

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
JUNE 2024

## IN THIS ISSUE:

Index	Page
Agency Services .....	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
Travel Opportunities .....	6-7
Virtual Programming.....	11
Site Programs.....	12-19
Save the date events.....	20
Lunch Menu.....	21
Dinner Menu.....	22
Donors.....	23

# Your County Connection

## Explore, Enrich, Enjoy This Season of Life

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

## Wood County Takes a Stand Against Elder Abuse

Friday, June 14 at 10 a.m.  
Wood County Senior Center,  
140 South Grove, Bowling Green



June is National Elder Abuse Awareness Month. In recognition, the Wood County Department of Job and Family Services and the Wood County Committee on Aging are partnering to hold a special event.

Join us around the flag pole at the Wood County Senior Center on Friday to hear the presentation. Attendees are encouraged to wear purple for Elder Abuse Awareness. Light refreshments will be served.

*In Wood County there were 315 reports of elder abuse, neglect or exploitation in 2023.*

Reports of elder abuse are on the rise as the population of those 60 years of age and over continues to grow. Some indicators of elder abuse may include an older adult appearing fearful, anxious or isolated. There may be physical injuries or it may appear that the person is neglecting his or her personal care. Other indicators might include missing possessions, financial transactions that are out of the ordinary or sudden changes to a will or property title. Risk of abuse can be mitigated by making certain financial, medical, and legal affairs are in order.

**If you suspect abuse of an older adult, you can call Wood County's Adult Protective Services hotline at 419.354.9669 or 888.860.4136 to make a report. The line is open 24 hours a day and 7 days a week.**



## On a Murder Mystery Party Monday, August 26 from 4 to 6 p.m. Wood County Senior Center

Looking for a way to test your role playing skills and get into character for the evening? Well, you have been invited to our murder mystery party. The guests are a mixed group of club staff members, entertainers, and guests at a private party held at a jazz club in 1920s New York City.

It is the height of the Jazz Age, and social revolution is afoot. This is the age of Prohibition—and of bootleggers and gangsters. Club owner Felix Fontano, the son of a successful bootlegger and crime boss—and a successful businessman himself—is throwing this private party for a group of select friends. It is a night of revelry like many other nights of revelry enjoyed by this group of sophisticates, artists, and hoodlums . . . until things go horribly wrong.

Enjoy a evening of acting, refreshments, appetizers and action. Register for this event and you will receive your character information ahead of time. Please do not share with anyone your character information. Attend the event dressed in your character and be prepared to mingle and act your way through the evening. Use the clues to figure out the murder mystery that takes place afoot the jazz club.

**Registration required** as space is limited to the first 40 people. Cost: \$15 Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net) Sponsored by Bowling Green Manor and Manor at Perrysburg.

**Disclaimer: Script may contain suggestive language and content.**

# 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*  
**For an appointment, please call 419.474.7700**

Clinic Site	Date	Time
Wood County Senior Center	June 26	1 to 3 p.m.
Pemberville Area Senior Center	July 10	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, June 19, 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@wccoa.net](mailto:programs@wccoa.net)

## **SAVE THE DATE: Cholesterol Clinic Screenings**

**Contact 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***

## **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
Wood County Senior Center	June 12	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	June 13	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	June 17	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	June 18	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	June 18	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	June 20	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, June 10 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, June 27 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 information on page 7 & 20.*

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

## Parkinson's Support

**Thursday, June 6 at 5:45 p.m.**

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

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 WCCOA at 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net) to register for this group.

## Grasping Your Grief

**Wednesdays, June 5 & June 19 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@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, August 13 to September 17 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**<sup>TM</sup> 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, May 29 to July 3 at 4:30 p.m.  
This class is the 24 Movement Yang Form. Designed to improve balance, coordination, and increase mobility. *Richard Messer, Certified Instructor.*

## Tai Chi Practice

FREE

Mondays at 2 p.m. & Wednesdays at 1 p.m.  
Peer-led instruction with step-by-step learning.

## Yoga

Cost: \$40 per session

### Beginner:

Mondays, 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@wccoa.net](mailto:programs@wccoa.net) for more information.



## Discover Port Huron Lighthouse & Boat Tour

**July 9, 2024 Cost: \$140 per person**

Your day includes:

- Lunch at Freighters Tab House on the St. Clair River (house salad, tortellini with spinach, roasted vegetables, and red pepper cream sauce, Tuscan style chicken breast, broccoli with garlic breadcrumbs, and garlic bread and dessert.
- Boat cruise (Lady Huron Cruise) on the St. Clair River, Tour of Fort Gariot Lighthouse
- Reservations received by July 1, Payable to 1018 Travels, LLC To make your reservation call 419.685.7058



## 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.



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 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 Vernon, evening performance of the National Symphony Orchestra, The NSO Pops, Happy Holiday Concert at The Kennedy Center.



# Around the County, Events & Classes



## Care Compass Project

Wednesday, June 5, 2024

11 a.m. to 1 p.m.

