

# WOOD COUNTY COMMITTEE

ON  
*Ageing*  
NOVEMBER 2023

## IN THIS ISSUE:

Index	Page
Agency Services .....	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
In-Person Programs.....	6-14
Virtual Programming.....	14
Around the County.....	15-18
Travel Opportunities.....	19-20
Lunch Menu.....	21
Dinner Menu.....	22
Donors.....	23

# Your County Connection

Enjoy, Enrich, Explore This Season of Life

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



## 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 in our dining room. 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](mailto:programs@wccoa.net) to register and stop in to pick up your ticket. Space is limited to the **first 75** participants registered! **NOTE:** if you cannot make please call to let us know then we can reach out to the next person on the wait list.



Event is sponsored by:



## Trip: Holiday Shopping Extravaganza

Tuesday,  
November 28

**Cost: \$50**

Let's go shopping! This shopping trip will go to Tanger Outlets in Sunbury, Ohio and The Polaris Mall in Columbus, Ohio.

- 8 a.m. Pick-up location in Perrysburg (Fremont Pike Walmart)
- 8:20 a.m. Bowling Green (Meijer 2111 E. Wooster St.).

*This trip is provided by  
1018 Travels with Stephanie.*

To purchase tickets for this bus trip  
call Stephanie Kosak at 419.685.7058

## Evening of Art Exploration

Tuesday, December 5

5 p.m. to 7 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.

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



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

# Clinics & Consultations

## Podiatry Clinic

Provided by Heel and Toe Podiatry with  
Dr. Scott Johnston

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

Wednesday, November 15, 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. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.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](http://www.lawolaw.org)

## Community Christian Legal Services

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

Clinic Site	Date	Time
Perrysburg	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](mailto: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](mailto: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@wccoa.net](mailto:programs@wccoa.net)

# WCCOA Support Groups

## Caregiver Support Group

**Monday, November 13 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, November 30 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):** The Art of Self-Care in Caregiving

**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, November 2 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](mailto:programs@wccoa.net) to register for this group.

## Grasping Your Grief

**Wednesdays, November 1 & November 15 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. Special session: "Surviving the Holidays" Nov. 11 from 9:30 to 11:30 a.m. Reg. required.  
**Location:** St. Mark's Lutheran Church, BG  
**Contact:** Joan Staib 419.308.1134 or Jan Ruffner 419.308.4072 for more information.

## Grandparents Raising Grandchildren

Offered by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools monthly. **Contact:** Sara Nidiffer for registration info at 419.409.2087 or [snidiffer@wcesc.org](mailto:snidiffer@wcesc.org)

## Alzheimer's Association

### Caregiver Support Group

**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, November 16 to January 4 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 **F**itness **I**nteractive **T**eaching program will provide you with strengthening exercises and stretching tips to keep you active and independent. Facilitated by Briar Hill Health Campus.

## Delay the Disease Cost: \$20

Wednesdays, November 15 to December 20 at 10 a.m.  
OhioHealth **Delay the Disease**<sup>TM</sup> 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, November 15 to December 20 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, October 25 to November 29 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, November 20 to January 22 at 10:30 a.m.  
(No Class December 18, 25 & January 1, 8)  
Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

### Advanced:

Tuesdays, November 7 to December 12 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, October 26 to December 14 at 11 a.m.  
(No Class November 23)  
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, November 8 to December 13 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 4:30 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, have speakers and decide on projects. Coffee and Snacks provided. *Facilitated by Herb Dettmer.*

**Romantic Movies:** Wednesdays at 1 p.m.  
**1:** "And So it Goes" (2014) **8:** "American President" (1995) **15:** "Dear John" (2010) **22:** "As Good As it Gets" (1998) **29:** "Love Happens:" (2010)  
**Registration required.**

**BG Knitter's Guild:** Wednesday, November 1 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.*

**Happy Hour:** Friday, November 3 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Bowling Green Manor.* **Zoom option available.**

**How about a Movie:** Fridays at 1 p.m.  
**3:** "Packin' It In" (1983) **10:** "Westworld" (1973) **17:** "Scavenger Hunt" (1979) *Page 15 for details.*

**Black Swamp Stories Part II:** Monday November 6 at 11:00 a.m. Wood County newspaperman and historian Charles Evers gives us the location of the notorious Devil's Hole, which today is marked by the county road by that name. This was not the only treacherous spot in the Black Swamp. In this program, you learn the harrowing tale of two young women, lost on the Wadsworth Prairie, and the location of this Stoga Hole. *Presented by Mike McMaster Education Coordinator from the Wood County Museum.*

**Comedy Special:** Wednesday, November 8 at 4 p.m. **Feature:** Bob Hope & Bing Crosby in "Road to Singapore" **Registration required.**

**Thanksgiving Lunch:** Thursday, November 9 at 11:30 a.m. **Registration required by November 3.**  
**Entertainment: Toraigh**

**Art Project:** Thursday, November 9 at 2:00 p.m. Holiday wreath painted quilt square. All supplies and guidance for project will be provided. Cost: \$20  
**Registration required.** *Instructor: Mary Soneson. See page 15 for details.*

**Nails:** Monday, November 13 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, November 13 at 1 p.m. Season 1 Episode 1, 2, & 3 and Monday, November 27 at 1 p.m. Season 1 Episode 4, 5 & 6 **Registration encouraged.**

