

**WOOD COUNTY
COMMITTEE**

ON
Ageing

MAY 2024

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

The month of May is dedicated to celebrating “Older Americans 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 older adults health and well-being.

We’ll be celebrating the positive aspects of growing older while remaining connected with the senior centers and communities at large. Our goal is to highlight everyone’s role in combating ageism and noting that our centers focus on the pursuit of interests, support and the lifestyle benefits of remaining engaged, independent, and included. Listed below are the is how we will be celebrating the aging in our communities:

**Outdoor Award Ceremony and
Concert at the Wooster Green Gazebo**
(100 South Church St., Bowling Green)
Monday, May 20 from 2 p.m. to 3:15 p.m.

NOTE: Bring a lawn chair to join in the celebration
Rain location Wood County Senior Center

*Award ceremony to honor a recipient
from each of the eight Senior Centers*

Featuring: John Pickle

John Pickle has been providing a music therapy program for nursing homes, health care and adult day care facilities as well as clubs, wineries and private parties all around Northwest Ohio and Southeast Michigan for many years. Performing more than 350 gigs a year, he has earned a great reputation as an entertainer and his popularity continues to flourish. He charms audiences with the variety of songs he selects, his energy level, sense of humor and a lot of audience participation. John truly puts on a very entertaining program.

Kick back, relax and allow the seriously light-hearted humor and whimsy of the “John Pickle Show.”



Sponsored by:



**THE WILLOWS
AT BOWLING GREEN**

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@wcco.net You can learn more at: UHCRenewActive.com

Clinics & Consultations

Podiatry Clinic *Provided by Heel and Toe Podiatry with Dr. Scott Johnston*
For an appointment, please call 419.474.7700

Clinic Site	Date	Time
Pemberville Area Senior Center Senior Center	May 8	1 to 3 p.m.
Wood County Senior Center	May 22	1 to 3 p.m.

**It is the patient's responsibility to check with their insurance company about coverage and frequency of coverage.

alzheimer's association **Memory Chat**

Wednesday, May 15, 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

Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*
 Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

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

Clinic Site	Date	Time
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

SAVE THE DATE: Cholesterol Clinic Screenings

NOTE: ONLY call in June to the Social Services department to schedule a Cholesterol Clinic Screening

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 Senior Center

July 9, 12, 30 from 9 to 11 a.m.

Perrysburg Area Senior Center

July 11 & 19 from 9 to 11 a.m.

Provided by the Wood County Health Department

Blood Pressure & Blood Sugar Screenings The Wood County Health Department

Clinic Site	Date	Time
Wayne Area Senior Center	May 6	11 a.m. to 12:30 p.m.
Wood County Senior Center	May 14	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	May 15	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	May 16	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	May 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	May 29	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, May 13 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, May 23 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, May 5 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@wcco.net to register for this group.

Grasping Your Grief

Wednesdays, May 1 & May 15 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 3 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@wcsc.org

Alzheimer's Association

Caregiver Support Group

First Friday of the month at 12 p.m.

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

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

Spousal or Partner Loss Support

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

Location: Hospice of Northwest Ohio
30000 E. River Road, Perrysburg

Contact: Hospice of Northwest Ohio for more information and to register at 419.661.4001

DaZy Aphasia Support Group

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

Fitness Classes

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

Chair Yoga Cost: \$20

Tuesdays, July TBD 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, May 22 to June 26 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, May 22 to June 26 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, June 3 to July 8 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, May 21 to June 25 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, May 23 to June 27 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, May 15 to June 19 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*

Travel Opportunities

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



Vera Bradley Factory Outlet Sale on Thursday, May 2

Perrysburg Walmart time at 11:30 a.m. OR Depart from Meijer Parking Lot in BG at 12 p.m. Cost \$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



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.



Travel Opportunities



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Washington, D.C. A Capital Christmas December 12 to 16, 2024 *4 nights with 7 meals*

Travel to Cambridge, Ohio home of Dickens Victorian Christmas and meet Queen Victoria as she tells stories of her life in London throughout dinner. After dinner enjoy the courthouse lightshow. Then travel to Washington, DC. to enjoy a unique Capital Christmas tour. Enjoy the Illumination tour of the monuments, sightseeing tour of Washington, DC.; performance of a Christmas Carol at the famous Ford Theatre; Christmas at Mount Veronon, evening performance of the National Symphony Orchestra, The NSO Pops, Happy Holiday Concert at The Kennedy Center



Utah's "Mighty 5" National Parks September 13 to 21, 2024 *8 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 to 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.



Around the County, Events & Classes



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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

Wood County Senior Center
140 S. Grove Street, Bowling Green
Cost: \$20

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

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

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

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

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

Dinner for Eight

The table is set...

and we're reserving a spot just for *YOU!*

Tuesday, May 14 at 4 p.m.