Wood County Senior Center

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

The Care Compass Project is free and open to all current and future caregivers. **Registration is required** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wccoa.net](mailto:programs@wccoa.net). *Lunch is provided by Brookdale of Bowling Green for the first 20 participants.* ***In-Person & On Zoom Option***

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

**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:*

*Ohio Living Home Health and Hospice, Golden Care Partners, Wood County Hospital, Optimal Aging Institute, Brookdale of Bowling Green*

## ***Take charge of your long-lasting health concerns and your life!***



## Chronic Disease Self-Management (CDSM) Workshop

Tuesdays, June 11 to July 16 (six weeks)

9:30 to 12 p.m. **Wood County Senior Center**

**Cost: \$20 includes text book & relaxation CD**

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family.

### **This interactive program aims to increase:**

- Confidence, Physical and psychological well-being, Knowledge of ways to manage chronic conditions.
- Motivation to manage challenges associated with chronic diseases.

**Key Activities:** Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making. Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

**Register TODAY! Class size is limited to 15.**

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

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



## Around the County, Events & Classes



**Juneteenth** celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day.

Join our video presentation on June 19<sup>th</sup> at all of the Senior Centers to learn more about its history. Visit each site page to gather times and to learn more.

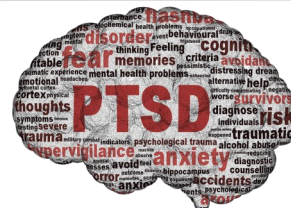
## Lunch and Learn: Understanding PTSD and PTSD Treatment

Friday, June 28 at 11:30 a.m. at the Wood County Senior Center

*Presented by NAMI of Wood County for National PTSD Awareness Month*

What is PTSD? PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months. If it's been longer than a month and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time. This session will explain PTSD and treatment options ([www.ptsd.va.gov](http://www.ptsd.va.gov))

*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 June 21. 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@wcoa.net](mailto:programs@wcoa.net)*



## Dinner for Eight

The table is set... and we're reserving a spot just  
for *YOU!* Tuesday, July 16 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 July 12. Transportation is on your own, carpooling is encouraged. Cost on own.

**Register for this great event today! Contact the Programs Department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.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](mailto:sspencer@wcco.net)



# Around the County, Events & Classes

## **Wood County Fair – Senior Day**

**NEW DATE: Tuesday, July 30, 2024**

Wood County Committee on Aging:

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

Find us on Facebook at [facebook.com/wccoa](https://facebook.com/wccoa)

### **Entertainment Sponsored by:**

Rehabilitation Hospital of Northwest Ohio, Paramount Elite  
State Bank, Wood County Hospital, Wood Haven Health Care

**9 – 9:50 a.m.**

**James Askins Trio**

Classic Rock, Country, Blues, Oldies, and Motown  
*Northwest Ohio*

*Coffee & Donuts sponsored by Brookdale of Bowling Green (First come first served)*

**9:50 – 10 a.m.**

Welcome & Opening Address National Anthem by *James Askins*

**10 – 11 a.m.**

**Night Session Big Band**

Big Band  
*Northwest Ohio and Southeast Michigan*

**11 – 11:10 a.m.**

**Door Prize Drawing (Must be present to win)**

**11:10 – 12:10 p.m.**

**Bliss**

Quintet of Women Playing songs of all genres  
*Northwest, Ohio*

**12:10 – 12:30 p.m.**

Lunch Address

**Lunch sponsored by:** *Bridge Home Health and Hospice, Provision Living , Waterford at Levis Commons*

**Lunch:** Stacked Turkey or Ham, cold beans, heritage coleslaw, melon salad, Rice Krispie treat.  
*Water sponsored by Heritage Corner Health Campus*

**12:30 – 1:15 p.m.**

**Jymi Dill**

Jazz Singer,  
*Flint Michigan*

**1:30 – 2:30 p.m.**

**East of Cheyenne Band**

Classic Country Band  
*Northwest Ohio*

**2:30 p.m. Door Prize Drawing (Must be present to win)**

**Lunch reservations are required by Friday, July 19** and can be made by calling **419.353.5661** or **800.367.4935** or email **[programs@wccoa.net](mailto:programs@wccoa.net)**. Free Admission for those 60 and over. All events are held under the tent. Enter through **Gate B or C from Poe Road**. A free shuttle from the parking lot on Poe Road to the Fairgrounds is provided via golf carts courtesy of the Wood County Sheriff's Office. When you are in the parking lot, call 419.352.8257 for your free shuttle into the fairgrounds on Senior Day.

# 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  
Friday, June 21  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, June 11 from 10 a.m. to 2 p.m.  
Support provided by Arista Home Care Solutions,  
Kingston of Perrysburg & St. Timothy's Church

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

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

## Technology Training Opportunities

Struggling to navigate the use of a laptop? Looking to gain information on a variety of technology skills? These small group sessions are designed to provide you with hands on technology training using laptops. You are welcome to sign up for one session or both. Session will begin on:



**Monday, June 3:** Navigating a Laptop: navigating the keyboard, tips and shortcuts, etc.

**Monday, June 17:** Office 2019, including Microsoft word, PowerPoint, and Excel

*Instructed by Clara Fiori, WCCOA* **Registration required as space is limited. Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

**LivelyU**  
LIFELONG LEARNING ACADEMY

**Fall Semester 2024**  
**SEPTEMBER—NOVEMBER**

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

**About Our Courses** LivelyU Lifelong Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting.

**How can I learn more about the classes being offered?** Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations. Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) to learn more! The fall brochure will be coming soon!