**Quilter Group:** Monday, November 13 & November 27 from 2 to 3:30 p.m. Bring projects or just come to learn. *Host: Marsha Miller.*



**Craft:** Tuesday, November 14 at 10:30 a.m. Make your own special mason jar fall lantern. 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.*

**Bingo: Name That Tune:** Tuesday, November 14 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*

**Long Range Transportation Plan Outreach:** Tuesday, November 14 at 11 a.m. *Presented by Toledo Metropolitan Area Council of Governments.*  
*See page 16 for more details.*

**Karaoke:** Tuesday, November 14 at 4:30 p.m. No previous singing experience necessary.

**Thanksgiving Dinner:** Tuesday, November 14 at 5:30 p.m. **Registration required by November 9.**

# Wood County Continued...

**Depression and Anxiety:** Wednesday, November 15 at 11 a.m. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

**Movie Star Trivia:** Wednesday, November 15 at 12:30 p.m. Challenge yourself to some fun trivia based on movies. Featuring: Robin Williams **Zoom option available.**

**Thursday Theater:** Thursday, November 16 & 30 at 1 p.m. **16:** "The Christmas Shoes" (2002) **30:** Dolly Parton's Coat of Many Colors (2015) *Hosted by Kris Eridon.* **Reservations required.**

**How to Use an Apple Watch:** Thursday, November 16 at 3:45 p.m. An Apple watch is a type of wearable technology that is popular. Learn about the many features of an Apple watch and how to use it. *Prerecorded by Clara Fiora, WCCOA.*

**TED Talks:** Thursday, November 16 at 4:30 p.m. **Topic:** "Why we Should Embrace Aging as an Adventure" We need to feel better about aging in order to age better, says writer and activist Carl Honoré. Find out how?

**Lunch & Learn:** Friday, November 17 at 11:30 a.m. **This month: Photography Evolution in Italy and Switzerland.** Presented by Morgan Stevens, BGSU Education Major. *See page 17 for more details!* **Registration required.**

**Zoom Bingo:** Friday, November 17 at 1 p.m. *Cover-all prize awarded. Register to receive the code.*

**Breakfast Club:** Monday, November 20 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. **Registration required.**

**Brain Training:** Tuesday, November 21 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses.* **Registration required by October 9.** *Breakfast provided by Brookdale of Bowling Green & materials by Wood Haven Health Care.* **Topic:** Beating Procrastination **Video Presenter:** Jason M. Satterfield, Ph.D.



**Craft:** Tuesday, November 21 at 3 p.m. Holiday tin can top hat decor. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels with*

**Physiology and Fitness:** Tuesday, November 21 at 4:30 p.m. Video Series from *The Great Courses* followed by a discussion. **Topic:** You Can Reduce Stress **Presenter:** Dean Hodgkin

**Brain Games & Trivia:** Wednesday, November 22 at 12:30 p.m. **Zoom option.**

**Acrylic Painting:** Wednesday, November 22 at 3 p.m. This session will cover various brush techniques while using a variety of colors to create "Fall Pumpkin" This class is open to all levels of painting experience! *Hosted by Leslie Miller. Cost: \$5 See page 18.*

**Coffee & Coloring:** Monday, November 27 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Host Jan Chilcote.*

**Art Therapy:** Monday, November 27 from 1 to 3 p.m. **This month's project:** "Painting on Vinyl Records" . **Cost: \$10. Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 18*

**Therapy Dogs International:** Monday, November 27 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, November 28 at 11 a.m. *Facilitated by Bridge Home Health & Hospice.*

**Reader's Café:** Tuesday, November 28 at 3 p.m. This group features books that have been turned into movies! Pick up a copy of the book to read (starting October 31) then come together to watch the film. Discussion to follow. **Feature:** White Bird by J.R. Palacio **Synopsis:** This story finds Julian at a new school working on a project for his humanities class. He decides to call his grandmother in Paris and ask her to tell him more details about her life during World War II. **Books and audiobooks available by loan.** **Registration required.**

**Open Forum for Technology:** Thursday, November 30 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.** *Hosted by Clara Fiori, WCCOA.*

**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 29 (No Class Nov. 1 & 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**

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

**Needlework Group:** Thursdays at 12:30 p.m.

**An Immigrant's Story:** Wednesday, November 1 at 12:45 pm. Attend this compelling presentation of firsthand tales of the daughter of a 1946 Lebanon immigrant. Hear about how she managed an arranged marriage, betrayal and immigrating to the US to becoming a citizen. Artifacts will be on site to view as well. *Presented by Genevieve Kirkbride.*

**Registration required**

**Let's Talk Medicare:** Thursday, November 2 at 12:15 pm. Come and hear some general information regarding the Medicare Open Enrollment Period, the basics of Medicare and some different options to consider. *Presented by Lisa Myers, LISW-S, WCCOA.*

**Euchre Tournament:** Thursday, November 2 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, November 3 at 12:30 p.m. **Registration required.** *Snacks sponsored by Manor at Perrysburg. Zoom option available.*

**Texas Hold 'Em Tournament:** Monday, November 6 & 20 at 1 p.m.

**Bunco:** Wednesday, November 8 at 12:45 p.m. **Registration required.**

**Thanksgiving Lunch:** Thursday, November 9 at noon. **Registration required by November 3.** **Entertainment:** Jack Schillb, Guitarist sponsored by Genacross

