

# WOOD COUNTY COMMITTEE

ON

*Aging*

FEBRUARY 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)*

### Lunch and Learn: Becoming Trauma Informed: Through an Understanding of What is Trauma?

*Presented by Lisa Myers, LISW-S*

**Friday, February 23 at 11:30 a.m.**

**Wood County Senior Center**

Being trauma-informed shifts the focus from “What’s wrong with you?” to “What happened to you?” A trauma-informed approach to care acknowledges that we need to have a complete picture of a someone’s life situation — past and present — in order to provide effective care with a healing orientation.



This presentation is intended to increase participants awareness of trauma and its impact on individuals in the community. It is meant to bring awareness to the prevalence of trauma and to begin a shift in how we think about trauma and those who have been affected by it. In addition, this training will explore the effects of trauma on the brain and will review Adverse Childhood Experiences (ACE) and the possible outcomes of higher ACE scores.

Lisa Myers is a Licensed Independent Social Worker with Supervision Designation (LISW-S). She is currently the Director of Social Services for the Wood County Committee on Aging, Inc. She has a Masters in Social Work from the Ohio State University and a Bachelor’s in Social Work from Bowling Green State University. Her particular area of specialty and experience for most of her professional career has been working primarily with older adults (age 60+).

*Space is limited; the first 25 registered in person will receive lunch provided by Hanneman Family Funeral Homes. Otherwise, you can join us on Zoom. **Registration required by February 16. This session will fill up fast if you cannot make it please call 24 hours in advance to cancel, so we can activate our waitlist.*** To register call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)



### The Fringe “Spring Fashion Show”

*Showcasing Intergenerational Fashion to Celebrate Style*

**Friday, March 29 from 3 to 5 p.m.**

**Wood County Senior Center**

This great fashion event has been designed to showcase a variety of outfits for day to day activities, recreational events, formal events and special occasions. The Fringe is a not for profit thrift closet located in Bowling Green. In order to make this event a success we are in need of several models who would be interested in wear selected fashion attire. Interested models can contact the programs department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net).

Interested in attending the fashion event come adorning your personally created fashionable hat or “Easter bonnet” decorated to the nines. A “Fringe” gift card prize will provide to the hat with the most votes for most creative fashion. Enjoy tea and cookies while experiencing a stylish fashion show.

**To register call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net).**

# 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	March 6	1 to 3 p.m.
Wood County Senior Center	Feb. 21 & March 20	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, February 21, 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@wcco.net](mailto:programs@wcco.net)

## **Cholesterol Clinic Screenings** **The Wood County Health Department**

Must be a resident of Wood County & 25 years of age or older. \*Includes: Total Cholesterol, HDL, LDL Triglycerides, Total Cholesterol/HDL ratio and a blood glucose level. Results will be immediately available and discussed with clients by a Registered Nurse.

**Cost: \$20 for 60+; \$25 for ages 25-59**

### Clinic Site Dates & Times

#### **Wood County Sr. Center**

March 6, 12, 22 from 9 to 11 a.m.

#### **Perrysburg Area Sr. Center**

March 7, 13 from 9 to 11 a.m.

### **Appointment and pretest instructions**

**required.** To schedule an appointment, please call the Social Services Department at 419.353.5661 or 800.367.4935.

## 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)

## **Blood Pressure & Blood Sugar Screenings** **The Wood County Health Department**

Clinic Site	Date	Time
Wayne Area Senior Center	February 8	11 a.m. to 12:30 p.m.
Wood County Senior Center	February 13	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	February 15	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	February 20	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	February 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	February 28	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, February 12 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, February 22 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

*See more info on page 17.*

## Grandparents Raising Grandchildren

**Wednesday, February 28 at 11 a.m. to 1 p.m.**

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

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)

## Parkinson's Support

**Thursday, February 1 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, February 7 & February 21 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 Friday of the month at 12 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, February 6 to March 12 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 Area Physical Therapist*

## Delay the Disease Cost: \$20

*Wednesdays, February 21 to March 27 at 10 a.m.*  
OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and **help delay** the progression of symptoms associated with Parkinson's disease. *Tammy Starr, PT, Certified Instructor.*

## Dynamic Balance Cost: \$20

*Wednesdays, February 21 to March 27 at 9 a.m.*  
Join in this class to work on range of motion, strength, balance, movement, and fun! Participants may sit or stand *Tammy Starr, PT, Certified Instructor.*

## Get Moving Classic Cost: Free

*Mondays, Wednesdays & Fridays at 11:30 a.m.*  
*(No Class Monday February 19)*  
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, January 29 to March 11 at 10:30 a.m.*  
*(No Class February 19)*

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.*  
*Next Session: February 20 to March 26*

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.*  
*Next Session: February 22 to March 28*

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.

