

# WOOD COUNTY COMMITTEE

ON

*Aging*

JANUARY 2024

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# Your County Connection

Explore, Enrich, Enjoy This Season of Life

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

## 18th Annual Poetry Contest

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 and a \$50 Gift card to the runner up,

sponsored by *Manor of Perrysburg and Wood Haven Health Care.*

*\*\*All submissions become the property of WCCOA and may 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 written (please print). 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

books and will be shared with all entrants. Additional books may be requested for \$5 per book.

**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. For more information, please call 419.353.5661 or 800.367.4935

**Better Than Ever Area Artists Over 50 February 2– 29, 2024** Wood County Senior Center  
**Exhibition call for artists** Anyone age 50+ living within 100 miles of Wood County is eligible to participate. Individual artists may submit up to two (2) original works in any two-dimensional medium. BGAC members may submit up to three (3) artworks. You may join BGAC at [BGArtsCouncil.com](http://BGArtsCouncil.com). Work previously exhibited at a BGAC show is not eligible. BGAC reserves the right to reject any work. Size limit is 4' Height and Weight.

**Registration Fees:** An entry fee of \$20.00 for each artist entitles that artist to enter one or two of their own works (BGAC members may enter three). Group entries are not permitted.

**Registration Procedures:** Eligible artists who meet the above eligibility requirements may complete the online form available from December 13 through February 3 on the Bowling Green Arts Council website, [BGArtsCouncil.com](http://BGArtsCouncil.com) and mail your check to the address below by February 3. You may also mail or drop off the entry form on the back of this page, with your check for \$20 payable to BGAC to: BG Arts Council c/o Wood County Senior Center, 140 S Grove St., Bowling Green, OH 43402 (Note name of artist in the check memo section)  
Registration Fees/Forms must be postmarked / delivered to the Senior Center by January 25.



bowling green  
arts council

# 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, January 17, 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@wcoa.net](mailto:programs@wcoa.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	March 21	2 to 4 p.m.
Bowling Green	March 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)

## Blood Pressure & Blood Sugar Screenings

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

Wood County Senior Center    Tues., Jan. 9 at 11 to 12:30 p.m.

Wayne Area Senior Center    Thurs., Jan 11 at 11 to 12:30 p.m.

Grand Rapids Senior Center    Tues., Jan 16 at 11 a.m. to 12:30 p.m.

Northeast Area Senior Center    Wed., Jan 17 at 11 a.m. to 12:30 p.m.

Pemberville Area Senior Center    Thurs., Jan 18 at 11 to 12:30 p.m.

Rossford Area Senior Center    Wed., Jan. 31 at 11 to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, January 8 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, January 25 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, January 4 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, January 3 & January 17 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**

*Tuesdays, January 9 to January 30 at 1:30 p.m.*  
Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, 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 WCCOA*

## Delay the Disease

**Cost: \$20**

*Wednesdays, January 10 to February 14 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, January 10 to February 14 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 or Terri Geer, Certified Instructor.*

## Tai Chi

**Cost: \$60**

*Wednesdays, January 17 to February 21 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, January 9 to February 13 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, January 11 to February 15 at 11a.m.*  
Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level.

*Caroline Dickinson, Certified Instructor.*

## Virtual Fitness Class on Zoom

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

### SilverSneakers Classic

**Cost: \$20** *Wednesdays, January 10 to February 14 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.

**Romantic Movies:** Wednesdays at 1 p.m. Hosted by Lilianna Rossi **3:** "Rumor Has It" (2005) **10:** "Father of Bride" (1991) **17:** "Father of Bride Part II" (1995) **24:** "The Switch" (2010) **31:** Music and Lyrics (2007) **Registration required.**

**BG Knitter's Guild:** Wednesday, January 3 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, at 1 p.m. View and discuss entertaining movies from 1930's until today.

**4:** "It's a Wonderful Life" (1947) Starring James Stewart, Donna Reed **11:** "The Sound of Music Live" (2013) Starring Carrie Underwood. Stephen Moyer **18:** "The Big Year" (2011) Starring Steve Martin, Jack Black **25:** "The Finest Hours" (2016) Starring Chris Pine, Ben Foster *Hosted by Kris Eridon.* **Reservations required.**

**Happy Hour:** Friday, January 5 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.  
**5:** "Woman in Hiding" (1950) **12:** "Female on the Beach" (1955) **19:** "The Unguarded Moment" (1956) **26:** "The Price of Fear" (1956) *page 15 for details.*

**Breakfast Club:** Monday, January 8 at 9 a.m.  
**Location:** Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

**Nails:** Monday, January 8 at 10:30 a.m.  
Appointments are 10 minutes in length. **Registration required.** *Facilitated by Wood Haven Health Care.*

**NEW Reacher, TV Series:** Monday's January 8: **Season 1 Episode 1 & 2, 22: S:1 E 3 & 4, 29: S1 5 & 6** at 1:00 p.m. **Synopsis:** When retired Military Police Officer Jack Reacher is arrested for a murder he did not commit, he finds himself in the middle of a deadly conspiracy.



