

LivelyU

LIFELONG LEARNING ACADEMY

Spring 2024

Course Catalog

WOOD COUNTY
COMMITTEE

ON

Aging

BGSU

Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

LivelyU

LIFELONG LEARNING ACADEMY

WHAT IS LIVELYU?

The LivelyU Lifelong Learning Academy is a platform of programming offered through the Wood County Committee on Aging, Inc. (WCCOA) in partnership with the Bowling Green State University (BGSU) Optimal Aging Institute. The Academy is designed to enhance senior center programming with opportunities for lifelong learning for older adults in Wood County, Ohio. Academy courses focus on education, engagement, life enrichment and are facilitated by volunteer instructors with passion for their chosen subjects. Courses are intended to be enjoyable, stimulating, learning for the joy of learning and offer opportunities for social engagement for all registrants. The convenient location and affordable fees enable anyone to take our courses. So, join in the fun to learn something new and meet new people.

MISSION STATEMENTS

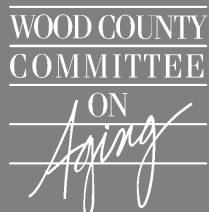
The mission of the Bowling Green State University's Optimal Aging Institute (OAI) is to support, educate, and engage older adults and those who interact with them through campus and community partnerships with a focus on research and creative activities across the eight dimensions of wellness.

The mission of the Wood County Committee on Aging (WCCOA) is to provide older adults with services and programs which empower them to remain independent and improve the quality of their lives.

LIVELYU COMMITTEE & INSTRUCTORS

LivelyU was developed as a branch of programming offered by the WCCOA. The courses have grown rapidly since 2022 to offer nearly 50 courses annually. The curriculum has been developed by the following committee members: Danielle Brogley, Frank Day, Pam Day, Clara Fiori, Dianne Klein, Eric Myers, Lynn Ritter, Liliana Rossi and Jennifer Wagner.

The program provides an opportunity for older adults to teach as well as learn. This truly gives life to our program. If you would like to volunteer as one of our instructors, course managers, or curriculum committee members, please call at **419.353.5661** or **800.367.4935** or email programs@wcco.net



Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

Wood County Committee on Aging, Inc.

140 S. Grove Street,

Bowling Green Ohio 43402

Phone: 419.353.5661 or 800.367.4935

Email: programs@wcco.net

Website: www.wcco.net

Registration Options

LIVELYU MEMBERSHIP

The LivelyU Lifelong Learning Academy charges a \$20 semester fee to register for courses. If you have not already paid for this semester, the membership fee will need to be paid prior to registering for courses. This fee will allow you to take courses for the spring semester.

Methods of payment include the following: Cash, credit card or checks made payable to:

Wood County Committee on Aging, Inc

Registration and payments can be mailed or dropped off to:

Wood County Committee on Aging

140 South Grove Street, Bowling Green, OH 43402.

If you are interested in joining the LivelyU Lifelong Learning Academy, but do not have the resources to do so, the **WCCOA Program & Service Scholarship Fund** can assist you. You can find an application form at any one of our eight senior centers or online at www.wcoa.net. Application forms need to be completed 30 days prior to the semester starting in order to be considered for a scholarship.

REGISTER FOR LIVELYU COURSES

Ready to start learning today? Registration is simple and secure. We will walk you through this process. For those who have completed **semester** tuition payment for spring 2024, you can proceed to register for the spring semester by scanning the **QR code** shown below. If you require assistance with the QR code, the front desk at the Wood County Senior Center will assist you. An additional registration option includes filling out the form on the last page of this booklet, tearing it out, and returning it to the Wood County Senior Center front desk with payment.

Contact the Programs Department at **419.353.5661** or 800.367.4935 or email programs@wcoa.net with any questions or if you are unable to attend any sessions you have registered for.

Please note: Advance registration is required for each class you would like to attend.



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Spring Semester 2024

Course Offerings

Who Are the Amish?