## **Conversational Sign Language Gathering:**

Mondays at 1 p.m. If you have basic sign language skills this group is for you. We will meet weekly to practice our signing skills to continue to develop them. *Hosted by Nancy Scott.*

## **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:** Thursday, February 1 at 2:30 to 3:30 p.m. *Facilitated by WCCOA Program Staff.* The goal is to document life events and discuss how they impact us. 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.

**Thursday Theater:** Thursday, at 1 p.m. View and discuss entertaining movies from 1930's until today.

**1:** "42nd Street" (1933) Starring Ruby Keeler, Ginger Rogers **8:** "In My Dreams" (2014) Starring Katharine McPhee, Mike Vogel **15:** "The Lost Valentine" (2011) Starring Jennifer Love Hewitt, Sean Faris **22:** "Letters to Juliet" (2010) Starring Amanda Seyfried, Christopher Egan **28:** "Leap Year" (2009) Starring Amy Adams Matthew Goode *Hosted by Kris Eridon. **Reservations required.***

**Veterans Coffee Social:** Second Friday of the month at 10 a.m. This group will share stories, have speakers and decide on projects. Coffee provided.

**Indoor Walking Winddown:** Every Friday from 1:15 to 1:45 p.m. Beat the winter blues by walking indoors. This will include gentle stretching and conversational walking to ease into the weekend. Friendly for those with limited mobility and strength. Please wear your walking shoes and we will track you laps for your own personal goals.

**Happy Hour:** Friday, February 2 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living. **Zoom option available.***

## **Indian Hills Elementary School: Art,**

**Architecture and Archeology** Monday, February 5 at 11 a.m. *Mike McMaster, Wood County Historical Society.*

## **A Philosophical Discussion of**

**Woodworking:** Tuesday, February 6 to March 12 at 10:30 a.m. These session are independent of each other so you may attend one or all of them. **See page 16.** All ages welcome! *Presented by Mike Shertzer*

**How about a Movie:** Fridays at 1 p.m. Movies will feature award winning actor Sidney Poitier who passed away in 2022. February **2:** "Lilies of the Field" (1963) **9:** "The Slender Thread" (1965) **16:** "The Bedford Incident" (1965) **23:** "Simple Life of Norah Dearborn" (1999) *page 15 for details.*

**Romantic Movies:** Wednesdays at 1 p.m. Hosted by Lilianna Rossi **7:** "Made to Honor" (2008) **14:** "One Fine Day" (1996) **21:** "Every Time We Say Goodbye" (1986) **28:** "The Choice" (2016) **Registration required.**

**BG Knitter's Guild:** Wednesday, February 7 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.*

**Older Adults Nutrition Quiz:** Thursday, February 8 at 12:30 p.m. As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Test your knowledge as we discuss the nutritional needs of adults age 60+. *Wood County Health Department*

**Breakfast Club:** Monday, February 12 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

**Nails:** Monday, February 12 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 February 12: **S:1 E: 7 & 8, 26: S:1 E 9 & 10** at 1 p.m.



**Craft:** Tuesday, February 13 at 10:30 a.m. Valentine Cards. All supplies provided. **Cost: \$10.** **Advance payment to secure a spot. Registration required.** *Facilitated by Leslie Miller.*

**Name That Tune BINGO:** Tuesday, February 13 at 10:30 a.m. Prizes will be awarded. *Facilitated by Heritage Corner Health Care.*

# Wood County Continued...

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

Tuesday, February 13 at 11 a.m. *Facilitated by the Wood County Health Department.*

## **Shoreline Tours Upcoming 2024 Trip**

**Information:** Tuesday, February 13 at 1 p.m. Learn more about our travel opportunities to Utah "Mighty 5" National Parks and Halloween in the Hudson River Valley. *Presented by Mike Bondy, Shoreline Tours.*

**Dinner & Movie:** Tuesday, February 13 at 3:30 p.m. Movie: "A Walk to Remember" Dinner reservations made by 2 p.m. on Tuesday, Feb. 13>

**Karaoke:** Wednesday, February 14 at 4 p.m. No previous singing experience necessary.

**Kahoot:** Thursday, February 15 at 4:30 p.m.

**Topic:** "Valentine's Day" Valentine's Day, has evolved into a significant cultural, religious, and commercial celebration. Join to test your knowledge on Valentine's day. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people. **Register today.**

**Brain Training:** Tuesday, February 20 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses*. **Topic:** Managing Chronic Disease **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: Snowman Canvas**

Tuesday, February 20 at 3 p.m. Create a 3D canvas painting of a snowman. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels.*

**Physiology and Fitness:** Tuesday, February 20 at 4:30 p.m. Video from *The Great Courses* **Topic:** Healthy Joints for Life **Presenter:** Dean Hodgkin.

