

# WOOD COUNTY COMMITTEE

ON  
*Aging*  
JULY 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)

## A Lifetime Process:

ESTATE  
PLANNING

*Designed for Couples & Solo Ager*

Tuesday, August 27

3 to 5 p.m.

Wood County Senior Center

*Elizabeth Schmitz*  
ATTORNEY AT LAW

Estate Planning and Administration

This session is for all older adults including solo agers. What is a solo ager? Solo Ager are older adults that are making decisions about their future independently. You might be a solo ager if you are...

- An individual or couple without children
- An individual who never married or had children
- An individual living alone since the divorce or death of a partner
- An individual or couple whose children/relatives live far away

This seminar will cover estate plans: wills, trusts and beneficiary designations. What are probate assets and assets that pass outside of probate?; What taxes may impact your heirs?; How to protect your heirs

through the use of trusts? How to plan for incapacity through the use of powers of attorney? When should you update your estate plan, it should updated on a regular basis? All of these questions will be answered in this session.

**Plan ahead by registered today! Call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

## 90s Plus Spectacular! Celebrating Those 90 Years of Age and Over in Wood County

Monday, September 16, 2024

*Doors open at 3:30 p.m. & Event begins at 4 p.m.*

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

The 90s Plus Spectacular recognizes those who have reached the milestone of 90 years of age or older. Participants will be honored with a slide show, with awards presented by elected officials, entertainment and dinner for all to enjoy!

**Registration for those 90+ is required by Friday, August 23.** Visit our website or stop by your local Senior Center for a biography form. Please submit a JPEG photo by emailing it to [programs@wccoa.net](mailto:programs@wccoa.net) or include a printed photo with each application form. Each honoree will receive a free meal however, they may bring one guest. The guest must provide an advance payment of \$7 for their meal which is required with registration.

**Send all honoree information including a biography form, picture (s) and guest payments to:**

Wood County Senior Center, 140 S. Grove Street, Bowling Green, OH 43402 or  
emailed to [programs@wccoa.net](mailto:programs@wccoa.net) **Call the Programs Department at 419.353.5661 or 800.367.4935**  
**or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information.**

*Sponsored by: Wood Haven Health Care, Manor at Perrysburg & Bowling Green Manor, Hanneman Family Funeral Homes, Waterford at Levis Commons, The Willows 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 Mazey, 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
Pemberville Area Senior Center	July 10	1 to 3 p.m.
Wood County Senior Center	July 24	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, July 17, 2024**

**Appointments available at 10:30 & 11:30 a.m.**

**Location: Wood County Senior Center**

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net)

## 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	September 5	2 to 4 p.m.
Wood County Senior Center	September 12	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 Provided through The Wood County Health Department

Clinic Site	Date	Time
Grand Rapids Area Senior Center	July 16	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	July 17	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	July 18	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	July 28	11 a.m. to 12:30 p.m.
Wood County Senior Center	July 30	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	July 31	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, July 8 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, July 25 at 10 a.m.**

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

## Care Compass Project

**Wednesday, September 4 at 11 a.m.**

**Topic: Caregiving Going Back to the Basics**

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, August 1 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@wccoa.net](mailto:programs@wccoa.net) to register for this group.

## Grasping Your Grief

**Wednesdays, July 3, July 17 at 1 p.m.**

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

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

# Other Local Support Groups

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

**First & Third Tuesday of each month at 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 29 to July 17 at 10 a.m.*  
*(No Class June 26 & July 3)*  
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 29 to July 17 at 9 a.m.*  
*(No Class June 26 & July 3)*  
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, July 10 August 14 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, July 22 to August 26 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, July 2 to August 13 at 10:30 a.m.*  
*(No Class July 9)*  
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, July 18 to August 22 at 11 a.m.*  
*(No Class July 4 & 11)*  
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, June 26 to July 31 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.



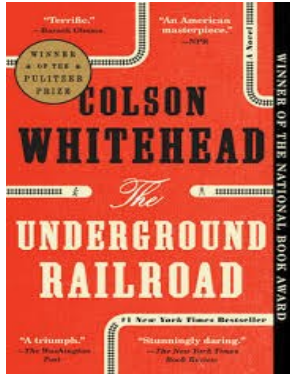
Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information.

## 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



# Around the County, Events & Classes

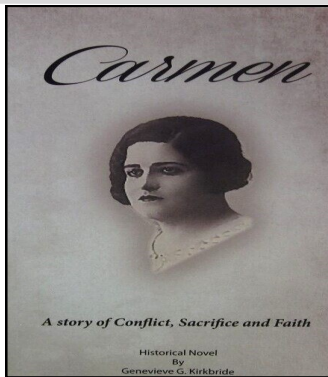


## A Summer Literary Journey and Television Series: "The Underground Railroad"

**Thursdays, June 20, 27 (no class July 4) July 11, 18, 25,  
August 1, 8, 15, 22 & 29 from 10 to 11:30 a.m.**

This class explores the powerful narrative of "The Underground Railroad" as portrayed in both literature and television. Participants will analyze and compare Colson Whitehead's Pulitzer Prize-winning novel "The Underground Railroad" with the television series adaptation directed by Barry Jenkins. Through close examination of the themes, characters, and narrative techniques employed in both mediums, participants will gain a deeper understanding of the historical and fictional elements of the Underground Railroad. A reading list will be provided upon registration.

