

# WOOD COUNTY COMMITTEE

ON  
*Aging*

APRIL 2024

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# Your County Connection

Explore, Enrich, Enjoy This Season of Life

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

## Meet the Author:

## Book Discussion and Dinner Event

*Karen Meyer presents*

## “Transparent Souls: A Modern-Day Parable”

Wednesday, April 10 from 4:30 to 5:30 p.m.

Wood County Senior Center



Beauty is only skin deep. Or is it?

What does it really mean to be beautiful? It's not just outward appearance, as many people believe.

Justine Massau is the ugliest yet most revered person on earth, and Christina Henderson is on a mission to capture that title and the power that comes with it. What lengths will Christina pursue to accomplish this mission? Will she achieve her lifelong goal?

Enter this modern-day parable – a world where people show their inner beauty through unconventional ways, where souls are transparent, and true beauty never fades.

**Biography:** Karen Meyer is a resident of Bowling Green, Ohio. She currently works as an intervention specialist/English teacher at Gibsonburg Middle School. She has two high school children and lives with her husband Mike. They enjoy traveling, hiking and exploring new places as a family. Karen loves to read and write and this is her first published novel. The novel took over 12 years to write as she has been busy raising children and teaching school.

Participants are encouraged to read this book “*Transparent Souls*” and join in the discussion. Books are available through a preordering process by requesting a book upon registering for this session. ***Payment can be made for \$13 to the Wood County Committee on Aging.*** A copy will also be available for loan. Attend the session with your prepared questions, comments, or suggestions about the book. The author is looking forward to answering your questions about the book, in addition to hearing what you liked and what you didn't like, or understand about the book. In addition, if you are a fellow writer, we can discuss the writing process.

If you are interested in joining us for dinner following the discussion you can reserve your place when registering for this session. **Reservations are to be made by 2 p.m. on April 10 for dinner. Book discussion attendees must register as well by calling 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**



POWERED BY CONNECTION: MAY 2024

The month of May is dedicated to celebrating Older American Month at all of the Senior Centers. The theme of this event this year is “Powered by Connections.” With this theme, we will recognize the profound impact that meaningful relationships and social connections have on our health and well-being. **SAVE THE DATE: Monday, May 20 our concert and celebration will take place. Stay tuned for more information!**

# Agency Services

## Lunch

**Monday - Friday, Hours Vary by Location**

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

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

## Dinner

**Tuesday - Thursday, Wood County Senior Center**

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

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

## Durable Medical Equipment Loans

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

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

## Friendly Visitor Program

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

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

## Home Delivered Meals

**Monday - Friday**

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

## Medical Escort

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



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

**To register for this service, please call:**

*Northern part of the County:* 419.666.8494

*Southern part of the County:* 419.353.5661 or  
1.800.367.4935

## Volunteer Opportunities

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

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

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

## UnitedHealthcare Members

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

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

# Clinics & Consultations

## Podiatry Clinic

Provided by Heel and Toe Podiatry with  
Dr. Scott Johnston

Clinic Site	Date	Time
Wood County Senior Center	April 24	1 to 3 p.m.
Pemberville Area Senior Center	May 8	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, April 17, 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@wcoa.net](mailto:programs@wcoa.net)

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

### **SAVE THE DATE:**

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**

July 9, 12, 23 from 9 to 11 a.m.

**Perrysburg Area Sr. Center**

July 11 & 24 from 9 to 11 a.m.

**Call in June to schedule your appointment**

## Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*  
Call 1.888.534.1432, or fill out their intake form online at [www.lawolaw.org](http://www.lawolaw.org)

## Community Christian Legal Services

Community Christian Legal Services is here to help you understand your rights under the law. **Legal aid services include** assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits. **Appointments are required.** Call your Senior Center to schedule!

Clinic Site	Date	Time
Perrysburg	June 6	2 to 4 p.m.
Wood County Senior Center	June 13	4 to 6 p.m.

**Community Christian Legal Services also offers the following resources: Monthly Clinic:** Third Thursday, 5 to 7 p.m. *Bowling Green Alliance Church 1161 Napoleon Road, Bowling Green*  
For questions, call 419.482.8502 or email [neighborhoodlegal@yahoo.com](mailto:neighborhoodlegal@yahoo.com)

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

Clinic Site	Date	Time
Grand Rapids Area Senior Center	April 16	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	April 17	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	April 18	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	April 23	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	April 24	11 a.m. to 12:30 p.m.
Wood County Senior Center	April 25	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, April 15 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, April 25 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, April 4 at 5:45 p.m.**

**Location:** Wood County Senior Center

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

## Grasping Your Grief

**Wednesdays, April 3 & April 17 at 1 p.m.**

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

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

# Other Local Support Groups

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

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

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

## NAMI Connections Recovery Support

**Wednesdays at noon**

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

## Living Through Loss Grief Support

**Third Monday of each month**

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

## Grief Share

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

## Grandparents Raising Grandchildren

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

## Alzheimer's Association

### Caregiver Support Group

**First Friday of the month at 12 p.m.**

**Location:** Perrysburg First Church  
200 West 2nd Street, Perrysburg

For more information or to register call the Alzheimer's Association of Northwest Ohio at 1-800-272-3900.