**Now and Then:** Thursday, November 9 at 12:30 p.m. **Reminiscing Topic:** Road Trips. Join in a chance to share and discuss your history. *Facilitated by Comfort Keepers.*

**Back in the Day:** Monday, November 13 at 12:30 pm. Guess what year specific events in history happened! *Facilitated by Manor of Perrysburg.*

**Pinochle Tournament:** Monday, November 13 at 12:45 p.m. **Registration required.**

**Breakfast Club:** Tuesday, November 14 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, November 14 at 12:30 p.m. Welcome the Northeast Area Senior Center to participate in a friendly game of bingo. *Facilitator: Waterford at Levis Commons.*

**Birthday Lunch:** Wednesday, November 15 at 12 p.m. *Sponsored by Manor at Perrysburg.*

**Blood Pressure & Blood Sugar:** Thursday, November 16 at 11 am. *Facilitated by RN, Mercy Health.*



**Craft:** Friday, November 17 at 12:30 p.m. We will be making a decorative snowman out of a sock. All supplies and instructions will be provided. **Registration required.** *Facilitated by Manor at Perrysburg.*

**Friends in Fellowship:** Tuesday, November 21 at 10:30 a.m. This is a social time to reflect, share stories all in a positive environment. *Host: Connie Stalter.*

**Diabetes 101:** Tuesday, November 21 at 12:15 pm. *Presented by St. Clare's Commons*

**Hand & Foot Card Game:** Monday, November 27 at 12:30 p.m. **Registration required.**

**Movie Day:** Tuesday, November 28 at 12:45 p.m. **Feature:** Indiana Jones and the Dial of Destiny **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*



# Perrysburg Continued...

## **Lunch and Learn: Power of Positive**

**Thinking** Wednesday, November 29 at 12:15 p.m. Attend today's session to learn how having a positive mindset can impact many aspects of your life. Registration required and is limited to the first 15 registrants. *Presented by Joe Sparks, Fitness and Wellness Instructor.* **Registration Required. Space is limited to the first 15 registrants.**  
*Lunch by Lakes of Monclova.*

**Caregiver Support Group:** Thursday, November 30 at 10 a.m. The group provides resources, advice on stress of caregiving, recommendations, and an outlet for caregivers to connect with one another. **Registration required by calling 419.353.5661.**

**Trivia:** Monday, November 30 at 12:30 p.m.  
*Facilitated by Bridge Home Health and Hospice.*

**Left, Right Center:** Wednesday, November 22 at 12:30 p.m.

## 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.

**TV Series: Madame Secretary:** Mondays at 12:30 p.m.

**Euchre:** Thursdays at 1:15 p.m.

**Noodle Drum Exercise:** Wednesday, November 1, 15 & 29 at 11:15 a.m. *Facilitated by Lauren Firsdon, Wayne Area Senior Center Site Manager.*

**First Step Center for Domestic Violence Service Centers:** Wednesday, November 1 at 12:30 p.m. Learn more about this center and its services. *Presented by Amy Kinney*

**The Fun Facts of Food:** Friday, November 3 at 12:30 p.m. Join us for a game of trivia to test your knowledge on a variety of health and wellness related questions. Food trivia is perfect for those who love food, but also enjoy learning new facts. *Presented by the OSU Extension Office.*

**Recycling 101:** Monday, November 6 at 12:30 p.m. Learn about recycling at home, what happens to your recycling, and how to properly dispose of hazardous materials through the Wood County 24/7 Residential Program. *Presented by Rachel Sizer of the Wood County Solid Waste Management District.*

**Bingo:** Tuesday, November 7 at 12:30 p.m.  
*Sponsored by Bowling Green Manor*

**Bingo:** Wednesday, November 8 at 1 p.m.  
*Sponsored by St. Catherine's Manor Fostoria.*

**Thanksgiving Lunch:** Thursday, November 9 at noon. **Registration required by November 3.**

**MyChart:** Monday, November 13 at 12:30 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*

**Birthday Lunch:** Wednesday, November 15 at 12 p.m.. *Cake & ice cream by The Willows.*

**Bingo:** Wednesday, November 15 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, November 16 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

**Trivia Battle:** Friday, November 17 at 12:30 p.m. Let's test our knowledge with a trivia contest against other Wood County sites. Each quarter a site wins a donut party *sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Expressions Through Art:** Tuesday, November 21 at 12:30 p.m. **Theme:** Turkeys & Pumpkins. You do not have to be an artist when it comes to abstract art. All supplies are included. **Registration required.** *Facilitated by Wayne United Methodist Church.*

**Bingo:** Wednesday, November 22 at 12:30 p.m.  
*Sponsored by Wood Haven Health Care.*

**Let's Talk Medicare:** Tuesday November 28 at 12:30 pm. Come and hear some general information regarding the Medicare Open Enrollment Period, the basics of Medicare and some different options to consider. *Presented by Lisa Myers, LISW-S, WCCOA.*

**Tobacco Use and Vaping:** Wednesday, November 29 at 12:30 p.m. *Wood County Health Department*

# 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.

**Trivia:** Wednesday, November 1 at 12:30 p.m.  
*Sponsored by Perrysburg Healthcare & Rehab*

**Club F.I.T.:** Tuesday, November 7 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.**

**Game Day:** Wednesday, November 8 at 12:30 p.m.  
*Hosted by Kingston Health Care.*

**Thanksgiving Lunch:** Thursday, November 9 at noon. **Registration required by November 3.**

**Pies for Guys:** Friday, November 10 at 1 p.m.  
Gentleman, enjoy some desserts with your friends and some good conversations. *Dessert provided by Ernest Health.*