**Craft:** Tuesday, January 9 at 10:30 a.m. Make your own fabric collage designed to look like flowers. All supplies provided and instruction included in this class. **Cost: \$10.** **Payment to be made in advance to secure a spot.** **Registration required.** *Facilitated by Leslie Miller.*

**Name That Tune BINGO:** Tuesday, January 9 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.*

**Blood Pressure & Glucose Screening:**  
Tuesday, January 9 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Karaoke:** Wednesday, January 10 at 4:00 p.m. No previous singing experience necessary.

**The Cards We're Dealt:** Thursday, January 11 at 1 p.m. In recognition of National Hospice and Palliative Care Month, this interactive program featuring "A Lively Game of Surprising Conversations." You think you know your friends and family, right? But do you know their thoughts on the most rarely talked topic? Players will have fun with some taboo talk as they select their answers to deep, funny and sometimes weird questions on life and...death.

**Lunch & Learn:** Friday, January 12 at 11:30 a.m.  
**This month:** Freedom of Speech presented by Judge Matthew Reger. *See page 17 for more details!*  
**Registration required.**

# Wood County Continued...

**Brain Training:** Tuesday, January 16 at 9 a.m.  
 “Cognitive Behavioral Therapy for Daily Life” video series from *The Great Courses*. **Topic:** Early Childhood Trauma and Neglect  
**Video Presenter:** Jason M. Satterfield, Ph.D  
**Registration required by January 12** Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.



**Craft: Friendly Snowman**  
 Tuesday, January 16 at 3 p.m. We will be creating snowmen out of socks. All supplies and guidance for project will be provided.  
**Registration required.** Sponsored by 1018 Travels with Stephanie.

**Physiology and Fitness:** Tuesday, January 16 at 4:30 p.m. Video Series from *The Great Courses*  
**Topic:** Thinking the Brain Body Connection  
**Presenter:** Dean Hodgkin.

**Medication Safety:** Wednesday, January 17 at 11 a.m. This session will share the best practices in medication use and storage. Bring your questions to ask the medical experts. *Presented by Mercy Family Medicine Residency Program.* **Zoom option available.**

**Movie Trivia:** Wednesday, January 17 at 12:30 p.m. Challenge yourself to some fun trivia based on movies. **Zoom option available.**

**Kahoot:** Thursday, January 18 at 4:30 p.m.  
**Topic:** "Dr. Martin Luther King Jr. Trivia"  
 Kahoot! is an online game based learning platform. Join to test your knowledge on Dr. Martin Luther King Jr.. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people.  
**Register today.**

**What is Aphasia?:** Friday, January 19 at 11 a.m.  
*The Rehabilitation Hospital of Northwest Ohio* speech therapy department will be presenting on Aphasia: types, causes, symptoms and treatment, cognition deficits and various interactive strategies/activities to help. *Presented by the Rehabilitation Hospital of Northwest Ohio*

**Coffee & Coloring:** Monday, January 22 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Host Jan Chilcote.* Sponsored by Wood Haven Health Care.



**Expressive Art for Wellness:** Monday, January 22 from 1 to 3 p.m. **Project:** “Snowflake Resist Art”. Please wear clothing you are comfortable painting in. **Cost:** \$10. **Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.

**Trivia:** Tuesday, January 23 at 11 a.m.  
 Facilitated by Bridge Home Health & Hospice

**Movie & Dinner:** Tuesday, January 23 at 3:30 p.m. **Feature:** “27 Dresses” (2008)  
 After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with. **Dinner reservations must be made by 2 p.m. on Tuesday, January 23.**

**Brain Games & Trivia:** Wednesday, January 24 at 12:30 p.m. Challenge your mind with some riddles, puzzles, word games and trivia. **Zoom option.**

**Acrylic Painting:** Wednesday, January 24 at 3 p.m. To create a "Cardinal in the Snow" This class is open to all levels of painting experience! *Hosted by Leslie Miller.* *Cost: \$5 See page 17.*

**Open Forum for Technology:** Thursday, January 25 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.

**Zoom Bingo:** Friday, January 26 at 1 p.m.  
 Cover-all prize awarded. Register to receive the code.

**Community Development with the City of Bowling Green:** Tuesday, January 30 at 11 a.m. In this session we will cover the cities housing repair programs, BG transit, and fair housing initiatives. *Presented by Matt Snow, City of Bowling Green*

