

WOOD COUNTY COMMITTEE

ON
Aging

AUGUST 2024

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

Cornhole Tournament

Sunday, September 15, 2024

Register by Saturday, September 7

Starts at 1 p.m. (est. Tournament time 6 hours)

Wooster Green, 100 South Church St., Bowling Green

Supporting the "Grandparents Raising Grandchildren Project" in partnership with the Wood County Committee on Aging,

Bowling Green Kiwanis and Bowling Green State University

Tournament details:

- \$25 donation for two member team; \$15 donation for single registrant and we will pair you up. **Note:** No rain date, fee is a donation
- Boards provided; you may bring resin bags
- **Double Elimination Process with three divisions:** Businesses; Campus Life; Community
- Trophy provided for 1st place in each division
- **Register using the QR code to the right**
- Stop by the Food trucks throughout the event

Register here:



To register, email BG Kiwanis at bgohkiwanis@gmail.com Or drop off registration and payment at WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis.

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 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!

Call 419.353.5661 or email programs@wccoa.net

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, commit to 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 older 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 You can learn more at:

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	Sept. 11	1 to 3 p.m.
Wood County Senior Center	August 28	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, August 21, 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@wcco.net

Cholesterol Clinic Screenings

SAVE THE DATE:

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

November 7, 12, 15, from 9 to 11 a.m.

Perrysburg Area Senior Center

November 8, 13 from 9 to 11 a.m.

Provided by the Wood County

Health Department

Registration will take place in October

Senior Legal

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

Community Christian Legal Services

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

Clinic Site	Date	Time
Perrysburg	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

Blood Pressure & Blood Sugar Screenings Provided through The Wood County Health Department

Clinic Site	Date	Time
Wayne Area Senior Center	August 8	11 a.m. to 12:30 p.m.
Wood County Senior Center	August 13	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	August 15	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	August 20	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	August 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	August 28	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, August 12 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, August 22 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 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 to register for this group.

Grasping Your Grief

Wednesdays, August 7 & August 21 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

Alzheimer's Association

Caregiver Support Group

First Friday of the month at 12 p.m.

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

For more information or to register call the Alzheimer's Association of Northwest Ohio at 1.800.272.3900.

Spousal or Partner Loss Support

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

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

DaZy Aphasia Support Group

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

Fitness Classes

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

Chair Yoga **Cost: \$20**

Tuesdays, 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 July 31 to September 4 at 10 a.m.
OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and **help delay** the progression of symptoms associated with Parkinson's disease. *Tammy Starr, PT, Certified Instructor.*

Dynamic Balance **Cost: \$20**

Wednesdays, July 31 to September 4 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, July 10 August 14 at 4:30 p.m.
Next Session: August 21 to September 25
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.

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 11a.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, August 7 to September 11 at 10 a.m.*

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. *Sheila Brown, Certified Instructor*

Travel Opportunities

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

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.



Arts Abound

Call for Artists and Performers!
Friday, October 25 from 6 to 8 p.m.
Dress rehearsal on Friday, October 18 at 1 p.m.

*Those interested in performing or displaying your art
please see the Programs Department or register using the QR code.*

This event strives to showcase various performance and visual arts pursued by community members who are compelled to create or engage in the arts as vital and meaningful components of quality of life.

- Visual art contributions will also be displayed the week of October 25 prior to the with the public performance.
- Enjoy an evening of celebrating these local artists across all art forms, enjoy refreshments and more.

All event inquiries can be directed to the Programs Department at 419.353.5661 or email programs@wcco.net



Stress Management Class

Tuesdays, September 17 to October 22

1 p.m. to 2 p.m. at Wood County Senior Center

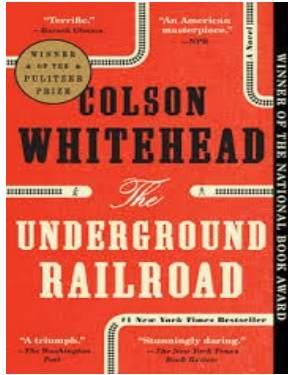
Do you feel that you are stressed? If so, this class could be for you! Stress is unfortunately part of life, but the good news is that there are some ways to reduce the impact of stress. This class will help participants to learn how to identify and manage stress, and develop coping strategies to deal with stressful situations.

Topics covered in this class include:

- how to recognize stress, the effects of stress
 - the benefits of stress reduction;
 - various coping strategies to deal with stress such as mindfulness, positive affirmations, and life balance.
- This 6-week class does not require a weekly attendance commitment (because that is stressful!)

To register **contact Wendy Beldon, LSW, Social Services Department Intern at 1.800.367.4935 or 419.353.5661 ext. 1045 to register.**

Around the County, Events & Classes

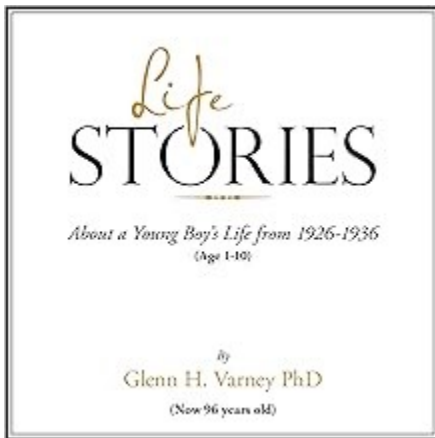


A Summer Literary Journey and Television Series: "The Underground Railroad"

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 to pick up your book and series details.