To register for this series call the programs department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net) to pick up your book and series details.



## Meet the Author: Book Discussion *Genevieve G. Kirkbride presents: "Carmen"*

**Wednesday, July 10 from 5 to 5:30 p.m.**

**Wood County Senior Center**

A story of conflict, sacrifice, and faith. Carmen is a compelling narrative of the life and legacy of a girl who left her family home full of hopes and dreams for a better future. What she endured, and how she triumphed is a story that can inspire and motivate readers to find similar strengths within themselves.

**Biography:** Genevieve G. Kirkbride is a resident of Perrysburg, Ohio. She is retired from the City of Toledo government. A widow, she dotes on her three children living out of the area. An extensive traveler, Genevieve now devotes much of her time to writing. Her other hobbies are reading, cooking, gardening and flower arranging. The Carmen Series are her first published novels which took over 15 years to write.

Participants are encouraged to read this book "*Carmen*" and join in the discussion. Books are available through a preordering process by requesting a book upon registering for this session. A copy will also be available for loan.

**Payment can be made for \$20 to the Wood County Committee on Aging. Join us for dinner afterwards.** Reservations must be called in by 2 p.m. on Wednesday, July 10 at 5 p.m. Cost on own.

## Experience the Healing of Sound: What is a Sound Bath?

Though a sound bath may seem like a "new age" concept, the practice of healing bodies through sound is technically thousands of years old with deep roots in cultures across the world. A sound bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sources, including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, tuning forks, and even the human voice itself.

Join us on **Tuesday, July 16 from 1 p.m. to 1:30 p.m.** for a demo of a sound bath. Many people are using this technique for stress reduction, relaxation and lifestyle management. You may bring a yoga mat, blanket and/or pillow. Space is limited and chairs are available. **Registration through the Program Department.**





# Around the County, Events & Classes

## 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. Restaurant groups will be determined by program staff. Restaurants on this tour **include: Chowders 'N Moore, Stella, Sunset Bistro.**

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. **Contact the Programs Department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**



## Lunch and Learn: Summer Blooms

Friday, July 26 at 11:30 a.m. at the

Wood County Senior Center

*Presented by Cinda Stutsman, Natural Resource Manager,  
Bowling Green Parks and Recreation*

Take a virtual summer tour through the prairies of Wintergarden/ St. John's Nature Preserve. From mid-May through September the prairie comes to life with a floral display that is well timed to

provide for wildlife. Whether it be nectar for insects, foliage for herbivores, or a place to hide, hunt or nest, the plants in this rich habitat have much to offer! Flowers, grasses, shrubs and an occasional tree provide the foundation of a habitat that is constantly changing throughout the growing season.

In this class **discover the diversity of summer flowers:** we will begin by exploring the vast diversity of flowers that bloom during the summer months. From sun-loving perennials to heat-tolerant one, you will learn about the wide range of species that thrive in the summer heat.

By the end of this class, you will have gained a deeper appreciation for the beauty and versatility of summer blooms, along with the confidence and skills to incorporate them into your own garden. Join us as we celebrate the splendor of summer flowers and unlock the secrets to nature's flowers.

*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 July 19. This session will fill up fast if you cannot make it please call 24 hours in advance to cancel, so we can activate our waitlist.** To register call 419.353.5661 or email [programs@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@wccoa.net](mailto:sspencer@wccoa.net)



# Around the County, Events & Classes

Sponsored by:



## Veterans Coffee Social 4th of July Event

Friday, July 5  
9 to 11:45 a.m.

Wood County Senior Center

This event will feature breakfast and a movie! The feature film is "Revolution" (1985) PG 13 This film has a trapper fight against the British in 1776 after his teenage son is tortured by a redcoat. The father wants to seek revenge for his child. Starting: Al Pacino, Donald Sutherland, Nastassja Kinski.

Breakfast will include; French toast casserole, fruit and muffin. All veterans are encouraged to preregister for our meal count. **Register with the Programs Department 419.353.5661**



Sponsored by:



Tuesday, July 16

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

## Wood County Senior Center

Do you enjoy reading and want to share your favorite books with others? This is a great way to exchange great novels and gather some new summer reading material. Bring your gently used novels and exchange them for other gently used ones. Genres can include; historical fiction, fiction, non fiction, biographies, romance, sci-fi, murder mystery, or mystery books. For every gently used book you bring in you will receive a ticket to pick a new book out. Receive a bagel for your exchange!

## 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

### 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, July 5 and July 19  
from 10 to 2 p.m.

#### **St. Timothy's Church**

871 E. Boundary St., Perrysburg

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

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

### **Register at least one week prior to each session**

Contact 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 provided you with hands on technology training using the WCCOA laptops.

