet service.

Around the County, Events & Classes

Art Exploration: Tuesday, October 3 from 5 to 6:30 p.m., Wood County Senior Center

The Art Exploration evening is an ideal opportunity for fostering enhanced imagination, self-expression and emotional exploration. Your participation in this art event will enhance your evening, quality of life and aims to reduce stress and most importantly increase social interaction. We have designed a night where you can explore several art stations, sip on a beverage and sample from our charcuterie board.

Cost: \$10 limited to 15 participants.

Picture of a sample station of ink marbling to the right.

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

Sponsored by:



Art Project: Thursday, October 19 from 2:30 to 4:30 p.m.

Wood County Senior Center

Don't let Martha Stewart have all of the fun creating. Paint an elegant fall pumpkin design that will last for years to come. A variety of design choices will be made available to you. All materials and supplies provided. Instruction provided by Mary Soneson. **Cost: \$20. Registration required** by calling 419.353.5661 or programs@wccoa.net



Art Therapy: Dot Art

Monday, October 23 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 dotting tools and acrylic paint, you will be given the option of using small canvases or rocks to create your dot art. Please wear a paint shirt.

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

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

Acrylic Painting Class

Wednesday, October 25 at 3 p.m.

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

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

October's painting is shown to the right. This session will cover various brush techniques while using a variety of colors to create this "Night Moon" 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@wccoa.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.**

October 6: "Sabrina" (1954) *Starring Humphrey Bogart, Audrey Hepburn, William Holden*

October 13: "Deadline USA" (1952) *Starring Humphrey Bogart, Ethel Barrymore, Kim Hunter*

October 20: "The African Queen" (1951) *Starring Humphrey Bogart, Katharine Hepburn, Robert Morley*

October 27 "Knock on Any Door" (1949) *Starring Humphrey Bogart, John Derek, George Macready*



Care Compass Project

Wednesday, November 1, 2023

11 a.m. to 1 p.m.

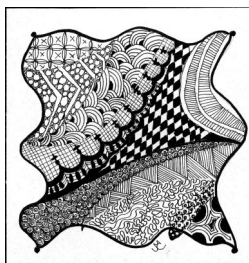
Wood County Senior Center

Topic:

The Art of Self-Care In Caregiving

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

11 a.m. This session will include some time to decompress for the daily stresses of caregiving. Walk into the room to experience aromatherapy, relaxing music and deep breathing techniques. Featured speaker will share stress management tips and selfcare tools.



11:45 a.m. Learn the Zentangle Method. This is an elegant metaphor and model for inspiring a deliberate artistry in life. We use lines, curves, angles to create with no erasers. There are no mistakes, you can use them as inspirations to go in directions that you may not have otherwise explored. Instead of looking at them as mistakes, we reframe them as "opportunities." By avoiding common blocks to creative flow such as: self-criticism, fear of failure, lack of immediate positive feedback, worrying about outcomes, frustration with lengthy training, lack of inspiration and doubts about what to do next, you can create

beautiful art right away. *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



Monday, October 2 from 1:30 to 3 p.m.

Wood County Senior Center

Attend our Gordon Food Service Show, see, learn, and of course taste the best that the foodservice industry has to share. Sample a variety of new dishes to help us choose options for 2024. No need to register just stop by to

Get your Flu Shot at any one of our centers!

The annual flu vaccination is an effective way to decrease flu illnesses, hospitalizations, and deaths.

The *Wood County Health Department* will provide these vaccines at our centers and will bill Medicare/Medicaid or other insurance providers. Older adults will need to notify their own health provider that they received the vaccine.

To **pre-register** for a flu shot appointment, please call the center where you will be receiving your vaccine. This clinic is open to the Community!

Site	Date
Pemberville	Wednesday, October 4 from 11 to 1 p.m.
Wood County	Tuesday, October 24 from 1 to 4 p.m.
Grand Rapids	Tuesday, October 10 from 11 to 1 p.m.
Northeast	Monday, October 9 from 11 to 1 p.m.
Rossford	Tuesday, October 3 from 11 to 1 p.m.
Wayne	Tuesday, October 17 from 11 to 1 p.m.
Perrysburg	Thursday, October 12 from 11 to 1 p.m.



Book Swap: Tuesday, October 24 from 10 to 1 p.m.

Wood County Senior Center

Bring your gently used books and exchange them for other gently used books. For every gently used book you bring in you receive a ticket to pick a different gently used book. Get your blood pressure taken and receive a bagel as an added perk.

Sponsored by The Willows of Bowling Green.



Holiday Parade Breakfast

Saturday, November 18 from 9 to 10 a.m.

Wood County Senior Center

140 S. Grove Street, Bowling Green

Enjoy a **complimentary** breakfast including pancakes, sausage, fruit, and a muffin! **Tickets are required** to attend the breakfast and will be available *starting Wednesday, November 1.*

Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. or enjoy the event with the parade streamed on the dining room TV! The parade is supported by the Bowling Green Chamber of Commerce. This year's parade theme is "**Holiday Sparkle.**" The event showcases many area businesses through floats, cars, bands, and much more!

