

# WOOD COUNTY COMMITTEE

ON

*Aging*

DECEMBER 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)

## Great Decisions 2024

Saturdays, January 20 - February 24

9:30 – 11 a.m. at the

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

Presented by BGSU Professors

This series is co-sponsored by *American  
Association of University Women & WCCOA*,

**Note: Topics may not be presented in this order.**



**NATO's Future:** Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

**Mid-east Realignment:** The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

**Science Across Boards:** Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

**Pandemic Preparedness:** Looking back at the covid-19 pandemic, there are many lessons to take away in terms of domestic and international policies. Although this pandemic seems to have waned, how can we apply these lessons to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

**High Seas Treaty (tentative):** Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as ship-ping, overfishing, pollution, and deep-sea mining. The recently negotiated High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

**US China Trade Rivalry:** China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

**Registration is required** by calling the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) Manuals are available for purchase (**but are not required**) and must be reserved when registering for the series. *Advanced payment of \$35 is required to place your manual order.* \*\*Participants will be able to attend via zoom and if sessions are not able to meet in person they will be held only via zoom. *All session will be uploaded to our YouTube Channel "Wood County Committee on Aging, Inc."*

# 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	Jan. 3	1 to 3 p.m.
Wood County Senior Center	Jan. 17 & Feb. 21	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, December 20, 2023**

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

**Location: Wood County Senior Center**

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age. **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, December 11 at 2:30 p.m.**

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

*Respite available for care recipients.*

*Please pre-register for respite.*

**Thursday, December 28 at 10 a.m.**

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

## Care Compass Project

**Wednesday, February 7 at 11 a.m.**

**Topic:** Estate Planning

**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, December 7 at 5:45 p.m.**

**Location:** Wood County Senior Center

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

## Grasping Your Grief

**Wednesdays, December 6 & December 20 at 1 p.m.**

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

This support group is for those who have experienced a loss within their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. *Facilitated by Lisa Myers, LISW-S, WCCOA.* **New attendees must pre-register; please call ahead at 419.353.5661 or 800.367.4935**

# Other Local Support Groups

## National Alliance on Mental Illness (NAMI) Family Support

**First & Third Tuesday of each month at 2 p.m.**

**Location:** 1250 Ridgewood Dr., Bowling Green  
This group is for families of those with mental illness.  
**Contact:** NAMI at 419.352.0626

## NAMI Connections Recovery Support

**Wednesdays at noon**

**Location:** 1250 Ridgewood Dr., Bowling Green  
This group is for individuals with mental illness.  
**Contact:** NAMI at 419.352.0626

## Living Through Loss Grief Support

**Third Monday of each month**

**Location:** Blanchard Valley Hospital  
1900 S. Main Street, Findlay  
**Contact:** Bridge Home Health & Hospice for more information and to register at 419.423.5351

## Grief Share

Faith-based weekly grief support group  
**Location:** St. Mark's Lutheran Church, BG  
**Contact:** Joan Staib 419.308.1134 or Jan Ruffner 419.308.4072 for more information.

## Grandparents Raising Grandchildren

Offered by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools monthly. **Contact:** Sara Nidiffer for registration info at 419.409.2087 or [snidiffer@wcesc.org](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](http://www.wccoa.net) **\*\*Participants must bring in their own water bottles to all fitness classes.\*\***

## Chair Yoga Cost: \$20

Thursdays, November 16 to December 14 at 1 p.m.  
(No Class November 23) Engage your breath, practice sensory awareness, and enjoy the movement of the body. *Chelsea Cloeter, Certified Instructor.*

## Club F.I.T. Cost: FREE

Tuesdays at 9 a.m.  
This **Fitness Interactive Teaching** program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by The Willows of Bowling Green.*

## Delay the Disease Cost: \$20

Wednesdays, November 15 to December 20 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, 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, December 6 to January 10 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.** *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.*

**Happy Hour:** Friday, December 1 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.  
**1:** "Christmas Oranges" (2012) **8:** "The Man Who Saved Christmas" (2002) **15:** "The Angel Doll" (2004) **22:** "A Holiday Romance" (1999) **29:** "The Christmas Wish" (1998) *page 15 for details.*

**Fall Prevention:** Tuesday, December 5 at 10:30 a.m. Falls are a common cause of injury among older adults. 532,347 older adults in Ohio experienced a fall in 2020. There are many assistive technologies available to help prevent falls. *The occupational therapy team from the Wood County Board of Developmental Disabilities* will be on hand. By the end of the presentation, participants will be able to:  
1. Name at least two reasons that fall prevention strategies are important. 2. Name at least three assistive technologies that can prevent falls. 3. Interact with assistive technologies for fall prevention. and 4. Name at least two other opportunities to learn more about assistive technology for fall prevention.