**Nutrition and Aging:** Wednesday, February 21 at 11 a.m. This session will share the best practices in food use and how it may impact your health. *Presented by Mercy Medicine Residency Program.* **Zoom option available.**

**Movie Trivia:** Wednesday, February 21 at 12:30 p.m. **Zoom option available.**

**Smart DriverTEK:** Thursday, February 22 at 1 p.m. Smart DriverTEK is a FREE AARP Driver Safety educational program developed jointly with The Hartford. The program is experienced through a 90-minute workshop. Page 17 for details

**Lunch & Learn:** Friday, February 23 a.m. at 11:30 p.m. **This month:** Becoming Trauma Informed: Through an Understanding of What is Trauma? *Lisa Myers, LISW, WCCOA. See page 17 for more details!* **Registration required.**

**Zoom Bingo:** Friday, February 23 at 1 p.m. *Cover-all prize awarded. Register to receive the code.*

**Expressive Art for Wellness:** Friday, February 23 from 1 to 3 p.m. **Project:** "Heart Art Salt Painting". Please wear clothing you are comfortable painting in. **Cost:** \$10. **Registration required.** *Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.*

**Coffee & Coloring:** Monday, February 26 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Host Jan Chilcote. Sponsored by Wood Haven Health Care.*

**Trivia:** Tuesday, February 27 at 11 a.m. *Facilitated by Bridge Home Health & Hospice*

**Reader's Café:** Tuesday, February 27 at 3 p.m. Featuring books that have been turned into movies! **Feature:** "What Dreams May Come" by Richard Matheson **Synopsis:** Chris Nielsen had no idea, until an unexpected accident cut his life short, separating him from his beloved wife, Annie. Now Chris must discover the true nature of life after death. **Books and audiobooks available by loan by Jan. 30.** **Registration required.**

**Brain Games & Trivia:** Wednesday, February 28 at 12:30 p.m. Challenge your mind with some riddles, puzzles, word games and trivia. **Zoom option.**

**Acrylic Painting:** Wednesday, February 28 at 3 p.m. To create a "Valentine Hearts" This class is open to all levels of painting experience! *Hosted by Leslie Miller. Cost:\$5 See page 17.*

**Open Forum for Technology:** Thursday, February 29 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.*

**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.

**NEW! Jam Session:** Mondays (except 2nd Monday of month) and Wednesdays at 1 p.m. Schaller building. All abilities are welcome to attend this music group. Main goal of the group is to have fun and enjoy fellowship. *Hosted by Marvin Scheer*

**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.*

**Line Dancing Improver:** Fridays 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.

**Euchre Tournament:** Thursday, February 1 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, February 2 at 12:30 p.m. **Registration required. Zoom option available.**

**Texas Hold 'Em Tournament:** Monday, February 5 & Tuesday, February 20 at 1 p.m.

**Virtual Reality 101:** Tuesday, February 6 at 12:15 p.m. Learn more about this technology and experience it like you are really there. *Facilitated by Sara Gray, Technology Trainer, Way Library.*

**Seminar Series: SCAM Prevention:** Wednesday, February 7 at 12:45 p.m. Learn the best ways to protect yourself by keeping up to date on the

way 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, second session presented by Computol.* **Registration required.**

**Now and Then:** Thursday, February 8 at 12:30 p.m. **Reminiscing Topic:** Automobiles. *Facilitated by Comfort Keepers.*

**Bunco:** Friday, February 9 at 12:45 p.m. **Register.**

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

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

**Breakfast Club:** Tuesday, February 13 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg ) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center**

**Bingo:** Tuesday, February 13 at 12:30 p.m. *Facilitator Waterford at Levis Commons.*

**Coloring Club:** Wednesday, February 14 at 10:45 a.m. *Facilitated by Way Public Library.*

**Valentine's Party:** Wednesday, February 14 at 12 p.m. Enjoy refreshments, a valentine's theme game and entertainment *provided by Wood Haven Health Care.*

**Blood Pressure and Blood Sugar Checks:** Thursday, February 15 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

**Fire and Emergency Preparedness:** Friday, February 16 at 12:15 p.m. This session will cover best practices to remain safe within your home when emergencies. *Presented by American Red Cross.*

**Friends in Fellowship:** Tuesday, February 20 at 10:30 a.m. *Refreshments provided by Ohio Living.*

**Birthday Lunch:** Wednesday, February 21 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

**Stereoscopic Expeditions: Northern Lights** Tuesday, February 20 at 12:45 p.m. Way Public Library. We explore the Northern Lights using virtual technology.