Zoom Option Available

Culture

Tuesday, March 5 and Tuesday, March 12

1 to 2 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Lynn Wineland, Self titled Historian*

COURSE OUTLINE:

How many different Amish groups are there in Ohio? What are their churches, schools, and transportation like? How did the Amish come to be? When did they come to America and Ohio? What is the difference between Amish and Mennonite? How do Amish women fasten their clothes? These and various other questions will be answered via short talks, conversations and selected videos.

Short Story Boot Camp

Literature

Tuesdays, March 5, 12, 19, 26 April 2, 9 (six weeks)

3:30 to 5 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Joseph Elia, English Major, Bowling Green State University*

COURSE OUTLINE: In this class you will work on one short story of any prose genre throughout the term. It can be a story you are currently working on or one that you come up with in class. As the term progresses we will work on plot, tone, setting, character, dialogue, and language. Throughout the six weeks students will give feedback to each other. By the end of the class each student will have a story that is close to its final iteration.

March 5: The short story and your short story

March 12: Plot/Tone

March 19: Setting

March 26: Character Development

April 2: Dialogue/Language

April 9: Workshop and feedback

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Spring Semester 2024

Course Offerings

County Court: Criminal Cases

Government

Wednesday, March 6 and Wednesday, May 1

10:30 to 11:30 a.m.

LOCATION: Wood County Courthouse, 1 Court House Square, Bowling Green, **Courtroom #4**

INSTRUCTOR: *Joel Kuhlman, Judge of Wood County Court of Common Pleas*

COURSE OUTLINE:

The Court of Common Pleas, General Division, and the Clerk of Courts of Common Pleas Court work diligently together to process case matters for the citizens of Wood County. The variety of cases include: “Domestic Relations” including all hearings for divorce, dissolution of marriages, civil protection orders, modifications of child/spousal support and change of custody of children. “Civil” actions arising out of Professional tort (Medical/Legal malpractice); Product Liability (Tort), Other Tort (auto accidents, personal injuries); Worker’s Compensation, Foreclosures, Administrative Appeals (agency appeals); Other Civil (promissory notes defaults, fraud, contract disputes); Violation of Anti-Predatory Lending Law & Certificate of Qualification of Employee. “Criminal” actions that arise to the Felony level per the Ohio Revised Code. This course will review the criminal case process from indictment to sentencing, discuss misunderstood laws and new supreme court rulings, and bring your questions because there will be an open Q&A session with the Judge. **Must provide own transportation to the courthouse. Map provided on page 19.**

Don Quixote, The Man and The Myth

Literature

Thursdays, March 7, 14, and 21

10 to 11 a.m.

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

INSTRUCTOR: *Liliana G. Rossi, Ph.D. Spanish Literature, Spanish Teacher, Paralegal (Immigration)*

COURSE OUTLINE:

We will discuss the importance and significance of one of the best-known masterpieces of Miguel de Cervantes Saavedra. Don Quixote, published in 1605, is a book that has been translated into more languages than any other book, except the Bible. We will look into the author’s reason for writing this book, the Spanish Inquisition, Rules of Chivalry (as viewed by Quixote) and video excerpts of the movie “The Man of La Mancha”, a musical from 1965 which tells the story of a “mad” knight and his fellow prisoners as he awaits a hearing with the Spanish Inquisition. Don Quixote played by Peter O’Toole and Aldonza played by Sophia Loren. Conducted in English.

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Spring Semester 2024

Course Offerings

Diversity and the LGBTQ+ Community *Zoom Option Available* *Sociology*

Thursdays, March 7, 21, and April 4

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Eric Myers, BGSU, Mark Turner and Gray Garza, BGSU Students, Dakota Morrison*

COURSE OUTLINE: This class will introduce you to the concepts of diversity and inclusion with the LGBTQ+ community in order to build cultures of greater acceptance and stronger communities.

March 7: Dr. Eric Myers will present different aspects of diversity in our society and how everyone can aid in creating a more inclusive environment in our communities.

March 21: Join BGSU students, Mark Turner and Gray Garza for a discussion and to explore how to respond as a grandparent or family member when a child or relative “comes out” to you. Learn the appropriate ways to show your support.

April 4: LGBTQ+ stands for lesbian, gay, bisexual, transgender, queer/questioning and more. These terms are used to describe a person’s sexual orientation or sexual identity. Join this session to gain insight on the LGBTQ+ Community and learn how you can become an ally for those around you.