**Romantic Movies:** Wednesdays at 1 p.m.  
**6:** "The Holiday" (2006) **13:** "A Christmas Kiss" (2011) **20:** "The Family Holiday" (2007) **27:** "The Most Wonderful Time of Year" (2008)  
**Registration required.**

**BG Knitter's Guild:** Wednesday, December 6 at 4 p.m. 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.*

**Thursday Theater:** Thursday's, in December at 1 p.m. **7:** "Dolly Parton's Christmas of Many Colors, Circle of Light" (2016) **14:** "Journey Back to Christmas" (2016) **21:** "Nativity Story" (2007) **28:** "Radio City Christmas Spectacular" (2007) *Hosted by Kris Eridon. **Reservations required.***



## Memory Wire

**Bracelets:** Thursday, December 7 at 2 p.m. Memory wire bracelets are awesome, easy to put on and take off, fits pretty

much any size wrist, and fun to fidget with. Come find out how to make one. Kit with wire and beads included in price of class. *Instructed by Betty Winslow.* Cost: \$5  
**Registration required.** Max 10 people.

**Breakfast Club:** Monday, December 11 at 9 a.m.  
**Location:** Meet at Frisch's (1006 N. Main Street, Bowling Green). Cost on your own. **Registration required.**

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



**Monday Movie:** Monday, December 11 at 1 p.m. "New Year's Eve" (2011) **Registration encouraged.**

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

**Craft:** Tuesday, December 12 at 10:30 a.m. Make your own snowflake ornament. 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, December 12 at 10:30 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.*

# Wood County Continued...

## **Blood Pressure & Glucose Screening:**

Tuesday December 12 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Karaoke:** Tuesday, December 12 at 2:00 p.m. No previous singing experience necessary.

**Physiology and Fitness:** Tuesday, December 12 at 4:30 p.m. Video Series from *The Great Courses*  
**Topic:** Refuel, Recover, and Reenergize Stress  
**Presenter:** Dean Hodgkin

**Holiday Dinner:** Tuesday, December 12 at 5:30 p.m. Registration required by December 7.  
5 p.m. *Entertainment by the Guitar Circle.*

**Movie & Dinner:** Wednesday, December 13 at 3 p.m. **Feature:** "Little Women" (2019) Registration required.

**Holiday Lunch:** Thursday, December 14 at 11:30 a.m. Registration required by December 8.

**Coffee & Coloring:** Monday, December 18 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Host Jan Chilcote.*

**Art Therapy:** Monday, December 18 from 1 to 3 p.m. **This month's project:** "Squiggle Painting on Canvas". **Cost:** \$10. Registration required.  
*Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.*

**Brain Training:** Tuesday, December 19 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses.* Registration required by December 13. *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.* **Topic:** Soothing Rejection, Promoting Connection **Video Presenter:** Jason M. Satterfield, Ph.D.

**Trivia:** Tuesday, December 19 at 11 a.m.  
*Facilitated by Bridge Home Health & Hospice.*



## **Craft: Farm House Ribbon Ornament**

Tuesday, December 19 at 3 p.m. All supplies and guidance for project will be provided.  
Registration required.

*Sponsored by 1018 Travels with Stephanie.*

**Reader's Café:** Tuesday, December 19 at 3 p.m. This group features books that have been turned into movies! Pick up a copy of the book to read (starting Nov. 28) to follow. **Feature:** "The Greatest Gift" by Philip Van Doren Stern **Movie:** "It's a Wonderful Life" **Synopsis:** George Pratt, a man who is dissatisfied with his life. As he stands on a bridge on Christmas Eve, he is approached by a strange, unpleasantly dressed but well-strikes up man with a bag. The man strikes up a conversation with George. The rest of the story unfolds. **Books and audiobooks available by loan.** Registration required.

**Preparing for Winter with your Health:** Wednesday, December 20 at 11 a.m. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

**Movie Trivia:** Wednesday, December 20 at 12:30 p.m. Challenge yourself to some fun trivia based on movies. **Zoom option available.**

**Kahoot:** Thursday, December 21 at 4:30 p.m. **Topic:** "Ultimate Holiday Trivia" Kahoot is an online game based learning platform. Join us to test your knowledge of Holiday trivia. Bring your smart phone if you have one, if not we will have tablets available. Limited to 10 participants. Register today.

**Lunch & Learn:** Friday, December 22 at 11:30 a.m. **This month:** Laughter Workshop. Presented by Katy Maag, BSN, RN, CCRP *See page 17 for more details!* Registration required.

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

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

**Acrylic Painting:** Wednesday, December 27 at 3 p.m. To create a "Santa Suit" This class is open to all levels of painting experience! *Hosted by Leslie Miller.* *Cost:\$5 See page 17.*

**Open Forum for Technology:** Thursday, December 28 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. *Clara Fiori, WCCOA.*

**Noon Year's Eve:** Friday December 29 at noon. Celebrate with us as we say farewell to 2023. We will toast and enjoy some new years traditions.

**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.

**Bingo:** Tuesdays, Wednesday & 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**

**Bingo:** Wednesday's at 1 p.m. to 3:30 pm. Play multiple cards. Prizes determined by group.

**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. We will be making quilts for the honor flight, Quilts are red, white, and blue and no smaller than 34 by 44.