**Caregiver Support Group:** Thursday, February 22 at 10 a.m. **Registration required**



# Perrysburg Continued...



**Craft:** Thursday, February 22 at 11:15 p.m. Spring Chalkboards. All supplies and instruction are provided. Registration required. *Sponsored by Manor of Perrysburg.*

**LRC Game:** Thursday, February 22 at 12:30 p.m.

**Trivia:** Friday, February 23 at 12:30 p.m.  
*Facilitated by Bridge Home Health and Hospice.*

**Hand & Foot Card Game:** Monday, February 26 at 1 p.m. Registration required.

**Movie Day:** Tuesday, February 27 at 12:45 p.m.  
**Feature:** The Love Punch Registration required. *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

**Nutrition and Aging:** Wednesday, February 28 at 11:15 a.m. *Mercy Family Med. Residency Program*

## 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.

**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:** Thursdays from 11 a.m. to 2 p.m.

**Healthy Aging Game:** Friday, February 2 at 12:30 p.m. *Facilitated by Rehab. Hosp. of NWO.*

**Spelling Bee:** Monday, February 5 at 12:45 p.m. *In person option at the Wayne Area Senior Center and the Wood County Senior Center. Zoom option.*

**An Overview of the Clinic Skills Lab:**  
Tuesday, February 6 at 12:30 p.m. *Presented by Debbie Allgire.*

**Blood Pressure & Glucose Screening:**  
Thursday, February 8 at 11 a.m. to 12:30 p.m. *Wood County Health Department.*

**Lower Your Risk of Dementia:** Monday, February 12 at 12:30 p.m. Learn more about what might and might not lower your risk. *Presented by the Wood County Health Department.*

**Bingo:** Tuesday, February 13 at 1 p.m. *Sponsored by Bowling Green Manor*

**Valentine's Day Games:** Wednesday, February 14 at 11 a.m. Celebrate the holiday by playing "The Newlywed Game", "Name That Love Song", and going on a Scavenger Hunt.

**Bingo:** Wednesday, February 14 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Breakfast Club:** Thursday, February 15 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, February 15 at 12:15 p.m. Part 2 of 3. This training will arm you with tools and tips on how to protect your money digitally. *Prerecorded presentation, second session presented by Computol.* Registration required.

**Trivia Battle:** Friday, February 16 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.*

**February Game:** Monday February 19 at 12:30 p.m. *Wayne Public Library*

**Expressions Through Art:** Tuesday, February 20 at 12:30 p.m. **Theme:** Abstract. All supplies are included. Registration required. *Facilitated by Wayne United Methodist Church.*

**Birthday Lunch:** Wednesday, February 21 at 12 p.m. *Cake & ice cream by The Willows.*

**Bingo:** Wednesday, February 21 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

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



**Craft:** Monday, February 26 at 12:30 p.m. Learn to make a DIY Glasses. This free class will have step by step instructions and supplies provided. *Sponsored by The Willows.* Registration required.

# 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.

## **Domestic Violence and Bystander**

**Intervention:** Thursday, February 1 at 12:30 p.m.  
The presentation takes a dive into the critical facets of domestic violence within the context of The Cocoon's agency mission, values, and services. The aim of this presentation is to increase awareness around the topic of domestic violence, the fundamental aspects of domestic violence while providing a comprehensive understanding of its dynamics and impacts; as well as Bystander Intervention strategies to employ. *Presented by The Cocoon Shelter.*

**Coffee and Coloring:** Monday, February 5 at 10:30 a.m. Stop in to join us as we work on our creative side while destressing and enjoying a cup of coffee with friends. Supplies will be provided.

**Fitness for Fall Prevention:** Tuesday, February 6 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, February 7 at 12:30 p.m.  
*Sponsored by Perrysburg Healthcare & Rehab*

**Divas and Desserts:** Friday, February 9 at 1 p.m.  
Ladies, enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

**Stroke Prevention:** Monday, February 12 at 12:30 p.m. *Erica Reid from the Rehabilitation Hospital of Northwest Ohio* will be presenting on Stroke: What are the different types of strokes, how they each impact you, what are the different levels of care after you leave the hospital, signs and symptoms of strokes, and stroke prevention.

**Valentine Day Celebration:** Wednesday, February 14 at 12:30 p.m. Enjoy frosting valentine sugar cookies and participating in some trivia to win a sweet chocolate treat. Mark your calendar for this fun afternoon! *Sponsored by Kingston Health Care.*

**Bingo:** Thursday, February 15 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

## **Documentary Series: The Story of the**

**Great Black Swamp:** Friday, February 16 at 12:30 p.m. A vast wetland covering an area the size of Connecticut, slowing settlement, home to some of the most loathed creatures during the 1800s and a source of both revenue and misery to the first pioneers to our area. What happened to the Great Black Swamp and what does it mean to us today? Learn some cultural and natural history about the formerly dominant land feature of Northwest Ohio. *Pre-recorded.*

**Breakfast Club:** Tuesday, February 20 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, February 21 at 12 p.m. *Cake sponsored by Partners in Home Care.*

**Movie Trivia:** Wednesday, February 21 at 12:30 p.m. Play a fun game of movie trivia with participants from the Wood County Senior Center. Find out how much you know about movies, actors and actresses. **Zoom option available.**

**Trivia Battle:** Thursday, February 22 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Cards & Dominoes:** Monday, February 26 at 10:30 a.m.