Gallery Group

Humanities

Wednesdays, March 13, April 10, and May 8

2 to 3 p.m.

LOCATION: Toledo Museum of Art, 2445 Monroe Street, Toledo

DOCENTS: *Michael Coomes and Sally Drier, Toledo Museum of Arts (TMA) docents*

ADDITIONAL COURSE FEE: Parking fees if not a TMA member.

COURSE OUTLINE: The Museum’s Gallery Group program provides an opportunity for art lovers to gather monthly to explore interesting themes in the TMA collection. Led by a docent guide, Gallery groups provide an enriching way to either experience the Museum with friends and colleagues or make new friends while exploring art. **This class has a maximum of 20 participants.**

Wednesday, March 13: **Theme:** Caravaggio—Divine Light

Wednesday, April 10: **Theme:** Marisol—Welcome to the Party

Wednesday, May 8: **Theme:** Rediscovering Asian Art

If you are unable to attend a session, call 24 hrs. in advance so we can contact our waitlist.

Note: Participants must provide their own transportation to the Museum. Carpooling is encouraged.

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Spring Semester 2024

Course Offerings

Travelogue: Travel Basics

Zoom Option Available

Geography

Tuesdays, March 19, April 30, and May 21

2 to 3:30 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Judy Pfaffenberger, Retired English teacher & quiz bowl coach from Libbey High School. Over 500 travelogues presented since retirement, has visited 90 countries, and has been on 50 cruises.*

COURSE OUTLINE:

March 19: Travel basics and independent travel in Ireland This travelogue will go over all you need to know about general travel knowledge and give tips and tricks on traveling alone. Learn how to make the most of your solo adventure.

April 30: Cruising the Ionian and Adriatic Seas Attend this session to see views of the Ionian and Adriatic Seas. Learn how to choose the right cruise for you and getting the most out of it.

May 21: A group tour through The Baltics and Poland Learn and see about the heart of Europe. Poland's variety of striking landscapes. Not ready to travel solo? Using travel groups tours can be very beneficial and more convenient than solo travel. Learn the pros and cons of using a group travel agency for your trip.

Nutrition and You

Well-Being

Thursday, March 28 and Thursday, April 11

11:30 a.m. to 12:30 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Laura Brubaker, MFN, RDN, LD Assistant Clinical Professor, Dietetic Internship Director, and Dietetic Interns*

COURSE OUTLINE:

March 28: Easy, Healthful Ingredient Swaps: Join this session for a delicious discussion about ways to increase the nutritional value in common foods that you already eat.

April 11: Food and Medication Interactions: What You Need to Know According to an article published by Merck, nearly 90% of people over the age of 65 years take at least one prescription drug. Many common medications come with a long list of recommendations that may affect the foods you eat. Join for a discussion about common food/drug interactions and what you need to know about medications and food choices.

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Spring Semester 2024

Course Offerings

Famous Visitors Pay a Call to Perrysburg *Zoom Option Available* *History*

Thursday, March 28

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

INSTRUCTOR: *Richard Baranowski, Local History Librarian, Way Public Library*

COURSE OUTLINE:

During Perrysburg's 200-year history, historical and other renowned individuals have made the village a stop in their travels. Presidents (past, future, and sitting), military figures, sports figures, entertainment personalities, even gangsters have all passed through Perrysburg at one time or another. Discover who they were and the reason for their visit.

Medical Ethics

Philosophy

Wednesdays, April 17, 24 May 1, 8, & 15 (Five Weeks)

3 to 4 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Lou Katzner, Trustee Professor Emeritus of Philosophy, Bowling Green State University*

COURSE OUTLINE:

Medicine is one of the areas that raises important ethical issues for individuals and society. This course will provide background on some of these issues and participants will discuss cases involving them.

April 17: What are ethical issues and how to go about discussing them?

April 24: Should vaccinations be a matter of individual choice or required?

May 1: What is the appropriate way to decide who receives transplant organs when there are not enough for everyone who needs them?

May 8: What is informed consent and what role should it play in medicine?