## Spousal or Partner Loss Support

**Second & fourth Tuesday of each month at 3 p.m.**

**Location:** Hospice of Northwest Ohio  
30000 E. River Road, Perrysburg  
**Contact:** Hospice of Northwest Ohio for more information and to register at 419.661.4001

## DaZy Aphasia Support Group

**Fridays at 1:30 p.m.** For anyone who suffers from aphasia **Location:** BGSU Health & Human Services Bldg. **Contact:** Debbie Zuchowski 419.442.1453 information and to register at 419.661.4001

# Fitness Classes

All of the classes below are held at the Wood County Senior Center in Bowling Green and are one hour long unless otherwise noted. Registration is required by contacting the Programs Dept. at 419.353.5661 or 800.367.4935 **Cash or check payment accepted. All checks can be made payable to: Wood County Committee on Aging.** Refer to 'Programs and Registration Guidelines' for our cancellation policy at [www.wccoa.net](http://www.wccoa.net) **\*\*Participants must bring in their own water bottles to all fitness classes.\*\***

## Chair Yoga

**Cost: \$20**

*Tuesdays, May 7 to June 11 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, April 3 to May 8 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, April 3 to May 8 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, April 17 to May 22 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, April 9 to May 14 at 10:30 a.m.*

Incorporates breathing techniques, warm-up postures to help open the body. Moving into different standing and balancing postures and wind down postures on the floor with sound vibration or guided relaxation.

### Intermediate:

*Thursdays, April 11 to May 16 at 11 a.m.*

Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level.

*Caroline Dickinson, Certified Instructor.*

# Virtual Fitness Class on Zoom

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

## SilverSneakers Classic

**Cost: \$20** *Wednesdays, April 3 to May 8 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. *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.

**Veterans Coffee Social:** Fridays at 10 a.m. This group will share stories, have speakers and decide on projects. On **Friday, April 12** *Robert Beimdieck, Retired Army Veteran* will share a presentation on slides from Germany. Coffee provided. *Sponsored by The Willows of BG.*

**Quilters Group:** Monday, April 1 & 22 at 12 p.m. Bring projects or just come to learn. *Hosted by Marsha Miller.*

**Reacher, TV Series:** Monday **April 1:** S:2 E: 7 & 8 at 1 p.m.

## **National Parks Series: Volcanoes of**

**Alaska:** Tuesday, April 2 at 4:45p.m. This series will have you exploring National Parks across the country. You will exam their history, size and natural wonders and mysteries. *Prerecorded session Great Courses. Discussion facilitated by Kinsey Kale, WCCOA.*

**Romantic Movies:** Wednesdays at 1 p.m. Hosted by Lilianna Rossi **April 3:** One Fine Day (1996)

**April 10:** An Affair to Remember (1957) **April 17:** The Way We Were (1973) **April 24:** Every Time We Say Good (1986) **Registration required.**

**BG Knitter's Guild:** Wednesday, April 3 at 4 p.m. Quilts for the honor flight. Quilts are red, white and blue and no smaller than 34 by 44. Bring your supplies. *Hosted by Jackie Instone.*

**Odds and Ends in Wood County:** Monday, April 1 at 11 a.m. Mike has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time he has found many strange and

Continued... historical things. In this program we will see some of them. Some have stories, others will remain history mysteries. *Mike McMaster, Wood County Historical Society.*

## **Thursday Theater:**

Thursday, at 1 p.m **April 4:** "The Secret Life of Walter Mitty" (2013) **11:** "Appollo 13 Imax" (1995) **18:** "You Can't Take it With You" (1938) **25:** "As Luck Would Have it" (2021) *Hosted by Kris Eridon.*

**Memoir Writing Group:** Thursday, April 4 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.

## **Happy Hour:**

Friday, April 5 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living. Zoom option available.*

**Express Yourself: Art Class** Friday, April 5 & 12 from 10 to 11 a.m. April 5: Pop Art will have you creating bold images of everyday items. April 12: Foundation of Photography using digital phones. Cost of six week series that started in March is \$10.

**Registration required.**

**Spanish for Beginners:** Friday, April 5 from 1 to 2:30 p.m. Final session in this course requires minimal Spanish language skills. *Facilitated by Rachel Reed, BGSU Spanish Language student.* **Registration is required.**

**How about a Movie:** Fridays at 1 p.m. **5:** "Tammy and the Bachelor" (1957) **12:** "The Pleasure of His Company" (1961) **19:** "The Second Time Around" (1961) **26:** "My Six Loves" (1963) *page 15 for details.*

**Name That Tune BINGO:** Tuesday, April 9 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*



## **Craft: Flower Sun Catchers**

Tuesday, April 9 at 10:30 a.m. All instruction and supplies will be provided. **Cost: \$5.**

**Advance payment to secure a spot. Registration required.**

*Facilitated by Bowling Green Manor.*

# Wood County Continued...

**Dinner & Movie:** Tuesday, April 9 at 3:30 p.m.  
**Movie:** "Year by the Sea" (2016). Dinner reservations need to be made by 2 p.m. on Tuesday, April 9.

**Backyard Birds: Hummingbird:** Thursday, April 11 at 5 p.m. Come learn about these small birds who will start popping up around Ohio soon for the spring. See how you will be able to attract them to your own backyard and enjoy some fun facts about them! *Facilitated by Clara Fiori, WCCOA.*

**Breakfast Club:** Monday, April 15 at 9 a.m.  
**Location:** Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

**Nails:** Monday, April 15 at 10:30 a.m. Appointments are 10 minutes in length. **Registration required.**  
*Facilitated by Wood Haven Health Care..*

**Easy Cooking Tips:** Monday, April 15 at 11 a.m. Wanting to eat healthy, but not much of a cook? Join us to discuss nutrition tips and easy recipes that require only a few ingredients. *Presented by the Wood County Health Department.*

**Peaky Blinders, TV Series:** Monday April 15: S:1 E: 1 & 2 at 1 p.m. **Synopsis:** A crime drama centered on a family of mixed Irish Traveler and Romani origins based in Birmingham, England, starting in 1919, several months after the end of the First World War.