**Where are the courses held?** Currently, all courses will be held at the Wood County Senior Center (140 S. Grove Street, Bowling Green) or other off-site listed locations.

**How can I take these courses?** Pay a fee of \$20 per semester to take part in all of the courses. **Registration is required for each individual courses you are planning to attend!**

# 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@wccoa.net](mailto:programs@wccoa.net) to get access to these classes.

**Name that Tune:** Monday, June 3 from 11 to 11:30 a.m. Join us as we challenge our music knowledge. *In-person option: Grand Rapids & Wood County*

**Happy Hour:** Friday, June 7 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*

**Wordle:** Monday, June 10 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.*

**Heat & Summer Precautions:** Wednesday, June 19 at 11 a.m. Learn ways to take precautions and avoid unnecessary heat related illnesses. *In-person option: Wood County Senior Center*

**Movie Trivia:** Wednesday, June 19 at 12:30 p.m. Test your movie trivia knowledge as we review actors, actresses and great movies. *In-person option: Wood County Senior Center and Rossford Area Senior*

**Lunch & Learn:** Friday, June 28 at 11:30 a.m. Understanding PTSD and PTSD treatment. What is PTSD? PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. *Presented by Wood County NAMI. In-person option: Wood County Senior Center.*

**Bingo:** Friday, June 28 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 time to Wood County seniors.

## 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@wccoa.net](mailto:programs@wccoa.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. *Donuts sponsored by The Willows of BG.*

## **Tales From the “Misty Past” Part 1**

**Charles W. Evers & the Pioneer Scrap-book of Wood County:** Monday, June 3 at 11 a.m. Learn about Charles Evers and Wood County’s last bear hunt, the origin of the “Devil’s Hole,” and Mahlon Meeker’s thrilling escape from a pack of hungry wolves. Although published one year after his death in 1910, Charles Evers’ Pioneer Scrap-book was instrumental in preserving much of Wood County’s local legends and lore. *Presented by Wood County Historical Society.*

**Movie Review: “The Way”** Monday, June 3 at 1 p.m. A father heads overseas to recover the body of his estranged son who died while traveling the “El camino de Santiago.” Discussion provided by Lilianna Rossi.

**Technology Training:** Monday, June 3 & June 17 at 2 p.m. This session is designed to provide hands on training on the use of laptops to provide technology skills. **Session 1 June 3:** Navigating a Laptop **Session 2 June 17:** Office 2019 *Instructed by Clara Fiori, WCCOA* **Registration required.**

## **National Parks Series: Reefs: Virgin**

**Islands, Florida, Texas** Tuesday, June 4 at 4:45 p.m. *Prerecorded session Great Courses.*

**Romantic Movies:** Wednesdays at 1 p.m. Hosted by Lilianna Rossi **June 5:** “An Unfinished Life” (2005) **June 12:** “The Love Letter” (1998) **June 19:** “The Secret: Dare to Dream” (2020) **June 26:** “The Goodbye Girl” (1977) **Registration required.**

**BG Knitter’s Guild:** Wednesday, June 5 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:**

Thursdays, at 1 p.m. **June 6:** “The Last Mimzy” (2007) **13:** “The Biggest Little Farm” (2018) **20:** “Young Victoria” (2009) **27:** “27th Yankee Doodle Dandy” (1942) *Hosted by Kris Eridon.*

**Memoir Writing Group:** Thursday, June 6 at 2:30 to 3:30 p.m. The goal is to document life events and discuss how they impact us. *By WCCOA staff*

**Backyard Birds:** Thursday, June 6 at 5 p.m. Learn about common birds that you might see everyday in NW Ohio. This month’s featured bird is the Cardinal. *Prerecorded, facilitated by Clara Fiori, WCCOA.*

## **Happy Hour:**

Friday, June 7 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living.* **Zoom option available.**

**How about a Movie:** Fridays at 1 p.m. **7:** “Five Pennies” Biography/Music (1959) **14:** “The Gene Krupa Story” Biography/Music (1959) **21:** “Benny Goodman Story” Biography/Music (1956) **28:** “Stars and Stripes Forever” Biography/Music (1952)

**Registration Required.**

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

**Wordle:** Monday, June 10 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option**

## **Peakay Blinders, TV Series:**

Monday’s, 1 p.m. June 10 S:2 E: 1 & 2, June 24 S:2 E: 3 & 4 **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.