**Reader's Café:** Tuesday, January 30 at 3 p.m. Featuring books that have been turned into movies!  
**Feature:** “The Wild Girl” by Jim Fergus **Synopsis:** The story of Ned Giles, a wannabe photojournalist looking for his break in 1932. After his parents die he heads to Arizona with the prospect of joining an expedition to rescue a boy kidnapped by “wild” Apaches living in Mexico. **Books and audiobooks available by loan by Dec 28. Registration required.**

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

# Perrysburg

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

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

**Bingo:** Tuesdays, & Fridays at 9:15 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 1:30 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*

**NEW! Chair Yoga:** Thursday, Jan. 11 to Feb. 15 at 11:00 a.m. Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor. Schaller Building Cost: \$20*

**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.

**Texas Hold 'Em Tournament:** Tuesday, January 2 at 1 p.m.

**Balance Screenings:** Wednesday, January 3 from 11 a.m. to 1 p.m. *provided by Mercy Health.*

**Euchre Tournament:** Thursday, January 4 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, January 5 at 12:30 p.m. **Registration required.** *Snacks sponsored by Manor at Perrysburg. Zoom option available.*

**Pinochle Tournament:** Monday, January 8 at 12:45 p.m. **Registration required.**

**Back in the Day:** Monday, January 8 at 12:30 pm. Guess what year specific events in history happened! *Facilitated by Manor at Perrysburg.*

**Breakfast Club:** Tuesday, January 9 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, January 9 at 12:30 p.m. *Facilitator Waterford at Levis Commons.*

**Coloring Club:** Wednesday, January 10 at 10:45 a.m. Did you know coloring improves brain function and reduces stress? Join us today and start improving your mental health. *Facilitated by Way Public Library.*

**Now and Then:** Thursday, January 11 at 12:30 p.m. **Reminiscing Topic:** Household Appliances. *Facilitated by Comfort Keepers.*

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

**Texas Hold 'Em:** Tuesday, January 16 at 1 p.m.

**Friends in Fellowship:** Tuesday, January 16 at 10:30 a.m. Join us for this social time to reflect, share stories in a positive environment. *Refreshments provided and hosted by Ohio Living.*

**Birthday Lunch:** Wednesday, January 17 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

**Blood Pressure and Blood Sugar Checks:** Thursday, January 18 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

**Recycling 101:** Friday, January 19 from 12:15 to 1:15 p.m. This session will cover 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 Wood County Solid Waste Management District.*

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

**Movie Day:** Tuesday, January 23 at 12:45 p.m. **Feature:** A Haunting in Venice **Synopsis:** Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a seance at a decaying, haunted palazzo. He soon gets thrust into a sinister world of shadows and secrets. **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

**Medication Safety:** Wednesday, January 24 at 11:15 a.m. Unsafe medication practices and medication errors are a leading cause of injury and avoidable harm in health care systems across the world. Gain useful tips on how to keep and use medications safely. *Kevin Zhang, MD, Mercy Health*

**Caregiver Support Group:** Thursday, January 25 at 10 a.m. **Registration required by calling 419.353.5661.**



# Perrysburg Continued...

**Left, Right, Center Game:** Thursday, January 25 at 12:30 p.m.

**Trivia:** Friday, January 26 at 12:30 p.m.  
*Facilitated by Bridge Home Health and Hospice.*

**Open Forum for Technology:** Monday, January 29 at 12:30 p.m. Submit your questions about your smart phone, tablet or watch. We will do our best to find solutions. *Hosted by Clara Fiori, WCCOA*

**Seminar Series: SCAM Prevention:** Tuesday, January 30 at 12:45 p.m. Participate in this 3 part series. We will share the best ways to protect yourself by keeping up to date on the ways scammers use the digital world to target older adults. This training will arm you with tools and tips on how to protect your money digitally. *Prerecorded presentation*, first session presented by *Danielle Murray, Ohio Attorney General*. Giveaways provided.

## Wayne

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

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

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

**Walk the Church:** Wednesdays, from 11 to 11:30 a.m. Start the new year off by walking the church loop. Eleven loops will make a mile. The participant at the end of the month with the most miles logged will receive prize.

**Card Games:** Thursday's in January from 12:30 p.m. to 2 p.m.

**A Career in the United States Air Force**

**Reserve:** Monday, January 8 at 12:30 p.m. A 30 year military veteran will share his experience as a pilot in the Air Force Reserves and a career as an Air Reserve Technician. *Retired Colonel Lee Hutchinson* will share the education, training of a military pilot.

