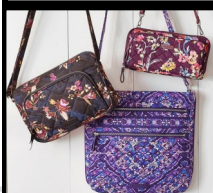


WOOD COUNTY COMMITTEE

ON
Ageing
MARCH 2024

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TRIP: Vera Bradley Factory Outlet Sale on Thursday, May 2 Depart from Meijer Parking Lot in BG & Perrysburg Walmart time to TBA. The sale will feature Vera Bradley handbags, travel items, accessories, stationery and luggage in a variety of current and retired patterns. To purchase tickets for this bus trip call Stephanie Kosak at 1018 Travels, LLC at 419.685.7058 or 419.496.0699



Band Members: Bob Midden & Kathy Moss from Bowling Green, Chuck Boyer from Toledo, and Marty Brogan from Perrysburg.

Interested in staying for dinner make your reservation by 2 p.m. by calling 419.353.5661 or email programs@wccoa.net.
Turn to site pages for information on St. Patrick's Day events!

Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

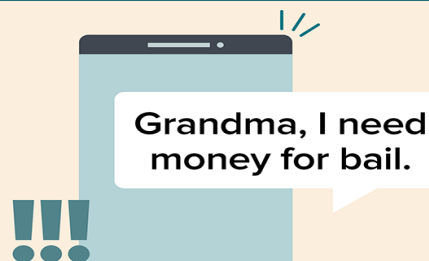
National Consumer Protection Week • March 3–9 #NCPW2024

NCPW Speaks Your Language

Scammers speak the language of **older adults**.

Start a conversation.
Help stop scams:

ftc.gov/PassItOn



It's National Consumer Protection Week!

Join us on Friday, March 8 from 10 to 11 a.m.

Wood County Senior Center

Featured speakers on scam and fraud protection include:

- Federal Trade Commission
- Office of the Ohio Consumer Council
- Office of Ohio Attorney General, Consumer Protection
 - United States Postal Inspection Service
 - Ohio Senior Medicare Patrol
 - Social Security Administration

You can join in person or via Zoom. To register call 419.353.5661 or email programs@wccoa.net

Concert Series: "Toraigh"

Traditional Irish Music

Tuesday, March 12 from 4 to 5 p.m.

Wood County Senior Center

Join us for live Irish music with the band Toraigh (pronounced "Tory"). This Irish Gaelic word means "seek" or "search", and represents the search for great times by bringing people together with the lively, toe-tapping, and heart-warming traditional music of Ireland. Wear your green!

Sponsored by:  **PARAMOUNT**
ELITE | MEDICARE PLANS
Affiliate of ProMedica

Agency Services

Lunch

Monday - Friday, Hours Vary by Location

Hot lunches are available. *See your location's page for meal time and reservation requirements.*

Suggested donation: \$2 for those 60+
(\$5 fee for those under 60)

Dinner

Tuesday - Thursday, Wood County Senior Center

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room will be available. **Reservations are required by 2 p.m. the day you wish to attend** by calling 419.353.5661 or 800.367.4935.

Suggested donation: \$4 for those 60+
(\$7 fee for those under 60)

Durable Medical Equipment Loans

Durable medical equipment is available for loan. Please call the Social Services Department at the Wood County Senior Center at 419.353.5661 or 800.367.4935 for information.

Examples of available items include: wheelchairs, standard canes, quad canes, standard walkers, wheeled walkers, commodes, shower benches, toilet seat risers, bed and toilet rails, and bathtub transfer bars. Items are to be picked up at the Wood County Senior Center 140 S. Grove St. Bowling Green, OH. If you would like to donate a new or gently used item to our closet, contact our Social Services Department for prior approval of need for the item/s. Financial donations are also accepted.

Friendly Visitor Program

The purpose of this program is to help reduce loneliness and isolation. If you would like to inquire about having a friendly visitor, please contact Lisa Myers, Director of Social Services, at 419.353.5661 or 800.367.4935.

Would you like to be a friendly visitor? We are always seeking volunteers for this program! Volunteers communicate with an older adult weekly, spend a minimum of four hours per month one-on-one with them, provide emotional support, and build a meaningful relationship. Requirements to volunteer for this program include: 21 years of age or older, ability to commit for at least 6 months; desire to work with older adults, and willingness to complete a background check. If interested, contact Lisa Myers (see contact info in above paragraph).

Home Delivered Meals

Monday - Friday

Hot, nutritious meals are available for homebound seniors in Wood County who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend. Suggested donations of \$2 per meal are requested. Call Social Services at 419.353.5661 or 800.367.4935.

Medical Escort

The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical



appointments such as physician, dental, or eye appointments up to three times per month per individual. WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. and 2:30 p.m.

To register for this service, please call:

Northern part of the County: 419.666.8494

Southern part of the County: 419.353.5661 or
1.800.367.4935

Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers year round.

Opportunities include front desk receptionist, newsletter collation, lunch assistance, and Home Delivered Meal delivery to homebound clients.

Please contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935.

UnitedHealthcare Members

You might be eligible to receive a discount on our fitness classes!