**Brain Training:** Tuesday, April 16 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses*. **Topic:** How to End Insomnia and Finally Sleep **Video Presenter:** Jason M. Satterfield, Ph.D. **Registration required by April 12.** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*



**Pipe Cleaner Flowers:** Tuesday, April 16 at 3 p.m. Create flowers from pipe cleaners. All supplies and guidance for project will be provided. **Registration required.** *Sponsored by 1018 Travels.*

**Physiology and Fitness:** Tuesday, April 16 at 4:30 p.m. Video from *The Great Courses* **Topic:** The Amazing Benefits of Balance **Presenter:** Dean Hodgkin.

**Constipation and Aging:** Wednesday, April 17 at 11 a.m. This session will cover the health implications of constipation and some preventative measure to stay healthy. *Presented by Mercy Medicine Residency Program.* **Zoom option available.**

**Movie Trivia:** Wednesday, April 17 at 12:30 p.m. **Zoom option available.**

**Karaoke:** Wednesday, April 17 at 4 p.m. No previous singing experience necessary.

**Kahoot:** Thursday, April 18 at 4:30 p.m.  
**Topic:** "Logo Challenge" Test your knowledge of common logos from around the world in this kahoot. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people.  
**Register today.**

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

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



**Acrylic Painting:** Wednesday, April 24 at 3 p.m. To create a "Spring Flowers" This class is open to all levels of painting experience! *Cost: \$10 New instructor Jackie Meir.* **Registration required.**

**Blood Pressure & Glucose Screening:** Tuesday, April 25 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Card Bingo:** Thursday, April 25 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

**Open Forum for Technology:** Thursday, April 25 from 4 to 5 p.m. Submit your questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.** *Clara Fiori, WCCOA.*

**Lunch and Learn** Friday, April 26 at 11:30 a.m.  
**Making Sense of Cryptocurrency and Investment Scams Lunch** sponsored by Hanneman Family Funeral Homes. *See page 17.*

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

**Reader's Café:** Tuesday, April 30 at 3 p.m. Books that have been turned into movies! **Feature:** "A Beautiful Mind" by Sylvia Nasar. **Synopsis:** About a brilliant mathematician John Nash and his descent into schizophrenia. **Books & audiobooks available by loan by Mar. 26** **Registration required.**

**BG City Schools Choir:** Tuesday April 30 at 5 p.m. *The Bobcat Beats, Grade 4 & 5 students.*

# 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.

**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.*

**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*

**Chair Yoga:** Thursday, April 18 to May 23 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.

**Line Dancing Improver:** Fridays at 10 a.m. **Schaller Building** (130 W. Indiana Ave.) *Peer-led instruction.*

**Texas Hold 'Em Tournament:** Monday, April 1 & 15 at 1 p.m.

**Health Care Education:** Tuesday, April 2, 9 & 16 at 12:30 p.m. **2:** Advanced directives, Senior Placement, Skilled home care **9:** Medicare and Hospice **16:** Post Acute Care, Private Personal Care, Independent Living. *By the Health Care Alliance.*

**Seminar Series: The Decades:** Wednesday, April 3 at 12:30 p.m. This series will explore the decades ranging from the roaring 20's to the 1970's. Explore fashion, food, music, world issues, sports and much more. To get in the spirit of the series come dress in the featured decade. Time will be allotted for sharing and reminiscing. This month we will be covering the 1930's.

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

**Happy Hour:** Friday, April 5 at 12:30 p.m. **Registration required. Zoom option available.**

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

**Pinochle Tournament:** Tuesday, April 9 at 12:45 p.m. **Registration required.**

**Lunch & Learn: Action Plan Workshop:** Wednesday, April 10 at 12 p.m. In life, you can expect the unexpected, but with successful planning as you age, an Action Plan can provide you with peace of mind. In this workshop, you will be provided with a simple form that holds pertinent information to store financial records, logins and passwords, and advance directives. **Registration required.** *Presentation and lunch sponsored by Ohio Living and Home Instead Senior Care.*

**Now and Then:** Thursday, April 11 at 12:30 p.m. **Topic:** Words of Wisdom. Join us as we reminisce. *Facilitated by Comfort Keepers.*

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

**Friends in Fellowship:** Tuesday, April 16 at 10:30 a.m. This is a social time to reflect and share stories in a positive environment. *Refreshments provided by Ohio Living.*

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

**Docuseries: How It's Made?** Wednesday, April 17 at 12:45 p.m. Today's episode will dive into the process of how aluminum foil, snow boards, contact lenses and bread are made.