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

**Texas Hold 'Em Tournament:** Monday, December 4 & 18 at 1 p.m.

**How to Use an Apple Watch:** Tuesday, December 5 at 12:30 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.*

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

**Bunco:** Friday, December 8 at 12:45 p.m. **Registration required.**

**Back in the Day:** Monday, December 11 at 12:30 pm. Guess what year specific events in history happened! *Facilitated by Manor of Perrysburg.*

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

**Breakfast Club:** Tuesday, December 12 at 9 a.m. **Location:** Bob Evans (1303 Levis Commons, Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**

**Bingo:** Tuesday, December 12 at 12:30 p.m. *Facilitator: Waterford at Levis Commons.*

**Holiday Lunch:** Thursday, December 14 at noon. **Registration required by December 7.**

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

**Understanding Alzheimer's and Dementia:** Friday, December 15 at 12:30 p.m. This session will share the most up to date information on diagnose, treatment and support for a dementia diagnosis. *Facilitated by Jen Hill, Community Educator, Alzheimer's Association of Northwest Ohio.*

**Friends in Fellowship:** Tuesday, December 19 at 10:30 a.m. Join us for this social time to reflect, share stories in a positive environment. *Hosted by Ohio Living.*

**Birthday Lunch:** Wednesday, December 20 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

**Hot Cocoa and Carols:** Wednesday, December 20 at 12:15 p.m. Enjoy a hot coca bar with all the fixins' while playing a game of name that tune holiday songs. *Sponsored by Kingston of PB.*

**Hand & Foot Card Game:** Friday, December 22 at 12:30 p.m. **Registration required.**

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

**Preparing for Winter with your Health:** Wednesday, December 27 at 12:30 p.m. This session will share information on ways to stay active and healthy in the winter months. *Presented by Mercy Family Medicine Residency Program.*

**Movie Day:** Wednesday, December 27 at 12:45 p.m. **Feature:** About My Father **Synopsis:** A man and his father spend the weekend with her wealthy and exceedingly eccentric family. Through this experience the father and son discover the true meaning of family. **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*



# Perrysburg Continued...

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

**Left, Right Center:** Thursday, December 28 at 12:30 p.m.

**Noon Year's Eve Celebration:** Friday, December 29 at noon. Ring in 2024 with festive new year attire and sparkling juice! Toast to a year of good health and stronger friendships. Enjoy entertainment by *Johnny Rodriguez, guitarist.*  
*Sponsored by:*



## Wayne

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

Below you will find programs scheduled for the WAYNE AREA SENIOR CENTER.  
Please call the Wayne Area Senior Center at 419.288.2896 to register or for more information.

**TV Series: Madame Secretary:** Mondays at 12:30 p.m. A political drama which looks into the life of the Secretary of State as she tries to balance work with family. (2104-2019)

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

**How to Use an Apple Watch:** Monday, December 4 at 12:30 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.*



**Holiday Bash:** Friday, December 8 at 12:30 p.m. Enjoy some holiday tree decorating, with treats and a fun white elephant game. Bring a new gift no more than \$10 to play in a fun game. **Registration required.**

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

**Noodle Drum Exercise:** Wednesday, December 13 & 27 at 11:15 a.m. *Facilitated by Lauren Firsdon, Wayne Area Senior Center Site Manager.*

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

**Blood Presse & Glucose Screening:** Thursday, December 14 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Holiday Lunch:** Thursday, December 14 at noon.  
**Registration required by December 7.**

**Trivia Battle:** Friday, December 15 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, December 19 at 12:30 p.m. **Theme:** Holiday Trees. Abstract is art that does not try to represent external reality, but seeks to achieve it's 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.*

**Birthday Lunch:** Wednesday, December 20 at 12 p.m.. *Cake & ice cream by The Willows.*

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

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

**Bingo:** Wednesday, December 28 at 12:30 p.m.  
*Sponsored by Wood Haven Health Care.*

**Noon Year's Eve Celebration:** Friday, December 29 at noon. Ring in 2024 with festive new year attire and sparkling juice! Toast to a year of good health and stronger friendships.

# 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.

**TED Talk: My Stroke of Insight** Monday, December 4 at 12:30 p.m. In this talk Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions -- motion, speech, self-awareness -- shut down one by one. Listen to this astonishing story and learn ways to recognize the signs.  
*Prerecorded Video.*

**Club F.I.T.:** Tuesday, December 5 at 12:30 p.m. This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by Partners in Home Care.* **Cost: FREE.**  
**Registration and waivers required.**

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

**Blood Pressure & Glucose:** Thursday, December 7 at 11 a.m. *Wood County Health Department*

**Divas and Desserts:** Friday, December 8 at 1 p.m. Ladies, enjoy some desserts with your friends and some good conversations. *Dessert provided by Ernest Health.*

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

**Holiday Lunch:** Thursday, December 14 at noon.  
**Registration required by December 7.**

**Movie Day:** Monday, December 18 at 12:45 p.m.  
**Feature:** The Preacher's Wife. **Synopsis:** Whitney Houston and Denzel Washington star in this remake of the 1947 classic, *The Bishop's Wife*, which tells the tale of an angel that comes to visit a downtrodden preacher eager to help his church yet suffering a bit of a mid-life crisis. In the process he discovers a renewed affection for his devoted wife as he sees the angel and his wife make a special connection.