**Birthday Lunch:** Wednesday, November 15 at 12 p.m.. *Cake sponsored by Partners in Home Care.*

**Movie Star Trivia:** Wednesday, November 15 at 12:30 p.m. **Featuring:** Robin Williams. 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. **Zoom option available.**

**Movie:** Monday, November 20 at 12:30 p.m.  
**Feature:** Million Dollar Baby **Synopsis:** Frankie Dunn (Clint Eastwood) is a veteran Los Angeles boxing trainer who keeps almost everyone at arm's length, except his old friend and associate Eddie "Scrap Iron" Dupris (Morgan Freeman). When Maggie Fitzgerald (Hilary Swank) arrives in Frankie's gym seeking his expertise, he is reluctant to train the young woman, a transplant from working-class Missouri. Eventually, he relents, and the two form a close bond that will irrevocably change them both.

**Breakfast Club:** Tuesday, November 21 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.**

**Let's Talk Medicare:** Wednesday, November 22 at 12:30 pm. Come and hear some general information regarding the Medicare Open Enrollment Period, the basics of Medicare and some different options to consider. *Presented by Lisa Myers, LISW-S, WCCOA.*

**Bits and Pieces:** Tuesday, November 28 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.*

## **Series: Power Foods, The Healthiest**

**Vegetables:** Thursday, November 30 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.



**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 events, etc.

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@wcco.net](mailto:sspencer@wcco.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  
**Cost on 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.

**Movie Day:** Wednesday, November 1 at 12:30 p.m. **Feature:** "The War with Grandpa" (2020)  
**Synopsis:** Grandpa moves in with family and things take a turn for the worst for his grandson. This is a light hearted movie that will make you laugh.

**Kingston Derby:** Friday, November 3 at 12:30 p.m. *Facilitated by Kingston of Perrysburg.*

**Balance Screening:** Monday, November 6 at 12:45 p.m. Have you noticed lately that your balance isn't what it use to be? Have your balance tested and gain knowledge on ways to improve it. *Facilitated by Mercy Health.*

**Bingo:** Tuesday, November 7 at 12:30 p.m.  
*Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

**Club F.I.T.:** Wednesday, November 8 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.**

**Trip: Bingo at the Commons:** Wednesday, November 8 at 2 p.m. No charge for BINGO or the complimentary dinner. To stay for dinner **call** 48 hours ahead to make a reservation 419.874.2803

**Thanksgiving Lunch:** Thursday, November 9 at 12:00 p.m. **Registration required by November 3.**

**Walbridge Talk:** Thursday, November 9 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

**Fire Safety & Cooking Awareness:** Friday, November 10 at 12:30 p.m. With the furnace running, the use of space heaters to keep us warm and cooking for the holidays we can sometime get distracted or careless. Learn more about ways to be safe. *Presented by Lake Township Fire Dept.*

**Trivia:** Monday, November 13 at 12:15 p.m.  
*Facilitated by Bridge Home Health And Hospice.*

**Knitting and Crocheting:** Monday, November 13 at 12:30 p.m. Bring your own supplies.

**Dominoes:** Tuesdays, November 14 & 28 at 12:30 p.m. Play several rounds of dominoes with us!

**Birthday Lunch:** Wednesday, November 15 at 12 p.m. *Cupcakes sponsored by Kingston of PB.*

**LCR Game:** Monday, November 20 at 12:30 p.m.

**Card Bingo:** Tuesday, November 21 at 12:30 p.m. You are to bring a new \$5 gift wrapped or in a gift bag, to play this fun interactive game.

**Ohio State- Michigan Tailgate Party:** Wednesday, November 22 at noon. Wear your favorite team apparel to show your team spirit. Enjoy sweet treats, pizza for lunch, a game of cornhole and trivia by Walbridge Mayor Ed Kolanko. *Sponsored by an Anonymous Donor.* **Registration required.** deadline is Nov. 17 by 2 p.m. limited to 35 people.

**Brain Games & Trivia:** Wednesday, November 22 at 12:30 p.m. **Zoom option available.**

**What Would We Do Without This**

**Household Item?:** Monday, November 27 at 12:30 p.m. Let's take a take a look at a few different TVs and how they came to be.

**Bunco:** Tuesday, November 28 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Canvas Art Party:** Wednesday, November 29 at 12:30 p.m. . Paint this lovely picture for your home or a gift to someone. There is no need to worry about not being a good artist, the picture is already drawing out on the canvas for you. The instructor will guide you through the process. Class is limited to 10. **Cost: \$25** Canvas (11x14), paints, brushes and instructor included. **Registration Required by Monday November 20th.**



**Wii 100 Pin Bowling:** Friday, November 30 at 12:30 p.m.

# Grand Rapids

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

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER.  
Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

**Puzzle Mania:** Daily. Take or trade puzzles

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

**Birthday Acknowledgements:** Wednesday, November 1 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.*

**Coffee Chat:** Wednesday, November 1 at 12:30 p.m. Join us for coffee, dessert and dialogue about current events. *Facilitated by Right at Home Health Care.*