You are welcome to sign up for one session or both. **Session will begin on:**

**Monday, July 8 from 2 to 3 p.m.**

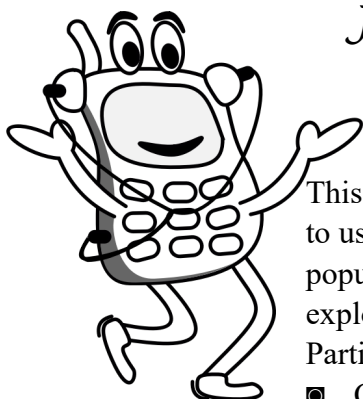
Office 2019—PowerPoint

**Monday, July 22 from 2 to 3 p.m.**

Office 2019—Excel



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



## *Join us for our first:* **Technology Triathlon**

**Friday, August 16 from 1 to 3 p.m.**  
**Wood County Senior Center**

This event is designed to provide a hands on training experience allowing you to learn to use some of the great technology platforms that are popular today. You are welcome to bring in your device or use one of our tablets to explore the world of technology with your finger tips. Participants will train in three disciplines:

- ☐ ChatGPT
- ☐ Use of calendar features on your smart phones
- ☐ YouTube

Each training session will be lead by community leaders savvy with each subject matter and ready to provide with some good training tips. Once you finish the triathlon you will receive a technology giveaway. **Register today by calling 419.353.5661 or email the Programs Department at [programs@wccoa.net](mailto:programs@wccoa.net)**

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

**Happy Hour:** Friday, July 5 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*

**Taking Care of Your Skin:** Wednesday, July 17 at 11 a.m. Learn ways to take precautions and avoid unnecessary heat related skin concerns. Prevention and awareness is the key to avoiding skin diseases.  
*In-person option: Wood County Senior Center  
Presented by Mercy Residence Family Medicine.*

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

**Wordle:** Monday, July 22 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.*

**Lunch & Learn:** Friday, July 26 at 11:30 a.m. In this class **discover the diversity of summer flowers:** we will begin by exploring the vast diversity of flowers that bloom during the summer months. From sun-loving perennials to heat-tolerant ones, you will learn about the wide range of species that thrive in the area. *Facilitator Cinda Stutsman, Bowling Green Parks and Recreation.*  
*In-person option: Wood County Senior Center.*

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



## Wood County Senior Center Cards & Games

**Euchre:** Mondays at 1 p.m.  
Fridays at 1 p.m.

**Bingo:** Tuesdays at 1 p.m.

**Hand & Foot:** Tuesdays at 1 p.m.  
Fridays at 10 a.m.

**Dominoes:** Tuesdays at 3 p.m.

**Cribbage:** Wednesdays at 1 p.m.

**Mah Jongg:** Thursdays at 1:30 p.m.

**Party Bridge:** Fridays at 1 p.m.  
*Please call the Programs Department if you are interested in playing.*

**Billiards Room:** Available by appointment, Monday through Friday *Participants must bring their own pool cue (s).*

**Puzzles:** Available daily in the lounge



### 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 Programs Department at 419.353.5661 OR 1.800.367.4935 OR email [programs@wcco.net](mailto: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. *Donuts sponsored by The Willows of BG.*

**Tales of the Misty Past Part II:** Monday, July 1 at 11 a.m. Charles Evers spins a tale of ruin and despair on the account of one Jim Slater. Did Slater curse Bairdstown (Bloom Township) in Wood County? Find out what brought about this curse and what the historical record tells us about Jim Slater and Bairdstown. *Presented by Wood County Historical Society.*

**National Parks Series: Yosemite: Nature's Cathedral** Tuesday, July 2 at 4:45 p.m. *Prerecorded session Great Courses.*

**Romantic Movies:** Wednesdays at 1 p.m. Hosted by Lilianna Rossi **July 3:** "Chapter 2" (1979) **July 10:** "Serendipity" (2001) **July 17:** "Legally Blonde" (2001) **July 24:** "Marry Me" (2022) **July 31:** "Finding Normal" (2013) **Registration required.**

**BG Knitter's Guild:** Wednesday, July 3 at 4 p.m. Red, white and blue quilts for the honor flight no smaller than 34 by 44. *Hosted by Jackie Instone.*

**Happy Hour:** Friday, July 5 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. **5:** "Five Pennies" Biography/Music(1959) **12:** "The Gene Krupa Story" (1959) **19:** "Benny Goodman Story" (1956) **26:** "Stars and Stripes Forever" (1952) **Registration Required.**

**Nails:** Monday, July 8 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

**The Night Agent, TV Series:** Monday's, 1 p.m. July 8 S:1 E: 1 & 2, July 22 S:1 E: 3 & 4 **Synopsis:** While monitoring an emergency line, an FBI agent answers a call that plunges him into a deadly conspiracy involving a mole at the White House.

**Technology Training:** Monday, July 8 & July 22 at 2 p.m. This session is designed to provide hands on training on the use of laptops to provide technology skills. **Session 1—July 8:** Office 2019, PowerPoint **Session 2— July 22:** Office 2019, Excel *Instructed by Clara Fiori, WCCOA* **Registration required.**

**Craft:** Tuesday, July 9 at 10 a.m. Create your own painted mason jars vase. Choose from floral to fruit inspiration. All instruction and supplies will be provided. Flowers included. **Cost: \$10 Advance payment to secure a spot.** **Registration required.** *Facilitated by Bowling Green Manor.*



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

**Fair Housing Information:** Tuesday, July 9 at 11 a.m. In this session we will cover the cities housing repair programs, BG transit, and fair housing initiatives. *Presented by Matt Snow, City of Bowling Green*

**Dinner & Movie: Barbie Style** Tuesday, July 9 at 3:30 p.m. **Movie:** "Barbie" (2023). Wear your pink to celebrate in Barbie Fashion. Dinner reservations need to be made by 2 p.m. on Tuesday, July 9.