**Bingo:** Tuesday, January 9 at 12:30 p.m. *Sponsored by Bowling Green Manor*

**Bingo:** Wednesday, January 10 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Blood Pressure & Glucose Screening:**

Thursday, January 11 at 11 a.m. to 12:30 p.m. *Wood County Health Department.*

**Healthy Brain Trivia:** Friday, January 12 at 12:30 p.m. Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise are all critically important to your brain health. We will play a trivia game to help increase your knowledge on brain health. Choose from a variety of prizes at the end! *Presented by OSU Extension Office.*

**Expressions Through Art:** Tuesday, January 16 at 12:30 p.m. **Theme:** Abstract. All supplies are included. Registration required. *Facilitated by Wayne United Methodist Church.*

**Birthday Lunch:** Wednesday, January 17 at 12 p.m. *Cake & ice cream by The Willows.*

**Bingo:** Wednesday, January 17 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Breakfast Club:** Thursday, January 18 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

**Seminar Series: SCAM Prevention:** Thursday, January 18 at 12:30 p.m. Participate in this 3 part series. We will share the best ways to protect yourself by keeping up to date on the ways scammers use the digital world to target older adults. This training will arm you with tools and tips on how to protect your money digitally. *Prerecorded presentation*, first session presented by *Danielle Murray, Ohio Attorney General*. Giveaways provided. Registration required.

**Trivia Battle:** Friday, January 19 at 12:30 p.m. Let's test our knowledge with a trivia contest against other Wood County sites. *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

**The Truth and Myths about Seasonal Affective Disorder:** Monday, January 22 at 12:30 p.m. *Presented by Wayne Public Library.*

**Birds of Winter:** Tuesday, January 23 at 12:30 p.m. *Prerecorded by Maumee Bay State Park.*

**Bingo:** Wednesday, January 25 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

**Spelling Bee:** Monday, January 29 at 12:45 p.m. Challenging yourself to a fun game of spelling bee. *In person option at the Wayne Area Senior Center and the Wood County Senior Center. Zoom option.*

# 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.

**Fitness for Fall Prevention:** Tuesday, January 2 at 12:30 p.m. This session you will learn techniques on ways to stay strong and prevent falls. This thirty minute session will focus on balance, strength and range of motion movements for you to stay safe in the winter months. Attend **all three sessions** this quarter and have your name entered for a **wellness prize**. Will draw in March. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

**Trivia:** Wednesday, January 3 at 12:30 p.m.  
*Sponsored by Perrysburg Healthcare & Rehab*

**Making Housing Affordable:** Tuesday, January 9 from 12:30 p.m. This presentation will share how Habitat for Humanity of Wood County is able to make affordable housing possible for families earning between 30-80% Area Median Income. Also, you will learn how Habitat keeps retirees active, engaged and connected, with many different volunteer opportunities to help make decent and affordable housing possible for families in Wood County. *Presented by Wood County Habitat for Humanity.*

**Game Day:** Wednesday, January 10 at 12:30 p.m.  
*Hosted by Kingston Health Care.*

**Pies for Guys:** Friday, January 12 at 1 p.m.  
Gentlemen, enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

**Breakfast Club:** Tuesday, January 16 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.**

**Birthday Lunch:** Wednesday, January 17 at 12 p.m. *Cake sponsored by Partners in Home Care.*

**Movie Trivia:** Wednesday, January 17 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.**

**Bingo:** Thursday, January 18 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Documentary Series:** Monday, January 22 at 12:45 p.m. **Feature:** "The Story of Queen Elizabeth II" (2007) **Synopsis:** Queen Elizabeth has witnessed some of the most radical changes in British society's long history, but still remains a much-loved and respected monarch with an incredible story to tell, as well as being an impressive and noble presence in an everchanging world. This is her story. Part I

**Emergency Safety Presentation:** Tuesday, January 23 at 12:30 p.m. This session will provide you with updates on ways to stay safe in your home by being prepared during weather related challenges. These include rain and snow storms, tornados, and much more. Also, learn more about the upcoming eclipse. *Presented by Wood County Emergency Management.*

**Trivia Battle:** Thursday, January 25 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.*

**Bits and Pieces:** Tuesday, January 30 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.*

**Blood Pressure & Glucose Screenings:**  
Wednesday, January 31 from 11 a.m. to 12:30 p.m.  
*Wood County Health Department.*

## 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.

**Bingo:** Tuesday, January 2 at 12:30 p.m.  
*Participants must bring their own place holders.  
Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, January 3 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls. This thirty minute session will focus on balance, strength and range of motion movements for you to stay safe in the winter months. Attend **all three sessions** this quarter and have your name entered for a **wellness prize**. Will draw in March. *Facilitated by Partners in Home Care. Registration and waivers required.*

**Kingston Derby:** Friday, January 5 at 12:30 p.m.  
*Facilitated by Kingston of Perrysburg*

**Knitting and Crocheting:** Monday, January 8 at 12:30 p.m. Bring your own supplies.

**Trivia:** Monday, January 8 at 12:45 p.m.  
*Facilitated by Bridge Home Health And Hospice.*

**Dominoes:** Tuesdays, January 9 at 12:30 p.m. Play several rounds of dominoes with us!

**Walbridge Talk:** Thursday, January 11 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in hear first hand the latest updates on the village of Walbridge.