**Bingo:** Friday, November 3 from 10:30 to 12 p.m. *Prizes sponsored by Bridge Home Health and Hospice.*

**Trivia Battle:** Tuesday, November 7 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.*



**Canvas Art Party:**  
Wednesday, November 8 at 12:30 p.m.

**Painting:** Snowman. All materials and instructions will be provided.

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

**Thanksgiving Lunch:** Thursday, November 9 at noon. **Registration required by November 3.**

**Monthly Guessing Game:** Monday, November 13 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, November 14 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.**

**Birthday Lunch:** Wednesday, November 15 at noon. *Sponsored by Bowling Green Manor.*



**Craft:** Thursday, November 16 at 12:45 p.m.

**Theme:** Create fun decorative snowmen out of socks. All materials and instructions will be provided.

**Registration required.** *Facilitated by Bowling Green Manor.*

**Would You Rather Fitness:** Friday, November 17 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

**NEW Book Series Talk: Toledo's War: How the Glass City Shaped - And Was Shaped By - The Second World War:** Monday, November 20 at 12:30 p.m. Joe Boyle, history teacher at Toledo Waite High School and former adjunct instructor at BGSU, will speak about his book series "Toledo's War: How the Glass City Shaped - And Was Shaped By- The Second World War." that is being published by the University of Toledo Press this fall. Joe is a proud Grand Rapids native who still believes his blood is at least 75% Maumee River mud. He will talk about the process of researching and writing his five-volume history of World War II. He'll share a few stories of the Northwest Ohioans whose stories tie the books together, and a few fun things he found about his hometown.

**Let's Talk Medicare:** Tuesday, November 21 at 12:30 pm. Come and hear some general information regarding the Medicare Open Enrollment Period, the basics of Medicare and some different options to consider. *Presented by Lisa Myers, LISW-S, WCCOA.*



**Pressed Flower Greeting Card:** Wednesday, November 22 at 12:30 p.m.

Join us for this new craft! We will be making greeting cards made with pressed flower embellishments! *Facilitated by Genacross Lutheran Services.*

**Trivia:** Monday, November 27 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.

**Caring Cards:** Wednesday, November 1 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.

**Wood County History:** Wednesday, November 1 at 12:15 p.m. Come learn about another aspect of our history. The small stories of Wood County's past, which are often overlooked, will be presented.  
*Presented by Mike McMaster, Wood County Museum's Education Programs Coordinator.*

**Bingo:** Thursday, November 2 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Minutes with the Mayor:** Monday, November 6 at 12:30 p.m. *Pemberville Mayor Carol Bailey keeps us apprised of the town's events and needs.*

**Movie:** Tuesday, November 7 at 12:45 p.m.  
**Feature:** "Sweet Home Alabama" (2002) Drama/Fantasy/Romance **Synopsis:** A young woman who has reinvented herself as a New York City socialite must return home to Alabama to obtain a divorce from her husband after seven years of separation  
*Snacks sponsored by Wood Haven Health Care.*

**Trip: Let's Go Bowling:** Wednesday, November 8 at 1 p.m. Meet in Pemberville Area Senior Center parking lot to carpool (or drive on your own) to Al-Mar Lanes, located at 1010 North Main Street, Bowling Green, OH 43402. Bowling is at your own cost. Weekday Special of \$8 for two hours of bowling, includes shoes.

**Thanksgiving Lunch:** Thursday, November 9 at noon. **Registration required by November 3.**

**Classic Games:** Thursday, November 9 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.*

**Veterans Day Breakfast:** Friday, November 10 at 9:30 a.m. Thank you to all those who have served our country and sacrificed for our freedom. A light breakfast served for Veterans. **Registration Required.** *Sponsored by Genacross Lutheran Services.*

**How to Use an Apple Watch:** Monday, November 13 at 12:30 p.m. This pre recorded you tube presentation will show you the latest information for using an Apple Watch. *Pre-recorded by Clara Fiori, WCCOA*

**Birthday Lunch:** Wednesday, November 15 at 12 p.m. *Sponsored by Otterbein Pemberville*

**Trivia Battle:** Thursday, November 16 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.*

**Movie:** Wednesday, November 22 at 12:45 p.m.  
**Feature:** "Holiday Inn" (1942) **Synopsis:** At an inn which is open only on holidays, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer. *Snacks sponsored by Wood Haven Health Care.*

**Mystery Game:** Monday, November 27 at 12:45 p.m. Come have some fun with us. We will play a new game each month. *Facilitated by Kingston Health Care.*

**Seminar Series: Star Citizens** Thursday, November 28 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:** Vernon Jackson.

**Live to 100: Secrets of the Blue Zones:** Wednesday, November 29 at 12:45 p.m. Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. Program shown on video, documentary.

**Stocking Stuffers:** Thursday, November 30 at 10:30 a.m. Join us in decorating, then stuffing holiday stockings to give to area homeless shelters. ***Decorations, stockings and stuffing items will be provided by Rehab Hospital of Northwest Ohio.*** Small item donations are welcome also (socks, toiletries, etc.)