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

**Stereoscopic Expeditions Egypt:** Friday, April 19 at 12:45 p.m. Using Virtual Reality we will travel to Egypt in the comfort of the senior center today! *Supplies/facilitated by Sara Gray, Technology Trainer, Way Library.* **Registration required, limited to 15 participants.**



# Perrysburg Continued...

**Hand & Foot Card Game:** Monday, April 22 at 1 p.m. **Registration required.**

**Movie Day:** Tuesday, April 23 at 12:45 p.m.

**Feature:** Wonka (2023) **Registration required.**

*Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

**Constipation & Aging:** Wednesday April 24 at 11:15 a.m. Learn about prevention and health tips to maintain your wellbeing. *Presented by Taylor Amburgy, DO, Mercy Health.*

**Habitat for Humanity:** Wednesday, April 24 at 12:15 p.m. Habitat for Humanity offers safe and affordable housing to families in the community. Their volunteers do more than build! Attend this session to learn about their programs. *Presented Habitat for Humanity of Wood County, Ohio.*

**Caregiver Support Group:** Thursday, April 25 at 10 a.m. **Registration required call Social Service Department.**

**LRC Game:** Thursday, April 25 at 12:30 p.m.

**Card Bingo:** Friday, April 26 at 12:30 p.m.

*Facilitated and prizes by Bridge Home Health.*

**Back in the Day:** Monday, April 29 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg..*

**Lunch & Learn: The History of Wood County Through the Life of Charles Evers**

**Part 1:** Tuesday, April 30 at 12:45 p.m. Learn about the settling of the Evers family in Wood County to the period Charles Evers was Sheriff. Presented by *Mike McMaster, Wood County Historical Society.*

## 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 11 to 11:30 a.m.

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

**Wayne Plant Exchange:** Monday, April 1 at 11:30 a.m. Bring a plant, take a plant. Let's diversify or gardens, flower beds, and houseplants!

**Emergency Preparedness:** Tuesday, April 2 at 12:30 p.m. This session will cover weather related safety tips, as well as fire and home safety tips. *Presented by The American Red Cross*

**Bingo:** Wednesday, April 3 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice.*

**Fall Prevention:** Friday, April 5 at 12:30 p.m. Discover new statistics on falls and ways you can avoid getting injured. *Presented by Rehabilitation Hospital of Northwest Ohio.*

**Bingo:** Tuesday, April 9 at 1 p.m. *Sponsored by Bowling Green Manor.*

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

**Container Planting:** Monday, April 15 at 12:30 p.m. *Facilitated by the Wayne Public Library*

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

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

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

**Trivia Battle:** Friday, April 19 at 12:30 p.m. As a group we will test our knowledge for a chance to win a donut party. *Sponsored by Rehab. Hos. of NWO.*

**Make a Connection:** Monday, April 22 at 12:30 p.m. Those socially connected are healthier, happier and able to confront obstacles thrown their way. We will discuss ways you can deal with loneliness. *Presented by the Wood County Health Department*

**Blood Pressure & Glucose Screening:**  
Thursday, April 23 at 11 a.m. to 12:30 p.m.  
*Facilitated by Wood County Health Department.*

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

**The Fun Facts of Food:** Friday, April 26 at 12:30 p.m. Play a game with us as we learn about the benefits of food. *Presented by Shannon Smith, OSU Extension Office.*

**Seminar Series: The Decades:** Monday, April 29 at 12:30 p.m. This month we will be covering the 1920's.

# 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, April 1 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, April 2 at 12:30 p.m. This session you will learn techniques on ways to stay strong and prevent falls. This thirty minute session will focus on balance, strength and range of motion movements for you to stay safe in the winter months. Attend **all three sessions** this quarter and have your name entered for a **wellness prize**. Will draw in March. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

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

**Bunco:** Monday, April 8 at 12:30 p.m.

**Odds and Ends in Wood County:** Tuesday, April 9 at 12:30 p.m. Mike has been driving, and getting lost, in Wood County and surrounding areas for 20 years. IN that time he has found many strange and historical things. In this program we will see some of them. Some have stories, others will remain history mysteries. *Mike McMaster, Wood County Historical Society.*

**Mystery Game Day:** Wednesday, April 10 at 12:30 p.m. Stop in to play a different game each month. *Sponsored by Kingston.*

**Divas & Desserts:** Friday, April 12 at 1 p.m. Ladies, enjoy some desserts with your friends and some good conversations. *Dessert provided by Rehabilitation Hospital of Northwest Ohio.*

**Cards & Dominoes:** Monday, April 15 at 10:30 a.m.

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

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

**Movie Trivia:** Wednesday, April 17 at 12:30 p.m. Play a fun game of movie trivia with participants from the Wood County Senior Center. **Zoom optional available.**

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

**Ladder Ball:** Friday, April 19 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.

**Bunco:** Monday, April 22 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.

**Easy Cooking Tips:** Thursday, April 23 at 12:30 p.m. Wanting to eat healthy, but not much of a cook? Join us to discuss nutrition tips and easy recipes that require only a few ingredients. *Presented by Wood County Health Department.*

**Blood Pressure & Glucose Screenings:**  
Wednesday, April 24 from 11 a.m. to 12:30 p.m.  
*Wood County Health Department.*

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

**Seminar Series: Decades:** Wednesday, April 29 at 12:30 p.m. This series will explore the decades ranging from the roaring 20’s to the 1970’s. Explore fashion, food, music, world issues, sports and much more. To get in the spirit of the series come dress in the featured decade. Time will be allotted for sharing and reminiscing. This month we will be covering the 1960’s.