**Organizing your life for the New Year:** Friday, January 12 at 12:30 p.m. This session will have you thinking about ways to organize your home or if your considering downsizing it will provide you with tips on want to do with your belongings. *Presented by Jen Hill, Organizing.*

**Card Bingo:** Tuesday, January 16 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 & Blood Glucose**

**Screenings :** Wednesday, January 17 at 11 a.m.  
*Facilitated by the Wood County Health Department.*

**Birthday Lunch:** Wednesday, January 17 at noon.  
*Cupcakes sponsored by Orchard Villa.*

**Winter and Your Health:** Wednesday, January 17 at 12:45 p.m. Winter is here and health issues always seem to be on the rise this time of year. This session will provide information on specific illnesses and how you can aim to prevent some of them.  
*Presented by Elara.*

**Who, What, Where?:** Thursday, January 18 at 12:30 p.m. Do you love a mystery? Listen to some stories and use the three “W’s” to solve the mystery.  
*Facilitated by The Commons.*

**LCR Game:** Monday, January 22 at 12:30 p.m.

**Bunco:** Tuesday, January 23 at 12:30 p.m.

**Brain Games & Trivia:** Wednesday, January 24 at 12:30 p.m. Challenge yourself to some riddles, puzzles and trivia. We will play against the Wood County Senior Center. **Zoom option available.**

**Wii 100 pin Bowling:** Friday, January 26 at 12:30 p.m.



**Making House in**

**Affordable:** Tuesday, January 30 from 12:30 p.m. This presentation will share how Habitat for Humanity of Wood County is able to make affordable housing possible for families earning between 30-80% Area Median Income.

Also, you will learn how Habitat keeps retirees active, engaged and connected, with many different volunteer opportunities to help make decent and affordable housing possible for families in Wood County.  
*Presented by Wood County Habitat for Humanity.*

**Movie Day:** Wednesday, January 31 at 12:30 p.m.

**Feature:** Michael (1996). **Synopsis:** Two tabloid reporters checking out a report of the Archangel Michael living with an old woman find that it's true. But that's not the only surprise. Popcorn will be provided.

# 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.

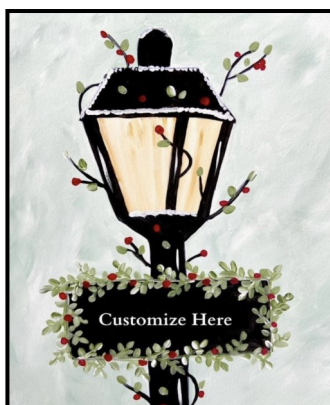
**Trivia Battle:** Tuesday, January 2 at 12:30 p.m.  
Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Birthday Acknowledgements:** Wednesday, January 3 at 12:30 p.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center. *Sponsored by Hanneman Funeral Homes.*

**Making the Most of Your Doctor Visits:** Thursday, January 4 at 12:30 p.m. This presentation will share ways to approach your physician visits so that you are maximizing your time and getting the most out of your appointments. *Presented by McLaren St. Luke's Family Medicine Residency Program.*

**Monthly Guessing Game:** Monday, January 8 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, January 9 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, January 10 at 12:30 p.m.  
Come paint with us! No experience needed guided instruction will be provided. All materials and instructions will be provided to all for a step by step guide to this project. We will be painting a customized lantern. Keep this painting for yourself or

provide it as a gift.

**Registration is limited to 6 people.**

*Instructor Lori Lawton, ATR.*

**Canvas Art Party:** Wednesday, January 10 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.** *Instructor Lori Lawton, ATR.*

**Remember When:** Thursday, January 11 at 12:30 p.m. Come enjoy this interactive and nostalgic time as we look back at various chapters in our lives.

**Blood Pressure & Blood Glucose Screening:** Tuesday, January 16 at 11 a.m. *Facilitated by Wood County Health Department.*

**Birthday Lunch:** Wednesday, January 17 at noon. *Sponsored by Bowling Green Manor.*

**TED Talk:** Monday, January 22 at 12:45 p.m.  
Come enjoy this interactive and thought provoking session on "Why People Believe They Can't Draw". *Prerecorded by Grim Shaw*

**Pressed Flower Greeting Card:** Thursday, January 25 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, January 26 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

**Trivia:** Monday, January 29 at 12:30 p.m. Come enjoy this interactive and thought provoking game. Theme: State trivia. *Facilitated by Grand Rapids Care Center.*

**Seminar Series: SCAM Prevention:** Tuesday, January 30 at 12:30 p.m. Participate in this 3 part series. We will share ways to protect yourself by keeping up to date on the ways scammers use the digital world to target older adults. This training will arm you with tools and tips on how to protect your money digitally. *Prerecorded first session presented by Danielle Murray, Ohio Attorney General Office.* Giveaways provided.