# 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, November 3 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*

**Depression and Anxiety:** Wednesday, November 15 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: Wood County Senior Center.*

**Movie Star Trivia:** Wednesday, November 15 at 12:30 p.m. **Featuring:** Robin Williams. *In-person option: Wood County Senior Center and Rossford Area Senior Center.*

**Brain Games & Trivia** Wednesday, November 22 at 12:30 p.m. This session will have you completing word puzzles, trivia questions and number games. *In-person option: Northeast & Wood County*

**Lunch & Learn: Photography Evolution in Italy and Switzerland** Friday, November 17 at 11:30 a.m. *Presented by: Morgan Stevens, BGSU.* Discover Italy and Switzerland through the lens of a camera. Learn more about the art of digital photography. *In-person option: Wood County Senior Center*

**Bingo:** Friday, November 17 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](mailto:programs@wcco.net)

### Hotspot Loans

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



### Tablet Loans

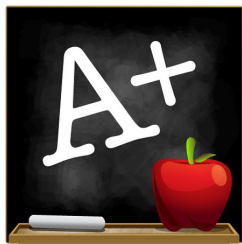
Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

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

**Tablets do not come with internet service.**



# Around the County, Events & Classes



## Are You Smarter Than a 5th Grader?

Thursdays, October 5 to November 9 from 10 to 11:30 a.m.  
at the **Wood County Senior Center**

Refresh your math skills to enhance your brain power. Games will be used to explore math concept which have been known to stimulation brain function. This event is free and **registration is required**. Space is limited. *Facilitated by: Robert Elam, Math Education Student, BGSU*



## 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:



## Veterans Day Recognition

**Monday, November 6 from 1 to 4 p.m.**

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@wcoa.net](mailto:programs@wcoa.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:*



## Art Project: Thursday, November 9 from 2:30 to 4:30 p.m.

Wood County Senior Center

Don't let Martha Stewart have all of the fun creating. Paint a holiday wreath on a quilt square. 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 email [programs@wcoa.net](mailto:programs@wcoa.net)

## How about a Movie? Fridays at 1 p.m. Wood County Senior Center

View and discuss seldom-seen classic motion pictures. *Hosted by John R. Blinn. **Reservations required.***

**November 3:** "Packin' It In" (1983) *Starring Richard Benjamin, Paula Prentiss, Molly Ringwald*

**November 10:** "Westworld" (1973) *Starring Yul Brynner, Richard Benjamin, James Brolin*

**November 17:** "Scavenger Hunt" (1979) *Starring James Coco, Cloris Leachman, Tony Randall*



# Around the County, Events & Classes

**Rummage Sale:** Friday, November 10 from 9 a.m. to 4 p.m.

Saturday, November 11 from 10 a.m. to 2 p.m.

Wood County Senior Center (140 South Grove St)

Donations are now being accepted, check in at the Front Desk upon entering with your items. We CANNOT take mattresses, computer equipment, box TVs, or upholstered furniture. We CAN accept jewelry, household items cleaned and in working order, clothing with light wear, seasonal decorations.

For questions, leave a message at the front desk of the Wood County Senior Center 419-353-5661, 1-800-367-4935 or via email at [wccoa@wccoa.net](mailto:wccoa@wccoa.net) for volunteer Fern Kao, Rummage Sale Coordinator.



## Long Range Transportation Plan Outreach

Tuesday, November 14 from 11:30 am to 1:30 pm

Wood County Senior Center

Presented by: Toledo Metropolitan Area Council of Governments

Toledo Metropolitan Area Council of Governments (TMACOG) is currently updating its Regional Transportation Plan "Moving Forward 2055." The plan is an essential document that is federally required and incorporates all modes of transportation. Through extensive stakeholder and public involvement, TMACOG and its members will attempt to identify future needs by looking at our current system, identifying new technology, predicting future revenue, and identifying ways to make the transportation system more safe, efficient, accessible, and inclusive.



## 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!*



## Meet me at the Toledo Museum of Art Tour

Thursday, November 16 at 2 p.m. **Theme: Families throughout History**

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](mailto:programs@wccoa.net)



# Around the County, Events &



## Lunch and Learn: Photography Evolution in Italy & Switzerland

Friday, November 17 from 11:30 to 12:30 p.m.,

Wood County Senior Center

Presented by Morgan Stevens BGSU Art Education Student

Through the lens of a camera the evolution of photography and the technology has changed the visual arts. Including the invention of the cell phone, which can make anyone a photographer, but what makes someone a visual arts photographer? Photography has changed to make things easier, but at a cost of taking away the process and development that photography offers. The world of photography is always changing, and the evolution has both positive and negative aspects. Digital photography has made things both easier and harder with editing, photoshop AI, changing of lenses, digital settings, printing, and the manipulation of the camera itself. Exploring new things, such as a different county and diving further into the world of photography allows for investigation into both. This presentation will provide some history of photography, facts and history of Europe, photographs of Italy and Switzerland, tips, tricks, tools, and how technology has advanced in photography.

*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 November 10. Please call 24 hours in advance to cancel if you are not able to make it, so we can activate our waitlist.**



## Care Compass Project

Wednesday, November 1, 2023

11 a.m. to 1 p.m.

Wood County Senior Center

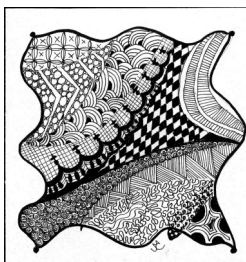
**Topic:**

**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@wccoa.net](mailto:programs@wccoa.net)

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

**11 a.m.** 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 *Salli Bollin, MemoryLane Services* will share stress management 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.

*Facilitated by Jerry Mowery, CZT*

*The Care Compass Project is brought to the community by:*



# Around the County, Events & Classes

## Guiding Pathways

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

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

### Wood County Senior Center

140 S. Grove St, Bowling Green

Fridays, November 3 & 17

from 10 to 2 p.m.