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

# 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.

**Donuts and 3/13:** Fridays at 9:30 a.m.  
Enjoy a game of 3/13. **Cost:** \$1.30 per donut.

**Euchre & Pinochle:** Fridays at 12:30 p.m.

**Knitting and Crocheting:** Monday, April 1 at 12:30 p.m. Bring your own supplies.

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

**Fitness for Fall Prevention:** Wednesday, April 3 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.**

**Kingston Derby:** Friday, April 5 at 12:30 p.m. Enjoy several games of horse races with wagering a fun bet. *Facilitated by Kingston of Perrysburg*

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

**Smart DriverTEK:** Wednesday, April 10 at 12:30 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.*

**Resources for Aging in Place:** Thursday, April 11 at 12:45 p.m. Learn how to stay in your own home, with out the need to go to an assistant living facility as you get older. *Presentation by Heather Mullins, Elara Caring.*

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

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

**LRC Game:** Monday, April 15 at 12:30 p.m.

**QR Codes:** Monday, April 15 at 12:30 p.m. Gain a better understanding of what a QR code is used for and how your smart can be configured to allow you to look up menus or register for classes using this QR code. *Facilitated by Clara Fiori, WCCOA .*

**Card Bingo:** Tuesday, April 16 at 12:30 p.m. You are to bring a new \$5 gift wrapped or in a gift bag, to play this fun interactive game.

**Blood Pressure & Blood Glucose Screenings:** Wednesday, April 17 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department..*

**Birthday Lunch:** Wednesday, April 17 at noon. *Cupcakes sponsored by Kingston.*

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

**Black Swamp Stories Part III:** Monday, April 22 at 12:30 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 the Wood County. *Presented by Mike McMaster, Wood County Historical Society.*

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

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

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

**Seminar Series: Decades:** Monday, April 29 at 12:30 p.m. This series will explore the decades ranging from the roaring 20's to the 1970's. Explore fashion, food, music, world issues, sports and much more. To get in the spirit of the series come dress in the featured decade. This month is the 1970's.

# 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

**Weekly Riddle:** Wednesdays at noon. Put your thinking caps on for our weekly riddle!

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

**Black Swamp Stories Part III:** Tuesday, April 2 at 12:30 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 the Wood County. *Presented by Mike McMaster, Wood County Historical Society.*

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

**Bingo:** Friday, April 5 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**Breakfast Club:** Tuesday, April 9 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.*

**Open Forum for Technology:** Tuesday, April 9 at 12:30 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 *Facilitated by Clara Fiori, WCCOA.*



**Canvas Art Party:** Wednesday, April 10 at 12:30 p.m. Come paint a swan with us! No experience needed guided instruction will be provided. All materials and instructions will be provided. **Registration is limited to 6 people.** *Instructor Lori Lawton, ATR.*

**Remember When:**

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

**Monthly Guessing Game:** Monday, April 15 at 12:30 p.m. Join in the fun of this game that will keep you guessing. *Facilitated by Kingston of Perrysburg.*

**Blood Pressure & Blood Glucose Screening:** Tuesday, April 16 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.*

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



**Craft:** Thursday, April 18 at 12:30 p.m. In this session we will be making button flowers in a salt shaker vase. This free class will have step by step instructions and all supplies are provided. *Facilitated by Wood Haven.*  
**Registration required.**

**Seminar Series: Decades:** Wednesday, April 19 at 12:30 p.m. This series will explore the decades ranging from the roaring 20's to the 1970's. Explore fashion, food, music, world issues, sports and much more. To get in the spirit of the series come dress in the featured decade. Time will be allotted for sharing and reminiscing. This month we will be covering the 1940's.

**Trivia Battle:** Tuesday, April 23 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.*

**Would You Rather Fitness:** Friday, April 26 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

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



*Discover us on YouTube by searching:*

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



# 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, April 1 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.

**TED Talk:** Tuesday, April 2 at 12:45 p.m.

**Movie:** Wednesday, April 3 at 12:45 p.m.

**Feature:** "Miracles from Heaven (2016) Biography/Drama/Family **Synopsis:** Based on the incredible true story of the Beam family. When Christy discovers that her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. *Snacks sponsored by Wood Haven Health Care.*

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

**Donuts & Discussion:** Tuesday, April 9 at 10 a.m. Join in a friendly morning discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

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

**Name That Tune:** Wednesday, April 10 at 1:15 p.m. Join in this fun game that will have you trying to guess the songs played on the piano by Marilyn Wilson. **Zoom Option and In person option at the Wood County Senior Center and Pemberville.**

**Logo Game:** Thursday, April 11 at 12:45 p.m. Stop in to take part in a friendly team game where you will be pitted against another team. *Facilitated by Wood Haven Health Care.*

**Trivia:** Monday, April 15 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

**Seminar Series: Decades:** Tuesday, April 16 at 12:45 p.m. This series will explore the decades ranging from the roaring 20's to the 1970's. Explore fashion, food, music, world issues, sports and much more. To get in the spirit of the series come dress in the featured decade. Time will be allotted for sharing and reminiscing. This month we will be covering the 1950's.

**Birthday Lunch:** Wednesday, April 17 at noon. *Sponsored by Otterbein Pemberville.*

**Blood Pressure & Blood Glucose**

**Screening:** Thursday, April 18 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Trivia Battle:** Wednesday, April 18 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.*

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

**Seminar Series: Forensic History Crimes, Fraud Scandals** Tuesday, April 23 at 12:30 p.m.  
*Great Courses Topic: Analyzing the Black Dahlia Murder.*

**Odd and Ends of Wood County Part 2:** Wednesday, April 24 at 12:15 p.m. Mike McMaster has been driving, and getting lost, in Wood County and surrounding areas for 20 years. In that time he has found many strange and historical things. In this program we will see some of them. Some have stories, others will remain history mysteries. *Mike McMaster, Wood County Historical Museum.*

**Movie:** Wednesday, April 29 at 12:45 p.m.  
**Feature:** "Peter Rabbit" (2018) Adventure/Comedy  
*Snacks sponsored by Wood Haven Health Care.*

## Volunteer Opportunities

- Delivering meals to homebound older adults
- Collate the monthly newsletter
- Assist during lunch or dinner in Bowling Green.
- Participate in a variety of other opportunities!