**Bits and Pieces:** Tuesday, February 27 at 12:30 p.m. A monthly mixture of horse sense and common sense when it comes to working with people. *Presented by Wood Haven Health Care.*

## **Better Than Ever**

**Area Artists Over 50 February 2 to 29, 2024**

Wood County Senior Center

***Exhibition call for artists***

Anyone age 50+ living within 100 miles of Wood County is eligible to show their art work during this exhibit time. The community is welcome to view their work throughout the month. The opening night will take place on Friday, February 2 from 5 to 7 p.m. at the Wood County Senior.



bowling green  
arts council

# 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, February 2 at 12:30 p.m. *Facilitated by Kingston of Perrysburg*

**Bingo:** Tuesday, February 6 at 12:30 p.m.  
*Participants must bring their own place holders.  
Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, February 7 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.*

**Walbridge Talk:** Thursday, February 8 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in hear first hand the latest updates on the village of Walbridge.

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

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

**Avoiding Utility Scams and Deceptive Business Practices Scams:** Tuesday, February 13 at 12:30 p.m. *Amy Carles, Ohio Consumer Council* Consumer scams are prevalent and can involve your utility service. Is there really a problem with your bill? Can you really save money? How do you know? What should you do? Knowing your rights and how to protect yourself from unscrupulous practices is a must! Learn to identify scams, effectively say “no,” and reduce unwanted solicitations. The latest utility scams, Caller Id spoofing, slamming and cramming will be discussed.

**Dominoes:** Tuesdays, February 13 & 27 at 12:30 p.m. Play several rounds of dominoes with us!

**Seminar Series: Easy Yoga:** Wednesday, February 14 at 12:30 p.m. This DVD focuses on maintaining and developing better balance, and on breathing and building strength. All can be done setting or using a chair for assistance.

**Who, What, Where?:** Thursday, February 15 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.*

**Card Bingo:** Tuesday, February 20 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, February 21 at 11 a.m.  
*Facilitated by the Wood County Health Department.*

**Birthday Lunch:** Wednesday, February 21 at noon. *Cupcakes sponsored by Kingston.*

**Domestic Violence and Bystander**

**Intervention:** Wednesday, February 21 at 12:30 p.m. The presentation takes a dive into the critical facets of domestic violence within the context of The Cocoon's agency mission, values, and services. The aim of this presentation is to increase awareness around the topic of domestic violence, the fundamental aspects of domestic violence while providing a comprehensive understanding of its dynamics and impacts; as well as Bystander Intervention strategies to employ. *Presented by the Cocoon Shelter.*

**Wii 100 pin Bowling:** Friday, February 23 at 12:30 p.m.

**LRC Game:** Monday, February 26 at 12:30 p.m.

**Bunco:** Tuesday, February 27 at 12:30 p.m.

**Older Adult Nutrition Quiz:** Tuesday, February 27 at 12:30 p.m. As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Test your knowledge as we discuss some of the unique nutritional needs of adults age 60+. *Wood County Health Department.*



# Grand Rapids

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

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

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

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

**Birthday Acknowledgements:** Thursday, February 1 at 12:30 p.m. Join us to sign and send birthday cards for the residents of Grand Rapids Care Center. *Sponsored by Hanneman Funeral Homes.*

**Bingo:** Friday, February 2 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**Indian Hills Elementary School: Art, Architecture, and Archeology** Tuesday, February 6 at 12:30 p.m. The distinctive shape of Indian Hills Elementary School in Rossford has fascinated students, teachers, and residents of Rossford since its construction in 1968-1970. The award winning design of the building represents an important aspect of Wood County history. Learn about this unique structure, and the archeology conducted there, in this informative program. *Mike McMaster, Wood County Historical Society.*

**Remember When:** Thursday, February 8 at 12:30 p.m. Come enjoy this interactive and nostalgic time as we look back at various chapters in our lives.

**Monthly Guessing Game:** Monday, February 12 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, February 13 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1 Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**



**Canvas Art Party:** Wednesday, February 14 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. We will be painting a welcome spring sign. Keep this painting for yourself or provide it as a gift. **Registration is limited to 6 people.**

*Instructor Lori Lawton, ATR.*



**Craft:** Thursday, February 15 at 12:30 p.m. Join us as we create "Spring Chalkboards." All materials and instruction will be provided. **Registration required.** *Facilitated by Bowling Green Manor.*

**Blood Pressure & Blood Glucose Screening:** Tuesday, February 20 at 11 a.m. *Facilitated by Wood County Health Department.*

**Birthday Lunch:** Wednesday, February 21 at noon. *Sponsored by Bowling Green Manor.*

**Would You Rather Fitness:** Friday, February 23 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, February 26 at 12:30 p.m. Come enjoy this interactive and thought provoking game. Theme: State trivia. *Facilitated by Grand Rapids Care Center.*

**Trivia Battle:** Tuesday, February 27 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.*

**Seminar Series: SCAM Prevention:** Wednesday, February 28 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 second session presented by Computol.*

## Volunteer Opportunities

- 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!