Meet at the Wood County Senior Center

140 South Grove St., Bowling Green

This “Dinner for Eight” event will involve a randomly arranged group of eight gathering together for an evening of great food and friendly conversation at an area restaurant within a 30 mile radius. Registered participants will be placed into a generated group of eight based on common conversational interest to have a chance to meet seven new friends that will spark a exciting new social and dining experience which will make for a great night out. Register as a couple or an individual by filling out your top three dinner topic conversations. Couples will remain grouped together. Types of restaurants include wineries, seafood, Italian, and other locations will be secured for a table of 8 and registrants won’t know where their going until they receive their golden ticket when they meet up in the lobby of the Wood County Senior Center on May 14. Transportation is on your own and carpooling is encouraged. Cost on own. What are you waiting for? **Register for this great event today! Contact the Programs Department at 419.353.5661 or email programs@wcoa.net**



The power to make it better.

AARP Driver Safety Program

Thursday, May 16 from 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 on driving habit as a result of what they learned.

Our Smart Driver course will help you:

- Refresh your driving skill and you knowledge of the rules — and hazards — of the road
- Reduce you 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@wcoa.net

Around the County, Events & Classes



Lunch and Learn: What is Neurodiversity?

Friday, May 24 at 11:30 a.m. at the Wood County Senior Center
*Presented by Siva priya Santhanam, Ph.D.,
BGSU Communication Sciences and Disorders*

Like the umbrella term neurodiversity, the word neurodivergent was also coined by sociologist Judy Singer. While originally used to refer specifically to people who are autistic, usage of the term has broadened significantly in years since.

Neurodivergence now refers to any structured, consistent way that brains work differently for a group of people than they do for the majority of others. These people may have learning disabilities, attention deficit and anxiety disorders, obsessive-compulsive disorder, and Tourette's syndrome. Through a neurodiversity lens, such conditions reflect different ways of being that are all normal human experiences. Let's learn about the many different types of neurodivergence and how we can enhance our interactions and communication skills.

Presented by Siva priya Santhanam, Ph.D., CCC-SLP. Educational Experience 2014 - Ph.D. Communication Sciences and Disorders. Bowling Green State University, Bowling Green, Ohio, USA; 2008 - Masters in Audiology and Speech-Language Pathology, Sri Ramachandra Institute of Higher Education and Research, Chennai, India; 2006 - Bachelors in Audiology and Speech-Language Pathology, Sri Ramachandra Institute of Higher Education and Research, Chennai, India

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 May 17. 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



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!**

Register by calling 419.353.5661 or email programs@wcco.net

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

Around the County, Events & Classes

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, May 3 & 17
from 10 to 2 p.m.

St. Timothy's Church

871 E. Boundary St., Perrysburg
Wednesday, May 8 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

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 I**
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@wcco.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.

Virtual Programs on Zoom

Are you wanting to stay at home and take part in programs? Join our virtual programs, contact the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net to get access to these classes.

Happy Hour: Friday, May 3 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions with riddles, jokes and more.
In-person option: Perrysburg & Wood County

Spelling Bee: Monday, May 6 at 12:30 p.m.
In-person option: Wayne & Wood County

Name That Tune: Wednesday, May 8 at 1:15 p.m. *In-person option: Pemberville & Wood County*

Wordle: Monday, May 13 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. *In-person option: Northeast & Wood County Senior Center.*

Stroke Risk in Older Adults: Wednesday, May 15 at 11 a.m. *Presented by Mercy Residence Family Medicine. In-person option: Wood County Center.*

Movie Trivia: Wednesday, May 15 at 12:30 p.m.
Test your movie trivia knowledge as we review actors, actresses and great movies. *In-person option: Wood County Senior Center and Rossford Area Senior*

Lunch & Learn: What is Neurodivergent?
Friday, May 24 at 11:30 a.m. Learn about how this type of brain functions and best practices in communicating with individuals who are neurodivergent. Tips and best practices will be shared. *Presented by Siva priya Santhanam, BGSU professor. In-person option: Wood County Senior Center.*

Bingo: Friday, May 24 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



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for **four weeks** at a

Technology Loans

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



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. *Peer-Led Group*

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. 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. **May 17** Memorial Day presentation by Herb Dettmer. *Donuts sponsored by The Willows of BG.*

Romantic Movies: Wednesdays at 1 p.m. Hosted by Lilianna Rossi **May 1:** "Momma Mia" (2008)

May 8: "You've Got Mail" (1998) **May 15:** "Save The Last Dance" (2001) **May 22:** "Sleepless in Seattle" (1993) **May 29:** "Serendipity" (2001)

Registration required.