**Using Wood To Create: Turning with Mike** Wednesday, July 10 from 10:30 to 1:30 p.m. (Demonstration times) Using wood lathe to make wine bottle stoppers, whistles, pens demo. Learn about the type of wood needed, tools, techniques, history of these creations as Mike demonstrates making these items.

**Blood Pressure & Glucose Screening:** Wednesday, July 10 at 11 a.m. *Facilitated by the Wood County Health Department.*

**Thursday Theater:** Thursdays, at 1 p.m. **July 11:** "Chariots of Fire" (1981) **18:** "Apollo 11" (2019) **25:** "Pontiac Moon" (1994) *Hosted by Kris Eridon.*

# Wood County Continued...

**Memoir Writing Group:** Thursday, July 11 at 2:30 to 3:30 p.m. The goal is to document life events & discuss how they impact us. *Facilitated by WCCOA.*

**Documentary Series:** Thursday, July 11 at 3:30 p.m. Join us for a documentary on a different topic each month. July is **Birds of Prey:** a documentary from the Cornell Lab of Ornithology, weaves a remarkable story of the world's rarest eagle species and the heroic individuals working tirelessly to save it.

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

**Fruits and Vegetables on Any Budget:** Monday, July 15 at 11 a.m. This lesson describes different cost-effective ways to buy fruits and vegetables and ensure availability between shopping trips. You will have an opportunity to taste a dish called three sisters' salad and try some flavored water. *Laura Digby, Ohio State Extension Office.*

**Brain Training:** Tuesday, July 16 at 9 a.m. "Cognitive Behavioral Therapy for Daily Life" video *The Great Courses.* **Topic:** Reclaiming and Rewriting Our Stories **Video Presenter:** Jason M. Satterfield, Ph.D. **Registration required by June 14** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*

**Menu Talk:** Tuesday, July 16 at 11:30 a.m. Discuss current menu options and explore future food items. *Presented by Angie Bradford, WCCOA*

**Craft:** Tuesday, July 16 at 3 p.m. Join us as we create an insect inspired solar light holder. 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, July 16 at 4:30 p.m. Video from *The Great Courses* **Topic:** The Secret Life of Muscles **Presenter:** Dean Hodgkin.

**Taking Care of Your Skin:** Wednesday, July 17 at 11 a.m. *Presented by Mercy Medicine Residency Program.* **Zoom option available.**

**Karaoke "Western Style":** Wednesday, July 17 at 4 p.m. No previous singing experience necessary. Wear your western attire.

**Game Night:** Thursday, July 18 at 6 p.m. Join for as we play a variety of card games, board games and more. **Registration recommended.** *Hosted by Nancy Messenger.*

**Tech Tips:** Thursday, July 18 at 4:30 p.m.  
**Topic:** "Mindlessness: The Default Setting"  
*Prerecorded video from Cyber Seniors*

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

**Wordle:** Monday, July 22 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option.**

**Reader's Café:** Tuesday, July 23 at 3 p.m. Books that have been turned into movies! **Feature:** "Extremely Loud & Incredibly Close" by Jonathan Safran Foer. **Books & audiobooks available by loan by June 25. Registration required.**

**Acrylic Painting:** Wednesday, July 24 at 3 p.m. Join this instructional class on ways to create a colorful forest path. 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, July 25 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

**Open Forum for Technology:** Thursday, July 25 from 4 to 5 p.m. Join this open discussion to ask questions about your smart phone, tablet or smart watch. **Registration required.** *Clara Fiori, WCCOA.*

**Acoustic Night:** Thursday, July 25 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 for a 15 minute time slot if you plan on playing this evening.

**Lunch and Learn** Friday, July 26 at 11:30 a.m. Summer Blooms presented by Cinda Stutsman, Bowling Green Parks and Recreation. *Lunch sponsored by Hanneman Family Funeral Homes. See page 8.*

**Zoom Bingo:** Friday, July 26 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, July 1 & 15 at 1 p.m.

**Seminar Series: The Decades:** Tuesday, July 2 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 1960's.

**Happy Hour:** Friday, July 5 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June. **Registration required. Zoom option available.**

**Euchre:** Friday, July 5 at 12:45 p.m. **Registration required.**

**Back in the Day:** Monday, July 8 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

**Mystery Restaurant:** Monday, July 8 at 4 p.m. Meet at the center to receive your special instructions on the location of dinner. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. This is a great way to enjoy an evening meal in the company of good people. ***Space limited to the first 8 registered.***

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

**Bingo:** Tuesday, July 9 at 12:30 p.m. Welcome Northeast players. *Facilitator Waterford at Levis Commons.*

**Coloring Club:** Wednesday, July 10 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.*

**Black Swamp Stories Part 1:** Wednesday, July 10 at 12:45 p.m. The history of the Great Black Swamp is not the description of the mud but the stories of the people who settled within it. Each person, great or small, had a story to tell, this is the true history of the swamp. *Mike McMaster, Wood County Historical Society.*

**Now and Then:** Thursday, July 11 at 12:30 p.m. Topic: Vacations. *Facilitated by Comfort Keepers.*

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

**Friends in Fellowship:** Tuesday, July 16 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

**Lunch and Learn: Love and Loss** Tuesday, July 16 at 12 p.m. This presentation will offer tips on grieving, finding meaning and ways to work through grief after loss. **Registration required and limited to 15 participants.** *Dessert sponsored and presented by Tim Rabara, Ohio Living*

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

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



# Perrysburg Continued...

**Cholesterol Screening:** Friday, July 19 from 9 to 11 a.m. **Appointment and pretest instructions required.** Call the Social Services Department at 419.353.5661.