Ask for the volunteer coordinator at 419.353.5661 or 1.800.367.4935 or email [sspencer@wcco.net](mailto:sspencer@wcco.net)

# Virtual Programs on Zoom

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

**Happy Hour:** Friday, April 5 at 12:30 p.m.  
This hour is filled with happy thoughts and uplifting moments, along with a bit of trivia, riddles and jokes.  
*In-person option: Perrysburg & Wood County*

**Name That Tune:** Wednesday, April 10 at 1:15 p.m. Join in this fun game that will have you trying to guess the songs played on the piano by Marilyn Wilson. *In person option: Pemberville & Wood County*

**Constipation and Aging:** Wednesday, April 17 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, April 17 at 12:30 p.m.  
Test your movie trivia knowledge as we review actors, actresses and great movies. *In-person option: Wood County Senior Center and Rossford Area Senior*

**Brain Games & Trivia** Wednesday, April 24 at 12:30 p.m. Challenge yourself to some riddles, to enhance your cognitive functioning. *In-person option: Northeast & Wood County Senior Center.*

**Lunch & Learn: Making Sense of Cryptocurrency and Investment Scams**  
Friday, April 26 at 11:30 a.m. Learn about this type of cryptocurrency and gather a better understanding of it's use and function in todays market. *In-person option: Wood County Senior Center.*

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



## 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

## 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.



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](mailto:programs@wcco.net)

# Around the County, Events & Classes

## 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.**

Friday, April 5, 2024	"Tammy and the Bachelor" (1957) (Comedy/Drama) Debbie Reynolds, Walter Brennan, Leslie Nielsen
Friday, April 12, 2024	"The Pleasure of His Company" (1961) (Comedy) Fred Astaire, Lilli Palmer, Debbie Reynolds
Friday, April 19, 2024	"The Second Time Around" (1961) (Comedy/Romance) Debbie Reynolds, Steve Forest, Andy Griffith
Friday, April 26, 2024	"My Six Loves" (1963) (Comedy) Debbie Reynolds, Cliff Robertson, David Janssen

## Guiding Pathways: Respite Program for Those With Early-to-Moderate Stage Dementia

*This program began in 2013 and was designed to provide support and guidance while caregivers navigate the journey of caregiving. Care recipients spend four hours with a programs staff member at WCCOA while the caregiver takes a much needed respite break. The participants enjoy a variety of opportunities to maintain skills and socialize.* **Cost:** \$10 per session, lunch included

### Two location options each month:

**Wood County Senior Center**  
140 S. Grove St, Bowling Green  
Fridays, April 5 & 13  
from 10 to 2 p.m.

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

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

**Register at least one week prior to each session** by calling the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net)



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

# Around the County, Events & Classes

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

*Presented by the Bowling Green State University Hearing and Speech Clinic*



## Books & Bagels

  
THE WILLOWS  
AT BOWLING GREEN

Tuesday, April 16 from 10 a.m. to 1 p.m.

### Wood County Senior Center

Bring your gently used novels and exchange them for other gently used books. Genres can include; historical fiction, fiction, non fiction, biographies, romance, sci-fi, murder mystery, or mystery books. For every gently used book you bring in you receive a ticket to pick a different gently used book. Receive a bagel for your exchange!

*Sponsored by The Willows of Bowling Green.*



## Meet me at the Toledo Museum of Art Tour

Thursday, April 18 at 2 p.m. **Theme: Terrific Textiles**

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

## Lunch and Learn:

### Making Sense Out of Cryptocurrency and Investment Scams

Friday, April 26 at 11:30 a.m. at the Wood County Senior Center



Cryptocurrency is digital money that doesn't require a bank or financial institution to verify transactions and can be used for purchases or as an investment. Transactions are then verified and recorded on a blockchain, an unchangeable ledger that tracks and records assets and trades.

This session will have you exploring how the process of using cryptocurrencies works without the backing of a central bank or government. Instead of relying on government guarantees, decentralized technology called blockchain underpins the operation of cryptocurrencies. Cryptocurrencies do

not exist as a stack of notes or coins. Instead, they live only on the internet. Consider them virtual tokens, the value of which is decided by market forces created by those seeking to purchase or sell them.

This session will cover the origins of this type of currency; how it is mined; what are the types; how to get pitfalls to this type of investing.

*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 April 19. 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@wcco.net](mailto:programs@wcco.net)



# Around the County, Events & Classes



*The power to make it better.*

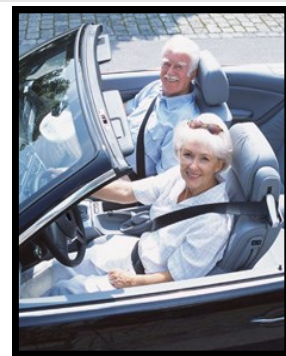
## AARP Driver Safety Program

Thursday, May 16

12:30 to 5 p.m.