BG Knitter's Guild: Wednesday, May 1 at 4 p.m. Red, white and blue quilts for the honor flight no smaller than 34 by 44. *Hosted by Jackie Instone.*

Thursday Theater: Thursday, at 1 p.m. **May 2:**

"To Catch a Thief" (1955) **9:** "A Royal Night Out" (1955) **16:** "Colossus "The Forbin Project" (1970) **23:** "Roman Holiday" (1953) **30:** "Darkest Hour" (2017) *Hosted by Kris Eridon.*

Memoir Writing Group: Thursday, May 2 at 2:30 to 3:30 p.m. The goal is to document life events and discuss how they impact us. *By WCCOA staff*

How about a Movie: Fridays at 1 p.m. **3:** "PT 109" Biography/Drama(1963) **10:** "The Girl Most Likely" Comedy/Musical(1957) **17:** "The Best Man" Drama(1964) **24:** "Man Without A Country" Adventure/Drama (1973) **31:** Picnic Drama (1955).

Happy Hour: Friday, May 3 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living.* **Zoom option available.**

Black Swamp Stories- Part 4: Monday, May 6 at 11 a.m. The history of Wood County is forged in war. Learn about a forgotten 1832 war in Wood County; it's not what you think. *Mike McMaster, Wood County Historical Society.*



Memory Wire Bracelets:

Monday, May 6 at 1 p.m. Memory wire bracelets are awesome, easy to put on and take off, fits pretty much any size wrist. Come find out how

to make one. Kit with wire and beads included in price of class. *Instructed by Betty Winslow.* Cost: \$5 **Registration required.** Max 10 people.

National Parks Series: Great Smokey

Mountains and Hot Springs Tuesday, May 7 at 4:45 p.m. This series will have you exploring National Parks across the country. *Prerecorded session Great Courses. Facilitated by Kinsey Kale, WCCOA.*

Name That Tune: Wednesday, May 8 at 1:15 p.m. Join in this fun game that will have you trying to guess the songs played on the piano virtually with Pemberville's Marilyn Wilson. **Zoom Option**

Backyard Birds: Thursday, May 9 at 5 p.m. Learn about common birds that you might see everyday in NW Ohio. This month's featured bird is the Red-Bellied Woodpecker. *Facilitated by Clara Fiori, WCCOA .*

Nails: Monday, May 13 at 10:30 a.m. Appointments are 10 minutes in length. **Registration required.** *Facilitated by Wood Haven Health Care.*

Wordle: Monday, May 13 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option**

Peaky Blinders, TV Series: Monday's, 1 p.m.

May 13 S:1 E: 3 & 4, **May 20** S:1 E: 5 & 6 **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.

Name That Tune BINGO: Tuesday, May 14 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*



Craft: Sand Art Terrarium

Tuesday, May 14 at 10:30 a.m. All instruction and supplies will be provided. **Cost: \$10 Advance**

payment to secure a spot. **Registration required.** *Facilitated by Bowling Green Manor.*

Wood County Continued...

Blood Pressure & Glucose Screening:

Tuesday, May 14 at 11 a.m. *Facilitated by the Wood County Health Department.*

Dinner & Movie: Tuesday, May 14 at 3:30 p.m.

Movie: "Alive" (1993). Dinner reservations need to be made by 2 p.m. on Tuesday, May 14.

Stroke Risks and Older Adults: Wednesday, May 15 at 11 a.m. This session will cover the signs, symptoms, and prevention techniques of a stroke.

Presented by Mercy Medicine Residency Program.
Zoom option available.

Movie Trivia: Wednesday, May 15 at 12:30 p.m.

Test your movie trivia knowledge as we review actors, actresses, and great movies. **Zoom option available.**

AARP Driver Education: Thursday, May 16 at 12:30 p.m. to 5 p.m. 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 See page 8 for details.

Game Night: Thursday, May 16 at 6 p.m. Join for a as we play a variety of card games, board games and more. **Registration recommended.** *Hosted by Nancy Messenger.*

Breakfast Club: Monday, May 20 at 9 a.m.

Location: Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

Coffee & Coloring: Monday, May 20 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Sponsored by Wood Haven Health Care.*

Brain Training: Tuesday, May 21 at 9 a.m.

"Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses*. **Topic:** CBT for the Beginning of the End of Life **Video Presenter:** *Jason M. Satterfield, Ph.D.* **Registration required by May 17** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*



Craft: Painting

Tuesday, May 21 at 3 p.m. Join us as we paint a beautiful poppy painting. All supplies and instruction for project will be provided. Take it home as a gift or to spruce up your home décor. **Registration required.** *Sponsored by 1018 Travels.*

Physiology and Fitness: Tuesday, May 21 at 4:30 p.m. Video from *The Great Courses* **Topic:** Fueling Fitness **Presenter:** Dean Hodgkin.



Acrylic Painting:

Wednesday, May 22 at 3 p.m. To create a "Magical Forest" This class is open to all levels of painting experience! *Cost: \$10* *Instructor Jackie Meir.*
Registration required.