Meet the Author: Book Discussion

"Life Stories: About a Young Boy's Life from 1926-1936"

Author Glenn H. Varney PhD (now 97)

Friday, August 9 at 11 a.m. at the Wood County Senior Center

This book is about Glenn's early years and it was a "hoot" for him to go back to the first ten years of life. He shares the town he grew up in Ashtabula County, Ohio, his family, friends, transportation, school, stores, technology, the underground railroad, health and vaccines, appliances within the house, discipline, smoking, and fun worldly facts about growing up in the 20's and 30's.

Dr. Varney is best known for his pioneering work in designing and implementing one of the first master's degree programs in organizational development in the U.S. He also coauthored a book with James McFillen and Scott Janoch called "Grasp the Situation: Lessons Learned in Change Leadership."

You are welcome to receive an email version of the book or use the one we have on loan.

Join us for lunch afterwards. **Register for this session:** programs@wccoa.net or call 419.353.5661

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, August 20 from 3 p.m. to 5 p.m.** at the Wood County Senior Center for a fee of \$10. Many people are using this technique for stress reduction, relaxation and lifestyle management. You may bring a yoga mat, blanket and/or pillow. We will meet monthly for this class.



Space is limited and chairs are available.

Facilitated by Kim Post, RN. **Registration through the Program Department.**

Around the County, Events &



Photo by: J.D. Pooley

Lunch and Learn: Podcasting: A Passport to the World

Friday, August 23 at 11:30 a.m. at the Wood County Senior Center

Presented by Ann Cavera

Are you curious about the world of podcasting? Listening to, or even creating a podcast can be a life-enriching experience for seniors. Whether it's learning about new ideas, connecting with others who share the same interest, or offering insight and wisdom gathered through a lifetime of experiences, seniors are finding podcasts offer a passport to the world.

While caring for her husband during his illness, Ann Cavera searched for a way to stay connected with the outside world. In 2022, she launched a podcast called "Speeding Past 80." Now in its third year, Speeding Past 80 has aired more than 100 episodes. Along the way, she has connected with new friends not only in this country, but in Canada, the Netherlands, Japan and Kenya.

How can seniors find podcasts related to their interests? Can a senior start a podcast to share their interests and knowledge with others? How can a podcast be used to create a legacy or to connect with family and friends? Answers to these questions and more may be simpler than many seniors imagine.

Biography: Ann Cavera grew up in a military family. She attended nine schools in twelve years. Along the way she discovered good people can be found everywhere. Ann served as a Peace Corps Volunteer in Liberia, West Africa, where she met and married her husband, Jim. Her interests include podcasting, writing, and spending time with her children and grandchildren. In addition to her podcast, her first novel, "Ride a Summer Wind," was released by Elk Lake Publishing March, 2024.

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 August 16. This session will fill up fast . If you cannot make it, please call 24 hours in advance to cancel so we can activate our waitlist.

To register call 419.353.5661 or email programs@wcco.net



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@wcco.net

Sponsored by Bowling Green Manor and Manor at Perrysburg.

Volunteer Opportunities

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

Ask for the Volunteer Coordinator at 419.353.5661 or 1.800.367.4935 or email sspencer@wcco.net

Around the County, Events & Classes

A Lifetime Process:



Elizabeth Schmitz
ATTORNEY AT LAW
Estate Planning and Administration

Tuesday, August 27
3 to 5 p.m.

Wood County Senior Center

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? Should updated on a regular basis? All of these questions will be answered in this session.

Plan ahead by registering today! Call 419.353.5661 or email programs@wccoa.net



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Tuesdays, September 10 to October 29
1 to 3 p.m.

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

Are you limiting your activities due to this fear? Are you becoming physically weak?

If you answered "yes" to either question then 'A Matter of Balance' is for you!

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

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

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

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

90s Plus Spectacular! *Celebrating Those 90 Years of Age and Older 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 or include a printed photo with each application form. Each honoree will receive a free meal and may bring one guest.

The guest must provide an advanced 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 **Call the Programs Department at 419.353.5661 or 800.367.4935**
or email 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 of Bowling Green, Heritage Corner Health Care Campus*

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, August 2 and August 16
from 10 to 2 p.m.

St. Timothy's Church

871 E. Boundary St., Perrysburg

Wednesday, August 14 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

For additional Adult Day Support Call Memory Care Lane Services at 419.353.5661 extension 1038

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, August 5 from 2 to 3 p.m.

Computer Basics

Monday, August 12 from 2 to 3 p.m.