For more information reach out to our volunteer coordinator at 419.353.5661 or 1.800.367.4935 or email [sspencer@wccoa.net](mailto:sspencer@wccoa.net)



# 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.

**Bingo:** Thursday, February 1 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Minutes with the Mayor:** Monday, February 5 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.

**Trivia:** Monday, February 6 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

**Movie:** Wednesday, February 7 at 12:45 p.m.  
**Feature:** "Chocolat" (2000) Drama/Romance  
**Synopsis:** A French woman and her young daughter open up a chocolate shop in a small remote village that shakes up the rigid morality of the community.  
*Snacks sponsored by Wood Haven Health Care.*

**Family Feud:** Thursday, February 8 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.*

**Dealing the High Energy Prices?** February 9 at 12:30 p.m. *Amy Carles, Ohio Consumer Council* Energy prices have been on the rise. Learn why and ways for you to better manage your energy bills. The Office of the Ohio Consumers' Counsel will discuss energy efficiency tips, how to decide if choosing an energy supplier or is aggregation the right for you, and the utility assistance and disconnection protections that are available.

**Ability Center Services:** Monday, February 12 at 12:45 p.m. *Beth Stutler, from the Ability Center* of Northwest Ohio will provide an overview of services available to community members in need.

**Breakfast Club:** Wednesday, February 14 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own. Register with the Senior Center.**

**Valentine Party:** Wednesday, February 14 at 12:30 p.m. Wear your red and celebrate with us! Games and prizes sponsored by Bowling Green Manor.

**Name That Tune:** Wednesday, February 14 at 1:15 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.***

**Blood Pressure & Blood Glucose Screening:** Thursday, February 15 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Trivia Battle:** Thursday, February 15 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.*

**Birthday Lunch:** Wednesday, February 21 at 12 p.m. *Sponsored by Otterbein Pemberville.*

**Indian Hills Elementary School: Art, Architecture and Archeology** Thursday, February 22 at 12:15 p.m. The distinctive shape of Indian Hills Elementary School in Rossford has fascinated students, teachers, and residents of Rossford since its construction in 1968-1970. The award winning design of the building represents an important aspect of Wood County history. Learn about this unique structure, and the archeology conducted there, in this informative program.  
*Mike McMaster, Wood County Historical Museum*

**Mystery Game:** Monday, February 26 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

**Movie:** Wednesday, February 28 at 12:45 p.m.  
**Feature:** "Beauty and the Beast" (2017) Adventure/Family/Fantasy  
**Synopsis:** A selfish Prince is cursed to become a monster for the rest of his life, unless he learns to fall in love with a beautiful young woman he keeps prisoner. *Snacks sponsored by Wood Haven Health Care.*

**Trivia:** Thursday, February 29 at 12:45 p.m. *Prizes provided by Bridge Home Health and Hospice.*

# 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, February 2 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*

**Spelling Bee:** Monday, February 5 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.*

**Name That Tune:** Wednesday, February 14 at 1: 15 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.*

**Nutrition and Aging:** Wednesday, February 21 at 11 a.m. *Presented by Mercy Residence Family Medicine. In-person option: Wood County Center.*

**Movie Trivia:** Wednesday, February 21 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*

**Lunch & Learn:** Friday, February 23 at 11:30 a.m. **Becoming Trauma Informed: Through an Understanding of What is Trauma?** *Lisa Myers LISW, WCCOA. In-person option: Wood County Senior Center*

**Bingo:** Friday, February 23 at 1 p.m. Play 10 rounds of bingo online *Prize for the cover-all.*

**Brain Games & Trivia** Wednesday, February 28 at 12:30 p.m. *In-person option: Northeast Area Senior Center & Wood County Senior Center.*



**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.



### 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.**

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

**February 2:** "Lilies of the Field" (1963) *Starring Sidney Poitier*

**February 9:** "The Slender Thread" (1965) *Starring Sidney Poitier, Anne Bancroft, Telly Savalas*

**February 16:** "The Bedford Incident" (1965) *Starring Richard Widmark, Sidney Poitier, James MacArthur*

**February 23:** "Simple Life of Noah Dearborn" (1999) *Starring Sidney Poitier, Dianne Wiest, Mary Parker*

## 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, February 2 & 16  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, February 14 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 2024. 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 2022 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.



## A Philosophical Discussion of Woodworking: History, Tradition, Methods, Life Lessons Taught

Tuesdays, February 6 to March 12 from 10:30 to 11:30 a.m.

**Wood County Senior Center**

All ages are welcome and no previous knowledge of wood working is required. All sessions will be discussion based and will dive into the art of woodworking! Open to all ages. *Facilitated by Mike Shertzer*

**Session1 : Why Woodworking?** Why we love trees and the wood from them. Plus the satisfaction and challenges woodworkers obtain from their craft that other hobbies do not offer. Is woodworking an activity, craft or art?