**Breakfast Club:** Tuesday, December 19 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.**

**Bits and Pieces:** Tuesday, December 19 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*

**Birthday Lunch:** Wednesday, December 20 at 12 p.m.. *Cake sponsored by Partners in Home Care.*

**Movie Trivia:** Wednesday, December 20 at 12:30 p.m. 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 movies, actors and actresses. **Zoom option available.**

**Medicare Fraud and Scams:** Thursday, December 21 from 12:30 to 1 p.m. Learns ways not to be misled by calls regarding Medicare and become a target for fraud. Learn more about scams out there and how to protect yourself. **Susan Marshall, CPS, Pro Seniors.**

**Bingo:** Thursday, December 21 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Power Food Series: Healthiest Nuts and Grains:** Thursday, December 28 at 12:30 p.m. When you hear the word superfood, what comes to mind? A avocado with a pit powers? 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.

**Noon Year's Eve Celebration:** Friday, December 29 at 12 p.m. Join us for a count down at noon! Let's toast to the New Year and share our predictions for what 2024 will bring.

## Interested in volunteering?

- Delivering meals to homebound older adults
- 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, 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.

**Kingston Derby:** Friday, December 1 at 12:30 p.m. *Facilitated by Kingston of Perrysburg*

**Craft: Christmas Trees:** Monday, December 4 at 12:45 p.m. Learn how to make a Christmas tree out of wire coat hangers. Hangers will be supplied. Will need 2 strains of garland, 2 strands of mini lights ( battery operated) and ornaments. Make it your own by adding your own colors to it. *Instructed by Markeita Philips, WCCOA.* **Registration required, Min, 5.**

**Movie Day:** Wednesday, December 6 at 12:30 p.m. **Feature:** “Angels Sing ” (2012) **Synopsis:** During the holidays, a mysterious stranger tries to help a man overcome his tragic past and find the Christmas spirit he lost many years ago. Harry Connick Jr, Willie Nelson.

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

**Scams to be aware of during the holidays:** Friday, December 8 at 12:30 p.m. We all know someone that has been a victim of a scam or you, yourself may have been scammed. With the holidays fast approaching it is especially important to be aware of the potential scams. *Walbridge Police* will share tips and tools to keep you safe.

**Trivia:** Monday, December 11 at 12:45 p.m.  
*Facilitated by Bridge Home Health And Hospice.*

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

**Dominoes:** Tuesdays, December 12 at 12:30 p.m.  
Play several rounds of dominoes with us!

**Club F.I.T.:** Wednesday, December 13 at 12:45 p.m. This *Fitness Interactive Teaching* program will provide you with strengthening exercises and ———.

stretching tips to keep you active and independent  
*Facilitated by Partners in Home Care.* **Cost:** FREE.  
**Registration and waivers required.**

**Trip: Bingo at the Commons:** Wednesday, December 13 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.

**Holiday Lunch:** Thursday, December 14 at noon.  
**Registration required by December 7.**

**Walbridge Talk:** Thursday, December 14 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

**Stocking Exchange and Cocoa Bar:** Friday, December 15 at 12:30 p.m. This event will have you enjoying a cup of hot cocoa while opening your stocking. Stop in to find out what is inside your stocking. *Sponsored by Kingston of Perrysburg.*

**LCR Game:** Monday, December 18 at 12:30 p.m.

**Card Bingo:** Tuesday, December 19 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.

**Blood Pressure & Glucose:** Wednesday, December 20 at 11 a.m. *Wood County Health Department*

**Birthday Lunch:** Wednesday, December 20 at noon. *Cupcakes sponsored by Walker Witzler Shank Funeral Home.*

**Survival Guide for Pain Free Living:** Wednesday, December 20 at 12:45 p.m. Get a jump start on your New Years resolution. Peggy Cappy has been teaching yoga to students of all ages and abilities. With this 4 part DVD series you will do the basics, lower body, upper body and ways to preventing pain. This class will be the Basics, all activity can be done either standing, seated, or with the support of a chair. You will learn how new ways to live pain-free.

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

**Wii Bowling:** Friday, December 29 at 12:30 p.m.

**Noon Year's Eve Celebration:** Friday, December 29 at 12 p.m. Join us for a count down at noon! Let's toast to the New Year and share our predictions for what 2024 will bring.

# Grand Rapids

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

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

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

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

**Bingo:** Friday, December 1 from 10:30 to 12 p.m.  
*Prizes sponsored by Bridge Home Health and Hospice.*

**Birthday Acknowledgements:** Wednesday, December 4 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, December 5 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Senior Center Closed:** Thursday, December 7 at 12:30 p.m. *Blood Drive taking place today.*

**The Moth: Best Speakers in the World**  
Friday, December 8 at 12:30 p.m. Join us for this brief and meaningful explanation of what "The Moth" has to offer. More information to follow this month. *Pre-recorded video.*

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

**Breakfast Club:** Tuesday, December 12 at 9 a.m.  
**Location:** Bob Evans (1303 Levis Commons, Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**



**Canvas Art Party:**  
Wednesday, December 13 at 12:30 p.m.  
Come paint with us! No experience needed. All materials and instructions will be provided. We will be painting a: Ornament with trees