Microsoft Office 2019



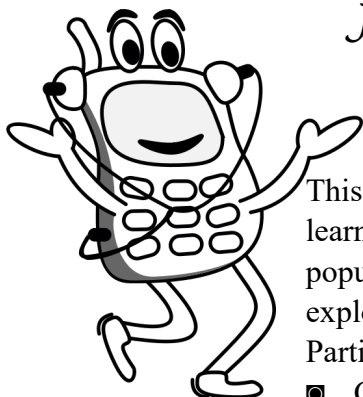
Instructed by Clara Fiori, WCCOA **Registration required as space is limited to four.**

Call 419.353.5661 or email 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**

Virtual Programs on Zoom

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

Happy Hour: Friday, August 2 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 Senior Center.

Spelling Bee: Monday, August 5 at 12:45 p.m.
Challenge yourself to a fun spelling bee with participants from the Wayne and Bowling Green area.
In-person option: Wood County Senior Center & Wayne.

Name that Tune: Wednesday, August 14 at 1:15 p.m. Join us as we listen to piano tunes and try to guess the name of the song. *Piano played by Marilyn Wilson.* *In-person option: Wood County Senior Center & Pemberville.*

Vitamins and Supplements: Wednesday, August 21 at 11 a.m. Gain valuable information on the necessary vitamins and minerals to stay healthy.
In-person option: Wood County Senior Center.
Presented by Mercy Family Medicine Residency

Lunch & Learn: Podcasting: "A Passport to the World" Friday, August 23 at 11:30 a.m.
Discover a behind the scenes look at how podcasts are created and learn more about how to access them.
Facilitator Ann Cavera. *In-person option: Wood County Senior Center.*

Bingo: Friday, August 23 at 1 p.m. *Prize awarded.*

Wordle: Monday, August 26 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.*



Wood County Senior Center Cards & Games

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

Bingo: Tuesdays at 1 p.m.

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

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

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

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

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

Puzzles: Available daily in the lounge

Technology Loans



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for **four weeks** at a time to Wood County seniors.

Tablet Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

Tablet loans are available for **six weeks** at a time to Wood County seniors.

To inquire about our technology loans, contact the Programs Department at 419.353.5661 OR 1.800.367.4935 OR email programs@wcco.net



Wood County

(Located in Bowling Green)

Lunch Served Between 11:30 a.m. and 1 p.m.

Below you will find in-person programs scheduled for the WOOD COUNTY SENIOR CENTER. Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935 to register or for more info.

Conversational Sign Language Gathering:

Mondays at 1 p.m. If you have basic sign language skills this group is for you. *Peer-Led Group*

Guitar Circle:

Wednesdays at 11:30 a.m. For intermediate to advanced players. **Registration required for first-time participants.** *Assisted by John Zanfardino.*

Watercolor Art Group: Thursdays from 10 a.m. to noon. Bring (and take with you) all materials.

Veterans Coffee Social: Fridays at 10 a.m. This group will share stories, have speakers and decide on projects. *Donuts sponsored by The Willows of BG.*

Thursday Theater: Thursdays, at 1 p.m. **August 1:** “Rip in Time” (2022) **8:** “The Walk ” (2015) **15:** “One, Two, Three” (1961) **22:** “Fat Man and the Little Boy” **29:** “The Russians are Coming The Russians are Coming” (1966) *Hosted by Kris Eridon.*

Memoir Writing Group: Thursday, August 1 from 2:30 to 3:30 p.m. The goal is to document life events and discuss how they impact us. *Facilitated by WCCOA.*

How about a Movie: Fridays at 1 p.m. **2** “The Russians are Coming” (1966) **9:** “Jane Doe” (1983) **16:** “Love Leads the Way” (1984) **23:** “Palomino” (1991) **30:** “Because of Winn-Dixie” (2005) **Registration Required.**

Happy Hour: Friday, August 2 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living.* **Zoom option available.**

Odds & Ends of Wood County Part III:

Monday, August 5 at 11 a.m. What is the origin of the mysterious monument in Washington Township? *Presented by Wood County Historical Society.*

Memory Wire Bracelets: Monday, August 5 at 1 p.m. Memory wire bracelets are easy to put on and takeoff, fits any size wrist, and fun to fidget with. Kit with wire and beads included. *Cost: \$5* *Instructor: Betty Winslow.* **Limit to 10 Spaces.**

The Lives of the Amish In the US: Tuesday, August 6 at 1 p.m. Do you find the Amish to be interesting and want to learn a little more? Join us in a video where the Amish tell their own story. This was produced by a German media organization and

takes place in Middlefield, Ohio, east of Cleveland. Afterwards there will be a short Q&A session. *Facilitated by Lynn Wineland.*

National Parks Series: Redwoods, Sequoias, and the Sierra Nevada Tuesday, August 6 at 4:45 p.m. *Prerecorded session Great Courses.*

Romantic Movies: Wednesdays at 1 p.m. Hosted by Lilianna Rossi **August 7:** “Splash” (1984) **August 14:** “Hitch” (2005) **August 21:** “Walk the Line” (2005) **August 28:** “The Wedding Date” (2005) **Registration required.**

BG Knitter’s Guild: Wednesday, August 7 at 4 p.m. Red, white and blue quilts for the honor flight no smaller than 34 by 44. *Hosted by Jackie Instone.*

Evening of Euchre: Wednesday, August 7 from 5 p.m. to 6:45 p.m. *Hosted by Heritage Corner Health Care Campus.*

Technology Hot Topic: Thursday, August 8 at 2 p.m. Learn some practical do and don’t tips on internet safety to keep your information and privacy safe while exploring the web. *Presented by David Schuck.*

Documentary Series: Thursday, August 8 at 3:30 p.m. **Crip Camp:** a groundbreaking summer camp that galvanizes a group of teens with disabilities to help build a movement, forging a new path toward greater equality.