Card Bingo: Thursday, May 23 at 1 p.m.

Facilitated by Bridge Home Health & Hospice.

Blooklet: Thursday, May 23 at 4:30 p.m.

Blooklet is an online trivia platform. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people. **Register today.**

Acoustic Night: Thursday, May 23 from 6 to 7 p.m. Musicians are welcome to play their acoustic guitar or other instruments for a more mellow and relaxing evening. Stop in to play or listen! Register by 2 p.m. on May 23 if you are planning to have dinner before hand.

Lunch and Learn Friday, May 24 at 11:30 a.m.

What is Neurodivergent? Learn how the brain works differently for a group of people and how we can enhance our interactions and communication skills with these individuals. *Presented by Siva priya Santhanam, Ph.D., CCC-SLP.* *Lunch sponsored by Hanneman Family Funeral Homes. See page 17.*

Zoom Bingo: Friday, May 24 at 1 p.m.

Cover-all prize awarded. Register to receive the code.

Reader's Café: Tuesday, May 28 at 3 p.m.

Books that have been turned into movies! **Feature:** "Between a Rock and a Hard Place" by Aron Ralston **Synopsis:** Autobiographical book that details Arons incident that occurred in 2003 in Blue John Canyon in the Utah desert. **Books & audiobooks available by loan by April 26.** **Registration required.**

Karaoke: Wednesday, May 29 at 4 p.m. No previous singing experience necessary.

Open Forum for Technology: Thursday, May 30 from 4 to 5 p.m. Submit your questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.** *Clara Fiori, WCCOA.*

Perrysburg

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

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

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. *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 30 (no class 5/9) 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*

Easy Cooking Tips: Wednesday, May 1 at 12:30 p.m. Want 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.*

Euchre Tournament: Thursday, May 2 at 12:45 p.m. **Registration required.**

Stereoscopic Expeditions; Great Barrier Reef: Thursday, May 2 at 12:45 p.m. Using Virtual Reality we will travel to the Great Barrier Reef in the comfort of the senior center today! *Supplies provided by Way Library.* **Registration required, limited to 15 participants.**

Happy Hour: Friday, May 3 at 12:30 p.m. **Registration required. Zoom option available.**

QR Codes: Monday, May 6 at 12:15 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*

Texas Hold 'Em Tournament: Monday, May 6 & 20 at 1 p.m.

Seminar Series: The Decades: Tuesday, May 7 at 12:30 p.m. To get in the spirit of the series come dress in the featured decade. This month we will be covering the 1940's.

Lunch and Learn: Downsizing: Thursday, May 9 at 12 p.m. Dive into the joys of downsizing with *The Wild Side Group at Keller Williams Realty.* This dynamic team of ladies will guide you through the perks of smaller living spaces with fun games, exciting prizes, and a special gift for everyone who attends. **Registration required, limited to 15 participants.** *Catered lunch sponsored by Keller Williams Realty.*

Bunco: Friday, May 10 at 12:45 p.m. **Register.**

Back in the Day: Monday, May 13 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

Pinochle Tournament: Monday, May 13 at 12:45 p.m. **Registration required.**

Breakfast Club: Tuesday, May 14 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, May 14 at 12:30 p.m. *Facilitator Waterford at Levis Commons.*

Birthday Lunch: Wednesday, May 15 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Blood Pressure and Blood Sugar Clinic: Thursday, May 16 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

Docuseries: How It's Made? Friday, May 17 at 12:45 p.m. **Topic:** Toothpicks, Acrylic bathtubs, helicopters and beer.

Friends in Fellowship: Tuesday, May 21 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living..*

Perrysburg Continued...

The History of Wood County Through the Life of Charles Evers Part 2: Tuesday, May 21 at 12 p.m. *Mike McMaster, Wood County Historical Society.*

Stroke Risks in Older Adults : Wednesday, May 22 at 11:15 a.m. *Presented by Mercy Family Medical Residency Program.*

Caregiver Support Group: Thursday, May 23 at 10 a.m. **Registration required call Social Service Department.**



Craft: Thursday, May 23 at 11:15 a.m. Create a beach in a jar with all instructions and supplies provided by *Manor at Perrysburg.*

LRC Game: Thursday, May 23 at 12:30 p.m.

Card Bingo: Friday, May 24 at 12:30 p.m. *Facilitated and prizes by Bridge Home Health.*

Movie Day: Tuesday, May 28 at 12:45 p.m. **Feature:** Broken Bridges (2006) **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

Hand and Foot: Tuesday, May 28 at 1 p.m.

CarFit: Thursday, May 30 at 10 a.m. This program developed by AAA, AARP and the American Occupational Therapy Association is designed to review how your vehicle fits you, how that will assist you in driving safety and increase mobility.

Appointments required. *Sandy Weichman, Safe Communities of Wood County.*

Balance Screenings: Friday, May 31 at 11 a.m. to 1 p.m. **by appointment.** *Facilitated by Med1Care*

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.