Renew Active™ is the gold standard in Medicare fitness programs for both the body and the mind! The program is available with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or are currently participating in a class, you may be eligible to receive a discount or have the class fee fully covered! *Contact Kinsey Kale, Program and Wellness Specialist* at 419.353.5661 or email programs@wccoa.net You can learn more at: UHCRenewActive.com

Clinics & Consultations

Podiatry Clinic

Provided by Heel and Toe Podiatry with
Dr. Scott Johnston

| Clinic Site | Date | Time |
|--------------------------------|----------|-------------|
| Pemberville Area Senior Center | March 6 | 1 to 3 p.m. |
| Wood County Senior Center | 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, March 20, 2024

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

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

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 |
|---------------|----------|-------------|
| Bowling Green | March 14 | 4 to 6 p.m. |
| Perrysburg | March 21 | 2 to 4 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

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

| Clinic Site | Date | Time |
|---------------------------------|----------|-----------------------|
| Pemberville Area Senior Center | March 11 | 11 a.m. to 12:30 p.m. |
| Wood County Senior Center | March 12 | 11 a.m. to 12:30 p.m. |
| Wayne Area Senior Center | March 14 | 11 a.m. to 12:30 p.m. |
| Grand Rapids Area Senior Center | March 26 | 11 a.m. to 12:30 p.m. |
| Rossford Area Senior Center | March 27 | 11 a.m. to 12:30 p.m. |
| NortheastArea Senior Center | March 28 | 11 a.m. to 12:30 p.m. |

WCCOA Support Groups

Caregiver Support Group

Monday, March 11 at 2:30 p.m.

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

Respite available for care recipients.

Please pre-register for respite.

Thursday, March 28 at 10 a.m.

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

Care Compass Project

Wednesday, June 5 at 11 a.m.

Topic: Caregiver Medical Options and Training

The CARE Compass project will serve as a quarterly network gathering for caregivers. CARE Compass is place to gather together and obtain resources to make the journey of caregiving less stressful. This series is designed for those that may share the journey of caregiving today or in the future. *See more info on page 17.*

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

Parkinson's Support

Thursday, March 7 at 5:45 p.m.

Location: Wood County Senior Center

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

Grasping Your Grief

Wednesdays, March 6 & March 20 at 1 p.m.

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

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

Other Local Support Groups

National Alliance on Mental Illness (NAMI) Family Support

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

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

NAMI Connections Recovery Support

Wednesdays at noon

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

Living Through Loss Grief Support

Third Monday of each month

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

Grief Share

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

Grandparents Raising Grandchildren

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

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 ****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 Therapists.*

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.
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, February 28 to April 3 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, April 15 to May 20 at 10:30 a.m.
Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced:

Tuesdays, February 20 to April 2 at 10:30 a.m.
(No Class March 19)
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, February 22 to April 4 at 11 a.m.
(No Class March 21)
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, February 21 to March 27 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.*

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.

7: "Finding You" (2021) **14:** "Darby O'Gill and the Little People" (1959) **21:** "Enchanted" (2007) **28:** "Joseph & the Amazing Technicolor Dreamcoat" (1999) *Hosted by Kris Eridon.*

Veterans Coffee Social: Each Friday of the month at 10 a.m. This group will share stories, have speakers and decide on projects. Coffee provided. *Sponsored by The Willows of BG.*

Indoor Walking Winddown: Every Friday from 1:15 to 1:45 p.m. Walk opportunity for those with limited mobility and strength. Please wear your walking shoes. Track your laps for your goals.

How about a Movie: Fridays at 1 p.m. **1:** "Last Brickmaker in American" **8:** "The Secret" **15:** "A Family for Joe" **22:** "The Story Lady" **29:** "Gift of Love" *page 15 for details.*

Spanish for Beginners: Friday's February 23, March 1, 15, 22, 29 and April 5 from 1 to 2:30 p.m. This course requires minimal Spanish language skills. Sessions will focus on learning the Spanish language through activities, games, and projects. *Facilitated by Rachel Reed, BGSU Spanish Language student.* **Registration is required.**

Happy Hour: Friday, March 1 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living.* **Zoom option available.**

Quilters Group: Monday, March 4 & March 25 at 12 p.m. Bring projects or just come to learn. *Hosted by Marsha Miller.*

Black Swamp Stories Part 3: Monday, March 4 at 11 a.m. This program discovers the location of the mysterious Dutchmen's Deadenig, the gift of Johnny Chapman, and the origins of the most iconic barn in all of Wood County (in Mike McMaster's opinion). *Mike McMaster, Wood County Historical Society.*

A Philosophical Discussion of

Woodworking: Tuesday, March 5 & 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*

Dinner & Movie: Tuesday, March 5 at 3:30 p.m.

Movie: "Maid in Manhattan" Dinner reservations made by 2 p.m. on Tuesday, March 12.

Property Tax Exemption for Home Owners:

Wednesday, March 6 at 11 a.m. Assistance for homeowners who need help paying un-escrowed property taxes.* For Wood County residents who are experiencing financial hardship related to COVID-19. Attend this session to learn more. *Corey Manns, Financial Opportunity Center Specialist, Great Lakes Community Action Partnership (GLCAP)*

Romantic Movies: Wednesdays at 1 p.m. Hosted by Lilianna Rossi **6:** "As Good As It Gets" (1997) **13:** "Love Happens" (2009) **27:** Romeo & Juliet (1968) **Registration required.**

Karaoke: Wednesday, March 6 at 4 p.m. No previous singing experience necessary.

BG Knitter's Guild: Wednesday, March 6 at 4 p.m. Quilts for the honor flight. Quilts are red, white and blue and no smaller than 34 by 44. Bring your supplies. *Hosted by Jackie Instone.*

Piano Recital: Wednesday, March 6 at 6 p.m. . *Hosted by Vicki Hohner.*

Memoir Writing Group: Thursday, March 7 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.

National Consumer Protection Week Event: Friday, March 8 at 10 a.m. *see front page!*

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

Wood County Continued...

NEW Reacher, TV Series: Monday's March 11: S:2 E: 3 & 4 & **25:** S:2 E 5 & 6 at 1 p.m.