**Who, What, Where?** Wednesday, January 31 at 12:30 p.m. This game will have you trying to guess the details of items based on the descriptions provided. In person option at the Grand Rapids and Wood County Senior Centers. ***Zoom option available.***



# 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:** Tuesday, January 2 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.

**Podiatry Clinic:** Wednesday, January 3 by appointment. Heel and Toe Podiatry with Dr. Scott Johnson. **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.



**Movie:** Monday, January 8 at 12:45 p.m. **Feature:** "Going In Style" (1979) Drama/Comedy/Crime  
**Synopsis:** Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock

off the very bank that absconded with their money.  
*Snacks sponsored by Wood Haven Health Care.*

**Bingo:** Thursday, January 4 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Breakfast Club:** Wednesday, January 10 at 9 a.m.  
**Location:** Granny's (1105 W. Main St., Woodville )  
**Breakfast cost on your own. Register with the Senior Center.**

**Family Feud:** Thursday, January 11 at 12:45 p.m.  
Stop in to take part in a friendly team game where you will be pitted against another team to guess the results of audience survey questions. *Facilitated by Wood Haven Health Care.*

**Birthday Lunch:** Wednesday, January 17 at 12 p.m. *Sponsored by Otterbein Pemberville.*

**Blood Pressure & Blood Glucose Screening:**  
Thursday, January 18 from 11 a.m. to 1 p.m.  
*Facilitated by Wood County Health Department.*

**Trivia Battle:** Wednesday, January 17 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.*

**Medicare Scams:** Thursday, January 18 at 12:15 p.m. This session will cover Medicare waste, how it affects you and how you can take charge to prevent errors, fraud, abuse and scams. *Presented by Ohio Senior Medicare Patrol.*

**Mystery Game:** Monday, January 22 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

**Movie:** Wednesday, January 24 at 12:45 p.m.  
**Feature:** "Steel Magnolias" (1989) Comedy/Drama/Romance  
**Synopsis:** A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. *Snacks sponsored by Wood Haven Health Care.*

**The Moth: Best Speakers in the World**  
Thursday, January 25 at 12:45 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.*

**Trivia:** Monday, January 29 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

## **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)

# Virtual Programs on Zoom

Interested in joining our virtual programs, contact the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) to emailed weekly all of the Zoom access information.

**Happy Hour:** Friday, January 5 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*

**Medication Safety:** Wednesday, January 17 at 11 a.m. Gain useful tips on how to keep and use medications safely. *Presented by Mercy Residence Family Medicine. In-person option: Wood County*

**Movie Trivia:** Wednesday, January 17 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.*

**Brain Games & Trivia** Wednesday, January 24 at 12:30 p.m. *In-person option: Northeast Area Senior Center & Wood County Senior Center.*

**Lunch & Learn:** Friday, January 26 at 11:30 a.m. Freedom of Speech presented by Judge Matthew Reger. *In-person option: Wood County Senior Center*

**Bingo:** Friday, January 26 at 1 p.m. Play 10 rounds of bingo online *Prize for the cover-all.*

**Spelling Bee:** Monday, January 29 at 12:45 p.m. Challenging yourself to a fun game of spelling bee. *In person option: Wayne Area Senior Center and the Wood County Senior Center.*

**Who, What, Where?** Wednesday, January 31 at 12:30 p.m. This game will have you trying to guess the items we are describing. *In person option: Grand Rapids Area Senior Center and Wood County.*



**About Our Courses** LivelyU Lifelong 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?** Pay a flat fee of \$25 to take part in all of the courses. **Registration is required for each individual courses you are planning to attend!**



## 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.



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)



### 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.**

## 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.**

**Theme of movies this month: "Women in Danger"**

**January 5:** "Women in Hiding" (1950) *Starring Ida Lupino, Howard Duff, Stephen McNally*

**January 12:** "Female on the Beach" (1955) *Starring Joan Crawford, Jeff Chandler*

**January 19:** "The Unguarded Moment" (1956) *Starring Esther Williams, George Nader, John Saxon*

**January 26:** "The Price of Fear" (1956) *Starring Merle Oberon, Lex Barker, Charles Drake*

## 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, January 5 & 19  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, January 10 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)



*Discover us on YouTube by  
searching:*

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



### **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

# Around the County, Events & Classes



The AARP-sponsored *Tax Assistance for the Elderly* program will be available beginning February 2023. This program attempts to serve seniors with low to moderate income.