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

Stroke Prevention: Friday, May 3 at 12:30 p.m. *Presented by Rehabilitation Hospital of NWO.*

Wayne Plant Exchange: Monday, May 6 at 11:30 a.m. Bring a plant, take a plant.

Blood Pressure & Glucose Screening: Monday, May 6 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Spelling Bee: Monday, May 6 at 12:30 p.m. Join us as we challenge the Wood County Senior Center. **Zoom option.**

Karaoke Luau: Tuesday, May 7 at 11 a.m. Enjoy karaoke by Milk on the Rocks Band, yummy mocktails, and fun with a Hawaiian theme! *Sponsored by Ohio Living Home Health and Hospice*

Bingo: Wednesday, May 8 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Bingo: Tuesday, May 14 at 1 p.m. *Sponsored by Bowling Green Manor.*

Birthday Lunch: Wednesday, May 15 at 12 p.m. *Cake & ice cream by The Willows.*

Breakfast Club: Thursday, May 16 at 9:30 a.m.

Location: Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

Black Swamp Stories Part 3: Friday, May 17 at 12:15 p.m. This program discovers the location of the mysterious Dutchmen's Deadening, and the origins of the most iconic barn in Wood County. *Presented by Wood County Historical Society.*

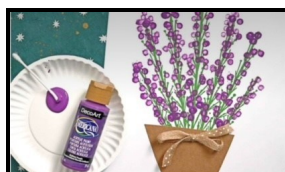
Game of Jeopardy: Monday, May 20 at 12:30 p.m. *Facilitated by the Wayne Public Library .*

Expressions Through Art: Tuesday, May 21 at 12:30 p.m. All supplies are included. **Registration required.** *Wayne United Methodist Church.*

Bingo: Thursday, May 23 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Friday, May 24 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.*

Seminar Series: The Decades: Monday, May 27 at 12:30 p.m. Featuring: 1930's.



Craft: Tuesday, May 28 at 12:30 p.m. Paint a lavender pot painting. All materials and instruction provided by *The Willows.*

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.

Trivia: Wednesday, May 1 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Coffee, Donuts and Coloring: Monday, May 6 at 11 a.m. Stop in to join us as we work on our creative side while destressing and enjoying a cup of coffee with friends. *Sponsored by Manor At Perrysburg.*

Fitness for Fall Prevention: Tuesday, May 7 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 June. *Facilitated by Partners in Home Care. Registration and waivers required.*

Mystery Game Day: Wednesday, May 8 at 12:30 p.m. Stop in to play a different game each month. *Sponsored by Kingston.*

Health Care Education: Friday, May 10, 17 & 24 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*

Pies for Guys: Friday, May 10 at 1 p.m.
Gentlemen enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead of Senior Care.*

Bunco: Monday, May 13 at 12:30 p.m.

Seminar Series: Decades: Tuesday, May 14 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 1970's.

Birthday Lunch: Wednesday, May 15 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Movie Trivia: Wednesday, May 15 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, May 16 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home*

Cards & Dominoes: Monday, May 20 at 10:30 a.m.

Breakfast Club: Tuesday, May 21 at 9 a.m.
Location: American Table (580 Craig Dr., Suite 1, Perrysburg) *We will be visiting with the Perrysburg Area Senior Center. Cost on own. Register with the Senior Center.*

Cornhole: Wednesday, May 22 at 12:30 p.m.
Facilitated by Bob Counterman. This game is for experienced and non-experienced players.

Trivia Battle: Thursday, May 23 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.*

Trivia Bingo : Tuesday, May 28 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.*

Blood Pressure & Glucose Screenings:
Wednesday, May 29 from 11 a.m. to 12:30 p.m.
Wood County Health Department.

"The Legend of Shutnok": Thursday, May 30 at 12:30 p.m. Who, What, or Where is Shutnok? Learn from Wood County pioneer and storyteller, Charles Evers, about this lost location and hear the eerie legend that surrounds this mystery location! *Presented by Mike McMaster Wood County Historical Society.*

Bunco: Friday, May 31 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.



Discover us on YouTube by searching:

Wood County Committee on Aging, Inc.

View our over 250 educational videos archived for your viewing convenience.

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 9:30 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 9:45 a.m.
Enjoy a game of 3/13. **Cost:** \$1.30 per donut.

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

Fitness for Fall Prevention: Wednesday, May 1 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 June. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

Kingston Derby: Friday, May 3 at 12:30 p.m.
Enjoy several games of horse races with wagering a fun bet. *Facilitated by Kingston of Perrysburg*

Take Control with Exercise: Tuesday, May 7, 14, 21, & 28 at 10:30 a.m. This DVD series is a series from the Arthritis Foundation Exercise program. It aims to improve flexibility, strengthen core muscles, and improve stamina..