**Technology Help Desk:** Friday, July 19 at 10 a.m. Register for a 30 minute appointment to have your cell phone or tablet questions answered. *Facilitated by Clara Fiori, WCCOA*

**Hand and Foot:** Monday, July 22 at 12:45 p.m.

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

**Feature: Ghostbusters: Frozen Empire**

**Synopsis:** The Spengler family returns to the iconic New York City firehouse where the original Ghostbusters have taken ghost-busting to the next level. Watch as they save the world from a second ice age. **Registration required.** *Sponsored by Witzler-Shank-Walker Funeral Home and Crematory.*

**Taking Care of Your Skin:** Wednesday, July 24 at 11:15 a.m. This session will cover the signs, symptoms, and prevention of skin care concerns. *Mercy Family Medicine Residency Program.*

**Caregiver Support Group:** Thursday, July 25 at 10 a.m. This group meets monthly to share in the caregiving journey. Topics and discussions vary. **To register call the Social Service Department.**

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

**Card Bingo:** Friday, July 26 at 12:30 p.m. *Facilitated and prizes by Bridge Home Health.*

**Docuseries: How It's Made?** Wednesday, July 31 at 12:45 p.m. **Topic:** Today's episode will explore Retro Candy. Visit factories that make Wax Lips, Sugar Babies, Necco wafers, and Charleston Chew.

## 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, July 3 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

**Blood Pressure & Glucose Screening:**

Monday, July 8 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

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

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

**Importance of Hydration:** Friday, July 12 to 12:30 p.m. Hydration is important factor in maintaining your overall health. This session will share options on how to make drinking enough fluid a priority. *Presented by Rehabilitation Hospital of NWO*

**Menu Talk:** Monday, July 15 at 12:30 p.m. We will review menus from 2024 and plan our food choices for 2025. *Presented by Angie Bradford, WCCOA*

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

**Breakfast Club:** Thursday, July 18 at 9:30 a.m.

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

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

**Black Swamp Stories Part II:** Monday, July 22 at 12:15 p.m. Learn the location of the mysterious Stoga Hole in the Wadsworth Prairie and the harrowing tale of two young women, lost there! *Presented by Wood County Historical Society.*

**Fruits and Vegetables on Any Budget:**

Tuesday, July 23 at 12:30 p.m. This lesson describes different cost-effective ways to buy fruits and vegetables and ensure availability between shopping trips. You will have an opportunity to taste a dish called three sisters' salad and try some flavored water. *Laura Digby, Ohio State Extension Office.*

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

**Seminar Series: The Decades:** Friday, July 26 at 12:30 p.m. To get in the spirit of the decade come dress you that months decade. Featuring: 1950's.

**Effective Communication Strategies:**

Monday, July 29 at 12:30 p.m. This program teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. *Presented by the Alzheimer's Association of Northwest Ohio.*

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

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

**Bunco:** Monday, July 8 & July 22 at 12:30 p.m.

**Black Swamp Stories Part 4:** Tuesday, July 9 at 12:15 p.m. The history of Wood County is forged in war. Learn about the forgotten 1832 war in Wood County; It's not what you think!  
*Presented by the Wood County Historical Society.*

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

**Pies for Guys:** Friday, July 12 at 1 p.m.  
Gentleman enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

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

**Breakfast Club:** Tuesday, July 16 at 9 a.m.  
**Location:** American Table (580 Craig Dr., Suite 1, Perrysburg ) *We will visit with the Perrysburg Area Senior Center.* **Cost on own. Register with the Senior Center.**

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

**Movie Trivia:** Wednesday, July 17 at 12:30 p.m. . Challenge yourself to movie trivia that includes movie stars and general movies. **Zoom optional available.**

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

**Wisdom Exchange:** Friday, July 19 at 12:30 p.m. Participants will sign up for a time to share their best life hacks. This could include a few line dance steps that help prevent falls, cooking tips, gardening and much more. **Register to share your tips to help others.**

**Bunco:** Monday, July 22 at 12:30 p.m

**Sundaes on Mondays:** Monday, July 22 at 12:30 p.m. This is a fun way to start the week on a sweet note, offering a variety of delicious sundaes with different flavors, toppings, and perhaps you can make a unique creation. The event is designed for dessert lovers looking for a treat to brighten up their Monday. *Sponsored by Kingston of Perrysburg*

**Hydration:** Tuesday, July 23 at 12:30 p.m.  
Hydration is important factor in maintaining your overall health. This session will share options on how to make drinking enough fluid a priority. *Presented by Wood County Health Department.*

**Price is Right:** Wednesday, July 24 at 12:30 p.m.  
Join us as we play a fun and interactive game that's been on TV for years. Test your price knowledge and take a chance at winning that product. *Prizes and game facilitated by Oak St. Health.*

**Trivia Battle:** Thursday, July 25 at 12:30 p.m.  
Let's test our brains with a trivia competition against other Wood County sites! *Prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Seminar Series: Decades:** Friday, July 26 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 1930's.