Nails: Monday, August 12 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

The Night Agent, TV Series: Mondays, 1 p.m. August 12, S:1 E: 5 & 6, August 26, S:1 E: 7 & 8.

Technology Training: Monday, August 12 & August 26 at 2 p.m. This session is designed to provide hands on training on the use of laptops to provide technology skills. **August 5:** Computer Basics, **August 12 :** Microsoft Office 2019 *Instructed by Clara Fiori, WCCOA* **Registration required.**

Craft: Tuesday, August 13 at 10 a.m. Paint a mushroom themed LED light lantern. Instruction and supplies will be provided. **Cost: \$10 Advance payment.** **Limited to 12. Registration required.** *Facilitated by BG Manor.*



Wood County Continued...

Name That Tune BINGO: Tuesday, August 13 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Blood Pressure & Glucose Screening:

Tuesday, August 13 at 11 a.m. to 12:30 p.m.
Facilitated by the Wood County Health Department.

Dinner & Movie: Tuesday, August 13 at 3:30 p.m.
Movie: Inside Out (2015) Dinner reservations need to be made by 2 p.m. on Tuesday, August 13.

Hydration: Thursday, August 15 at 11 a.m. Older adults are at a greater risk for dehydration because of how body composition changes with age. Learn more about tips to stay hydrated and enjoy flavored water samples. *Presented by The Wood County Health Department.*

1:1 Technology Help: Thursday, August 15 starting at 2 p.m. Register for a 20 minute session to have your general technology questions answered pertaining to tablets, printers, cell phone questions. **Appointments required.** *Hosted by David Schuck.*

Game Night: Thursday, August 15 at 6 p.m. Join us as we play a variety of card games, board games and more. **Registration recommended.** *Hosted by Nancy Messenger.*

Breakfast Club: Monday, August 19 at 9 a.m.
Location: Meet at Bob Evans (1726 E. Wooster Street, BG). Cost on your own. **Register with the Senior Center prior to attending.**

Shop Smart to Fill your cart - the My Plate

Way: Monday, August 19 at 11 a.m. In this session, we will use MyPlate to make healthy food choices with a limited budget; learn more about eating fruits and vegetables of different colors; choosing the best dairy products, grain products; plant-based protein; decrease food insecurities; share cost saving tips at the store. *Presented by Laura Digby, Ohio State Extension Office*

Brain Training: Tuesday, August 20 at 9 a.m. "Optimizing Brain Fitness" video *The Great Courses.*
Topic: How Your Brain Works **Video Presenter:** Richard Restak. **Registration required by June 14**
Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.

Physiology and Fitness: Tuesday, August 20 at 4:30 p.m. Video from *The Great Courses* **Topic:** Getting Your Back on Track **Presenter:** Dean Hodgkin.

Vitamins and Supplements Wednesday, August 21 at 11 a.m. This session will share the best practices when using these items to aid your health. *Mercy Medicine Residency Program.* **Zoom option.**

Karaoke "Groovy 1960's" Wednesday, August 21 at 4 p.m. Dress for the decade if you choose. No previous singing experience necessary.

Card Bingo: Thursday, August 22 at 1 p.m.
Facilitated by Bridge Home Health & Hospice.

Acoustic Night: Thursday, August 22 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. Register for a 15 minute time slot. Play or come in to listen!

Lunch and Learn: Podcasting: A Passport to the World Friday, August 23 at 11:30 a.m.

Discover a behind the scenes look at how podcasts are created and learn more about accessing them. *Ann Cavera In-person option. See page 8 for details.*

Zoom Bingo: Friday, August 23 at 1 p.m.
Cover-all prize awarded. Register to receive the code.

Coffee & Coloring: Monday, August 26 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Sponsored by Wood Haven Health Care.*

Wordle: Monday, August 26 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, August 27 at 3 p.m. Books that have been turned into movies! **Feature:** "One Day" by David Nicholls. **Books & audiobooks available by loan by July 23. Registration required.**



Acrylic Painting: Wednesday, August 28 at 3 p.m. This class is open to all levels of painting experience. Instruction and supplies will be provided. *Cost: \$10*
Instructor Jackie Meir.
Registration required

Open Forum for Technology: Thursday, August 29 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.*

Live Podcast Recording: Friday, August 30 at 11 a.m. Experience what it is like to record a Podcast. Featuring "Ann Cavera "Speeding Past 80"
Registration required.

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: Wednesdays 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*

Euchre: Thursday, August 1 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, August 2 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of August. **Registration required. Zoom option.**

Docuseries: Unwrapped Friday, August 2 at 12:45 p.m. **Topic:** Behind the scenes on your favorite Products including Wendy's, White Castle and McDonalds.