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

The holiday parade breakfast is sponsored by:



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 vocalist; Deb Weiser, guitar and vocalist and Justin Newcomb, vocalist.

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, October 6 & 20

from 10 to 2 p.m.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, October 11 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 to 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

October 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni & Cheese & Ham OR Chicken & Dumplings stewed tomatoes, three bean salad, emerald pears	Pepper Steak OR Teriyaki Chicken white rice, oriental vegetables, asain salad, mandarin oranges in orange jello	Chipped Turkey OR Bologna Salad baked bean salad, coleslaw, peaches, cookie	Pork Chop OR Turkey Tetrazzini squash, apples, granola, berry blend, yogurt	Roast Beef OR Pecan Crusted Tilapia brussel sprouts, grapefruit sections, cherry crisp
Chipped Beef OR Creamed Chicken biscuit, mashed potatoes, sugar snap peas, mandarin orange salad	Calico Beans OR Turkey broccoli, marinated carrot salad, cinnamon applesauce	Stuffed Green Pepper OR Reuben Casserole riviera blend, pineapple & cottage cheese, fruit sorbet	Vegetable Soup OR Broccoli Soup chicken salad sandwich, celery sticks, peanut butter, orange sections	Meatloaf OR Grilled Chicken Breast mixed vegetables, spinach/orange salad, grapes & pears, graham crackers
Country Fried Steak OR BBQ Chicken Breast scalloped potatoes, citrus slaw, pears	Goulash OR Almondine Pollock corn, tossed salad, peaches	Birthday Lunch! Beef Lasagna green beans, cabbage/ apple/raisin salad, fruit salad, cake & ice cream	Hamloaf OR Chicken & Noodles carrots, banana, peachy fine dessert	Bratwurst OR Chicken Wings sauerkraut, mashed potatoes, apricots, brownie
Stuffed Chicken Breast OR Liver & Onions mashed potatoes, black eyed susan salad, carrot sticks	Chicken Paprikash OR Baked Ham noodles, stewed tomatoes, Texas caviar bean salad, orange	Beef Spanish Rice OR Chicken Lasagna Kyota vegetables, peaches, apple crisp	Chicken Tenders OR Black Eyed Peas Hash sicilian blend, tossed salad, pears, rice krispy treat	Beef & Potato Casserole OR Pecan Crusted Tilapia scandinavian blend vegetables, pickled beets, grapes
Hamburger Pie OR Cheese Manicotti winter blend, cucumber salad, oranges, cookies	Pork Ribette OR Honey Mustard Chicken Breast baked sweet potatoes, carrot & chickpea salad, fruited jello			

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

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

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

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

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

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

Dinner Menu

October 2023				
Tuesday	Wednesday	Thursday		
Ground Beef Tacos 3 black beans & rice, lettuce & tomatoes, tropical fruit, pie	Honey Mustard Chicken 4 baked potato, winter blend vegetables, ambrosia	Smoked Sausage 5 squash, broccoli salad, apricots, pudding		
Birthday Dinner! Country Fried Steak 10 mashed potatoes, European blend vegetables, citrus sections, cake & ice cream	Chef Salad w/Beef Strip, Egg & Cheese 11 three bean salad, strawberries, angel food cake	Chicken Cordon Bleu 12 rice pilaf, broccoli, redskin potato salad peach cobbler		
Ham 17 sweet potatoes, corn, apples & oranges	Hamburger 18 french fries, pears, grape juice, brownie	White Chicken Chili 19 cornbread, carrot & celery sticks, cauliflower peanut salad, fresh fruit, gingerbread pudding		
Sweet & Sour Meatballs 24 rice, peas, marinated vegetables salad, cantaloupe	Seafood Alfredo 25 noodles, broccoli, tossed salad, pears, cake	Corned Beef 26 boiled potatoes, cooked cabbage & carrots, orange sections, apple pie		
BBQ Chicken Breast 31 baked potato, carrots, melon, sherbet				

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

Karaoke: Tuesday, October 10 at 4:30 p.m.

Comedy Special: Wednesday, October 11 at 4 p.m. **Feature:** "The Lemon Drop Kid" Bob Hope **Registration required.**

Physiology and Fitness: Tuesday, October 17 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** The Fitness of Breathing **Presenter:** Dean Hodgkin, B.Sc. Discussion to follow.

TED Talk: Thursday, October 19 at 4:30 p.m. Featuring "We don't move on from Grief"

Readers Café: Tuesday, October 31 at 3 p.m. Pick up a copy of the book to read (starting March 1) then come together to watch the film. **Feature:**

"Room" by Emma Donoghue **Books and audiobooks available by loan. Registration required.**

Open Forum for Technology: Thursday, October 26 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 Jill Kacich, Geoffrey Howes, Barbara Murphy, Brian O'Connell, Eric Murray, John and Alice Calderonello, Darlene Petkowitz, George Stossel & Vicki Knauerhase, Veronica Kamps, Patricia Limes in Memory of Joanne Fields and Alice Brown, Drew Hanna, Rick and Jacqueline Metz

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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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