Trained & certified volunteer counselors are required to maintain confidentiality of clients. **Appointments are required for this program.** Participants are required to commit to **TWO** appointments: a brief initial intake appointment and a second appointment to review your tax documents one week later. You must have **ALL** documents listed below on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances. **NOTE: No appointments will be taken before Thursday, January 18, 2024.** Call the Wood County Senior Center for an appointment at **419.353.5661 or 800.367.4935**

**Please bring the following documents to your first appointment:**

- ⇒ Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse).
- ⇒ All forms showing income.
- ⇒ A copy of your 2021 income tax return.
- ⇒ Expense records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize.

**NOTE:** Large medical expenses may help for State taxes even if you do not itemize deductions.

- ⇒ Affordable Care Act (medical insurance) documents.
- ⇒ If any assets were sold, we need to know the cost basis and date of purchase of the asset.
- ⇒ Voided check if you would like electronic refunds.



**Meet me at the Toledo Museum of Art Tour** Thursday, January 18 at 2 p.m. **Theme: The Art of Glass** 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@wcco.net](mailto:programs@wcco.net)



## Expressive Art for Wellness: Snowflake Resist Art

Monday, January 22 from 1 to 3 p.m. **Wood County Senior Center**

**Cost: \$10, Supplies & Instruction Provided**

Attend this class monthly to experience the many benefits therapeutic art can provide including improved cognitive function, a better mood, enhanced motor skills, increased social interaction, greater self-expression, pain relief, and improved memory. These groups focus on enjoying the process of creating art, from a judgment free lens. 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:** We will create hidden images using white crayons. The crayon will become visible through the application of watercolor paint. Additional materials will be used to create surprising and satisfying textures. Every image is unique in the way that the colors mingle together to create a work of art! Please wear a paint shirt.

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

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



# Around the County, Events & Classes



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

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

## Lunch and Learn: Freedom of Speech

*Presented by Judge Matthew Reger*

Friday, January 12 at 11:30 to 12:30 p.m.,

Wood County Senior Center



Judge Matthew Reger will provide an engaging presentation with give and take from the audience on the free speech protections under the federal and state constitution and a history on the development of this important right. Attend this session to find out how we can learn from freedom of speech.

Questions to consider may include; Which of the specific rights guaranteed by the First Amendment can you name? In the U.S. is it legal to burn the flag as a means of political protest? Can a public university censor a student newspaper? What does it mean to be “free”? What does it mean to “have rights”? These questions and much more will be covered in this lunch and learn.

*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 January 5. This session will fill up fast if you cannot make it please call 24 hours in advance to cancel, so we can activate our waitlist.** To register call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)



## Acrylic Painting Class: Cardinal in the Snow

Wednesday, January 24 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 “Cardinal in the Snow.” 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.**

# Around the County, Events & Classes

## Great Decisions 2024

Saturdays, January 20 - February 24

9:30 to 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 and are subject to change.**

**Saturday, January 20, 2024**

**Science Across Boards**

*Dr. Stefan Fritsch, Associate Professor of International Relations, Department of Political Science.*

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?

**Saturday, January 27, 2024**

**Mideast Realignment**

*Dr. Marc Simon Chair/Associate Professor Department of Political Science*

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?

**Saturday, February 3, 2024**

**NATO's Future**

*Dr. Douglas Forsyth, Associate Professor, History Department*

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?

**Saturday, February 10, 2024**

**High Seas Treaty**

*Dr. Marc Simon Chair/Associate Professor Department of Political Science*

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 shipping, 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?

**Saturday, February 17, 2024**

**Pandemic Preparedness**

*Dr. Travis Heggie Professor, Tourism, Hospitality and Event Management*

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?

**Saturday, February 24, 2024**

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

# Classes & Travel Opportunities



## 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.



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.

## 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

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.