### Wood County Senior Center

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.



#### Our Smart Driver course will help you:

- Refresh your driving skill and your knowledge of the rules — and hazards — of the road
- Reduce your chance of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.

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



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

*The Care Compass Project is brought to the community by*



# Around the County, Events & Classes



## The Bob Ross Experience: Painting Class

Wednesday, May 29 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 20. Class is limited to the first 9 participants!**

**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.



# Travel Opportunities



## Vera Bradley Factory Outlet Sale on Thursday, May 2

- Perrysburg Walmart time at 11:30 a.m.
- Depart from Meijer Parking Lot in BG at 12 p.m.
- \$69 per person.
- Lunch at the Old Barn Restaurant (Lima, Ohio) Cost on own \$13

The sale will feature Vera Bradley handbags, travel items, accessories, stationery and luggage in a variety of current and retired patterns. You will receive round trip motor coach transportation. The coach will be supplied with water and snacks. Enjoy a couple of games of bus bingo and a Vera Bradley raffle prize. *Snacks, games and prizes sponsored by Bridge Home Health and Hospice and The Manor at Perrysburg.*

To purchase tickets for this bus trip call Stephanie Kosak at 1018 Travels, LLC at 419.685.7058 or 419.496.0699

The trip is provided by 1018 Travels with Stephanie.

*Note: The Itinerary is subject to change and tickets are non-refundable.*



Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information.



## Utah's "Mighty 5" National Parks

**September 13-21, 2024**

*14 days with 14 meals*

In Denver, board The California Zephyr for an incredible rail excursion west to Grand Junction, Colorado. The stunning passage through the Colorado Rockies (by daylight) is one of the most spectacular train routes in North America.

Traversing the storied "Main Line" of the former Denver and Rio Grande Western Railroad this magnificent visual treat features the Front Range of the Rockies and scenic Glenwood Canyon Trip Highlight: Stay 2 nights at Red Cliffs Lodge in Moab, Utah.

## Halloween in the Hudson River Valley

**October 5-11, 2024**

*7 days with 12 meals*

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

**Trip Highlight:** The Great Pumpkin Blaze, FDR Presidential Library & Museum, Millbrook Winery, Culinary Institute of America, Boat Cruise on the Hudson River, Kykuit "The Rockefeller Estate" Lyndhurst Mansion, Philipsburg Manor, Legend of Sleepy Hollow Storyteller, West Point Military Academy, Houdini Museum and Magic Show.



# Travel Opportunities

Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information.



## Washington, D.C. a Capital Christmas

**December 12 to December 16, 2024**

*5 days/4 nights*

Enjoy a one night stay in Cambridge, OH home of Dickens Victorian Christmas. Then enjoy three nights in Washington DC Downtown for "A Christmas Carol" at Ford's Theatre, NSO Pops Holiday Concert at Kennedy Center and much more!



## Switzerland, Austria and Bavaria

**August 7 to 16, 2024**

*10 days with 13 meals with Activity level 3*

Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort of Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in The Sound of Music, during your time in Salzburg. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria. **Trip Highlights:** Bern, Habkern, Lucerne, Liechtenstein, Innsbruck, Salzburg, Bavaria.



## Rome and the Amalfi Coast

**October 15 to 24, 2024**

*10 days with 13 meals with Activity Level 3*

Your tour opens in the "Eternal City" of Rome with a classical tour of famous sites such as Pantheon and Colosseums. The town of Amalfi is a historic center with marble cathedral and atmospheric piazzas. Travel among lemon trees and hillside groves as you make your way along the picturesque coastal drive.

**Trip highlights:** Trevi Fountain, the Pantheon and Piazza Navona, Sail along the Amalfi Coast, Sorrento Farmhouse Visit.





## 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.

April 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Country Fried Steak OR Cabbage Roll</b> mashed potatoes, carrot/raisin/pineapple salad, cinnamon applesauce, lemon bar	<b>Spaghetti &amp; Meatballs OR Mushroom Chicken Breast</b> noodles, italian green beans, tossed salad, pineapple	<b>Beef &amp; Bean Chili OR Ham &amp; Potato Soup</b> cornbread, cucumber salad, peaches & pears, sidekick fruit slushie	<b>Chicken Wings OR Smoked Sausage</b> squash, cauliflower, peanut salad, banana	<b>Roast Beef OR Pecan Crusted Tilapia</b> normandy blend, au gratin potatoes, cranberry fruited jello
<b>All Sites Closed.</b>	<b>BBQ Beef OR Turkey Burger</b> sweet potato fries, creamy slaw, mixed fruit, fig cookie	<b>Grilled Chicken Breast OR Liver &amp; Onions</b> small whole potatoes, tecas caviar bean salad, apple juice, lemon pie	<b>Pork Chop OR Chicken &amp; Dumplings</b> tomato-zucchini blend, oranges & grapes, blueberry crisp	<b>Hamloaf OR Shrimp Poppers</b> baked potato, orange, peaches & cream, granola
<b>Stuffed Pepper OR Turkey Stuffing Casserole</b> mixed vegetables, grape juice, peaches	<b>Pork Ribette OR Chicken Tenders</b> sweet potatoes, broccoli salad, pears, graham crackers	<b>Birthday Lunch! Meatloaf</b> mashed potatoes, three bean salad, citrus, cake & ice cream	<b>Hot Dog OR Hamburger</b> baked beans, sauerkraut salad, rosy applesauce, brownie	<b>Chef Salad w/Diced Turkey, Cheese, &amp; Egg OR Tuna Salad on a bed of lettuce</b> potato salad, cantaloupe & grapes, blueberry muffin
<b>Swedish Meatballs OR Veal Patty</b> noodles, oriental vegetables, tomato juice, pineapple	<b>Baked Ham OR Tuscan Chicken</b> french green beans, pickled beets, citrus sections, frozen yogurt	<b>Ham &amp; Bean Soup OR Turkey Pot Roast Stew</b> cornbread, heritage slaw, peaches, cherry crunch	<b>Pork Chop OR Broccoli Stuffed Chicken Breast</b> baked potato, corn relish, berry blend w/yogurt, granola	<b>Pepper Steak OR Lemon Pepper Pollock</b> rice, stewed tomatoes, cabbage/apple raisin salad, tropical fruit
<b>Cream of Broccoli Soup OR Vegetable Soup</b> egg salad, peanut butter & celery, orange sections	<b>Beef Taco Meat OR Chicken Strips</b> lettuce & tomatoes, refried beans, mixed fruit, cookies			