### St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, November 15 from 10 a.m. to 2 p.m.

*Support provided by Arista Home Care Solutions,  
Kingston of Perrysburg & St. Timothy's Church*

**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](mailto:programs@wcco.net)

## Acrylic Painting Class

Wednesday, November 22 at 3 p.m.

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

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

November's painting is shown to the right. This session will cover various brush techniques while using a variety of colors to create this "Fall Harvest Pumpkin". 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.**



## Art Therapy: Painting Vinyl Record

Monday, November 27 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. *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P.*

**Project:** Create a seascape, natural landscape (etc.) or be inspired by the autumn season, this vinyl is yours to decorate as you wish. Be sure to wear clothes you're not afraid to get a little messy in. **Registration required. Call 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)**



## Save the Date: Great Decisions 2024

Saturdays, January 20 to February 24 from 9:30 to 11 a.m.

Wood County Senior Center

Presented by University Professors. This series is co-sponsored by *American Association of University Women & WCCOA, Inc.* **Topics will be announced in the December 2023 Newsletter. Description can be found on the Foreign Policy Association website at : [www.fpa.org](http://www.fpa.org)** Books will be available in January of 2024 and can be preordered by purchasing in advance.

**Registration is required by calling the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto: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](mailto:programs@wccoa.net) for more information.



## Utah's "Mighty 5" National Parks

**September 13-21, 2024**

*14 days with 14 meals*



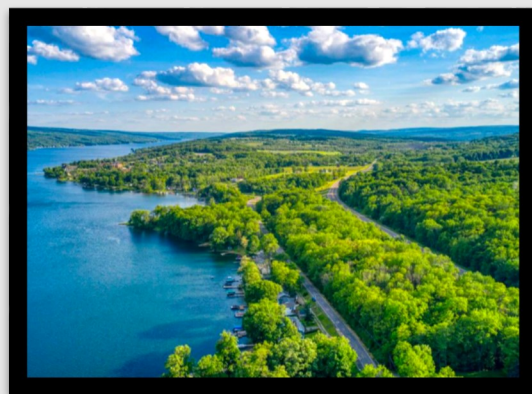
In Denver, board The California Zephyr for an incredible rail excursion west to Grand Junction, Colorado. The stunning passage through the Colorado Rockies (by daylight) is one of the most spectacular train routes in North America. Traversing the storied "Main Line" of the former Denver and Rio Grande Western Railroad this magnificent visual treat features the Front Range of the Rockies and scenic Glenwood Canyon. Trip Highlight: Stay 2 nights at Red Cliffs Lodge in Moab, Utah

## The Finger Lakes Region

**June 17-20, 2024**

*4 days with 8 meals*

According to Native American legend, the Finger Lakes Region was blessed many moons ago by the Great Spirit. In doing so, it was placed an outstretched hand over the region leaving five finger-shaped impressions. Thus, the Finger Lakes were born. While this account leaves more to the imagination, one thing is for certain, The Finger Lakes Region is truly blessed! The lakes were actually formed centuries ago in the glacial age. The glaciers gouged their way down from Canada, scraping out streams and shaping the contour of the land. The monoim depressions left behind would later become the basis for the lakes. Get ready to visit an area of incredible beauty, stunning lakes, and lakeside settings, memorable wineries, warm hospitality and memorable attractions.



## Halloween in the Hudson River Valley

**October 5-11, 2024**

*7 days with 12 meals*

Stroll through an 18th century landscape and discover a breathtaking display of more than 7,000 illuminated jack o'lanterns—all designed and hand carved by local artisans. Trip Highlight: The great jack o'lantern blaze

# Travel Opportunities

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## 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*

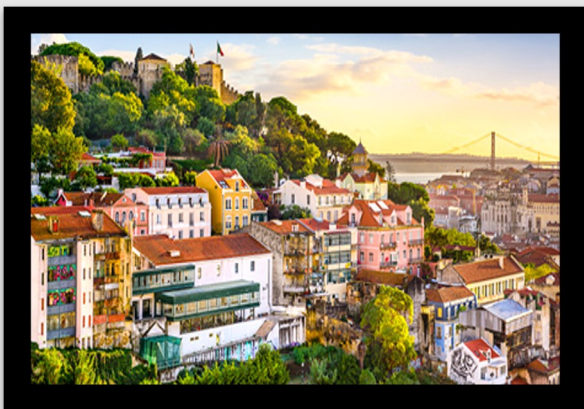
Your tour opens in the "Eternal City" of Rome with a classical tour of famous sites such as Pantheon and Colosseums. The town of Amalfi is a historic center with marble cathedral and atmospheric piazzas. Travel among lemon trees and hillside groves as you make your way along the picturesque coastal drive.