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

**Blood Pressure & Glucose Screenings:**  
Wednesday, July 31 and 11 a.m. to 12:30 p.m. Stop in during this time period to have your blood pressure or blood sugar monitored on a monthly basis. This will assist you in keeping your health in check.  
*Wood County Health Department*

# 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.

**Seminar Series: Decades:** Monday, July 1 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 1940's.

**Take Control with Exercise:** Tuesday, July 2, 9, 16, 23 & 30 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, July 2 at 12:30 p.m. *Participants must bring their own place holders. Sponsored by Walker Funeral Homes.*

**Ice Cream Floats:** Wednesday, July 3 at 12:30 p.m. Enjoy ice cream floats as we celebrate the fourth of July with us!

**Fitness for Fall Prevention:** Wednesday, July 3 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls. Attend all three sessions this quarter and have your name entered for a **wellness prize**. Will draw in June. *Facilitated by Partners in Home Care.*  
**Registration and waivers required.**

**Kingston Derby:** Friday, July 5 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, July 8 at 1 p.m. Bring your own supplies.

**Dominoes:** Tuesdays, July 9 & 30 at 12:30 p.m.

**Importance of Hydration:** Wednesday July 10 to 12:30 p.m. This session will share options on how to make drinking enough fluid a priority. Learn the important ways to maintain your hydration levels.  
*Presented by Wood County Health Department.*

**Walbridge Talk:** Thursday, July 11 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, July 15 at 12:30 p.m.

**Diabetes Care Plan:** Tuesday, July 16 at 12:30 p.m. This session examine basic diabetes care with a focus on nutrition for wellness. When you have diabetes, it's hard to keep your blood sugar levels within the range. Many things can make your blood sugar levels change, sometimes quickly. Discover some of the factors that can affect blood sugar. Then learn what you can do to manage them. *Presented by Oak St. Health.*

**Blood Pressure & Blood Glucose**

**Screenings:** Wednesday, July 17 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

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

**Fruits and Vegetables on Any Budget:**

Thursday, July 18 at 12:30 p.m. This lesson describes different cost-effective ways to buy fruits and vegetables and ensure availability between shopping trips. You will have an opportunity to taste a dish called three sisters' salad and try some flavored water.  
*Laura Digby, Ohio State Extension Office*

**Wordle:** Monday, July 22 at 12:30 p.m. Work with others to figure out the daily 5-letter word in 6 tries or less. **Zoom Option.**

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

**Emergency Safety Presentation:** Thursday, July 25 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.*

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

**Black Swamp Stories Part 2:** Monday, July 29 at 12:15 p.m. Learn the location of the mysterious Stoga Hole in the Wadsworth Prairie and the harrowing tale of two young women, lost there!  
*Presented by Wood County Historical.*



# 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.

**Word Searches:** Mondays

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

**Birthday Acknowledgements:** Monday, July 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.*

**Black Swamp Stories Part 4:** Tuesday, July 2 at 12:30 p.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! *Presented by Wood County Historical Society.*

**Fourth of July Party:** Wednesday, July 3 at 12:30 p.m. Celebrate the 4th of July with us in style. Enjoy a fun game of holiday bingo with prizes and lemonade tasting and dessert! *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

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

**Monthly Guessing Game:** Monday, July 8 at 12:30 p.m. Join in the fun of this game that will keep you guessing. *Facilitated by Kingston of Perrysburg.*

**Menu Talk:** Tuesday, July 9 at 12:30 p.m. We will review menus from 2024 and plan our food choices for 2025. *Presented by Angie Bradford, WCCOA*



## **Canvas Art Party:**

Wednesday, July 10 at 12:30 p.m. Come paint a gnome sparkle painting 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.*

**Trivia Battle:** Friday, July 12 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.*

**Facts about Marijuana:** Monday, July 15 at 12:30 p.m. According to the national survey on drug use and health marijuana is one of the most used drugs in the United States. This session will discuss its use. *Presented by the Wood County Health Department.*

**Blood Pressure & Blood Glucose Screening:** Tuesday, July 16 at 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Seminar Series: Decades:** Tuesday, July 16 at 12:45 p.m. This series will explore the decades ranging from the roaring 20's to the 1970's. Explore fashion, food, music, world issues, sports and much more. Time will be allotted for sharing and reminiscing. This month we will be covering the 1970's.

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



**Craft:** Thursday, July 18 at 12:30 p.m. In this session will create a clothes pin patriotic wreath for your door. This free class will have step by step instructions and all supplies are provided. *Facilitated by the Wood Haven Health Care.*

## **Registration required.**

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

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

**Trip: Ice Cream Shop** Wednesday, July 31 at 1:15 p.m. **Location:** Dairy Bar (24030 Front Street, Grand Rapids)

Enjoy and afternoon outing with us! We will be visiting a local ice cream shop and sharing time with each other. *Hosted by Bowling Green Manor. **Small Sundae sponsored by Bowling Green Manor.***  
**Register with the Senior Center.**

# 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, July 1 at 12:30 p.m. *Pemberville Mayor Carol Bailey* keeps us apprised of the town's events and needs. She will share special details of what the town has to offer.