**Registration is limited to 6 people. Registration required by December 4.** *Instructor Lori Lawton, ATR.*

**Holiday Lunch:** Thursday, December 14 at noon.  
**Registration required by December 7.**

**The Moth: Speaker Matt McArthur**

Friday, December 15 at 12:30 p.m. Join us for this brief and meaningful explanation of life and the world around us. This session will cover a monkey meets a seal meets a monkey. *Pre-recorded video.*

**Trivia:** Monday, December 18 at 12:30 p.m. Come enjoy this interactive and thought provoking game. Theme: state trivia. *Facilitated by Grand Rapids Care Center.*

**TED Talk:** Monday, December 18 at 12:45 p.m. Come enjoy this interactive and thought provoking session on "The Surprising Science of Happiness". *Prerecorded by Dan Gilbert.*

**Blood Pressure & Blood Glucose Clinic:**  
Tuesday, December 19 at 11 a.m. *Facilitated by Wood County Health Department.*

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

**Pressed Flower Greeting Card:** Thursday, December 21 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.*

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

**Who, What, Where?** Wednesday, December 27 at 11 a.m. Join in this fun game that will have you trying to guess the items we are describing. ***Zoom Option and In person option at the Wood County Senior Center and Grand Rapids Center.***



**Craft: Snow globes** Thursday, December 28 at 12:30 p.m. This session will provide step by step instructions. All supplies will be provide. *Sponsored by the Willows of Bowling Green.*

**The Moth:** Friday, December 29 at 12:30 p.m. This session will cover the winning story about gossip. *Pre-recorded video. Speaker Dan Maghill.*

**Noon Year's Eve Celebration:** Friday, December 29 at 12 p.m. Join us for a count down at noon! Let's toast to the New Year and share our predictions for what 2024 will bring.



# 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, December 4 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs. She will share special details of what the town has to offer.

**Health Yourself:** Tuesday, December 5 at 12:45 p.m. Join us to hear some tips and pointers on healthy snacking and making better choices when it comes to our nutritional needs. Simple and easy recipes will be shared as well. *Presented by local nutrition advocate Nicole Bowlus.*

**Name that Tune:** Wednesday, December 6 at 12:30 p.m. Join in this fun game that will have you trying to guess the songs played on the piano by Marilyn Wilson. ***Zoom Option and In person option at the Wood County Senior Center and Pemberville.***

**Caring Cards:** Wednesday, December 6 at 11 a.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, December 7 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Movie:** Monday, December 11 at 12:45 p.m.  
**Feature:** "The Santa Clause" (1994) Drama/Fantasy/Comedy **Synopsis:** When a man inadvertently makes Santa fall off his roof on Christmas Eve, he finds himself magically recruited to take his place. *Snacks sponsored by Wood Haven Health Care.*

**Breakfast Club:** Tuesday, December 12 at 9 a.m.  
**Location:** Granny's (1105 W. Main St., Woodville )  
**Breakfast cost on your own. Register with the Senior Center.**

**How to Use an Apple Watch:** Wednesday, December 13 at 12:30 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.*

**Holiday Lunch:** Thursday, December 14 at noon.  
**Registration required by December 7.**

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

**Trivia:** Monday, December 18 at 12:45 p.m.  
*Hosted by Bridge Home Health and Hospice.*

**Seminar Series: Star Citizens** Tuesday, December 19 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:** To be announced.

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

**Blood Pressure & Glucose Screening:** Wednesday, December 13 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Trivia Battle:** Thursday, December 21 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.*

**Chronicles of Holiday Celebrations:** Thursday, December 21 at 12:45 p.m. The story of how traditions began during the holidays including the celebration of Christmas. *Presented by Pastor Tim Philabaum.*

**Movie:** Wednesday, December 27 at 12:45 p.m.  
**Feature:** "March of the Penguins" (2005) **Synopsis:** In the Antarctic, every March since the beginning of time, the quest begins to find the perfect mate and start a family. *Snacks sponsored by Wood Haven Health Care.*

**Noon Year's Eve Celebration:** Friday, December 29 at 12 p.m. Join us for a count down at noon! Let's toast to the New Year and share our predictions for what 2024 will bring.

# 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, December 1 at 12:30 p.m. This hour is filled with happy thoughts and uplifting moments, along with a bit of trivia, riddles and jokes. *In-person option: Perrysburg & Wood County*

**Name that Tune:** Wednesday, December 6 at 12:30 p.m. Join in this fun game that will have you trying to guess the songs played on the piano by Marilyn Wilson. *Zoom Option and In person option at the Wood County Senior Center and Pemberville.*

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

**Movie Trivia:** Wednesday, December 20 at 12:30 p.m. Test your movie trivia knowledge as we review actors, actresses and great movies. *In-person option: Wood County Senior Center and Rossford Area Senior Center.*

**Lunch & Learn:** Friday, December 22 at 11:30 a.m. "Laughter Workshop" Presented by: Katy Maag, BSN, RN, CCRP Experience feel-good fun with games that give the healthy benefits of laughter - physical, emotional, mental, and social. Leave with a merrier mood this season through the power of sharing cheerful chuckles together. *In-person option: Wood County Senior Center*