Craft: Tuesday, March 12 at 10:30 a.m. We will be making a Sock Bunny just in time for Easter. Instruction and supplies will be provided. **Cost: \$10. Advance payment to secure a spot. Registration required.** Facilitated by Clara Fiori, WCCOA.

Name That Tune BINGO: Tuesday, March 12 at 10:30 a.m. Prizes awarded. Facilitated by Heritage Corner Health Care.

Blood Pressure & Glucose Screening: Tuesday, March 12 at 11 a.m. Facilitated by the Wood County Health Department.

Concert Series: Tuesday, March 12 at 4 p.m. Featuring "Toriagh" Traditional Irish Music Make your reservations if you planning on staying for dinner.

Breakfast Club: Monday, March 18 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

Brain Training: Tuesday, March 19 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses*. **Topic:** Coping With Chronic Pain **Video Presenter:** Jason M. Satterfield, Ph.D. **Registration required by January 12.** Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.

Physiology and Fitness: Tuesday, March 19 at 4:30 p.m. Video from *The Great Courses* **Topic:** The Amazing Benefits of Balance **Presenter:** Dean Hodgkin.

Dementia and Alzheimer's Disease: Wednesday, March 20 at 11 a.m. This session will share the latest information on dementia from diagnosis to prognosis. Presented by Mercy Medicine Residency Program. **Zoom option available.**

Movie Trivia: Wednesday, March 20 at 12:30 p.m. **Zoom option available.** Challenge yourself to some trivia about movies, actors and actresses.

Kahoot: Thursday, March 21 at 4:30 p.m. **Topic:** "Spring Equinox" Test your knowledge and learn more using kahoot. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people. **Register today.**

Lunch and Learn: Friday, March 22 at 11:30 a.m. **This month:** Understanding Developmental Disabilities over the Lifecourse. Jessica Miller-Blakely, CEO, Woodlane. See page 17 for details! Lunch sponsored by Hanneman Family Funeral Homes.

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

Expressive Art for Wellness: Friday, March 22 from 1 to 3 p.m. **Project:** "Stained Glass Painting" **Cost: \$10. Registration required.** Facilitated by Kaitlyn Harden, MA, LPC, ATR-P. See page 16.

Coffee & Coloring: Monday, March 25 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, March 26 at 11 a.m. Facilitated by Bridge Home Health & Hospice.



Craft: Paper Easter Wreath: Tuesday, March 26 at 3 p.m. Create a wreath from paper easter eggs. All supplies and guidance for project will be provided. **Registration required.** Sponsored by 1018 Travels.

Reader's Café: Tuesday, March 26 at 3 p.m. Featuring books that have been turned into movies! **Feature:** "Killers of the Flower Moon" by David Grann. **Synopsis:** In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. Then, one by one, the Osage began to be killed off. As the death toll rose, the newly created FBI took up the case. Together they expose one of the most chilling conspiracies in American history. **Books and audiobooks available by loan by Feb.29** **Registration required.**

Brain Games & Trivia: Wednesday, March 27 at 12:30 p.m. Challenge your mind with some riddles, puzzles, word games and trivia. **Zoom option.**

Acrylic Painting: Wednesday, March 27 at 3 p.m. To create a "Sunflower Field Painting" This class is open to all levels of painting experience! **Cost: \$5** **Registration required.**

Open Forum for Technology: Thursday, March 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.

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, Feb. 22 to Mar. 14 at 11 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.

Happy Hour: Friday, March 1 at 12:30 p.m. **Registration required. Zoom option available.**

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

Smart DriverTEK: Tuesday March 5 at 12:45 p.m. FREE AARP Driver Safety educational program developed jointly with The Hartford. This 90-minute workshop will provide up-to-date information on available safety technologies in cars, inform you on how technologies might enhance driving safety and extend safe driving years, and how to properly use vehicle safety technology. **Registration required. Facilitated by Sandy Weichman, Coordinator, Safe Communities of Wood County.**

Seminar Series: SCAM Prevention:

Wednesday, March 6 at 12:45 p.m. 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.**

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

Bunco: Friday, March 8 at 12:45 p.m. **Register.**

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

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

Breakfast Club: Tuesday, March 12 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg) *Hosted by Judy Schlink.* **Cost on own. Register with the Senior Center**

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

Coloring Club: Wednesday, March 13 at 10:45 a.m. *Facilitated by Way Public Library.*

Now and Then: Thursday, March 14 at 12:30 p.m. **Topic:** Words of Wisdom. Join us as we reminisce. *Facilitated by Comfort Keepers.*

Older Adult Nutrition Quiz: Friday, March 15 at 12:30 p.m. Test your knowledge as we discuss some of the unique nutritional needs of adults age 60+. *Facilitated by the Wood County Health Department.*

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

Indian Hills Elementary School: Art, Architecture, and Archeology: Tuesday, March 19 at 12:45 p.m. The distinctive shape of Indian Hills Elementary School in Rossford has fascinated people since 1968. Learn about this unique structure, and the archeology conducted there, in this informative program. *Mike McMaster, Wood County Historical Society.*

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

Perrysburg Continued...

Blood Pressure and Blood Sugar Checks:

Thursday, March 21 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

Trivia: Friday, March 22 at 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Hand & Foot Card Game: Monday, March 25 at 1 p.m. **Registration required.**

Movie Day: Tuesday, March 26 at 12:45 p.m.