**Craft:** Tuesday, June 11 at 10 a.m. Summer Lemon Wreath—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...

**Name That Tune BINGO:** Tuesday, June 11 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

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

**Dinner & Movie:** Tuesday, June 11 at 3:30 p.m. **Movie:** "My Sisters Keeper" (2009). Dinner reservations need to be made by 2 p.m. on Tuesday, June 11.

**Breakfast Club:** Monday, June 17 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main Street, BG). Cost on your own. **Registration required.**

**Brain Training:** Tuesday, June 18 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video series from *The Great Courses*. **Topic:** Expanding CBT With Technology Life **Video Presenter:** Jason M. Satterfield, Ph.D. **Registration required by June 14** Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.

**Craft:** Tuesday, June 18 at 3 p.m. Join us as we create a fun 4th of July rocket. 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, June 18 at 4:30 p.m. Video from *The Great Courses* **Topic:** Why Everyone Should Exercise in Water **Presenter:** Dean Hodgkin.

**Heat & Summer Precautions:** Wednesday, June 19 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.**

**Juneteenth:** Wednesday, June 19 at 12:30 p.m. Juneteenth celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day. This event will share a video with historical information. *Prerecorded video.*

**Karaoke:** Wednesday, June 19 at 4 p.m. No previous singing experience necessary.

**Game Night:** Thursday, June 20 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.*

**Blooklet Trivia:** Thursday, June 20 at 4:30 p.m. Join in this trivia game to see how many birds you can identify. **Register today.**

**Coffee & Coloring:** Monday, June 24 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Sponsored by Wood Haven Health Care.*

**Reader's Café:** Tuesday, June 25 at 3 p.m. Books that have been turned into movies! **Feature:** "Liberte" by Kaitlyn Greenidge **Synopsis:** Inspired by the life of one of the first Black female doctors in the United States and rich with historical detail, Kaitlyn Greenidge's new and immersive novel will resonate with readers eager to understand our present through a deep, moving, and lyrical dive into our past. ***Books & audiobooks available by loan by June 25.*** **Registration required.**

**Acrylic Painting:** Wednesday, June 26 at 3 p.m. Join this instructional class on ways to create a beautiful summer beach scene. This class is open to all levels of painting experience. Instruction and supplies will be provided. *Cost: \$10 Instructor Jackie Meir.* **Registration required**



**Card Bingo:** Thursday, June 27 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

**Acoustic Night:** Thursday, June 27 from 6 to 6:45 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 June 27 if you are planning to have dinner before hand.

**Open Forum for Technology:** Thursday, June 27 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, June 28 at 11:30 a.m. Understanding PTSD and Treatments for PTSD presented by Wood County NAMI. *Lunch sponsored by Hanneman Family Funeral Homes. See page 8.*

**Zoom Bingo:** Friday, June 28 at 1 p.m. *Cover-all prize awarded. Register to receive the code.*

# 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*

**Gentle Yoga:** Thursday, August 15 to September 12 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.

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

**Texas Hold 'Em Tournament:** Monday, June 3 & 17 at 1 p.m.

**Seminar Series: The Decades:** Tuesday, June 4 at 12:45 p.m. To get in the spirit of the series come dress in the featured decade. This month we will be covering the 1950's.

**Fire Extinguisher Training:** Wednesday, June 5 at 12:30 p.m. Learn how to safely operate a fire extinguisher. Opportunities to operate it with assistance will be available. *Fire Marshal City of Perrysburg.*

**Euchre:** Thursday, June 6 at 12:45 p.m.  
**Registration required.**

**Happy Hour:** Friday, June 7 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June.  
**Registration required. Zoom option available.**

**Wedded Bliss Celebrations:** Friday, June 7 at 12:45 p.m. June is wedding month. Join us today in celebrating holy matrimony. Entertainment will be a "Not So Newlywed" game with fellow participants. *Sponsored by Lakes of Monclova.*

**Back in the Day:** Monday, June 10 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

**Pinochle:** Monday, June 10 at 12:45 p.m.  
**Registration required.**

**Breakfast Club:** Tuesday, June 11 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, June 11 at 12:30 p.m. Welcome Northeast players. *Facilitator Waterford at Levis Commons.*

**Coloring Club:** Wednesday, June 12 at 10:45 a.m. Did you know coloring improves brain function and reduces stress? Join us today and start improving your mental health. *Hosted by Way Public Library.*

**Docuseries: How It's Made?** Wednesday, June 12 at 12:45 p.m. **Topic:** How hearing aids are made, 3D puzzles, rubber mats, and how toilets are made.