Texas Hold'em Tournament: Mondays, August 5 & August 19 at 1 p.m.

Seminar Series: The Decades: Tuesday, August 6 at 12:45 p.m. This month: 1970's.

Hydration: Wednesday, August 7 at 12:30 p.m. Gain some tips on ways stay hydrated. Sample some flavored water. *By Wood County Health Department*

Now and Then: Thursday, August 8 at 12:30 p.m. Topic: Restaurants. *Facilitated by Comfort Keepers.*

Bunco: Friday, August 9 at 12:45 p.m. **Registration Required.**

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

Pinochle: Monday, August 12 at 12:45 p.m. **Registration Required.**

Mystery Restaurant: Monday, August 12 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, August 13 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg) *Hosted by Judy Schlink.* **Cost on own. Register at the Perrysburg Area Senior Center.**

Bingo: Tuesday, August 13 at 12:30 p.m. *Facilitated by Waterford at Levis Commons.*

Coloring Club: Wednesday, August 14 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.*

Blood Pressure and Blood Sugar Clinic: Thursday, August 15 from 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

Karaoke: Thursday, August 15 at 1 p.m. Let loose and sing along with us. *Supplies provided and facilitated by Jules Winkler.* *Requested song lyrics need to be on YouTube to participate.

Friends in Fellowship: Tuesday, August 20 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Tales of the "Misty Past" Part II: Tuesday, August 20 at 12:30 p.m. Sheriff and newspaper man Charels Evers spins a tale of ruin and despair on the account of one Jim Slater. Did Slater curse Bairdstown in Wood County? *Mike McMaster, Wood County Museum.*

Birthday Lunch: Wednesday, August 21 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Perrysburg Continued...

Caregiver Support Group: Thursday, August 22 at 10 a.m. This group meets monthly; topics and discussions vary. **To register call the Social Services Department.**



Craft: Metal Pumpkin

Thursday, August 22 at 11:15 a.m.
All materials and instruction provided for this free session.

Registration required. Space limited to 10

Facilitated by Manor at PB.

Frozen Treats: Thursday, August 22 at 12:30 pm.
Enjoy an end of the summer frozen treat with friends.
Sponsored by Kingston of Perrysburg.

LRC Game: Thursday, August 22 at 12:30 p.m.
Prizes sponsored by Kingston of Perrysburg.

Card Bingo: Friday, August 23 at 12:30 p.m.
Facilitated and prizes by Bridge Home Health.

Hand and Foot: Monday, August 26 at 12:45 p.m.

Movie Day: Tuesday, August 27 at 12:45 p.m.

Feature: "Bridal Fever" *Sponsored by Witzler-Shank -Walker Funeral Home*

Vitamins & Supplements: Wednesday, August 28 at 11:15 a.m. *Mercy Family Medicine Residency*

Menu Talk: Thursday, August 29 at 12:15 p.m.
Presented by Angie Bradford, WCCOA.

Virtual Reality Expeditions: Ireland & Scotland Friday, August 30 at 12:45 p.m.

*Facilitated by Way Public Library. **Registration required.** Space limited to 15 people.*

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.

Spelling Bee: Monday, August 5 at 12:45 p.m. We will challenge the Wood County Senior Center on Zoom. *Zoom option.*

Game Day: Tuesday, August 6 at 12:30 p.m.
Sponsored by Wayne United Methodist Church.

Bingo: Wednesday, August 7 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

BP & Blood Glucose Screening: Thursday, August 8 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Open Forum Technology: Friday, August 9 at 12:30 p.m. Bring your phone or tablet and have your technology questions answered. *Facilitated by Clara Fiori, WCCOA*

Aging and Healthy Sleep: Monday, August 12 at 12:30 p.m. *By the Wood County Health Depart.*

Bingo: Tuesday, August 13 at 1 p.m. *Sponsored by Bowling Green Manor*

Bingo: Wednesday, August 14 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Breakfast Club: Thursday, August 15 at 9:30 a.m.
Location: Country Farmhouse (117 E Main St., Wayne) **Cost on own. Register with the Center.**

Trivia Battle: Friday, August 16 at 12:30 p.m. As a group we will test our knowledge for a chance to win a donut party. *Sponsored by Rehabilitation Hospital of NWO.*

Shop Smart to Fill your Cart: Tuesday, August 20 at 12:30 p.m. In this session, we will use MyPlate to make healthy food choices with a limited budget. *Presented by Laura Digby, OSU ext.*

Birthday Lunch: Wednesday, August 21 at 12 p.m. *Cake & ice cream by The Willows.*

Bingo: Thursday, August 22 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

Seminar Series: The Decades: Friday, August 23 at 12:30 p.m. Featuring: 1950's.