**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

November 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Hamloaf OR Chicken 1</b> <b>Chimichunga</b> corn, mixed fruit, fruit juice, brownie	<b>Spaghetti &amp; 2</b> <b>Meatsauce OR Lemon</b> <b>Pepper Pollock</b> noodles, peas & mushrooms, tossed salad, glazed bananas and strawberries, vanilla wafers	<b>Hamburger OR Hot 3</b> <b>Dog</b> wedge fries, cole slaw, apple
<b>Veal Picatta OR 6</b> <b>Chicken Stir Fry</b> brown rice, Asian blend, apricots, fruity fine dessert	<b>Roast Pork OR 7</b> <b>Vegetables Lasagna</b> key west blend, cabbage apple raisin salad, peaches	<b>Chili OR Ham &amp; 8</b> <b>Potato Soup</b> cornbread, heritage slaw, pears & grapes, orange juice	<b>Thanksgiving Lunch 9</b> <b>Turkey</b> green beans, mashed potatoes, bread dressing, cranberry fruited jello, pumpkin pie <b>*Registration Required</b>	<b>Beef Lasagna OR 10</b> <b>Tuna &amp; Noodles</b> lima beans, cauliflower peanut salad, citrus sections, graham crackers
<b>Sloppy Joe OR 13</b> <b>Shredded Chicken</b> sweet potatoes fries, pea salad, tropical fruit, pudding	<b>Chef Salad w/Ham, 14</b> <b>Egg &amp; Cheese OR Tune</b> <b>Salad</b> on a bed of lettuce, potato salad, cantaloupe & grapes, blueberry muffin	<b>Birthday Lunch! 15</b> <b>Meatloaf</b> scandinavian blend, peaches & pears, pineapple juice, cake & ice cream	<b>Honey Mustard 16</b> <b>Chicken Breast OR</b> <b>Liver &amp; Onions</b> au gratin potatoes, corn relish, mandarin orange salad	<b>Stuffed Green 17</b> <b>Pepper Soup OR</b> <b>Turkey Stew</b> broccoli salad, banana, bran muffin, apple crisp
<b>Macaroni &amp; Cheese &amp; 20</b> <b>Ham OR Chicken &amp;</b> <b>Dumplings</b> stewed tomatoes, three bean salad, emerald pears	<b>Chipped Turkey OR 21</b> <b>Bologna Salad</b> Baked bean salad, coleslaw, peaches, cookie	<b>Pepper Steak OR 22</b> <b>Teriyaki Chicken</b> white rice, oriental vegetables, asain salad, mandarin oranges in orange jello	<b>All sites closed. 23</b> <b>Happy Thanksgiving!</b>	<b>All sites closed. 24</b>
<b>Chipped Beef OR 27</b> <b>Creamed Chicken</b> biscuit, sugar snap peas, mashed potatoes, mandarin orange salad	<b>Calico Beans OR 28</b> <b>Turkey</b> broccoli, marinated carrot salad, cinnamon applesauce	<b>Stuffed Green 29</b> <b>Pepper OR Reuben</b> <b>Casserole</b> riviera blend, pineapple & cottage cheese, fruit sorbet	<b>Vegetable Soup OR 30</b> <b>Broccoli Soup</b> chicken salad, peanut butter, celery sticks, orange sections	

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.

November 2023		
Tuesday	Wednesday	Thursday
	<b>Salisbury Steak</b> winter blend, potato cheese bake, peaches, cookies	<b>2 Pecan Crusted Tilapia</b> rice, nantucket vegetable blend, broccoli salad, grapes, cherry fluff
<b>Bratwurst</b> small whole potatoes, sauerkraut, ambrosia salad	<b>7 Cabbage Roll</b> green beans, pasta salad, fruit juice, banana, cheesecake	<b>9 Chicken Salad Croissant</b> cream of broccoli soup, red skin potato salad, melon, cookies
<b>Thanksgiving &amp; Birthday Dinner Turkey</b> Mashed potatoes, green beans, bread dressing, cranberry jello salad, pumpkin pie	<b>14 Teriyaki Chicken</b> <b>Breast</b> rice, oriental vegetable blend, rosy applesauce, peach crisp	<b>16 Goulash</b> corn, tossed salad, strawberries & grapes, lemon bar
<b>Chicken Tenders</b> french fries, coleslaw, sliced apples, cake	<b>21 No evening meal.</b>	<b>23 All sites closed. Happy Thanksgiving!</b>
<b>Hotdog</b> baked beans, potato salad, orange, brownie	<b>28 Chicken Supreme w/Bacon</b> rice pilaf, winter blend vegetables, pineapple & cottage cheese, mandarin oranges in Jell-o	<b>30 Spaghetti &amp; Meat sauce</b> noodles, prince charles blend, wilted lettuce salad, apple crisp

**BG Knitter's Guild:** Wednesday, November 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Comedy Special:** Wednesday, November 8 at 4 p.m. **Feature:** Bob Hope & Bing Crosby in "Road to Singapore" Registration required.

**Karaoke:** Tuesday, November 14 at 4:30 p.m.

**TED Talk:** Thursday, November 16 at 4:30 p.m. Featuring "Why we Should Embrace Aging as an Adventure"

**Physiology and Fitness:** Tuesday, November 21 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** You Can Reduce Stress **Presenter:** Dean Hodgkin, B.Sc.

**Readers Café:** Tuesday, November 28 at 3 p.m. Pick up a copy of the book to read (starting March 1) then come together to watch the film. **Feature:** "White Bird by J.R. Palacio *Books and audiobooks available by loan. Registration required.*

**Open Forum for Technology:** Thursday, November 30 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.*

# Dinner Menu



## 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** Rick and Jacqueline Metz In memory of Judy Hartley, Patricia Sharp family

**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](http://www.krogercommunityrewards.com)  
and register or re-enroll today.

**You need to re-enroll every year.**

Our organization number is: **VB952**

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

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

We're on the Web!

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## Newsletter Subscriptions

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

## WCCOA SENIOR CENTER LOCATIONS

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

*Ohio's First Nationally Accredited Senior Center*