**Now and Then:** Thursday, June 13 at 12:30 p.m. This month's reminiscing discussion topic is on dating. *Facilitated by Comfort Keepers.*

**Bunco:** Friday, June 14 at 12:45 p.m. **Registration Required.**

**Friends in Fellowship:** Tuesday, June 18 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

**The Cannons of Wood County:** Tuesday, June 18 at 12:45 p.m. We often drive past old war memorials and pay no attention to the cannons on display. There are many cannons on display in Wood County, but did you know few of them are actually cannons. We will learn more about them through this programs. *Mike McMaster, Wood County Historical Society.*

**Birthday Lunch:** Wednesday, June 19 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*



# Perrysburg Continued...

**Juneteenth:** Wednesday, June 19 at 12:30 p.m.  
Explore the history of this day. *Prerecorded video.*

**Blood Pressure and Blood Sugar Clinic:**  
Thursday, June 20 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

**Stereoscopic Expeditions: Fiji:** Friday, June 21 at 12:45 p.m. Using Virtual Reality we will travel to Fiji in the comfort of the senior center today! *Supplies provided by Way Library. Registration required, limited to 15 participants.*

**Hand and Foot:** Tuesday, June 24 at 12:45 p.m.

**Movie Day:** Tuesday, June 25 at 12:45 p.m.  
**Feature:** Underdogs Registration required.  
*Sponsored by Witzler-Shank-Walker Funeral Home*

**Heat and Summer Precautions:** Wednesday, June 26 at 11:15 a.m. *Presented by Mercy Family Medical Residency Program.*

**Caregiver Support Group:** Thursday, June 27 at 10 a.m. Registration required call Social Service Department.

**Hearing Screenings:** Thursday, June 27 at 11 a.m.  
No appointment needed, Screenings take about 15 minutes. *Facilitated by Hear USA*

**LRC Game:** Thursday, June 27 at 12:30 p.m.

**Card Bingo:** Friday, June 28 at 12:30 p.m.  
*Facilitated and prizes by Bridge Home Health.*

## 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, June 3 at 11:30 a.m. Bring a plant, take a plant.



**Craft: 4th of July Wreath:**

Tuesday, June 4 at 12:30 p.m.  
Create a beautiful 4th of July wreath using clothes pins and appliques. All materials and instruction provided by *Wood Haven Health Care.*

**Bingo:** Wednesday, June 5 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Seminar Series: The Decades:** Monday, June 10 at 12:30 p.m. Featuring: 1940's.

**Bingo:** Tuesday, June 11 at 1 p.m. *Sponsored by Bowling Green Manor*

**Bingo:** Wednesday, June 12 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

**Blood Pressure & Glucose Screening:**  
Monday, June 13 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

**Root Beer Float Friday:** Friday, June 14 at 12:30 p.m. Enjoy a fun Friday afternoon with floats and friends.

**Expressions Through Art:** Tuesday, June 18 at 12:30 p.m. All supplies are included. Registration required. *Wayne United Methodist Church.*

**Birthday Lunch:** Wednesday, June 19 at 12 p.m. *Cake & ice cream by The Willows.*

**Juneteenth:** Wednesday, June 19 at 12:30 p.m.  
Explore the history of this day. *Prerecorded video.*

**Breakfast Club:** Thursday, June 20 at 9:30 a.m.  
**Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

**Trivia Battle:** Friday, June 21 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.*

**Facts about Marijuana:** Monday, June 24 at 12:30 p.m. Learn more about its uses and your health. *Presented by Wood County Health Dept.*

**Understanding Alzheimer's and Dementia:**  
Tuesday, June 25 at 12:30 p.m. *Alzheimer's Association of Northwest Ohio.*

**Bingo:** Thursday, June 27 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

**Indian Hills Elementary School:** Friday, June 28 at 12:15 p.m. Learn about this unique structure, the archeology conducted there and more. *Presented by Wood County Historical Society.*

# 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, Donuts and Coloring:** Monday, June 3 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, June 4 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.**

**Trivia:** Wednesday, June 5 at 12:30 p.m.  
*Sponsored by Perrysburg Healthcare & Rehab*

**Tales From the “Misty Past” Part 1 Charles W. Evers & the Pioneer Scrap-book of Wood County:** Thursday, June 6 at 12:30 p.m. Learn about Charles Evers last bear hunt, the origin of the “Devil’s Hole,” and Mahlon Meeker’s thrilling escape from a pack of hungry wolves. Published one year after his death in 1910, Charles Evers’ Pioneer Scrap-book preserved much of Wood County’s local legends and lore.  
*Presented by Wood County Historical Society.*

**Trip: Outing to W.W. Knight Park:** Friday, June 7 at 1:30 p.m. Meet us outside of the W.W. Knight Building (29530 White Rd., Perrysburg) to gather together and then take a nature walk with us. Bring a bottle of water and wear proper foot wear. NOTE: There may be uneven terrain, however, there will be rest spots on the trail. Enjoy the fresh air and great conversations. **Registration required.**

**Bunco:** Monday, June 10 and June 24 at 12:30 p.m.

**Seminar Series: Decades:** Tuesday, June 11 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. Featuring the 1920’s.