Feature: Lifted **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

Dementia & Alzheimer's Disease: Wednesday March 27 at 11:15 a.m. Gain useful information on these types of memory impairment diseases. *Taylor Amburgy, DO, Mercy Health.*

Solar Eclipse Preparedness: Wednesday, March 27 at 12:45 p.m. Learn about how you can prepare and how the county is preparing for the 2024 Solar Eclipse. *Erin Konecki, Deputy Director, Wood Co EMA*

Caregiver Support Group: Thursday, March 28 at 10 a.m. **Registration required**

LRC Game: Thursday, March 28 at 12:30 p.m.

Stereoscopic Expeditions Fiji: Friday, March 29 at 12:45 p.m. Using Virtual Reality we will travel to Fiji in the comfort of the senior center today! Supplies/facilitated by Sara Gray, Technology Trainer, Way Library. **Registration required, limited to 15 participants.**

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.

Solar Eclipse Preparedness: Monday, March 4 at 12 p.m. Learn about how you can prepare and how the county is preparing for the 2024 Solar Eclipse. *Erin Konecki, Deputy Director, Wood Co. EMA.*



Craft: Tuesday, March 5 at 12:30 p.m. Salt shaker button flowers for spring. All supplies and instruction will be provided. *Sponsored by Wood Haven*
Registration required.

Bingo: Wednesday, March 6 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Bingo: Tuesday, March 12 at 1 p.m.
Sponsored by Bowling Green Manor

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

Blood Pressure & Glucose Screening:
Thursday, March 14 at 11 a.m. to 12:30 p.m.
Facilitated by Wood County Health Department.

Root Beer Float Friday: Friday, March 15 at 12:30 p.m. *Sponsored by Wood Haven.*

Trivia Battle: Friday, March 15 at 12:30 p.m.
Sponsored by Rehabilitation Hospital of Northwest Ohio.

UFO Sightings In Wood County: Monday, March 18 at 12:30 p.m. *Wayne Public Library*

Expressions Through Art: Tuesday, March 19 at 12:30 p.m. **Theme:** Abstract. All supplies are included. **Registration required.** *Facilitated by Wayne United Methodist Church.*

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

Breakfast Club: Thursday, March 21 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, March 21 at 12:15 p.m. Part 3 of 3
Prerecorded. third session presented by State Bank.
Registration required.

Martial Arts Demo: Wednesday, March 27 at 12:30 p.m. Senior Master James P. Taylor, 7th Degree Black Belt in Tae Kwon Do will conduct a demo and share information about this Martial Arts.

Bingo: Thursday, March 28 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

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.

Coffee and Coloring: Monday, March 4 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, March 5 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, March 6 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Ladder Ball: Friday, March 8 at 12:30 p.m.
Facilitated by Bob Counterman. You may have heard it called “ladder toss” or “ladder golf,” but ladder ball is the perfect indoor game. In a game of ladder ball, 2 players or teams of two face off trying to throw their bolas onto ladder rungs to earn points. Whoever reaches 21 points first is the winner! This game is for experienced and non-experienced players.

Pies for Guys: Friday, March 8 at 1 p.m. Ladies, enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

Documentary Series: The Fragile Art of Glass Making: Monday, March 11 at 12:30 p.m.
Pre-recorded. This video showcases that glass art is not made in isolation. The molten material strives for permanence as glass artists work to bend it to their will. Jercich has been glass-blowing for more than 40 years and sees the collaborative process not only as life, but as music. Each artist plays his part to deliver a multi-layered approach to bending shapes out of glass.

Bunco: Monday, March 11 and March 25 at 12:30 p.m. Bunco is a dice game with players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. Stop in to learn the game or to play with others.

Black Swamp Stories Part 3: Tuesday, March 12 at 12:30 p.m. This program discovers the location of the mysterious Dutchmen’s Deadenings, the gift of Johnny Chapman, and the origins of the most iconic barn in all of Wood County (in Mike McMaster’s opinion). *Mike McMaster, Wood County Historical Society.*

Breakfast Club: Tuesday, March 12 at 9 a.m.
Location: American Table (580 Craig Dr., Suite 1, Perrysburg) *We will visiting with the Perrysburg Area Senior Center.* **Cost on own. Register with the Senior Center**

Game Day: Wednesday, March 13 at 12:30 p.m.
Sponsored by Kingston.

Older Adults Nutrition Quiz: Thursday, March 14 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.*

Cards & Dominoes: Monday, March 18 at 10:30 a.m.

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

Movie Trivia: Wednesday, March 20 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.**

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

Trivia Bingo: Tuesday, March 26 at 12:30 p.m. Enjoy a couple games of trivia bingo to enhancing your cognitive functioning and enjoy an interactive afternoon. *Presented by Wood Haven Health Care.*

Blood Pressure & Glucose Screenings: Wednesday, March 27 from 11 a.m. to 12:30 p.m.
Wood County Health Department.

Trivia Battle: Thursday, March 28 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.*

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.

How to use a Fire Extinguisher? Monday, March 4 at 12:30 p.m. Home fires can happen in an instant so learn how you can contain a fire using a home fire extinguisher. *Presented by Lake Township Fire Department & State Fire Marshall Department.*

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

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

Fitness for Fall Prevention: Wednesday, March 6 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls. 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.

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

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

Bingo at Perrysburg Senior Center:
Tuesday, March 12 at 11:30 a.m. Let's join our friends at the Perrysburg Senior Center for lunch and a friendly game of BINGO. **Registration is required** by 2 p.m. on March 11 for lunch call 419.874.0847.

Dominoes: Tuesdays, March 12 & 26 at 12:30 p.m. Play several rounds of dominoes with us!

What is the Ability Center of Greater Toledo? Wednesday, March 13 at 12:30 p.m. Learn more about how they work to make our communities the most disability friendly in the nation by increasing independence for people with disabilities. *Presented by The Ability Center of Great Toledo.*

Walbridge Talk: Thursday, March 14 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in hear first hand the latest updates on the village of Walbridge.