**4th of July Celebration:** Wednesday, July 3 at 12:30 p.m. Wear your red, white and blue and enjoy some ice cream and trivia. *Ice cream sponsored by Kingston of PB.* **Registration required.**

**Movie:** Monday, July 8 at 12:45 p.m. **Feature:** "Top Gun" (1986) *Snacks sponsored by Wood Haven Health Care*

**Donuts & Discussion:** Tuesday, July 9 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

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

**Puzzlemania:** Wednesday, July 10 starting at 10:30 a.m. Do you enjoy a good jigsaw puzzle? We are hosting Puzzlemania, where teams of two to four people will compete to complete a 300 piece puzzle the quickest! Four teams total per session. A puzzle prize we will be awarded to the winning team.  
**Register for this event today!**

**Podiatry Clinic:** Wednesday, July 10 from 1 to 3 p.m. *Provided by Heel and Toe Podiatry with Dr. Scott Johnston.* **Appointments call 410.474.7700**

**Logo Game:** Thursday, July 11 at 12:45 p.m. We will divide into two teams and try name that logo.  
*Facilitated by Wood Haven Health Care.*

**The First Adirondacker's: Part 1**

Friday, July 12 at 12:30 p.m. Follow along as scientists make eye-opening discoveries about pre-colonial Indigenous populations in the Adirondack Mountains of upstate New York. Researchers use sediment cores from lakes in the region and artifacts found on high ground to reveal a different timeline.  
*Pre recorded.*

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

**Seminar Series: Decades:** Tuesday, July 16 at 12:45 p.m. Explore fashion, food, music, world issues, sports and much more. This month: 1920's.

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

**Trivia Battle:** Wednesday, July 17 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 Clinic:** Thursday, July 18 from 11 a.m. to 1 p.m. *Facilitated by Wood County Health Department.*

**Tales of the Misty Past Part 2:** Thursday, July 18 at 12:15 p.m. Charles Evers spins a tale of ruin and despair on the account of one Jim Slater. Did Slater curse Bairdstown (Bloom Township) in Wood County? Find out what brought about this curse and what the historical record tells us about Jim Slater and Bairdstown. *Wood County Historical Society.*

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

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

**Feature:** "Just Like Heaven" (2005) Comedy/Drama  
*Snacks sponsored by Wood Haven Health Care.*

**Emergency Safety Presentation:** Wednesday, July 24 at 12:30 p.m. This session will provide you with updates on ways to stay safe in your home by being prepared during rain and snow storms, tornados, and much more. *Presented by Wood County Emergency Management.*

**QR Codes:** Monday, July 29 at 12:30 p.m. Gain a better understanding of what a QR code is used for and how your smart can be configured to allow you to look up menus or register for classes using this QR code. *Facilitated by Clara Fiori, WCCOA.*

**Seminar Series: Forensic History Crimes, Fraud Scandals** Wednesday, July 31 at 12:45 p.m. *Great Courses Series Topic: Lizzy Borden and the Menendez Brothers.* This session covers how a relatively unknown person becomes infamous and how someone can plead guilty at a trial despite an overwhelming mountain of evidence. *Prerecorded.*

# 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)



## 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.**

**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.



## 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 wellbeing. 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. This session will cover treatment options and alternatives to aiding your role as a caregiver and ways to help maximize you and your loved ones health. *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:*