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

**Living with COPD:** Thursday, June 13 at 12:30 p.m. This session will provide an overview of COPD and how you can manage living this disease. Time will be allotted for questions and answers.  
*Presented by Oak Street Health*

**Divas and Dessert:** Friday, June 14 at 1 p.m. Ladies enjoy some desserts with your friends and some good conversations. *Dessert provided by Ernest Health.*

**Cards & Dominoes:** Monday, June 17 at 10:30 a.m.

**Blood Pressure & Glucose Screenings:** Wednesday, June 17 from 11 a.m. to 12:30 p.m.  
*Wood County Health Department*

**Breakfast Club:** Tuesday, June 18 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, June 19 at 12 p.m. *Cake sponsored by Partners in Home Care.*

**Juneteenth:** Wednesday, June 19 at 12:30 p.m. Juneteenth celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day.  
*Prerecorded video.*

**Movie Trivia:** Wednesday, June 19 at 12:30 p.m. .  
**Zoom optional available.**

**Bingo:** Thursday, June 20 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Summertime Celebration:** Friday, June 21 at 12:30 p.m. Wear you brightness summer shirt or Hawaiian gear and celebrate the start of summer. Ice cream sandwiches *sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Bunco:** Monday, June 24 at 12:30 p.m.

**Trivia Bingo :** Tuesday, June 25 at 12:30 p.m. .  
*Facilitated by Wood Haven Health Care*

**Trivia Battle:** Thursday, June 27 at 12:30 p.m. Let’s test our brains with a trivia competition against other Wood County sites! *Prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

# Northeast

(Located in Walbridge)

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

Below you will find programs scheduled for the NORTHEAST AREA SENIOR CENTER.

Please call the Northeast Area Senior Center at 567.249.4921 to register or for more info.

**Breakfast Club:** Mondays at 9:30 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.

**Take Control with Exercise:** Tuesday, June 4, 11, 18, & 25 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, June 4 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, June 5 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, June 7 at 12:30 p.m.  
Enjoy several games of horse races with wagering a fun bet. *Facilitated by Kingston of Perrysburg*

**Knitting and Crocheting:** Monday, June 10 at 1 p.m. Bring your own supplies.

**Wordle:** Monday, June 10 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option Available.**

**Dominoes:** Tuesdays, June 11 & 25 at 12:30 p.m.

**Bingo at the Perrysburg Area Senior Center:** Tuesday, June 11 at 12:30 p.m. Join us at the Perrysburg Area Senior Center to enjoy lunch and a friendly game of bingo.

**Walbridge Talk:** Thursday, June 13 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in hear first hand the latest updates on the village of Walbridge.

**LRC Game:** Monday, June 17 at 12:30 p.m.

**Price is Right:** Tuesday, June 18 at 12:30 p.m. Stop in to enjoy a few rounds of the "Price is Right" and win some prizes. *Presented by Oak Street Health.*

**Blood Pressure & Blood Glucose Screenings:** Tuesday, June 18 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

**Birthday Lunch:** Wednesday, June 19 at noon.  
*Cupcakes sponsored by Kingston.*

**Juneteenth:** Wednesday, June 19 at 12:30 p.m.  
Juneteenth celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day. This event will share a video with historical information.  
*Prerecorded video.*

**Who, What, Where?:** Thursday, June 20 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.*

**Seminar Series: Decades:** Monday, June 24 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 1930's.

**Bunco:** Tuesday, June 25 at 12:30 p.m.

**Wii 100 pin Bowling:** Friday, June 28 at 12:30 p.m.



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

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



# 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:** Monday, June 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.*

**Name that Tune:** Monday, June 3 from 11 to 11:30 a.m. Join us as we challenge the Wood County Senior Center to some music trivia. **Zoom option.**

**Odds and Ends of Wood County Part 2:**

Tuesday, June 4 at 12:30 p.m. We drive pass history everyday in Wood County, but have you ever wondered what the story was behind what we really see? This program we will learn the history of jet, how it got there and a little about World War II.

*Presented by Wood County Historical Society.*

**Easy Cooking Tips:** Wednesday, June 5 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.*

**Closed for Blood Drive:** Thursday, June 6

**Bingo:** Friday, June 7 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**Monthly Guessing Game:** Monday, June 10 at 12:30 p.m. Join in the fun of this game that will keep you guessing. *Facilitated by Kingston of Perrysburg.*

**Breakfast Club:** Tuesday, June 11 at 9 a.m.

**Location:** American Table (580 Craig Dr., Suite 1 Perrysburg) *Hosted by Judy Schlink.* **Breakfast cost on your own. Register with the Senior Center.**



**Canvas Art Party:**

Wednesday, June 12 at 12:30 p.m. Come paint a floral arrangements 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.*

**Range of Motion Class:** Thursday, June 13 at 11:00 a.m. Join us for a class that will teach us about body range of motion and what exercise can do to benefit us. This class is lead by a trained physical therapist and will answer any questions you may have.

**Registration required.**

**Remember When:** Thursday, June 13 at 12:30 p.m. Come enjoy this interactive and nostalgic time as we look back at various chapters in our lives.

**Father's Day Celebration:** Friday, June 14 at 12:30 p.m. Join us as we celebrate the father figures in our lives. Fathers will receive a piece of pie and goodie bag. *Sponsored by Hanneman Family Funeral Homes.*

**Trivia Battle:** Friday, June 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.*

**Blood Pressure & Blood Glucose Screening:**

Tuesday, June 18 at 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Seminar Series: Decades:** Tuesday, June 18 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. Time will be allotted for sharing and reminiscing. This month we will be covering the 1960's.