St. Patrick's Day Party: Friday, March 15 at 12:30 p.m. Celebrate the luck of the Irish with us. Enjoy some sweet treats, along with St. Patrick's Day Trivia and prizes. Wear your green to help spread Irish cheer and join in the fun! *Sponsored by Kingston of Perrysburg.*

LRC Game: Monday, March 18 at 12:30 p.m.

Card Bingo: Tuesday, March 19 at 12:30 p.m.
You are to bring a new \$5 gift wrapped or in a gift bag, to play this fun interactive game.

Blood Pressure & Blood Glucose

Screenings: Wednesday, March 20 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department..*

Birthday Lunch: Wednesday, March 20 at noon.
Cupcakes sponsored by Kingston.

Seminar Series: Easy Yoga: Wednesday, March 13 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, March 21 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.*

Five Second Rule: Friday, March 22 at 12:30 p.m.
You have 5 seconds to give your answers to the clue. Are you up for the challenge and a few laughs as you play this fast pace game?

Bunco: Tuesday, March 26 at 12:30 p.m.

Brain Games & Trivia: Wednesday, March 27 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, March 29 at 12:30 p.m.

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles

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

Bingo: Friday, March 1 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Birthday Acknowledgements: Friday, March 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.*

Flight to Extinction: The American Passenger Pigeon & the Bowling Green Massacre!: Tuesday, March 5 at 12:30 p.m. . The American Passenger Pigeon was the most numerous bird in North America for centuries; their flocks blotted out the sun. Did Bowling Green, Ohio play an important roll in the passenger pigeon's extinction? Or have writers in the 20th Century been mistaken? *Mike McMaster, Wood County Historical Society.*

Older Adult Nutrition Quiz: Thursday, March 7 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 .*

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

Breakfast Club: Tuesday, March 12 at 9 a.m.
Location: American Table (580 Craig Dr., Suite 1 Perrysburg) *Hosted by Judy Schlink. Join us as we have breakfast with the Perrysburg and Rossford sites. Breakfast cost on your own. Register with the Senior Center.*



Canvas Art Party:
Wednesday, March 13 at 12:30 p.m. Come paint a bunny with us!
No experience needed guided instruction will be provided. All materials and instructions will be provided to all.

Registration is limited to 6 people. *Instructor Lori Lawton, ATR.*

Remember When: Thursday, March 14 at 12:30 p.m. Come enjoy this interactive and nostalgic time as we look back at various chapters in our lives.

St. Patrick's Day Pizza Party: Friday, March 15 at 12 p.m. Celebrate the luck of the Irish with us! Enjoy pizza, dessert, games and prizes and Irish swag. We are encouraging you to wear your green so we can celebrate in a festive style! *Event is sponsored by the Rehabilitation Hospital of Northwest Ohio.*

Lower Your Risk of Dementia: Monday, March 18 at 12:30 p.m. While research has not proven we can prevent Alzheimer's disease or other dementias this session will identify promising strategies to lower your risk. *WC Health Department.*

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



Craft: Thursday, March 21 at 12:30 p.m.
Learn to make a DIY Glasses. This free class will have step by step instructions and supplies provided. *The Willows.*
Registration required.

Would You Rather Fitness: Friday, March 22 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, March 25 at 12:30 p.m. Come enjoy this interactive and thought provoking game.
Theme: State trivia. *Facilitated by Grand Rapids Care Center.*

Blood Pressure & Blood Glucose Screening:
Tuesday, March 26 at 11 a.m. to 1 p.m. Stop in to have your blood pressure and/or blood glucose check to ensure your maintaining your health. *Facilitated by Wood County Health Department.*

Trivia Battle: Tuesday, March 26 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, March 27 at 12:30 p.m. Part 3 of 3. This training will arm you with tools and tips on how to protect your money digitally. *Prerecorded third*

Pemberville

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

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

Cards: Daily before and after lunch. Join us!

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

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

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

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

Older Adult Nutrition Quiz: Tuesday, March 5 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 .*

Bingo: Thursday, March 7 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Family Feud: Thursday, March 12 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.*

Breakfast Club: Wednesday, March 13 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own. Register with the Senior Center.**

Black Swamp Stories Part 3: Wednesday, March 13 at 12:15 p.m. This program discovers the location of the mysterious Dutchmen's Deadening, the gift of Johnny Chapman, and the origins of the most iconic barn in all of Wood County (in Mike McMaster's opinion). *Mike McMaster, Wood County Historical Museum.*

An Immigrants Story: Thursday, March 14 at 12:30 p.m. Attend this compelling presentation of firsthand tales of the daughter of a 1946 Lebanon immigrant. Hear about how she managed an arranged marriage, betrayal and immigrating to the US to becoming a citizen. Artifacts will be on site to view as well. *Presented by Genevieve Kirkbride*

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

Movie: Wednesday, March 19 at 12:45 p.m.

Feature: "Field of Dreams" (1989) Drama/Family

Synopsis: Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true. *Snacks sponsored by Wood Haven Health Care.*

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

Trivia Battle: Wednesday, March 20 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.*

Blood Pressure & Blood Glucose

Screening: Thursday, March 21 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

Domestic Violence and Bystander

Intervention: Thursday, March 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 training will focus on providing an agency overview, highlighting The Cocoon's services and commitment to supporting survivors of domestic and sexual violence in Wood County, as well as creating a space to promote education, awareness, and prevention of domestic violence. 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.*

Mystery Game: Monday, March 25 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: "Inside Out" (2015) Comedy/Fantasy

Synopsis: After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. *Snacks sponsored by Wood Haven Health Care.*

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@wcoa.net to emailed weekly all of the Zoom access information.