Tales from the "Misty Past" Part 1: Monday, August 27 at 12:15 p.m. *Presented by Wood County Historical Society.*

Mystery Restaurant: Monday, August 27 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. **Registration required.**

Battle of the Woods Tailgate: Thursday, August 29 from 11 to 1 p.m. Cornhole, Eastwood Elmwood trivia and food. **Registration required.**

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, August 5 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.*

Fun Facts of Food Trivia: Monday, August 5 at 12:30 p.m. Discover fascinating facts about the nutritional benefits and surprising health impacts of everyday foods. We will also have prizes to give away at the end of the presentation. *Presented by Shannon Smith, MFN, RD, LD, CDCES, OSU ext.*

Fitness for Fall Prevention: Tuesday, August 6 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 September. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

Trivia: Wednesday, August 7 at 12:30 p.m. *Sponsored by Perrysburg Healthcare & Rehab*

Trip: Outing to W.W. Knight Park: Thursday, August 8 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.**

Divas and Desserts: Friday, August 9 at 1 p.m. Ladies enjoy some desserts and good conversations with your friends. *Dessert provided by Rehabilitation Hospital of Northwest Ohio.*

Bunco: Monday, August 12 & 26 at 12:30 p.m.

Tales of the “Misty Past” Part II: Tuesday, August 13 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 (BloomTownship) in Wood County? Find out what brought about this curse and what the historical record tells us about Jim Slater and Bairdstown. Presented by *Presented by the Wood County Historical Society.*

Mystery Game Day: Wednesday, August 14 at 12:30 p.m. Stop in to play a different game each month. *Sponsored by Kingston.*

Bingo: Thursday, August 15 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Ladder Ball: Friday, August 16 at 1 p.m. *Hosted by Bob Counterman.*

Cards & Dominoes: Monday, August 19 at 10:30 a.m.

Seminar Series: Decades: Monday, August 19 at 12:30 p.m. This month is the 1950's.

Breakfast Club: Tuesday, August 20 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg) *We will be visiting with the Perrysburg Area Senior Center.* **Cost on own. Register with the Senior Center.**

Birthday Lunch: Wednesday, August 21 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Movie Trivia: Wednesday, August 21 at 12:30 p.m.. **Zoom optional.**

Trivia Battle: Thursday, August 22 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.*

Wisdom Exchange: Friday, August 23 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, August 26 at 12:30 p.m

Sundaes on Mondays: Monday, August 26 at 12:30 p.m. The event is designed for dessert lovers looking for a treat to brighten up their Monday. *Sponsored by Ohio Living.*

Trivia Bingo: Tuesday, August 27 at 12:30 p.m. *Facilitated by Wood Haven Health Care.*

Blood Pressure & Blood Glucose

Screenings: Wednesday, August 28 at 11 a.m. to 12:30 p.m. *Facilitated by the 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.

Kingston Derby: Friday, August 2 at 12:30 p.m.
Enjoy several games of horse races with wagering a fun bet. *Facilitated by Kingston of Perrysburg*

Seminar Series: Decades: Monday, August 5 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 1950's.

Take Control with Exercise: Tuesday, August 6, 13, 20, 27 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, August 6 at 12:30 p.m.
Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

Fitness for Fall Prevention: Wednesday, August 7 at 12:45 p.m. In 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 September. *Facilitated by Partners in Home Care.*
Registration and waivers required.

Walbridge Talk: Thursday, August 8 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Stop in and hear first-hand the latest updates on the village of Walbridge.

Monthly Trivia: Monday, August 12 at 12:30 p.m. Our home delivery meal friends receive a monthly trivia worksheet with their newsletter. So, why should we let them have all the fun? Each table fill out the trivia sheet a group or you can do it by yourself. Let's find out how we fair. This is just for fun, not a competition.

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

Dominoes: Tuesdays, August 13 & 27 at 12:30 p.m.

Black Swamp Stories Part 4: Wednesday, August 14 at 12:20 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 Mike McMaster, Wood County Historical Society.*

Shop Smart to Fill your cart - The My Plate Way: Thursday, August 15 at 12:30 p.m. In this session, we will use MyPlate to make healthy food choices with a limited budget; learn more about eating fruits and vegetables of different colors; choosing the best dairy products, grain products; plant-based protein; decrease food insecurities; share cost saving tips at the store. *Presented by Laura Digby, Ohio State Extension Office*

LRC Game: Monday, August 19 at 12:30 p.m.

Blood Pressure & Blood Glucose

Screenings: Wednesday, August 21 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Birthday Lunch: Wednesday, August 21 at noon.
Cupcake sponsored by Kingston.

Trip: Random Acts of Kindness Store:

Thursday, August 22 from 2 to 3 p.m. Join us at Random Acts of Walbridge for some delicious ice cream, smoothie, bubble tea or what ever other treat you would like. Stroll around the shop to see what unique items they have to sell.

Wordle: Monday, August 26 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, August 27 at 12:30 p.m.

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

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles.

NEW: Word Searches: Mondays at 12:30 p.m.