**Birthday Lunch:** Wednesday, June 19 at noon. *Sponsored by Bowling Green Manor.*

**Juneteenth:** Wednesday, June 19 at 12:30 p.m. Juneteenth celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day. This event will share a video with historical information. *Prerecorded video.*

**Craft:** Thursday, June 20 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 the Willows.* **Registration required.**

**Trivia:** Monday, June 24 at 12:30 p.m. Come enjoy this interactive and thought provoking game. **Theme:** State trivia. *Facilitated by Grand Rapids Care Center.*

**Would You Rather Fitness:** Friday, June 28 at 11:45 a.m. Join in this fitness game as it's a great way to get some steps in before lunch!

# 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, June 3 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.

**Seminar Series: Forensic History Crimes, Fraud Scandals** Wednesday, June 5 at 12:45 p.m.  
*Great Courses Topic: Decomposition & Confusing Interpretations. prerecorded.*

**Bingo:** Thursday, June 6 at 12:45 p.m.  
*Prizes provided by Bowling Green Manor.*

**Movie:** Monday, June 10 at 12:45 p.m. **Feature:** "CODA" (2021) Comedy/Musical **Synopsis:** Ruby is the only hearing member of a deaf family from Gloucester, Massachusetts. *Snacks sponsored by Wood Haven Health Care*

**Donuts & Discussion:** Tuesday, June 11 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

**Piano Recital:** Tuesday, June 11 at 12:45 p.m.  
Enjoy music by the students of Carol Slater.

**Breakfast Club:** Wednesday, June 12 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own. Register with the Senior Center.**

**Tales From the "Misty Past" Part 1 Charles W. Evers & the Pioneer Scrap-book of Wood County:** Wednesday, June 12 at 11 a.m.  
Learn about Charles Evers and Wood County's last bear hunt, the origin of the "Devil's Hole," and Mahlon Meeker's thrilling escape. Charles Evers' Pioneer Scrap-book was instrumental in preserving much of Wood County's local legends and lore.  
*Presented by Wood County Historical Society.*

**Logo Game:** Thursday, June 13 at 12:45 p.m. We will divide into two teams and try name that logo.  
*Facilitated by Wood Haven Health Care.*

**Pie for Father's Event:** Friday, June 14 at 12:30 p.m. All men will enjoy a slice of pie to celebrate Father's Day. *Sponsored by Ohio Living.*

**Trivia:** Monday, June 17 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

**Seminar Series: Decades:** Tuesday, June 18 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: 1970's.

**Birthday Lunch:** Wednesday, June 19 at noon. *Sponsored by Otterbein Pemberville.*

**Juneteenth:** Wednesday, June 19 at 12:30 p.m. Juneteenth celebrates African American resilience and achievement, while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day. This event will share a video with historical information.  
*Prerecorded video.*

**Blood Pressure & Blood Glucose Clinic:** Thursday, June 20 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Easy Cooking Tips:** Thursday, June 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 Battle:** Monday, June 24 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.*

**Movie:** Tuesday, June 25 at 12:45 p.m. **Feature:** "Where the Crawdads Sing" (2022) Mystery/Thriller **Synopsis:** Abandoned as a girl, Kya raised herself in the dangerous marshland of North Carolina. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets. *Snacks sponsored by Wood Haven Health Care.*

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

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



## Care Compass Project

Wednesday, September 4, 2024

11 a.m. to 1 p.m.

Wood County Senior Center

**Topic: Caregiving Focusing on the Basics**

The Care Compass Project is free and open to all current and future caregivers. **Registration is required** by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wccoa.net](mailto:programs@wccoa.net). *Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option*

**11 a.m.** Naturopathic Medicine Impact on Caregiving, *Carol Bolin, NAP, ND Native American Practitioner*. Each of us has a profound ability to positively impact our health and well being. Naturopathic medicine focuses on the whole person and seeks to determine the underlying cause of poor function, illness, and disease. In naturopathy, the ultimate goal is to enable the body to be optimally well, not just for the present but for the future as well. *Time allotted for questions and answers.*

**12 p.m.** This session will focus on techniques from the past that provide relaxation, stress reduction and holistic methods including sound therapy to provide deep self-reflection techniques to improve health and wellbeing.