May 15: What are some of the puzzles surrounding living wills and Do Not Resuscitate (DNR) orders and how should they be resolved?

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Spring Semester 2024

Course Offerings

Mindfulness in Nature

Well-being

Wednesday, April 17

10 to 11:30 a.m.

LOCATION: Bradner Nature Preserve, 11491 N. Fostoria Rd, Bradner, OH

INSTRUCTOR: *Emma Taylor, CIG, CMT-P, Program Naturalist at Wood County Park District*

COURSE OUTLINE:

Mindfulness has many benefits for our mental and physical health—enjoy them while reconnecting and relaxing in nature with Wood County Park District naturalist and mindfulness teacher Emma Taylor. In this class you will be outdoors, practicing mindfulness skills like meditation and connecting with the world around you using nature awareness activities. The beginning and end of class will take place sitting outdoors in a picnic shelter or indoors in a nature center (weather dependent), the middle portion of the class will be a slow hike around Bradner Nature Preserve. Please dress for the weather and wear appropriate shoes. Class size is limited to 20. ***Please note that participants must provide their own transportation to the Nature Preserve. Carpooling is encouraged. A map to the park is on page 19.***

University of Findlay's Mazza Museum

Humanities

Thursday, April 25

2 to 3:30 p.m.

LOCATION: University of Findlay's Mazza Museum, 201 College St., Findlay Ohio Depart from the WCCOA parking lot at 1 p.m. to car pool travel time (approx.) 35 min. A map to the museum will be provided.

INSTRUCTOR: *Vicki Knauerhase, Mazza Museum Docent*

COST: \$3 per person, payable to Wood County Committee on Aging upon registration

COURSE OUTLINE:

Tour the museum's six galleries exhibit with more than 300 works of art and will learn more about its rich history from our docent. A plaque for each piece notes the names of the artist, the title of the book, the date of the creation, the media the artist used and the sponsor. Celebrate the original art of picture books with us during this session. **This class has a maximum of 15 participants. *Please note that participants must provide their own transportation to the Museum. Carpooling is encouraged. A map to the museum is on page 19.***

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Spring Semester 2024

Course Offerings

Binder of a Lifetime

Humanities

Friday, April 5

10 a.m. to 2 p.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove St. Bowling Green

INSTRUCTOR: *Steve Long, Memory Missionary*

ADDITIONAL COURSE FEES: \$10, all supplies included payable to WCCOA *Lunch on own

COURSE OUTLINE:

What is a Binder of a Lifetime, you ask? It is a systematic, phased approach to assembling important thoughts and information all in one place. Sections of the binder include: About Me; Key Information; Reflections; Things; Pictures; Wills/POAs; and At the End. Why do this? Many find that it provides 1) peace for them; 2) opportunities for meaningful conversations with friends and family; 3) comfort to friends & family members now and in the future. Binder of a Lifetime workshops allow participants to start or enhance comprehensive information gathering (history, household information, health care decisions, end-of-life wishes, reflections, key details, etc.) about them and their households. Why now? Can it ever be too early to make the lives of our loved ones easier? **This class has a minimum registration of 8 people for us to offer it.**

Age-isms

Zoom Option Available

Sociology

Wednesday, April 10

10 to 11:30 a.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Wendy Watson, Ph.D., Associate Professor, Gerontology, Bowling Green State University*

COURSE OUTLINE:

This discussion will focus on intergenerational ageism experiences. Ageism refers to the stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) towards others or oneself based on age. Ageism affects everyone. Children as young as 4 years old become aware of their culture's age stereotypes. From that age onwards they internalize and use these stereotypes to guide their feelings and behavior towards people of different ages. They also draw on culture's age stereotypes to perceive and understand themselves, which can result in self-directed ageism at any age. Ageism intersects and exacerbates other forms of disadvantage including those related to sex, race and disability. Subjects like isolation, societal age prejudices and varying life experiences of ageism will be discussed. We will also consider how to avoid ageist behaviors in support of 'all' generations!