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

Dementia and Alzheimer's Disease:
Wednesday, March 20 at 11 a.m. This session will cover the latest research and tips to recognize signs and symptoms. *Presented by Mercy Residence Family Medicine. In-person option: Wood County Center.*

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

Lunch & Learn: Understanding DD over the LifeCourse Friday, March 22 at 11:30 a.m.
Facilitated by Jessica Miller-Blakely, CEO of Woodland Residential and Properties In-person option: Wood County Senior Center.

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

Brain Games & Trivia Wednesday, March 27 at 12:30 p.m. Challenge yourself to some riddles, to enhance your cognitive functioning. *In-person option: Northeast & Wood County Senior Center.*

National Consumer Protection Week:
Friday, March 8 from 10 to 11 a.m. *In person option: Wood County Senior Center. See front page for details*



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



The Bob Ross Experience: Painting Class

Wednesday, May 31 at 2 p.m. to 5 p.m.

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

Cost: \$50 per person, supplies included

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for

beginners; you need no previous experience to attend. (As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.”) Only Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.* **Advanced registration required by Monday, May 22.** **Class is limited to the first 9 participants!**

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@wcco.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.**

March 1: "Last Brickmaker in America" (2001) *Starring Sidney Poitier, Cody Newton, Wendy Crewson*

March 8: "The Secret" (1992) *Starring Kirk Douglas, Bruce Boxleitner*

March 15: "A Family for Joe" (1990) *Starring Richard Mitchum, Jessica Player, David Lascher*

March 22: "The Story Lady" (1991) *Starring Jessica Tandy, Stephanie Zimbalist*

March 29: "Gift of Love" (1999) *Starring Debbie Reynolds, Ed Marinaro, Elden Henson*

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, March 1 & 15
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, March 13 from 10 a.m. to 2 p.m.
*Support provided by Arista Home Care Solutions,
Kingston of Perrysburg & St. Timothy's Church*

Programming includes: art, science, socialization, small group games, exercise, and meditation.

Register at least one week prior to each session by calling the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.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
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

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

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



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

Tuesdays, March 5 & 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*

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@wccoa.net.



Meet me at the Toledo Museum of Art Tour

Thursday, March 14 at 2 p.m.

Theme: Something Old, Something New

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



Expressive Art for Wellness: Stained Glass Painting

Friday, March 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: "Stained Glass Painting" Using black hot glue and paint on heavy-weight paper, we will be creating our very own designs resembling that of a stained glass window. Group members will be able to choose between acrylic paint, watercolor paint, or oil pastels to fill in color with desired effect. Inspiration will be provided, but feel free to come with your own design in mind!

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

Around the County, Events & Classes

Lunch and Learn: Understanding Developmental Disabilities (DD) over the LifeCourse

Presented by Jessica Miller- Blakely, CEO of WoodLane Residential & Properties

Friday, March 29 at 11:30 a.m. at the Wood County Senior Center

Each individual, regardless of their abilities, has the right to be respected, embraced, and provided with opportunities to thrive. March is Developmental Disabilities Awareness Month which serves as a profound reminder of these principles, emphasizing the value, rights, and aspirations of those with developmental disabilities. This session will cover the following:

- An overview of LifeCourse and developmental disabilities (DD).
- Aging and longevity of individuals with DD.
- Preparing for different life trajectories for individuals with DD.
- Financial preparation
- Employment options
- Caregiving/living options
- Advocacy and support.



WLRs, Inc.

*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 March 22. 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



The Fringe “Spring Fashion Show” and Dessert for Dinner

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.

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 dessert for dinner by purchasing a \$10 wrist band to sample a variety of desserts donated from many local businesses.



All proceeds for the event will support our March for Meals Campaign.

To register for this event and to purchase your dessert for dinner wrist band call 419.353.5661 or email programs@wccoa.net.



Clinic Day for Cognitive Screenings and Hearing Screenings

Monday, April 15 from 11 to 1:30 p.m. at the Wood County Senior Center

Your cognitive health and hearing are interconnected and it is important to get an annual base line for your general health and well-being. This clinic is the perfect opportunity to have these tests completed for free. To schedule your 15 minute appointment call 419.353.5661 or email programs@wccoa.net

Presented by the Bowling Green State University Hearing and Speech Clinic



Around the County, Events & Classes



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Tuesdays, April 9 to May 28, 2024
1 to 3 p.m.

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

Cost: \$20

Are you limiting your activities due to this fear? Are you becoming physically weak?
If you answered "yes" to any of the three questions above 'A Matter of Balance' is for you!

During this 8-week class, participants will learn to:

- View falls as controllable, Set goals for increasing activity
- Make changes to reduce fall risk at home, Exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