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

SilverSneakers Classic: Wednesday at 10 a.m.
via zoom. *Sheila Brown, Certified Instructor.*
Cost \$20 per session or **FREE** for SilverSneakers members. **Register with the Programs Dept. at 419-353-5661.**

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

Bingo: Friday, August 2 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice*

Hydration: Monday, August 5 at 12:30 p.m. Older adults are at a greater risk for dehydration because of how body composition changes with age. Learn more about tips to stay hydrated and enjoy flavored water samples. *Presented by The Wood County Health Department.*

Tales from the “Misty Past” Part

1: Tuesday, August 6 at 12:30 p.m. Hear from noted local historian Charles Evers about 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. *Presented by Mike McMaster, Wood County Historical Society.*

Trivia Battle: Friday, August 9 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.*

Monthly Guessing Game: Monday, August 12 at 12:30 p.m. *Facilitated by Kingston of Perrysburg.*



Canvas Art Party:

Wednesday, August 14 at 12:30 p.m. Come paint a vase with beautiful daisies! 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.*



Craft: Metal Pumpkin Thursday, August 15 at 12:30 p.m. In this free session you 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 Bowling Green Manor.

Space limited to 10. Registration required.

Blood Pressure & Blood Glucose Screening:

Tuesday, August 20 at 11 a.m. to 12:30 p.m.

Facilitated by Wood County Health Department.

Seminar Series: Decades: Tuesday, August 20 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 1920's.

Birthday Lunch: Wednesday, August 21 at noon. *Cake sponsored by Bowling Green Manor.*

Open Forum for Technology: Friday, August 23 from 12:30 to 1:30 p.m. Join this open discussion to ask questions about your smart phone, tablet or smart watch. **Registration required.** *Clara Fiori, WCCOA.*

Trivia: Monday, August 26 at 12:30 p.m. Come enjoy this interactive and thought provoking game. **Theme:** World History. *Facilitated by Grand Rapids Care Center.*

Trip: Ice Cream Shop Wednesday, August 27 at 1:15 p.m. **Location:** Synders (24098 Front Street, Grand Rapids) Enjoy an 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.

Bingo: Thursday, August 1 at 12:30 p.m. Prizes awarded. *Facilitated by Bowling Green Manor.*

Minutes with the Mayor: Monday, August 5 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.

Puzzlemania: Wednesday, August 7 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 will be awarded to the winning team. **Register for this event today!**

Logo Game: Thursday, August 8 at 12:45 p.m. We will divide into two teams and try name that logo. *Facilitated by Wood Haven Health Care.*

Movie: Monday, August 12 at 12:45 p.m.

Feature: "Cool Runnings" (1993)

Synopsis: Four Jamaican bobsleighed dream of Competing in the Winter Olympics, despite having never seem snow.

Snacks sponsored by Wood Haven Health Care

Donuts & Discussion: Tuesday, August 13 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

Breakfast Club: Wednesday, August 14 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own.**
Register with the Senior Center.

Name that Tune: Wednesday, August 14 at 1:15 p.m. Join us as we listen to piano tunes with the Wood County Senior Center and try to guess the name of the song. Extra points if you can name the artists. *Piano played by Marilyn Wilson.*
Zoom option.

Blood Pressure & Blood Glucose Clinic:

Thursday, August 15 from 11 a.m. to 12:30 p.m.

Facilitated by Wood County Health Department

Odds N Ends of Wood County Part III:

Thursday, August 15 at 12:15 p.m. What is the origin of the mysterious monument in Washington Township? Attend this session to learn all about it.

Presented by Mike McMaster, Wood County Historical Society.

Trivia: Monday, August 19 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

Seminar Series: Decades: Tuesday, August 20 at 12:45 p.m. Explore fashion, food, music, world issues, sports and much more. This month: 1930's.

Birthday Lunch: Wednesday, August 21 at noon. *Sponsored by Otterbein Pemberville.*

Trivia Battle: Thursday, August 22 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! \ *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

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

Movie: Tuesday, August 27 at 12:45 p.m.

Feature: "The Notebook" (2004)

Synopsis: The young couple falls in love in the 1940's. Their story is read from a notebook in the present day by an elderly man, telling the tale to a fellow nursing home resident.

Snacks sponsored by Wood Haven Health Care.

Seminar Series: Forensic History Crimes, Fraud Scandals Wednesday, August 28 at 12:45 p.m. *Great Courses Series Topic: The Tylenol Murders.* This session covers how a relatively unknown person becomes infamous and how someone can plead not guilty at a trial despite an overwhelming mountain of evidence. *Prerecorded.*

Battle of the Woods Tailgate: Thursday, August 29 from 11 to 1 p.m. at **the Wayne Senior Center** **Event to include;** Cornhole, Eastwood Elmwood trivia, meet some football players enjoy food and fun. **Registration required.**

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



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. *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:*



The Bob Ross Experience: Painting Class

Wednesday, November 20 from 2 to 5 p.m.

Wood County Senior Center

Cost: \$50, supplies provided

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few

hours! Classes are specially suited for beginners; you need no previous experience to attend. As Bob Ross always said, "We don't make mistakes, we just have happy accidents." Only Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.*

Advanced registration required by Wednesday, November 13. Class is limited to the first 12 participants! *No refunds will be available after November 13.

Payment must be received to secure your spot!