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Spring Semester 2024

Course Offerings

Adventures with the Spanish Language I

Language

Thursdays, April 11, 18, 25, May 2, 9, 16, 23, 30 (Eight Weeks)

10 to 11:30 a.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

INSTRUCTOR: *Liliana G. Rossi, Ph.D. Spanish Literature, Spanish Teacher, Paralegal (Immigration)*

COURSE OUTLINE:

This course will introduce the basic Spanish language and the culture of the Spanish-speaking world. This course requires no previous knowledge with the language, the lessons begin with the building blocks of Spanish: the alphabet, the proper pronunciation of consonant and vowel sounds, and greetings and responses to greetings. You will be introduced to daily expressions found in everyday conversations. The purpose of this course is to develop basic language skill so that you can communicate appropriately in the language. Other topics covered include: Cognates, what's the weather like, describing people, family life, -AR verbs (most commons), what I like and how do I feel.

Turning Family Stories into Poetry

Literature

Thursdays, May 2 and Thursday, May 9

4 to 6 p.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

INSTRUCTOR: *Dr. Sandra L. Faulkner, Professor of Media and Communication, Bowling Green State University*

COURSE OUTLINE:

Do you have some family stories you have always wanted to concretize in verse and image? In this class, Faulkner will guide participants through the process of turning family stories into poems and collage. Faulkner will discuss how poetry is a way to re-story and show tensions in family life and discuss three techniques she used in her collection of family stories in verse, *Knit Four, Frog One* (Sense/Brill, 2014) and her chapbook, *Buttered Nostalgia* (JSPR, 2021). Participants will get practice with dialogue poems, poetic transcription, and collage poetry using family artifacts (e.g., photos, recipes, records).

Before the first class, it would be helpful to have a family story or two written down and some photographs and/or other family artifacts to use in collage poems.

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Spring Semester 2024

Course Offerings

Introduction to Bird Watching

Zoom Option Available

Science

Thursday, May 2

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

INSTRUCTOR: *John Kusnier, Ornithologist*

COURSE OUTLINE:

This is a beginner-friendly course designed to ignite your passion for bird watching so that you can begin to explore the rich avian diversity of Northwest Ohio. We will delve into the health benefits of birding, introduce you to prime birding locations in Northwest Ohio, and describe for you the tools that are available to help you embark on your birdwatching journey. By the end of this course, you'll not only have a newfound appreciation for the avian wonders of Northwest Ohio, but also possess the knowledge to begin your own birding adventures, right in your own backyard, or anywhere you may be. Join us as we celebrate the joy of birdwatching.

An Immigrant's Story

Zoom Option Available

History

Tuesday, May 7

2 to 3 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Genevieve Geha Kirkbride, Immigrant*

COURSE OUTLINE:

Revisit the 1940s and 50s in northwest Ohio through the eyes of Carmen, her mother, a reluctant immigrant. Genevieve describes Carmen's first impressions of downtown Toledo, the Paramount theater, and Toledo department stores, in addition to discussing Lebanese culture. She will also address more difficult topics such as discrimination and cultural bias while giving the audience an opportunity to ask questions.

Genevieve grew up in a bilingual family which gave her insight into the challenges of language and cultural barriers that are prevalent in an adopted country. Her sensitivity to these differences and its impact led her to many avenues of social activism. She has served on community boards, also as trustee of Toledo Sister City International for many years and worked to strengthen ties between Toledo and its sister city, the Beqaa Valley region in Lebanon.

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Spring Semester 2024

Course Offerings

Identifying Architectural Styles

Architectural Design

Tuesdays, May 7 and May 14

10 to 11 a.m.

LOCATION: Wood County Committee on Aging, 140 South Grove Street, Bowling Green

INSTRUCTOR: *Heidi Reger, Architect, Historic Preservation Committee member, Adjunct Instructor of Architecture construction at the University of Toledo and Bowling Green State University*

COURSE OUTLINE: May is Historic Preservation Month. Learn more about the historic styles represented in local building and some of their personal history with a presentation and walking tour.

May 7: Join this session to enjoy a presentation from Heidi of the architectural history in the area to prepare for the walking tour on May 14. This is not a walking tour and can be attended without having to attend the walking tour on May 14.