**Session 2: Making the Cut!** How a log becomes a board. The difference between plan, quarter, and rift sawn. Different types of trees and why certain wood species were chosen for specific uses.

**Session 3: The Plane Truth!** The history and tradition of wood, transitional and metal planes. We will look at and discuss molding, bench, combination, plow, rebate and fillister planes, their purpose, parts and use.

**Session 4: What we Choose to See!** How to select a quality board and identify the defects it may have. Like type of knots, waness, shakes, splits, spalting and others. Which ones to avoid and which may add character to your project. Types of warps, their cause and how to correct them.

**Session 5: Tools the Swing!** A humorous discussion of mankind's first tool that created a culture. Plus a discussion of nails, their history, and fascinating facts of them.

**Session 6: A Perfect Fit!** Nothing can compare to all the creative genius that woodworkers used to join two boards together. We will show different types of joinery and their advantages and weaknesses.

**Registration encouraged by calling 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net).**



# Around the County, Events & Classes

## Diabetes Self-Management Program (DSMP) Workshop

Tuesdays, February 20 to March 26 from 1 to 3:30 p.m.

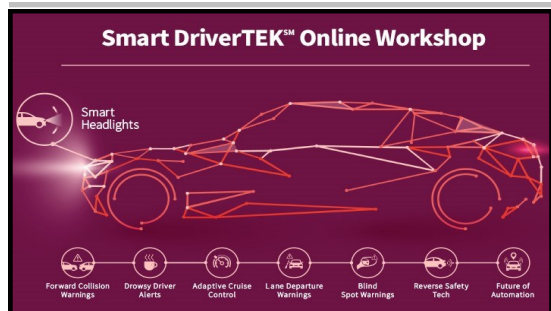
**Wood County Senior Center**

**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)



## Smart DriverTEK with Sandy Wiechman

Thursday, February 22 from 1 to 3 p.m.

**Wood County Senior Center**

Why has AARP Driver Safety developed Smart DriverTEK? Cars are becoming more technologically advanced every day and show no sign of slowing down. This means there's more safety technology in today's cars than ever before. However, many drivers, especially mature drivers, aren't familiar with how to use the technology to keep them safe.

- Become more up-to-date on available safety technologies in cars.
- Recognize how technologies might enhance driving safety and extend safe driving years.
- Improve their understanding of the benefits of vehicle safety technologies.
- Learn how to properly use vehicle safety technologies.

## Expressive Art for Wellness: Heart Art Salt Painting

Friday, February 23 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:** This month is all about the fun, play, and process of creating art. We will be creating designs of your choice, inspired by the month of love. Salt painting involves gluing salt to white drawing paper, and then painting your designs using pipettes or paintbrushes containing watercolors to create a gorgeous raised texture. Please wear a paint shirt. **Registration required. Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**



## Acrylic Painting Class: Ostrich

Wednesday, February 28 at 3 p.m.

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

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

This session will cover various brush techniques while using a variety of colors to create this "Ostrich" This class is open to all levels of painting experience and will provide step-by-step instructions. *Hosted by Leslie Miller.*

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

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

# Around the County, Events & Classes

## Great Decisions 2024

Saturdays, February 3- 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, 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**

**Climate Technology and Competition**

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change?

**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."*



**Meet me at the Toledo Museum of Art Tour** Thursday, February 15

at 2 p.m. **Theme: As Time Goes By** 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)