**For more information, contact the Programs Department at
419.353.5661 or 1.800.367.4935 or email programs@wccoa.net**

LivelyU
LIFELONG LEARNING ACADEMY

Spring Semester 2024
MARCH — MAY

COURSES HELD AT THE WOOD COUNTY SENIOR CENTER 140 S. Grove Street, Bowling Green

- ⇒ **Who are the Amish?** *Led by Lynn Wineland, Self Proclaimed Historian*
- ⇒ **Travelogue: Travel Basics** *Led by Judy Pfaffenberger, Retired English teacher, Libbey High Sch.*
- ⇒ **Short Story Boot Camp** *Led by Josephy Elia, English Major, Bowling Green State University*
- ⇒ **Criminal Court** *Led by Judge Joel Kuhlman*
- ⇒ **Don Quixote, The Man the Myth** *Led by Liliana Rossi, Ph.D. Spanish Literature, Spanish Teacher*
- ⇒ **Medical Ethics** *Led by Lou Katzner, Trustee Professor Emeritus of Philosophy, BGSU*
- ⇒ **Nutrition and You** *Led by Laura Brubaker, MA Food and Nutrition, RDN, BGSU*
- ⇒ **Diversity and the LGBTQ+ Community** *Led by Eric Myers, Mark Turner, Gray Garza, Dakota Morrison*
- ⇒ **Gallery Group** *Led by Docents Michael Comes & Sally Drier, Toledo Museum of Art*
- ⇒ **Famous Visitors Pay a Call to Perrysburg** *Led by Richard Baranowski, Local Historian, Way Library*
- ⇒ **University of Findlay's Mazza Museum** *Led by Vicki Knauerhase, Docent*
- ⇒ **Mindfulness in Nature** *Led by Emma Taylor, CMT-P, Wood County Park District*
- ⇒ **Binder of Lifetime** *Led by Steve Long, Memory Missionary*
- ⇒ **Age-isms** *Led by Wendy Watson, Ph.D., Gerontology Program Coord., BGSU*
- ⇒ **Adventures in Spanish Language 1** *Led by Liliana Rossi, Ph.D. Spanish Literature, Spanish Teacher*
- ⇒ **Turning Family Stories into Poetry** *Led by Dr. Sandra Faulkner, BGSU*
- ⇒ **Introduction to Bird Watching** *Led by John Kusnier, Ornithologist*
- ⇒ **From Damascus to Toledo: An Immigrant's Story** *Led by Genevieve Geha Kirkbride*
- ⇒ **Creating Calligraphy Projects** *Led by Jacqueline Metz, Calligrapher*
- ⇒ **Identifying Architectural Design** *Led by Heidi Reger, Adj. Instructor of Architecture Construction University of Toledo and Bowling Green State University*

Registration for each course can be completed by contacting the WCCOA Programs Department
by phone at **419.353.5661** or **800.367.4935** or by emailing programs@wccoa.net

To take part in LivelyU courses, a tuition fee of \$20 is required.

This tuition payment will give you access to any courses offered for the spring semester.

Classes & Travel Opportunities



Care Compass Project

Wednesday, June 5, 2024

11 a.m. to 1 p.m.

Wood County Senior Center

**Topic: Caregiver Medical
Care Options & Training**

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

11 a.m. This session will cover “General First Aid for Caregivers & When to Call 911” Emergencies that can require caregivers to administer medical help to a senior loved one can happen to anyone, at any time of the day or night. Are family caregivers ready to minister to older adults health needs? Are you? Of course, if it is something traumatic, the first course of action is to call 911. If it is not life threatening or while awaiting first responders, caregivers need to know what to do. Learn what to do about falls, choking, poisoning, medication errors, skin cuts and tears. *Presented Dr. Bills*

12 p.m. The second session will cover what are the best supplies to keep on hand for a medical emergency, learn more about how wounds develop, the best treatment options and best practices when caring for a loved one with skin conditions. *Presented by Craig Smith, 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 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

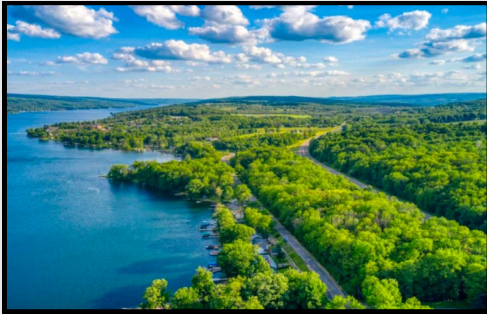
Stroll through an 18th century landscape and discover a breathtaking display of more than 7,000 illuminated jack o’lanterns— all designed and hand carved by local artisans.

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 for more information.



The Finger Lakes Region

May 20 to May 2023, 2024

4 days/ 3 nights

Two day finger lakes guide, magnus winery, glenora winery, seneca lake scenic cruise, Sonnenberg gardens and mansion, beautiful, Belhurst castle, Rose Hill mansion, Lazy Acres alpaca farm, covered wagon– Pennsylvania Grand Canyon



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, Innsbuck, Salzburg, Barvaria

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.



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.

March 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | | | Sloppy Joe OR Salmon Burger 1 roasted sweet potatoes, 3 bean salad, fruit cocktail, rice krispy treat |
| Coconut Curry Chicken OR Swedish Meatballs 4 brown rice, brussel sprouts, peaches & pears, fruit punch juice | Chef Salad w/Ham, Egg, & Cheese OR Chicken Salad on a bed of lettuce 5 potato salad, cranberry jello salad, blueberry muffin | Hamburger Pie OR Chicken Lasagna 6 riviera blend, Texas caviar bean salad, orange, lemon bar | Grilled Chicken Breast OR Liver & Onions 7 redskin mashed potatoes, carrots, rosy applesauce, pineapple upside down cake | Stuffed Pepper OR Lemon Pepper Cod 8 winter blend, grapes, peach crunch |
| Chipped Beef OR Creamed Chicken 11 biscuit, mashed potatoes, green beans, orange juice, chocolate pudding | Hamloaf OR Vegetable Lasagna 12 corn, Caesar salad, ambrosia | Smoke Sausage OR Honey Mustard Chicken Breast 13 squash, emerald pears, strawberries & blueberries, angel food cake | Roast Beef OR Almondine Pollock 14 stewed tomatoes, sauerkraut salad, cinnamon applesauce | Cream of Potato Soup OR Vegetable Soup 15 egg salad, celery sticks & peanut butter, orange sections |
| Hamburger OR Hot Dog 18 wedge fries, citrus slaw, rosy applesauce | Italian Lasagna OR Salmon Loaf 19 peas & carrots, 3 bean salad, mandarin oranges and jello | Birthday Lunch! Pork Chop 20 italian green beans, cauliflower & peanut salad, grapes, cake & ice cream | Calico Beans OR Chicken Tenders 21 nautucket blend, spinach salad, granola, berry blend w/yogurt | Sliced Ham OR Tuna Salad on a croissant 22 baked bean salad, coleslaw, orange sections, cookies |
| Chicken Cordon Bleu OR Liver & Onions 25 small whole potatoes, mixed fruit, pineapple juice, gingerbread | Goulash OR Pecan Crusted Tilapia 26 broccoli, peaches & cottage cheese, sidekick slushie | Pepper Steak OR Chicken Teriyaki Breast 27 rice, lima beans, tossed salad, mandarin oranges & bananas | Hamloaf OR Chicken Chimichanga 28 stewed tomatoes, carrots, pears with jello | Ham OR Lemon Pepper Cod 29 long grain rice, winter blend, tropical fruit, peach crisp |