May 14: Boomtown Walking Tour—You will be given some tips about how to classify buildings based on their architectural details. Feel free to bring a camera and/or sketch pad. Meet at the Wood County Senior Center and wear your walking shoes! The walk is about a mile in distance and will start at the Wood County Senior Center, go onto W. Wooster St., onto Maple St. and loop back around to end at the Wood County Senior Center. There will be walking breaks to talk about the architecture but no guarantee of seated breaks.

Creating Calligraphy Projects

Arts

Wednesday, May 8 and Wednesday, May 15

10 a.m. to 12 p.m.

LOCATION: Wood County Committee on Aging, 140 South Grove St., Bowling Green

INSTRUCTOR: *Jacqueline Metz, Calligraphy Hobbyist*

ADDITIONAL COURSE FEE: \$20, all supplies, except photo included.

COURSE OUTLINE: Combine the arts of special handwriting and your favorite photo! Join *Jackie Metz* as she teaches you a new calligraphic font, then apply it on your favorite photo in a scripture or verse of your choice. Bring at least three, 4x6 matte print photos. Note: If you have never done calligraphy but wish to learn, just be prepared to do your homework to make this class worth your while!



A minimum of 5 registrants to make the class a go and a maximum of 10.

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Spring Semester 2024

Course Offerings

MONTHLY COURSE CALENDAR

March 2024

Tuesday	Wednesday	Thursday
<p>5</p> <p>1 PM: Who are the Amish? <i>Zoom option</i></p> <p>3:30 PM: Short Story Boot Camp</p>	<p>6</p> <p>10:30 AM: County Courts: Criminal Cases at Wood County Courthouse</p>	<p>7</p> <p>10 AM: Don Quixote, the Man and the Myth</p> <p>2 PM: Diversity and the LGBTQ+ Community <i>Zoom option</i></p>
<p>12</p> <p>1 PM: Who are the Amish? <i>Zoom option</i></p> <p>3:30 PM: Short Story Boot Camp</p>	<p>13</p> <p>2 PM: Gallery Group at TMA</p>	<p>14</p> <p>10 AM: Don Quixote, the Man and the Myth</p>
<p>19</p> <p>2 PM: Travelogue: Travel Basics <i>Zoom option</i></p> <p>3:30 PM: Short Story Boot Camp</p>	<p>20</p>	<p>21</p> <p>10 AM: Don Quixote, the Man and the Myth</p> <p>2 PM: Diversity and the LGBTQ+ Community <i>Zoom option</i></p>
<p>26</p> <p>3:30 PM: Short Story Boot Camp</p>	<p>27</p>	<p>28</p> <p>11:30 AM: Nutrition and You</p> <p>2 PM: Famous Visitors Pay A Call to Perrysburg <i>Zoom option</i></p>

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Spring Semester 2024

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MONTHLY COURSE CALENDAR

April 2024

Tuesday	Wednesday	Thursday	Friday
2 3:30 PM: Short Story Boot Camp	3	4 2 PM: Diversity and the LGBTQ+ Community <i>Zoom option</i>	5 10 AM: Binder of a Lifetime
9 3:30 PM: Short Story Boot Camp	10 10 AM: Age-isms <i>Zoom option</i> 2:00 PM: Gallery Group at TMA	11 10 AM: Spanish I 11:30 AM: Nutrition and You	12
16	17 10 AM: Nature Mindfulness at Bradner Nature Preserve 3 PM: Medical Ethics	18 10 AM: Spanish I	19
23	24 3 PM: Medical Ethics	25 10 AM: Spanish I 2 PM: Mazza Museum at Mazza	26
30 2 PM: Travelogue: Travel Basics <i>Zoom option</i>			