*The Care Compass Project is brought to the community by: Ohio Living Home Health and Hospice, Golden Care Partners, Wood County Hospital, Optimal Aging Institute, Brookdale of Bowling Green*



- ♦ **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*

- ♦ **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*



## 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.

# Lunch Menu

June 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stuffed Pepper OR Turkey Stuffing Casserole</b> mixed vegetables, pasta salad, grape juice, peaches	<b>Pork Ribette OR Chicken Tenders</b> sweet potatoes, broccoli salad, pears, graham crackers	<b>Chef Salad w/Diced Turkey, Cheese, Egg OR Tuna Salad on a bed of lettuce</b> potato salad, cantaloupe & grapes, blueberry muffin	<b>Meatloaf OR Chicken Paprikash</b> noodles, lima beans, Betty's salad, citrus	<b>Hot Dog OR Hamburger</b> baked beans, coleslaw, rosy applesauce, brownie
<b>Swedish Meatballs OR Veal Patty</b> noodles, oriental vegetables, tomato juice, pineapple	<b>Ham &amp; Bean Soup OR Turkey Pot Roast</b> cornbread, heritage slaw, peaches, cherry crunch	<b>Pork Chop OR Broccoli Stuffed Chicken Breast</b> baked potato, corn relish, granola, berry blend and yogurt	<b>Baked Ham OR Tuscan Chicken</b> french green beans, pickled beets, citrus sections, frozen yogurt	<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 sandwich, peanut butter & celery, orange sections	<b>Beef Tacos OR Chicken Fajitas</b> refried beans, lettuce & tomatoes, mixed fruit, cookies	<b>Birthday Lunch! Hamloaf</b> winter blend, baby carrots, cinnamon applesauce, cake & ice cream	<b>Chicken Patty OR Sausage Patty</b> hashbrown casserole, three bean salad, fruit sorbet	<b>Scalloped Potatoes &amp; Ham OR Roasted Vegetable Lasagna</b> riviera blend, citrus slaw, grapes, banana muffin
<b>Chipped Beef OR Creamed Chicken</b> biscuit, mashed potatoes, orange juice, baked apples	<b>Goulash OR Teriyaki Chicken Breast</b> carrots, potato salad, mandarin orange salad	<b>Ground Bologna OR Chipped Turkey</b> baked bean salad, tomato zucchini salad, tropical fruit, cookies	<b>Chicken Alfredo OR Cubed Steak</b> noodles, green beans, tossed salad, fruit cocktail	<b>Pork Cutlet OR Catfish</b> rice pilaf, italian blend vegetables, celery sticks & peanut butter, melon

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.

June 2024		
Tuesday	Wednesday	Thursday
<b>Lemon Pepper Cod</b> 4 baked potato, mandarin oranges & grapes, cherry cobbler	<b>Sweet &amp; Sour Chicken</b> 5 rice, oriental vegetables, pickled beets, orange, lemon bar	<b>Veal Patty</b> 6 capri blend, mashed potatoes, pasta salad, peach crunch
<b>Birthday Dinner! Beef Stroganoff</b> 11 noodles, carrots, coleslaw, mixed fruit, cake & ice cream	<b>Corned Beef</b> 12 boiled potatoes, cooked cabbage & carrots, strawberries, shortcake	<b>Chef Salad with Ham, Turkey, Egg &amp; Cheese</b> 13 marinated vegetables, apples, blueberry muffin, cookies
<b>Honey Mustard Chicken</b> 18 noodles, mixed vegetable blend, spinach salad w/ oranges, grapes, ice cream sandwich	<b>BBQ Beef Sandwich</b> 19 sweet potato fries, coleslaw, watermelon, pecan pie	<b>Beef Fajita Tacos</b> 20 corn casserole, lettuce & tomatoes, fruit juice, brownie
<b>Hamloaf</b> 25 baked sweet potato, riviera vegetable blend, cranberry jell-o salad, chocolate cake	<b>Breaded Chicken Sandwich</b> 26 french fries, cabbage/apple/raisin salad, crumb topped peaches	<b>Goulash</b> 27 brussel sprouts, tossed salad, sidekick fruit slushie

**BG Knitter's Guild:** Wednesday, June 5 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

**Dinner & Movie:** Tuesday, June 11 at 3:30 p.m. **Movie:** "My Sisters Keeper" Dinner reservations made by 2 p.m. on Tuesday, March 12.

**Physiology and Fitness:** Tuesday, June 18 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Why Everyone Should Exercise in Water **Presenter:** Dean Hodgkin, B.Sc.

**Karaoke:** Wednesday, June 19 at 4 p.m.

**Booklet** Thursday, June 20 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.**

**Readers Café:** Tuesday, June 25 at 3 p.m. Pick up a copy of the book to read (Apr. 30) then come together to watch the film. **Feature: "Libertie" By: Kaitlyn Greenidge. Books and audiobooks available by loan. Registration required.**

**Open Forum for Technology:** Thursday, June 27 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.**

**Acoustic Night:** Thursday, June 27 from 6 to 6:45 p.m. Musicians are welcome to play their acoustic guitar or other instruments for a more mellow and relaxing evening.

*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:

Darlene Petkwitz, In Memory of Mary Jo Ketner

Wanda & Donald Bates

Charles Kokomoor

Julianne, Matthew and Rick Flick, In Memory of Bernadine Gladieux

Bob & Judy Brown, In Memory of Bernadine Gladieux

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



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

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



## **Kroger Community Rewards**

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging.

**Visit:** [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)  
and register or re-enroll today. **You need to re-enroll every year.**

Our organization number is: **VB952**

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

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

NON-PROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 45  
BOWLING GREEN, OH

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)



LOGSPOT

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



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*