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.

| March 2024 | | |
|--|---|--|
| Tuesday | Wednesday | Thursday |
| Beef Vegetable Soup 5 broccoli salad, waldorf salad, pineapple juice | Chef Salad 6 w/Chicken Strips, Egg, & Cheese potato salad, grapes, cherry strudel bites | Tilapia 7 corn, 3 bean salad, ambrosia, graham crackers |
| Birthday Dinner! Corned Beef 12 boiled potatoes, cooked cabbage & carrots, emerald pears, cake & ice cream | Stuffed Chicken Breast 13 rice pilaf, capri blend vegetables, melon, peach cobbler | Ham 14 baked sweet potato, brussel sprouts, grape juice, irish crème cheesecake. |
| Roast Beef 19 potato cheese bake, lima beans, mandarin oranges & grapes, lemon bar | Sausage Links 20 pancakes, hash browns w/ onions, citrus sections, baked apples | Coconut Curry Chicken 21 wild rice, peas, marinated vegetable salad, cantaloupe, cookies |
| Bratwurst 26 mashed potatoes, sauerkraut, strawberries, pound cake | BBQ Beef Sandwich 27 ranch fries, coleslaw, orange, pudding | Chicken Lasagna 28 carrots, tossed salad, cherry cobbler |

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

Karaoke: Wednesday, March 6 at 4 p.m.

Piano Recital: Wednesday, March 6 at 6 p.m. Students of Vicki Hoehner.

Dinner & Movie: Tuesday, March 12 at 3:30 p.m. **Movie:** "Maid in Manhattan" Dinner reservations made by 2 p.m. on Tuesday, March 12.

Physiology and Fitness: Tuesday, March 19 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** The Amazing Benefits of Balance **Presenter:** Dean Hodgkin, B.Sc.

Kahoot: Thursday, March 21 at 4:30 p.m. **Topic:** "Spring Equinox" Test your knowledge and learn more about the phenomenon. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people. **Register today.**

Readers Café: Tuesday, March 26 at 3 p.m. Pick up a copy of the book to read (starting Feb. 27) then come together to watch the film. **Feature: "Killers of the Flower Moon" by David Grann** **Books and audiobooks available by loan. Registration required.**

Open Forum for Technology: Thursday, March 28 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

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



Donors & Donations

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

Kitchen Fund Donations: Walbridge VFW Post 9963, Walbridge VFW Post 9963 Auxiliary.

Capital Campaign Donations: John and Alice Calderonello | Geoffrey Howes | Barbara Murphy | Marilyn Maurer | Sharlyn Katzner | Joseph Geraci | Rachel Goldman | Sue Clanton | Denise Eikum | Thomas Knight | Anita Tucker | Dianne Mersman | Janet Hales | David and Sharon Miller in Memory of Walter Hales | Scott and Mary Taylor in Memory of Walter Hales | Mary O'Neil | Daniel and Jo Tutolo In Memory of Bill Reynolds | Nasr Khan and Brian Morley | Gregory and Maria Braknis | Rick and Jackie Metz In Memory of Riachar Vernier | Larry and Karen Sheets In Memory of Rose Mary Nowicki | Retired Toledo Police Officers In Memory of Rose Mary Nowicki | Janice Metcalf In Memory of Rose Mary Nowicki | Jennifer Karches In Memory of Todd Childers | Denise and Dale Niese In Memory of Helen Dermer and Paul Eckert | Peggy Brigham In Memory of Alta Coddling |

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 sponsored by *Manor of Perrysburg* and a \$50 Gift card to the runner up, sponsored by *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 until 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. 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

Program & Service Scholarship Fund

Would you like to participate in programs, classes or events but do not have the resources to do so?

The WCCOA Program & Service Scholarship Fund can assist you! Fill out the application form 30 days prior to an event, class or program to be considered for a scholarship.

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Pen Pal Program

**Do you want a unique way to connect with others?
Join our Pen Pal group!**

You can communicate with individuals throughout Wood County or even from other states such as Illinois & Connecticut. Choose your mode of preferred communication including mailed letters, emails, or phone calls. Contact the Programs Department at 419.353.5661 to complete your waiver and receive your Pen Pal's contact information.

WOOD COUNTY
COMMITTEE



Wood County Committee on Aging, Inc.
140 South Grove Street
Bowling Green, Ohio 43402
419.353.5661 or 1.800.367.4935

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WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center