## 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

July 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Coconut Curry</b> <b>Chicken OR Veal Patty</b> rice, italian blend, mandarin orange salad, blueberry crisp	<b>2</b> <b>Chicken Pot Pie OR</b> <b>Cabbage Roll</b> green beans, macaroni salad, cinnamon applesauce, sidekick slushie	<b>3</b> <b>Pulled Pork OR</b> <b>Shredded Chicken</b> potato wedges, coleslaw, peaches & pears, cookies	<b>4</b> <b>All sites Closed for</b> <b>4th of July.</b>	<b>5</b> <b>Cube Steak OR</b> <b>Tuna &amp; Noodles</b> buttered beets, tomato zucchini salad, ambrosia, graham crackers
<b>8</b> <b>Smoked Sausage OR</b> <b>Turkey Meatball Sub</b> sweet potato fries, corn relish, orange juice, brownie	<b>9</b> <b>Hamloaf OR Chicken</b> <b>Wings</b> creamed corn, broccoli salad, tropical fruit	<b>10</b> <b>Turkey Taco OR</b> <b>Beef Fajita Taco</b> black beans & rice, lettuce & tomatoes, fruited jello	<b>11</b> <b>Hamburger Pie OR</b> <b>Cheese Roll Up</b> mixed vegetables, celery with peanut butter, pound cake, glazed bananas & strawberries	<b>12</b> <b>Baked Ham OR</b> <b>Chicken Tenders</b> cauliflower, three bean salad, mandarin oranges & grapes
<b>15</b> <b>Stuffed Pepper OR</b> <b>Chicken Cordon Bleu</b> riviera blend, greek pasta salad, mixed fruit, pineapple-orange juice	<b>16</b> <b>Roast Pork OR King</b> <b>Ranch Chicken</b> <b>Casserole</b> Tomato zucchini blend, pears, cherry crunch	<b>17</b> <b>Birthday Lunch!</b> <b>Beef Stroganoff</b> green beans, potato salad, mandarin orange salad, cake & ice cream	<b>18</b> <b>Chipped Ham OR</b> <b>Chicken Salad</b> baked bean salad, carrots, melon, cookies	<b>19</b> <b>Goulash OR Pecan</b> <b>Crusted Tilapia</b> far east blend, banana, granola, peaches & cream
<b>22</b> <b>Bratwurst OR Grilled</b> <b>Chicken Sandwich</b> mashed potatoes, sauerkraut, pineapple & cottage cheese, rice krispy treat	<b>23</b> <b>Beef Lasagna OR</b> <b>Chicken Chimichanga</b> lima beans, Caesar salad, grapes & pears	<b>24</b> <b>Turkey Stew OR</b> <b>Ham &amp; Bean Soup</b> cornbread, heritage slaw, rosy applesauce, fruit sorbet	<b>25</b> <b>Chicken Paprikash</b> <b>OR Meatloaf</b> noodles, mixed vegetables, cauliflower peanut salad, peaches	<b>26</b> <b>Scalloped</b> <b>Potatoes &amp; Ham OR</b> <b>Lemon Pepper Tilapia</b> kyoto blend vegetables, pickled beets, grape juice, pudding
<b>29</b> <b>Sweet &amp; Sour Chicken</b> <b>OR Pork Cutlet</b> wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jello	<b>30</b> <b>Fair Day!</b> <b>Stacked Ham OR</b> <b>Stacked Turkey</b> baked bean salad, coleslaw, mixed fruit, rice krispy treat	<b>31</b> <b>Turkey OR Liver &amp;</b> <b>Onions</b> au gratin potatoes, celery sticks, orange sections		

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.*

July 2024			
Tuesday	Wednesday	Thursday	
<b>Teriyaki Salmon</b> 2 mashed potatoes, green beans, ambrosia salad	<b>Bacon Wrapped Chicken</b> 3 rice pilaf, italian blend vegetables, Caesar salad, grapes, vanilla pudding	<b>No evening meal.</b> 4	
<b>Birthday Dinner! BBQ Ribs</b> 9 scalloped potatoes, coleslaw, apricots, cake & ice cream	<b>Sausage Links</b> 10 hash browns, french toast, orange sections, baked apples	<b>Italian Chicken Breast</b> 11 broccoli, tossed salad, pineapple, cookies	
<b>Pork Chop</b> 16 small whole potatoes, three bean salad, fruited jello, bread pudding	<b>Mushroom &amp; Swiss Chicken Breast</b> 17 wild rice, nantucket blend vegetables, banana, fruit juice, lemon pie	<b>Hamburger</b> 18 baked beans, potato salad, melon salad, brownie	
<b>Cabbage Roll</b> 23 mashed potatoes, spinach salad, strawberries, shortcake biscuit	<b>Smoked Sausage</b> 24 baked potato, rivierra blend vegetables, mixed fruit, cracker pudding	<b>Tuna Salad Croissant</b> 25 carrot & celery sticks, cantaloupe & grapes, cherry crunch	
<b>Fair Day No Evening Meal</b> 30	<b>Spaghetti with Meatsauce</b> 31 mixed vegetables, tossed salad, mandarin orange salad, pie		

## Dinner Menu

**BG Knitter's Guild:** Wednesday, July 3 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:** "Barbie" Dinner reservations made by 2 p.m. on Tuesday, June 11.

**Physiology and Fitness:** Tuesday, July 16 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** The Secret Life of Muscles **Presenter:** Dean Hodgkin, B.Sc.

**Karaoke "Western Style":** Wednesday, July 17 at 4 p.m.

**Documentary Series:** Thursday, July 11 at 3:30 p.m. **Birds of Prey:** a documentary that weaves a remarkable story of the world's rarest eagle species and the heroic individuals working tirelessly to save it.

**Reader's Café:** Tuesday, July 23 at 3 p.m. Books that have been turned into movies! **Feature:** "Extremely Loud & Incredibly Close" by Jonathan Safran Foer. **Books & audiobooks available by loan by June 25. Registration required.**

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

**Acoustic Night:** Thursday, July 25 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.*



# 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:

- United Women's Educators
- Jackie & Carl Metz in Memory of Jimmy Kinder, Robin Cook in Memory of Phillip Bresler, Victor Schuerman in Memory of Phillip Bresler, Ray & Jane Kohlenberg in Memory of Phillip Bresler, Matt Telfer in Memory of Phillip Bresler, Keith and Barbara Sanderson in Memory of Phillip Bresler, Lisa Bresler in Memory of Phillip Bresler
- Joyce Kepke, Craig & Tamara Premo, Marian Potter, Bev Cope and Tuesday Euchre Group, Colleen Smith, Joseph and Elayne Jacoby,

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

## **Pen Pal Program**

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

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

WOOD COUNTY  
COMMITTEE



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

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

We're on the Web!

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



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



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



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

All Senior Centers are closed on  
Thursday, July 4 in  
observance of Independence 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

<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*