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Spring Semester 2024

Course Offerings

MONTHLY COURSE CALENDAR

May 2024

Tuesday	Wednesday	Thursday
	<p>1</p> <p>10:30 AM: County Courts: Criminal Cases at the Wood County Courthouse</p> <p>3 PM: Medical Ethics</p>	<p>2</p> <p>10 AM: Spanish I</p> <p>2 PM: Introduction to Bird Watching <i>Zoom option</i></p> <p>4 PM: Turning Family Stories into Poetry</p>
<p>7</p> <p>10 AM: Identifying Architectural Styles</p> <p>2 PM: An Immigrant's Story <i>Zoom option</i></p>	<p>8</p> <p>10 AM: Creating Calligraphy Projects</p> <p>2 PM: Gallery Group at TMA</p> <p>3 PM: Medical Ethics</p>	<p>9</p> <p>10 AM: Spanish I</p> <p>4 PM: Turning Family Stories into Poetry</p>
<p>14</p> <p>10 AM: Identifying Architectural Styles</p>	<p>15</p> <p>10 AM: Creating Calligraphy Projects</p> <p>3 PM: Medical Ethics</p>	<p>16</p> <p>10 AM: Spanish I</p>
<p>21</p> <p>2 PM: Travelogue: Travel Basics <i>Zoom option</i></p>	<p>22</p>	<p>23</p> <p>10 AM: Spanish I</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>10 AM: Spanish I</p>

The Wood County Committee on Aging, Inc. makes every effort to ensure diversity of courses and, thus a diversity of views and opinions on a variety of topics. The views and opinions of persons offering courses should not be interpreted as reflecting or representing the views or opinions of the Wood County Committee on Aging, Inc.

LivelyU Spring 2024 Registration Form

A partnership between the Wood County Committee on Aging and the BGSU Optimal Aging Institute

Registration is required and payment is due upon registration

Name: (PRINT) _____

Phone Number: _____

NOTE: All session reminders and changes will be sent via email.

Email: (PRINT) _____

Total amount included with sheet: \$ _____

Please clearly mark with a check the classes you would like to register for:

_____ Age-isms
Wednesday, April 10

_____ Who are the Amish?
Tuesday, March 5 & 12

_____ Adventures with Spanish Language I
Thursdays, April 11 – May 30

_____ Short Story Boot Camp
Tuesdays, March 5 – April 9

_____ Mindfulness in Nature *offsite
Wednesday April 17

_____ County Courts *offsite
Wednesdays, March 6 & May 1

_____ Medical Ethics
Wednesdays April 17 – May 15

_____ Gallery Group* offsite
Wednesdays, March 13, April 10, May 8

_____ U of Findlay's Mazza Museum *offsite
Thursday, April 25 Extra fee \$3

_____ Don Quixote
Thursdays, March 7, 14, & 21

_____ Birding
Thursday, May 2

_____ Diversity and Inclusion
Thursday, March 7, 21, & April 4

_____ Turning Family Stories into Poetry
Thursdays, May 2 & May 9

_____ Famous Perrysburg Visitors
Thursday, March 28

_____ An Immigrant's Story
Tuesday, May 7

_____ Travelogue: Travel Basics
Tuesdays, March 19, April 30, May 21

_____ Creating Calligraphy
Wednesdays, May 8 and May 15 Extra fee \$20

_____ Nutrition and You
Thursday, March 28 & April 11

_____ Identifying Architecture
Tuesday, May 7 and May 14

_____ Binder of a Lifetime
Friday, April 5

LivelyU Spring 2024 Registration Form

For Zoom Only Sessions

Name: (PRINT) _____

Phone Number: _____

NOTE: All session reminders and changes will be sent via email using our Constant Contact format on the day before classes will run.

To receive Zoom information you must put an email address

Email: (PRINT) _____

Please clearly mark the zoom sessions you would like to register for.

_____ Age-isms
Wednesday, April 10

_____ Who are the Amish?
Tuesday, March 5 & 12

_____ Birding
Thursday, May 2

_____ Diversity and Inclusion
Thursday, March 7, 21, & April 4

_____ An Immigrant's Story
Tuesday, May 7

_____ Famous Perrysburg Visitors
Thursday, March 28

_____ Travelogue: Travel Basics
Tuesdays, March 19, April 30, May 21

Notice: Our emails are sent through a program called *Constant Contact*, please do not unsubscribe as it will permanently take you off our emailing list for reminders. Thank you.

LivelyU
LIFELONG LEARNING ACADEMY

For Office Use Only:

_____ Payment received

_____ Entered in document

Spring Semester 2024

Maps

Wood County Courthouse

1 Court House Square, Bowling Green

Parking lots are available on the Northwest and East sides of the complex. Street parking is also available.