**Bingo:** Friday, December 22 at 1 p.m. Play 10 rounds of bingo online *Prize for the cover-all.*

**Who, What, Where?** Wednesday, December 27 at 11 a.m. Join in this fun game that will have you trying to guess the items we are describing. **Zoom Option and In person option at the Wood County Senior Center and Grand Rapids Area Senior Center.**

**Brain Games & Trivia** Wednesday, December 27 at 12:30 p.m. This session will have you completing word puzzles, trivia questions and number games. *In-person option: Northeast Area Senior Center & Wood County Senior Center.*



## 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:**



## 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

# Around the County, Events & Classes

## Technology Loans

### 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.**

To inquire about the below technology loans, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

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

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

**December 1:** "Christmas Oranges" (2012) *Starring Edward Herrmann, bailee Michelle Johnson*

**December 8:** "The Man Who Saved Christmas" (2002) *Starring Jason Alexander, Kelly Rowan, Ari Cohen*

**December 15 :** "The Angel Doll" (2004) *Starring Betsy Brantley, Keith Carradine, Pat Hingle*

**December 22 :** "A Holiday Romance" (1999) *Starring Naomi Judd, Gerald McRaney, Allison Pill*

**December 29:** "The Christmas Wish" (1998) *Starring Neil Patrick Harris, Debbie Reynolds, Naomi Watts*

## 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, December 1 & 15  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, December 13 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@wccoa.net](mailto:programs@wccoa.net)

**The Wood County Health Department will be hosting Blood Pressure and Blood Glucose Screenings at all senior centers on the following dates:**

Rossford Area Senior Center	Thursday, December 7 at 11 a.m.
Wood County Senior Center	Tuesday, December 12 at 11 a.m.
Pemberville Area Senior Center	Wednesday, December 13 at 11 a.m.
Wayne Area Senior Center	Thursday, December 14 at 11 a.m.
Grand Rapids Area Senior Center	Tuesday, December 19 at 11 a.m.
Northeast Area Senior Center	Wednesday, December 20 at 11 a.m.

# Around the County, Events & Classes

## Evening of Art Exploration

Tuesday, December 5 from 5 p.m. to 7 p.m. at the 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 Kaithlyn Harden, MA, LPC, ATR-P.*

**Cost: \$15** limited to 15 participants.

Sponsored by:  **GENACROSS®**  
LUTHERAN SERVICES  
WOLF CREEK CAMPUS

## Art Therapy: *Squiggle Painting on Canvas*

Monday, December 18 from 1 to 3 p.m.

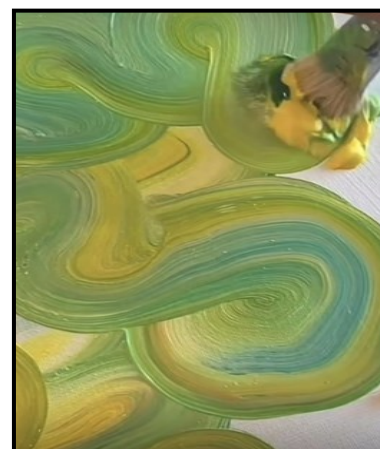
Wood County Senior Center, 140 South Grove St., Bowling Green

**Cost: \$10, Supplies & Instruction 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 Kaithlyn Harden, MA, LPC, ATR-P.*

**Project:** This form of painting is all about the satisfying and playful elements of paint on canvas. Using several dabs of different colored acrylic paint, dabbed directly onto the canvas, we will use squiggle motions with medium sized paintbrushes to mix the colors and create a beautiful, and unexpected work of art! Be sure to wear clothes you're not afraid to get a little messy in.



**“Scientists have discovered that it takes approximately 400 repetitions to create a new synapse in the brain, unless it is done in play, in which case it only takes 10 to 20 repetitions.” -Karyn Purvis**

**Registration required. Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**



## Meet me at the Toledo Museum of Art Tour

Thursday, December 21 at 2 p.m. **Theme: Exploring the Senses**

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)

## SAVE The Date: Diabetes Self-Management Program (DSMP) Workshop

Tuesdays, February 20 to March 26 from 1 to 3:30 p.m. **Wood County Senior Center**

**Cost: \$20 includes text book & relaxation CD**

The Diabetes Self-Management Program (DSMP) is a 6-week group program for people with type 2 diabetes. The program was developed by Stanford University to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to better manage your diabetes day to day.

**Register TODAY! Class size is limited to 15 people.**

Call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

*CDSM is developed at Stanford University and licensed by the Self-Management Resource Center.*



# Around the County, Events & Classes

## Lunch and Learn: Laughter Workshop

Friday, December 22 from 11:30 to 12:30 p.m., Wood County Senior Center

Presented by Katy Maag, BSN, RN, CCRP



Join our laughter workshop for happier holidays! Experience feel-good fun with games that give the healthy benefits of laughter - physical, emotional, mental, and social. Leave with a merrier mood this season through the power of sharing cheerful chuckles together.

Katy Maag is a BSN, RN, CCRP, Certified Stress Management Coach, Brain Health, Happiness Coach, and Uppiness Facilitator. With over two decades of experience as a presenter, Katy combines health and wellness education with the power of laughter to create an engaging and transformative experience. Her passion lies in helping individuals master their state of wellness, providing practical tools for stress management, and cultivating joy in challenging times.