Bingo: Tuesday, May 7 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

Easy Cooking Tips: Wednesday, May 8 at 12:30 p.m. Want 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*

Walbridge Talk: Thursday, May 9 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in hear first hand the latest updates on the village of Walbridge.

Mother's Day Honoring Our Mom's: Friday, May 10 at 12:30 p.m. Bring a picture in starting May 5 of your mom, grandma or a special lady who has impacted your life. Pictures will be on display. All ladies in attendance will be honored with a flower.

Wordle: Monday, May 13 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option Available.**

Knitting and Crocheting: Monday, May 13 at 1 p.m. Bring your own supplies.

Dominoes: Tuesdays, May 14 & 28 at 12:30 p.m.

Blood Pressure & Blood Glucose Screenings: Wednesday, May 15 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

Birthday Lunch: Wednesday, May 15 at noon.
Cupcakes sponsored by Kingston.



Painting Class: Wednesday, May 15 at 12:30 p.m. This is an opportunity to explore your artistic side. We will be painting a beautiful Spring/Summer picture. Lori Lawton, ATR will be here to instruct you step by step. **Registration is required by Monday, May 6,**

limited to 10 people. Cost: \$25 Check payable to Lori Lawton.

Who, What, Where?: Thursday, May 16 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.*

LRC Game: Monday, May 20 at 12:30 p.m.

Card Bingo: Tuesday, May 21 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.

Black Swamp Stories Part I: Wednesday, May 22 at 12:30 p.m. What is the story of the Black Swamp and its history? Stop in to learn more. *Presented by Wood County Historical Society.*

Trip: Random Acts Thursday, May 23 at 2 p.m. Join us at Random Acts, 209 N. Main St., Walbridge for a sweet treats. This is a unique little shop so come enjoy a treat and shop. Cost of treat on own.

Seminar Series: Decades: Monday, May 27 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 is the 1970's.

Bunco: Tuesday, May 28 at 12:30 p.m.

Wii 100 pin Bowling: Friday, May 31 at 12:30 p.m.

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles.

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

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

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

Bingo: Friday, May 3 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Monthly Guessing Game: Monday, May 6 at 12:30 p.m. Join in the fun of this game that will keep you guessing. *Facilitated by Kingston of Perrysburg.*

Indian Hills Elementary School: Tuesday, May 7 at 12:30 p.m. The distinctive shape of Indian Hills Elementary School in Rossford has fascinated students, teachers, and residents of Rossford since its construction in 1968-1970. The award winning design of the building represents an important aspect of Wood County history. Learn about this unique structure, and the archeology conducted there, in this informative program. *Presented by Mike McMaster, Wood County Historical Society.*



Canvas Art Party: Wednesday, May 8 at 12:30 p.m. Come paint a floral bee 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, May 9 at 12:30 p.m. Come enjoy this interactive and nostalgic time as we look back at various chapters in our lives.

Mother's Day Celebration: Friday, May 10 at 12:30 p.m. We will honor the ladies in our lives. Each lady will receive a flower and goodie bag.

Entertainment by: Saxophone player, Benjamin Rosales *sponsored by Deck-Hanneman Family Funeral Homes.*

Breakfast Club: Tuesday, May 14 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.*

Trivia Battle: Tuesday, May 14 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Birthday Lunch: Wednesday, May 15 at noon. *Sponsored by Bowling Green Manor.*



Craft: Thursday, May 16 at 12:30 p.m. In this session a beach in a jar. This free class will have step by step instructions and all supplies are provided. *Facilitated by Bowling Green Manor. Registration required.*

Easy Cooking Tips: Monday, May 20 at 12:30 p.m. Want 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.*

Trivia: Monday, May 20 at 12:30 p.m. Come enjoy this interactive and thought provoking game. **Theme:** State trivia. *Facilitated by Grand Rapids Care Center.*

Blood Pressure & Blood Glucose Screening: Tuesday, May 21 at 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

Seminar Series: Decades: Tuesday, May 21 at 12:30 p.m. Explore fashion, food, music, world issues, sports and come dress in the featured decade of the 1930's.

Would You Rather Fitness: Friday, May 24 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

Emergency Disaster Preparedness: Tuesday, May 28 at 12:30 p.m. This session will provide you with updates on ways to stay safe in your home by being prepared during weather related challenges. These include rain and snow storms, tornados, and much more. *Presented by Wood County Emergency Management.*

Pemberville

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

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

Cards: Daily before and after lunch. Join us!

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

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

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

Bingo: Wednesday, May 1 at 12:45 p.m.
Prizes provided by Bowling Green Manor.

Minutes with the Mayor: Monday, May 6 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.