From I-75:

- Take Bowling Green exit, turn West on to Wooster St.
- Turn right on Prospect St. and follow for 1 1/2 blocks
- The Courthouse Complex will be on the right

Bradner Nature Preserve

11491 Fostoria Rd, Bradner

You will be meeting at the Interpretive Center

- Head East on US-6
- Turn right onto US-23 S
- Turn right into park entrance (star on map)
- A parking lot will be on the left after the curve



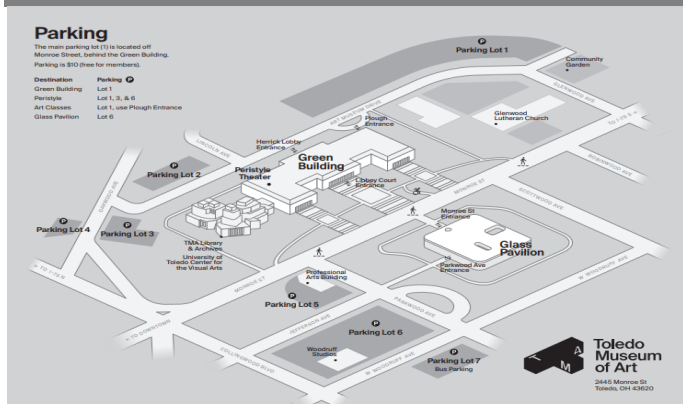
Toledo Museum of Art

2445 Monroe St. Toledo

The main parking lot is located off Monroe Street, behind the Green Building.

- From I-75 N, take exit 203A
- Merge onto W. Bancroft St.
- Turn left on Maplewood Ave.
- Turn left onto Monroe St.

Parking is \$10 (free for members).



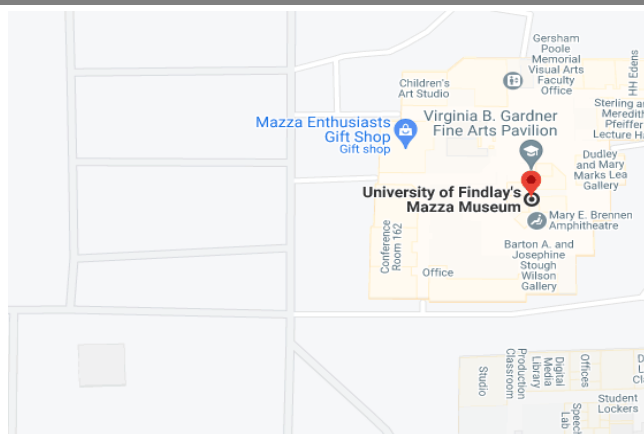
Mazza Museum

201 College St., Findlay

University of Findlay's Mazza Museum is located in the Virginia B. Gardner Fine Arts Pavilion.

- From I-75, travel east on SR 224/West Trenton Avenue for one mile.
- Turn right on Morey Ave.
- Turn left on College St.
- Continue until College St. ends.

Parking lot/Virginia B. Gardner Fine Arts Pavilion on the right.



WOOD COUNTY
COMMITTEE



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

To contact WCCOA: wccoa@wccoa.net
To register for programs & events: programs@wccoa.net

We're on the Web!
www.wccoa.net

 **FACEBOOK**
www.facebook.com/wccoa

 **LOGSPOT**
woodcountycommitteeonaging.blogspot.com/



The LivelyU Lifelong Learning Committee would like to formally thank all of the instructors for their willingness to share their time and knowledge with the participants during their course time. A most gracious thank you is also extended to the participants for their interest in actively learning and growing through these course offerings. We are looking forward to another great year of learning, sharing and exploring together. The fall 2024 course offerings will be available in August of 2024. The fall semester will run from September to November

If you would like to share course ideas or comments about the current course offerings please send a email to programs@wccoa.net or call 419.353.5661 and ask for the Programs Department.

The Optimal Aging Institute and WCCOA are looking forward to hosting you in 2024!

LivelyU
LIFELONG LEARNING ACADEMY