Katy is also a co-author of the internationally bestselling books *Cinderella Monologues & Live Life in W.O.W!:* Nuggets of Wonder, Openness & Wisdom. Also author to two Magazine articles in *Vision Made Magazine*. *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 December 8. This session will fill up fast if you cannot make it please call 24 hours in advance to cancel, so we can activate our wait-list.** To register call 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)



## Acrylic Painting Class

Wednesday, December 27 at 3 p.m.

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

Cost: \$5 per session for supplies includes (canvas and paints).

November's painting is shown to the left. This session will cover various brush techniques while using a variety of colors to create this "Santa suit picture." This class is open to all levels of painting experience! Leslie Miller will walk you through the painting step-by-step. *Hosted by Leslie Miller.*

**Advance registration and payment required to secure place.**

Call 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)



## Chronic Disease Self-Management (CDSM) Workshop "Better Health for a Better You"

Tuesdays, January 9 to February 13 from 1 to 3:30 p.m.

Wood County Senior Center Cost: \$20 includes text book & relaxation CD

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family.

**This interactive program aims to increase:** Confidence, physical and psychological well-being, knowledge of ways to manage chronic conditions, motivation to manage challenges associated with chronic diseases.

**Key Activities:** Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making. Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

**Register TODAY! Class size is limited to 15.**

Call 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net)

*CDSM is developed at Stanford University and licensed by the Self-Management Resource*

# Around the County, Events & Classes

## 18th Annual Poetry Contest 2024

**Theme: "A Moment in Time "**

The poems are judged each year from faculty in the Writing Department at Bowling Green State University. We are looking forward to opening this year's contest. The rules and contest details are below.

A \$100 gift card will be awarded to the first place winner, sponsored by *Manor of Perrysburg*.

**\*\*All submissions become the property of WCCOA and can be published online or in print.\*\***

### The entry rules are as follows:

The contest is open to Wood County residents age 50 and over.

Submissions will be accepted beginning Tuesday, January 16 and will close on Friday, March 29 at 4 p.m.

### Entries must be:

Typed in English, double-spaced, 12-point Times New Roman font or hand printed. Hand written poems will be typed exactly how they have been written. Poems must be entirely your own work and never previously published. Each person is limited to two (2) entries. Poems are to be no more than one (1) page.

### Submissions must include:

Your name, address, phone number, and email (if applicable). Winners will be announced by the end of April 2023 on our blog and Facebook page and the winner will be contacted and a photo will be taken for media purposes. All poems will be placed in a book that will be available to all participants. Participants can pick up their books at the Wood County Senior Center, 140 South Grove St., Bowling Green at the end of April. An additional book may be requested for \$5.

### How do I submit my poem?

Please send your entries to the Programs Department at the  
Wood County Committee on Aging, 140 S. Grove Street, Bowling Green, 43402  
or email your entry to [programs@wccoa.net](mailto:programs@wccoa.net)

Please ensure all entries have your name, address, email and phone number for contact purposes.



## Care Compass Project

Wednesday, February 7, 2024  
11 a.m. to 1 p.m.

Wood County Senior Center  
**Topic: Estate Planning &  
Advance Care Directives**

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!**

**The Basics of Estate Planning:** An estate plan will ensure an older adult has the peace of mind that their assets and belongings will be distributed the way they'd like. We will explain what an estate is, what an estate plan is, and share a straightforward guide that explains how to get started with estate planning.

### How to Complete an Advance Care Directive:

The purpose of any advance directive is to enable you to speak for yourself and to let other people know what choices you have made and what is important to you in time of medical care. This session will cover the preparation of an advance care directive and will discuss the legal variance state to state. You will leave with a notarized document for the state of Ohio if you choose to attend in-person.



# 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*



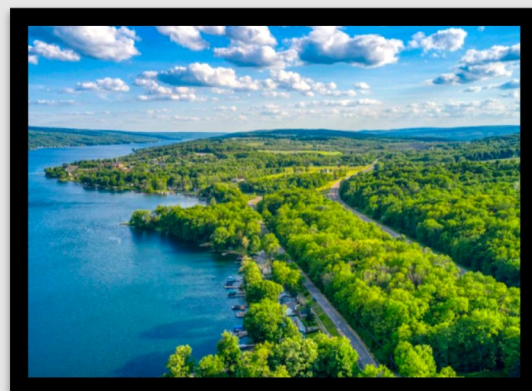
In Denver, board The California Zephyr for an incredible rail excursion west to Grand Junction, Colorado. The stunning passage through the Colorado Rockies (by daylight) is one of the most spectacular train routes in North America. Traversing the storied "Main Line" of the former Denver and Rio Grande 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 with Activity level of 3*

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 monoi 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.