Breakfast Club: Wednesday, May 8 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own. Register with the Senior Center.**

Podiatry Clinic: Wednesday, May 8 at 1 p.m. to 3 p.m. by appointment. *Provided by Heel and Toe Podiatry with Dr. Scott Johnston*
For an appointment, please call 419.474.7700

Name That Tune: Wednesday, May 8 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, May 9 at 12:45 p.m. We will divide the group into two teams and challenge each other name that logo. *Facilitated by Wood Haven Health Care.*

Movie: Wednesday, May 13 at 12:45 p.m.
Feature: "The Personal History of David Copperfield" (2019) Comedy/Drama. Synopsis: A modern take on Charles Dicken's classic tale of a young orphan who is able to triumph over many obstacles. *Snacks sponsored by Wood Haven Health Care.*

Donuts & Discussion: Tuesday, May 14 at 10 a.m. Join in a friendly morning discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

Birthday Lunch: Wednesday, May 15 at noon. *Sponsored by Otterbein Pemberville.*

Trivia Battle: Wednesday, May 15 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest. Ohio.*

Blood Pressure & Blood Glucose Screening: Thursday, May 16 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

Black Swamp Stories Part 4: Thursday, May 16 at 12:15 p.m. The history of Wood County was forged in war. In this program, we will learn about the last war of early Wood County and the panic it caused along the Maumee River. This program may not be what you think. *Mike McMaster, Wood County Historical Museum.*

Trivia: Monday, May 20 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

Seminar Series: Decades: Tuesday, May 21 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 1960's.

Seminar Series: Forensic History Crimes, Fraud Scandals Wednesday, May 22 at 12:45 p.m. *Great Courses Topic: Dissecting Hollywood Deaths. prerecorded.*

Movie: Thursday, May 23 at 12:45 p.m. **Feature:** "A Star is Born" (1937) Romance/Drama Synopsis: A young woman comes to Hollywood with dreams of stardom and achieves them only with the help of an alcoholic leaning man whose best days are behind him. (original movie) *Snacks sponsored by Wood Haven Health Care.*

Mystery Game: Wednesday, May 29 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

TED Talk: Thursday, May 30 at 12:45 p.m. Adam Driver "My Journey From Marine to Actor" Adam Driver is working to bridge the cultural gap between the United States Armed Forces and the performing arts communities by bringing the best modern American theater to the military.

SAVE THE DATE:

Below you will find programs scheduled for the upcoming months.
Please call the Programs Department for more information or to register for a program or class 419.353.5661
or email 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
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:



- ◆ **Senior Day at the Wood County Fair** Tuesday, July 30, 2024
Wood County Fair Grounds from 9 to 3 p.m.

*Entertainment Sponsored by Hanneman Family Funeral Homes,
Wood Haven Health Care, Wood County Hospital*

*Lunch Sponsored by Bridge Home Health and Hospice,
Waterford at Levis Commons, Provision Living at Findlay*

Sponsorship Opportunities available email programs@wcco.net

- ◆ **Murder Mystery Event** Monday, August 26, 2024 at the
Wood County Senior Center *Sponsored by Bowling Green Manor*
- ◆ **90 Plus Spectacular** Monday, September 16 from 4 to 6 p.m. at the
Wood County Senior Center *Sponsored by Bowling Green Manor, Manor
at Perrysburg, Hanneman Family Funeral Homes, Wood Haven Health
Care and Waterford at Levis Commons*

Lunch Menu

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.

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Hamloaf OR Buffalo Chicken Mac riviera blend, watermelon, apple crunch	Chicken Patty OR Sausage Patty hashbrown casserole, three bean salad, fruit sorbet	Scalloped Potatoes & Ham OR Roasted Vegetable Lasagna winter blend, citrus slaw, grapes, banana bread
Chipped Beef OR Creamed Chicken biscuit, mashed potatoes, orange juice, baked apples	Goulash OR Teriyaki Chicken Breast carrots, potato salad, mandarin orange salad	Chicken Alfredo OR Cubed Steak noodles, green beans, tossed salad, fruit cocktail	Ground Bologna OR Chipped Turkey baked bean salad, tomato zucchini salad, tropical fruit, cookies	Pork Cutlet OR Catfish rice pilaf, Italian blend vegetables, celery sticks w/peanut butter, melon
Mac & Cheese w/Ham OR Tuscan Chicken key west blend, peaches, cherry crisp	Chicken Salad on a bed of lettuce OR Chef Salad w/Diced Ham, Cheese & Egg redskin potato salad, watermelon & grapes, banana nut muffin	Birthday Lunch! Beef Lasagna cauliflower, three bean salad, pineapple-orange juice, cake & ice cream	Stuffed Green Pepper Soup OR White Chicken Chili marinated vegetable salad, tropical fruit, banana, bran bread	Turkey OR Liver & Onions mashed potatoes, carrots & chickpea salad, emerald pears, graham crackers
Country Fried Steak OR Cabbage Roll mashed potatoes, carrot/raisin/pineapple salad, cinnamon applesauce, lemon bar	Spaghetti & Meatballs OR Mushroom Chicken Breast noodles, Italian green beans, tossed salad, pineapple	Beef & Bean Chili OR Ham & Potato Soup cornbread, cucumber salad, peaches & pears, sidekick fruit slushy	Chicken Wings OR Smoked Sausage squash, cauliflower peanut salad, banana	Roast Beef OR Pecan Crusted Tilapia Normandy blend, au gratin potatoes, cranberry fruited Jell-O
All Sites Closed for Memorial Day.	BBQ Beef OR Turkey Burger sweet potato fries, creamy slaw, mixed fruit, fig cookie	Grilled Chicken Breast OR Liver & Onions small whole potatoes, Texas caviar bean salad, apple juice, lemon pie	Sweet & Sour Chicken OR Pork Chop Suey brown rice, cauliflower, Caesar salad, apricots	Hamloaf OR Shrimp Poppers baked potato, orange, granola, peaches & cream