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

August 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
			Honey Mustard Chicken OR Vegetable Lasagna winter blend, Texas caviar, rosy applesauce, pie	Chipped Beef OR Creamed Chicken biscuit, midori blend vegetables, mashed potatoes, apricots
Country Fried Steak OR Chicken Lasagna mixed vegetables, heritage slaw, orange	Chef Salad w/Diced Ham, Cheese, & Egg OR Tuna Salad on a bed of lettuce potato salad, mixed fruit, banana nut muffin	Spaghetti w/Meatsauce OR Chicken Alfredo noodles, corn, cucumber salad, apple juice	Pork Chop OR Teriyaki Chicken sweet potatoes, spinach salad, melon	Pepper Steak OR Catfish wild rice, broccoli, pineapple, cherry crisp
Meat & Bean Chili OR Ham & Potato Soup cornbread, pea salad, mandarin oranges & jello, peaches	Chicken A La King OR Swedish Meatballs rice, succotash, carrot & chickpea salad, rosy applesauce	Sausage, Cheese & Egg Casserole OR Turkey Sausage Links redskin potatoes, orange juice, baked apple	Meatloaf OR Pecan Crusted Tilapia sicilian blend vegetables, tossed salad, pineapple	Calico Beans OR Chicken & Dumplings brussel sprouts, potato salad, pears
Coconut Curry Chicken OR Veal Patty rice, italian blend, mandarin orange salad, blueberry crisp	Pulled Pork OR Shredded Chicken potato wedges, coleslaw, peaches & pears, cookies	Birthday Lunch! Roast Beef au gratin potatoes, peas, pineapple, cake & ice cream	Chicken Pot Pie OR Cabbage Roll green beans, macaroni salad, cinnamon applesauce, sidekick slushie	Cube Steak OR Tuna & Noodles buttered beets, tomato zucchini salad, ambrosia, graham crackers
Smoked Sausage OR Turkey Meatball Sub sweet potato fries, corn relish, orange juice, brownie	Hamloaf OR Chicken Wings cream corn, broccoli salad, tropical fruit	Turkey Taco OR Beef Fajita Taco lettuce & tomato, black beans & rice, fruited jello	Hamburger Pie OR Cheese Roll Up mixed vegetables, celery w/peanut butter, glazed bananas & strawberries, pound cake	Baked Ham OR Chicken Tenders cauliflower, three bean salad, mandarin oranges & grapes

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.

August 2024		
Tuesday	Wednesday	Thursday
		Chicken Cordon Bleu 1 wild rice, asparagus, Texas caviar bean salad, peaches & cream
BBQ Chicken 6 broccoli, macaroni salad, cinnamon applesauce, peach crisp	Chef Salad w/Diced Ham, Egg & Cheese 7 corn relish, apricots, cookies	Turkey 8 mashed potatoes, carrots, fruited jello, brownie
Birthday Dinner! Ground Beef Baked Ziti 13 winter blend vegetables, Caesar salad, apple, cake & ice cream	Sausage Tot Casserole 14 cooked spinach, broccoli salad, ambrosia salad	Hot Dog 15 french fries, oranges, crumb topped peaches
Roast Beef 20 baked potato, lima beans, apple juice, cherry pie	Chicken Tacos 21 lettuce & tomatoes, refried beans, strawberries, short cake	Ground Beef Chili 22 corn muffin, heritage slaw, pears, sidekick slushie
Ham 27 sweet potatoes, brussel sprouts, mandarin oranges & grapes, apple strudel bites	Cube Steak 28 mashed potatoes, broccoli, pineapple, lemon bar	Stuffed Pepper 29 corn, cauliflower & pea salad, melon, ice cream

BG Knitter's Guild: Wednesday, August 7 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Documentary Series: Thursday, August 8 at 3:30 p.m. **Crip Camp:** a documentary about a groundbreaking summer camp that galvanizes a group of teens with disabilities to help build a movement, forging a new path toward greater equality.

Dinner & Movie: Tuesday, August 13 at 3:30 p.m. **Movie:** "Inside Out" Dinner reservations made by 2 p.m. on Tuesday, August 13.

Physiology and Fitness: Tuesday, August 20 at 4:30 p.m. Video Series from *The Great Courses* followed by a group discussion. **Topic:** Getting Your Back on Track **Presenter:** Dean Hodgkin, B.Sc.

Karaoke "Grovey 1960's": Wednesday, August 21 at 4 p.m.

Acoustic Night: Thursday, August 22 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.

Reader's Café: Tuesday, August 27 at 3 p.m. Books that have been turned into movies! **Feature:** "One Day" by David Nicholls. **Books & audiobooks available by loan by July 23. Registration required.**

Open Forum for Technology: Thursday, August 29 from 4 to 5 p.m. Come in if you have basic questions about your smart phone, tablet or smart watch. We will do our best to find a solutions as time allots. **Registration required.**

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

Dinner Menu



Donors & Donations

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

Kitchen Fund Donations:

Walbridge VFW Post 9963,
Walbridge VFW Post 9963 Auxiliary

Capital Campaign Donations:

Lanny Milligan In Memory of Gary Pfotenbauer
League of Women Voters of Bowling Green
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Thank you to all who have donated. We appreciate your support!



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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

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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WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center