December 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Meatloaf OR Grilled Chicken Breast 1</b> mixed vegetables, grapes & pears, spinach orange salad, graham crackers
<b>Country Fried Steak OR BBQ Chicken Breast 4</b> scaloped potatoes, citrus slaw, pears	<b>King Ranch Chicken Casserole OR Beef Lasagna 5</b> green beans, tossed salad, fruit salad	<b>Bratwurst OR Chicken Wings 6</b> sauerkraut, mashed potatoes, apricots, brownie	<b>Hamloaf OR Chicken &amp; Noodles 7</b> carrots, banana, peachy fine dessert	<b>Goulash OR Almandine Pollock 8</b> corn, cabbage/apple/ raisin salad, peaches
<b>Stuffed Chicken Breast OR Liver &amp; Onions 11</b> mashed potatoes, black eyed susan salad, carrot sticks	<b>Chicken Tenders OR Black Eyed Peas Hash (sausage) 12</b> sicilian blend, tossed salad, grape juice, rice krispy treat	<b>Beef Spanish Rice OR Chicken Lasagna 13</b> kyota vegetables, peaches, apple crisp	<b>Holiday Lunch Roast Beef 14</b> baked potato, carrots, mandarin orange salad, fruit of the forest pie <b>*Registration Required</b>	<b>Beef Potato Casserole OR Pecan Crusted Tilapia 15</b> Scandinavian blend vegetables, pickled beets, cantaloupe & grapes
<b>Hamburger Pie OR Cheese Manicotti 18</b> winter blend, cucumber salad, oranges, cookies	<b>Pork Ribette OR Honey Mustard Chicken Breast 19</b> baked sweet potatoes, carrot & chickpea salad, fruited jello	<b>Birthday Lunch! Hamloaf 20</b> corn, mixed fruit, fruit juice, cake & ice cream	<b>Spaghetti &amp; Meatsauce OR Lemon Pepper Pollock 21</b> noodles, peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers	<b>Hamburger OR Hot Dog 22</b> wedge fries, coleslaw, apple
<b>All Sites Closed. 25</b>	<b>All Sites Closed. 26</b>	<b>Sloppy Joe OR Shredded Chicken 27</b> sweet potato fries, pea salad, tropical fruit, pudding	<b>Grilled Chicken OR Liver &amp; Onions 28</b> au gratin potatoes, corn relish, mandarin orange salad	<b>Pork Roast OR Cube Steak 29</b> mashed potatoes, sauerkraut, citrus, sherbet

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.

December 2023		
Tuesday	Wednesday	Thursday
<b>Country Fried Steak 5</b> mashed potatoes, succotash, cantaloupe & grapes, sherbet	<b>Chef Salad w/Ham, 6 Egg, &amp; Cheddar Cheese</b> corn relish, apricots, cookies	<b>Lemon Pepper Cod 7</b> wild rice, stewed tomatoes, celery & peanut butter, mandarin orange salad, cake
<b>Holiday &amp; Birthday 12 Dinner</b> <b>Glazed Ham</b> baked potato, green bean casserole, pineapple, cake & ice cream	<b>Grilled Cheese 13 Sandwich</b> tomato soup, three bean salad, peaches & cottage cheese, cookies	<b>Shredded Chicken 14 Sandwich</b> french fries, coleslaw, fresh fruit, brownie
<b>Hamloaf 19</b> au gratin potatoes, cauliflower, fruit juice, graham crackers	<b>Chicken Cordon 20 Bleu</b> wild rice, brussel sprouts, peaches & pears, cherry cobbler	<b>Calico Beans 21</b> broccoli, wilted lettuce salad, orange sections, cookies
<b>All Sites Closed 26</b>	<b>Teriyaki Salmon 27</b> white rice, oriental vegetables, banana, berry blend, pound cake	<b>Roast Pork 28</b> mashed potatoes, sauerkraut, mandarin orange salad, pumpkin pecan cake

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

**Karaoke:** Tuesday, December 12 at 2:00 p.m.

**Movie & Dinner:** Wednesday, December 13 at 3 p.m. **Feature:** "Little Women" (2019) **Registration required.**

**Physiology and Fitness:** Tuesday, December 12 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Refuel, Recover, and Reenergize **Presenter:** Dean Hodgkin, B.Sc.

**Readers Café:** Tuesday, December 19 at 3 p.m. Pick up a copy of the book to read (starting Nov. 28) then come together to watch the film. **Feature:** "The Greatest Gift" **Books and audiobooks available by loan. Registration required.**

**Kahoot:** Thursday, December 21 at 4:30 p.m.

**Topic:** "Ultimate Holiday Trivia" Kahoot is an online game based learning platform. Join us to test your knowledge of Holiday trivia. Bring your smart phone if you have one, if not we will have tablets available. Limited to 10 participants. **Register today.**

**Open Forum for Technology:** Thursday, December 28 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allows. **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** Lanny Milligan In Memory of Alice Brown, Laurel Krone, Debra Layfield In Memory of Patricia Sharp, Sandra Draheim, Ron and Cathy Draheim In Memory of Luther Henline, Marcus Jensen, Peter Blass, Robin Nunz, Edward Hecklinger, Michele and Greg Miesle In Memory Walter Hales, Barbara Murphy, Geoffrey Howes, John & Alice Calderonello, Eric Murray, Leo Rardin

**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

**Spring Semester 2023**  
**MARCH—MAY**

**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!

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



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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*