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

May 2024		
Tuesday	Wednesday	Thursday
	Salmon Burger red skin potatoes, coleslaw, apple slices, cookies	Taco Salad Beef & Cheese lettuce, tomatoes & onion, corn relish, orange, pudding
Macaroni & Cheese stewed tomatoes, celery, mandarin orange salad, pie	Italian Chicken Breast Prince Charles blend vegetables, heritage slaw, strawberries, angel food cake	Lemon Pepper Cod rice, peas & onions, pickled beets, melon, sherbet
Birthday Dinner! Hamloaf cheese potato bake, brussel sprouts, grape juice, cake & ice cream	Roast Pork mashed sweet potatoes, green beans, mandarin oranges & grapes, cheesecake	Chicken Salad Croissant carrot sticks, pea salad, citrus sections, graham crackers
Coconut Curry Chicken wild rice, Prince Charles blend vegetables, tossed salad, pineapple, carrot cake	Sausage & Cheese Casserole hash browns, orange juice, banana, cinnamon roll	Hot Dog French fries, coleslaw, blueberry crisp
Baked Ziti European blend, Caesar salad, fruit slushy	Ham baked potato, corn, melon & grapes, apple strudel bites	Chicken Pot Pie three bean salad, pineapple with cottage cheese, strawberry pie

BG Knitter's Guild: Wednesday, May 1 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Dinner & Movie: Tuesday, May 14 at 3:30 p.m. **Movie:** "Alive" Dinner reservations made by 2 p.m. on Tuesday, March 12.

Physiology and Fitness: Tuesday, May 21 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Feuling Fitness **Presenter:** Dean Hodgkin, B.Sc.

Booklet Thursday, May 23 at 4:30 p.m. Bring your smartphone if you have one, if not we will have tablets available. Limit of 10 people. **Register today.**

Acoustic Night: Thursday, May 23 from 6 to 7 p.m. Musicians are welcome to play their acoustic guitar or other instruments for a more mellow and relaxing evening.

Readers Café: Tuesday, May 28 at 3 p.m. Pick up a copy of the book to read (Apr. 30) then come together to watch the film. **Feature: "Between a Rock and a Hard Place"** **By: AronRalston. Books and audiobooks available by loan. Registration required.**

Karaoke: Wednesday, May 29 at 4 p.m.

Open Forum for Technology: Thursday, May 30 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

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

Dinner Menu



Donors & Donations

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

Kitchen Fund Donations:

Walbridge VFW Post 9963,

Walbridge VFW Post 9963 Auxiliary

Capital Campaign Donations:

Marsh Mihalko, John & Alice Calderonello,

Geoffrey Howes, Barbara Murphy, Carol Mason,

Diane Bostdorff, Carrol Spitnale, Barbara Rardin,

Theresa Konwinski, Russell Carnahan, Patricia Baker

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



The Wood County Senior Citizens Club is having another Rummage Sale and the dates are as follows:

Friday, May 3 from 9 to 4 p.m.

Saturday, May 4 from 10 to 2 p.m.

Wood County Senior Center

For questions, call the Wood County Senior Center 419.353.5661, 1.800.367.4935 or via email at wccoa@wccoa.net for volunteer Fern Kao, Rummage Sale Coordinator.



kroger community rewards

Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging. **Visit:** www.krogercommunityrewards.com and register or re-enroll today. **You need to re-enroll every year.**

Our organization number is: **VB952**

If you have any questions, please contact us at 419.353.5661 or 800.367.4935

Program & Service Scholarship Fund

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

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

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Pen Pal Program

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

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

WOOD COUNTY
COMMITTEE



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

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

We're on the Web!

www.wccoa.net



www.facebook.com/wccoa



woodcountycommitteeonaging.blogspot.com/



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

All Senior Centers will be closed on
Monday, May 27 in observance of
Memorial Day

Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center