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.

# Dinner Menu

April 2024		
Tuesday	Wednesday	Thursday
<b>BBQ Pork Chop</b> 2 au gratin potatoes, mandarin oranges & grapes, cherry crisp	<b>Calico Beans</b> 3 wilted lettuce salad, carrots, fruited jello	<b>Teriyaki Chicken Breast</b> 4 sweet potatoes, broccoli salad, peaches, bread pudding
<b>Birthday Dinner! Chicken Alfredo</b> 9 green beans, Caesar salad, apple juice, cake & ice cream	<b>Fish Sandwich</b> 10 tater tots, coleslaw, orange, sherbet	<b>Mushroom Steak</b> 11 cheese potato bake, peas, melon & grapes, cherry cheesecake
<b>Turkey Burger</b> 16 french fries, tropical fruit, peach crisp	<b>Sweet &amp; Sour Pork</b> 17 rice, oriental blend, spinach salad, fruit cocktail, lemon bar	<b>Meatloaf</b> 18 mashed potatoes, green beans, orange sections, gingerbread pudding
<b>Pork Chop</b> 23 small whole potatoes, nautucket blend vegetables, cranberry jello salad, sherbet	<b>Chicken Parmesan</b> 24 noodles, tossed salad, roasted cauliflower, ambrosia salad	<b>Meat &amp; Bean Chili</b> 25 cornbread muffin, potato salad, banana, strawberries & blueberries, pound cake
<b>Chicken &amp; Dumplings</b> 30 carrots, three bean salad, fruit sorbet		

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

**Dinner & Movie:** Tuesday, April 9 at 3:30 p.m. **Movie:** "Maid in Manhattan" Dinner reservations made by 2 p.m. on Tuesday, March 12.

**Physiology and Fitness:** Tuesday, April 16 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.

**Karaoke:** Wednesday, April 17 at 4 p.m.

**Kahoot:** Thursday, April 18 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.**

**Open Forum for Technology:** Thursday, April 25 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

**Readers Café:** Tuesday, April 30 at 3 p.m. Pick up a copy of the book to read (Mar. 26) then come together to watch the film. **Feature: "A Beautiful Mind" by Sylvia Nasar. Books and audiobooks available by loan. Registration required.**

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



# 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:

Lanny Milligan In Memory of Alice Brown  
Rick and Jacqueline Metz In Memory of Madelon Curtis  
Robert A Kulman In Memory of Edward Venis  
Jeff and Kim Johring In Memory of Edward Venis  
Don and Tammie Ameling In Memory of Edward Venis  
Sanders family In Memory of Edward Venis  
Jim and Chris Budke In Memory of Edward Venis  
Loren Bechstein Family In Memory of Edward Venis  
Tom and Joy Henline In Memory of Edward Venis  
John and Alice Calderonello for Workshop Equipment  
Shirley Miller  
Dianne and Tom Klein

**Thank you to all who have donated. We appreciate your support!**



## **RUMMAGE SALE Coming Soon!**

The Wood County Senior Citizens Club is having another Rummage Sale!  
Dates are as follows:

**Friday, May 3 and 4, 2024.**

- Donations will be accepted from April 1 to April 30 (no drop offs on May 1 and 2)
- Drop off between 1 and 3 p.m. only
- Please check in at the **Front Desk** upon entering with your items.
- We cannot take mattresses, computer equipment, box TVs, or upholstered furniture. We accept jewelry, household items cleaned and in working order, clothing with light wear, seasonal decorations.

For questions, leave a message at the front desk of the Wood County Senior Center 419.353.5661, 1-800-367-4935 or via email at [wccoa@wccoa.net](mailto:wccoa@wccoa.net) for volunteer Fern Kao, Rummage Sale Coordinator.

## **Program & Service Scholarship Fund**

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

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

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

## **Pen Pal Program**

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

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

WOOD COUNTY  
COMMITTEE



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

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

We're on the Web!

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



FACEBOOK

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



BLOGSPOT

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

**All Senior Centers will be closed on  
Monday, April 8 for the Eclipse.**



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

## Newsletter Subscriptions

If you receive your newsletter in the mail, you will see a date printed at the bottom of your address label above. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County. *Free access to the newsletter is also available by email and on the WCCOA website.*

## WCCOA SENIOR CENTER LOCATIONS

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

*Ohio's First Nationally Accredited Senior Center*