## 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.

January 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>All Sites Closed.</b> 1	<b>Pulled Pork OR Grilled Chicken Breast Sandwich</b> 2 cheesy potato casserole, creamy coleslaw, red apple, brownie	<b>Beef Stew OR Tuna &amp; Noodles</b> 3 cornbread, green beans, broccoli salad, fruited jello	<b>Chicken Wings OR Pork Cutlet</b> 4 cauliflower, apricots, cherry crisp	<b>Meatloaf OR Dilled Salmon</b> 5 carrots, corn relish, grape juice, graham crackers
<b>Country Fried Steak OR Stuffed Chicken Breast</b> 8 mashed potatoes, tomato juice, peaches, pudding	<b>Beef Fajita OR Turkey Taco</b> 9 lettuce & tomatoes, black beans & tomatoes, pears	<b>Spaghetti &amp; Meatballs OR Chicken Alfredo</b> 10 noodles, midori vegetables, heritage slaw, banana, sherbet	<b>Cube Steak OR Turkey</b> 11 baked potato, carrot salad, mandarin oranges & grapes	<b>Sloppy Joe OR Salmon Burger</b> 12 roasted sweet potatoes, three bean salad, fruit cocktail, rice krispy treat
<b>All Sites Closed.</b> 15	<b>Coconut Curry Chicken OR Swedish Meatballs</b> 16 brown rice, brussel sprouts, fruit punch juice, peaches & pears	<b>Birthday Lunch! Beef Lasagna</b> 17 riviera blend, Texas caviar bean salad, orange, cake & ice cream	<b>Grilled Chicken Breast OR Liver &amp; Onions</b> 18 redskin mashed potatoes, carrots, rosy applesauce, lemon bar	<b>Stuffed Pepper OR Lemon Pepper Cod</b> 19 winter blend, grapes, peach crunch
<b>Chipped Beef OR Creamed Chicken</b> 22 mashed potatoes, green beans, orange juice, chocolate pudding	<b>Hamloaf OR Vegetable Lasagna</b> 23 corn, Caesar salad, ambrosia	<b>Smoked Sausage OR Honey Mustard Chicken Breast</b> 24 squash, emerald pears, strawberries & blueberries, angel food cake	<b>Roast Beef OR Almondine Pollock</b> 25 stewed tomatoes, sauerkraut salad, cinnamon applesauce	<b>Cream of Potato Soup OR Vegetable Soup</b> 26 egg salad, orange sections, celery sticks, peanut butter
<b>Cabbage Roll OR Veal Patty</b> 29 mixed vegetables, pickled beets, pineapple, brownie	<b>Black-Eyed Peas Hash (Sausage) OR Chicken &amp; Dumplings</b> 30 cooked carrots, cabbage/apple/raisin salad, peaches, pecan pie	<b>Beef Hoagie OR Turkey Meatball Sub</b> 31 green beans, potato salad, apricots		

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

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

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

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

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

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

January 2024		
Tuesday	Wednesday	Thursday
<b>Roast Beef</b> 2 cheese potato bake, green beans, fruit juice, ice cream	<b>Italian Chicken Breast</b> 3 baked potato, mixed vegetables, mandarin oranges & grapes, cookies	<b>Hamburger</b> 4 baked beans, coleslaw, fresh fruit, pie
<b>Birthday Dinner! Meatloaf</b> 9 mashed potatoes, riviera blend vegetables, fruited jello, cake & ice cream	<b>Chicken Tacos</b> 10 black beans & rice, lettuce & tomatoes, ambrosia salad	<b>Chef Salad w/Ham, Turkey, Egg &amp; Cheese</b> 11 cornbread, potato salad, melon, pudding
<b>Beef Lasagna</b> 16 carrots, Caesar salad, pineapple juice, graham crackers	<b>Chicken Stir Fry</b> 17 wild rice, winter blend vegetables, pickled beets, pears, pie	<b>Turkey</b> 18 mashed potatoes, peas & onions, citrus sections, gingerbread dessert
<b>Fish Sandwich</b> 23 tater tots, coleslaw, orange, sherbet	<b>Baked Ham</b> 24 sweet potatoes, broccoli, apple crisp	<b>Stuffed Pepper Soup</b> 25 cornbread, celery & carrot sticks, corn relish, strawberries, pound cake
<b>Spaghetti &amp; Meat sauce</b> 30 noodles, italian vegetable blend, spinach salad mixed fruit, cheesecake	<b>BBQ Chicken Breast</b> 31 small whole potatoes, prince charles blend vegetables, cantaloupe, brownie	

**BG Knitter's Guild:** Wednesday, January 3 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Karaoke:** Wednesday, January 10 at 4 p.m.

**Physiology and Fitness:** Tuesday, January 16 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Thinking—The Brain Body Connection **Presenter:** Dean Hodgkin, B.Sc.

**Kahoot:** Thursday, January 18 at 4:30 p.m. **Topic:** "Martin Lutheran King 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, January 25 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.**

**Readers Café:** Tuesday, January 30 at 3 p.m. Pick up a copy of the book to read (starting Dec. 28) then come together to watch the film. **Feature:** "The Wild Girl" **Books and audiobooks available by loan. 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** Marcus Jenson, Sandra Draheim, Debra Layfield In Honor of Patricia Sharp, Alta Coddington, Darlene Petwitz, Gregory & Maria Braknis, Mary O'Neil, Rick and Jackie Metz in Memory of Richard Vernier, Nasr Khan, Linda Hamilton, Lee McLaird, Peggy Brigham In Memory of Alta Coddington,

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

## **Annual Campaign Donors**

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

WOOD COUNTY  
COMMITTEE



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

All Senior Centers will be closed on  
January 1 and January 15, 2024

## 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 9:30 a.m. to 2:30 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

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