# 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. *Presented by Anspach Law.*

**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. *Presented by Wood County Hospital.*



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

February 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Turkey Pot Roast 1</b> OR <b>Meat &amp; Bean Chili</b> broccoli salad, corn bread, banana, fruit sorbet	<b>Scalloped Potatoes 2</b> OR <b>Ham OR Cheese</b> <b>Manicotti</b> sicilian blend, cucumber salad, baked apple
<b>Hamburger OR Hot Dog</b> wedge fries, citrus slaw, rosy applesauce	<b>Italian lasagna OR Salmon Loaf</b> peas & carrots, three bean salad, mandarin oranges & jello	<b>Calico Beans OR Chicken Tenders</b> nantucket blend, spinach salad, granola, berry blend w/yogurt, granola	<b>King Ranch Chicken 8</b> <b>Casserole OR Pork Chop</b> italian green beans, cauliflower & peanut salad, grapes, frozen yogurt	<b>Sliced Ham OR Tuna Salad Sandwich 9</b> baked bean salad, coleslaw, orange sections, cookies
<b>Chicken Cordon Bleu 12</b> OR <b>Liver &amp; Onions</b> small whole potatoes, mixed fruit, pineapple juice, gingerbread	<b>Goulash OR Chicken 13</b> <b>Teriyaki</b> broccoli, peaches & cottage cheese, sidekick slushie	<b>Roast Beef OR Almond Fish 14</b> scalloped potatoes coleslaw, rosy applesauce, lemon meringue pie	<b>Hamloaf OR Chicken Chimichanga 15</b> stewed tomatoes, carrots, pears with jello	<b>Turkey Tetrazzini 16</b> OR <b>Shrimp Poppers</b> spinach, Texas caviar, pineapple cherry delight
<b>All Sites Closed for President's Day. 19</b>	<b>Pulled Pork OR 20</b> <b>Grilled Chicken Breast Sandwich</b> cheesy potato casserole, creamy coleslaw, red apple, brownie	<b>Birthday Lunch! 21</b> <b>Meatloaf</b> carrots, potato salad, grape juice, cake & ice cream	<b>Chicken Wings OR 22</b> <b>Pork Cutlet</b> cauliflower, apricots, cherry crisp	<b>Beef Stew OR Tuna 23</b> <b>&amp; Noodles</b> green beans, cornbread, coleslaw, fruited jello
<b>Country Fried Steak 26</b> OR <b>Stuffed Chicken Breast</b> mashed potatoes, tomato juice, peaches, pudding	<b>Beef Fajitas OR 27</b> <b>Turkey Taco</b> black beans & tomatoes, lettuce & tomatoes, pears	<b>Spaghetti &amp; 28</b> <b>Meatballs OR Chicken Alfredo</b> midori vegetables, heritage slaw, banana, sherbet	<b>Cube Steak OR 29</b> <b>Turkey</b> baked potato, carrot salad, mandarin oranges & grapes	

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.

February 2024		
Tuesday	Wednesday	Thursday
		<b>Bratwurst</b> 1 french fries, sauerkraut salad, fruit juice, apple strudel
<b>Macaroni &amp; Cheese</b> 6 w/Ham stewed tomatoes, tossed salad, pears, pudding	<b>Open Faced Roast</b> 7 <b>Beef</b> mashed potatoes, brussel sprouts, fruit juice, pie	<b>Stuffed Green</b> 8 <b>Pepper</b> corn, macaroni salad, grapes & melon, cherry crisp
<b>Birthday Dinner!</b> 13 <b>Roast Pork</b> scalloped potatoes, cooked cabbage, grape juice, cake & ice cream	<b>Teriyaki Salmon</b> 14 rice, roasted cauliflower, Asian salad, crumb topped peaches	<b>Chicken Lasagna</b> 15 broccoli, peaches, cottage cheese, cherry crunch
<b>Chef Salad w/Chicken</b> 20 <b>Strips &amp; Egg</b> pea salad, ambrosia, blueberry muffin	<b>Cube Steak</b> 21 small whole potatoes, carrots, apple & oranges, pumpkin pecan cake	<b>Tukey Pot Roast</b> 22 <b>Stew</b> broccoli salad, plums, cookies
<b>Sweet &amp; Sour</b> 27 <b>Chicken</b> rice, oriental blend vegetables, fresh fruit cup, blueberry crisp	<b>Vegetable Lasagna</b> 28 mixed vegetables, Caesar salad, berry blend, pound cake	<b>Beef &amp; Noodles</b> 29 beets, pineapple, banana, sherbet

**BG Knitter's Guild:** Wednesday, February 7 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Karaoke:** Wednesday, February 14 at 4 p.m.

**Physiology and Fitness:** Tuesday, February 20 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Healthy Joints for Life **Presenter:** Dean Hodgkin, B.Sc.

**Kahoot:** Thursday, February 15 at 4:30 p.m.  
**Topic:** "Valentine's Day" It has evolved into a significant cultural, religious, and commercial celebration of romance and love in many parts of the world. Join to test your knowledge on Valentine's day. Bring your smartphone if you have one, if not we will have tablets available. Limited to 10 participants. **Register today.**

**Readers Café:** Tuesday, February 27 at 3 p.m. Pick up a copy of the book to read (starting Dec. 28) then come together to watch the film. **Feature:** "What Dreams May Come" by Richard Matheson

**Books and audiobooks available by loan.**  
**Registration required.**

**Open Forum for Technology:** Thursday, February 29 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

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

# Dinner Menu



# Donors & Donations

WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services.

## Kitchen Fun Donations:

Walbridge VFW Post 9963, Walbridge VFW Post 9963 Auxiliary.

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

## 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 book that will be available to all participants. Participants can pick up 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

## 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. Their trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

**TOLL FREE: 800.971.0016**

## 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.

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

We're on the Web!

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



FACEBOOK

[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



BLOGSPOT

[woodcountycommitteeonaging.blogspot.com/](http://woodcountycommitteeonaging.blogspot.com/)



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

All sites will be closed on Monday, February 19  
in observance of Presidents Day.

## 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

*Ohio's First Nationally Accredited Senior Center*



