

**WOOD COUNTY
COMMITTEE**

ON
Ageing

SEPTEMBER 2024

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net



Call for Artists and Performers!

Friday, October 25 from 6 to 8 p.m.

Dress rehearsal on Friday, October 18 at 1 p.m.

Perennial Pursuits

Friday, October 25 from 6 to 8 p.m.

Wood County Senior Center

This event strives to showcase various art forms 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 in conjunction 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@wccoa.net

Golden Care Awards Monday, November 18 door open at 5 p.m.
Wood County Senior Center, 140 S. Grove Street, Bowling Green

We will be hosting this year's *Golden Care Awards* to recognize the caregiving heroes in our communities. This event will recognize Compassionate Caregivers in the following categories:

1. **Medical or Professional Care Providers working in a facility or home care setting**
(physician, therapist, nurse, STNA, care navigator, social worker, etc.)
2. **Support Staff working in a facility or home care setting**
(volunteer, companion caregiver, housekeeper, dietary, salon, activities, maintenance, etc.)
3. **Community Caregiver**
(Someone caring for a spouse, adult child, other family member, friend, neighbor, etc.)

Community members can nominate as many caregivers as they see fit. Facilities can nominate up to four nominees from their facility. All nominees will be honored with a ceremony, certificate, and dinner. The judges will select three Golden Care winners for 2024.



To nominate someone, complete the nomination form and send their photo by October 1 to:

programs@wccoa.net or drop off/mail to the Wood County Senior Center:

140 S. Grove Street, Bowling Green, OH 43402 For more information, contact the WCCOA Programs Department at 419.353.5661 or 1.800.367.4935 or email program@wccoa.net

This event is sponsored by: Briar Hill Health Campus, Bridge Home Health & Hospice, Bowling Green Manor and Manor at Perrysburg, The Willows of Bowling Green, Waterford at Levis Commons and Wood Haven Health Care.

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@wcco.net You can learn more at:

UHCRenewActive.com

Clinics & Consultations

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

Clinic Site	Date	Time
Pemberville Area Senior Center	Sept. 11	1 to 3 p.m.
Wood County Senior Center	Sept. 25	1 to 3 p.m.

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

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

alzheimer's association Memory Chat

Wednesday, September 18, 2024

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

Location: Wood County Senior Center

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

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

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

Clinic Site	Date	Time
Wayne Area Senior Center	September 12	11 a.m. to 12:30 p.m.
Wood County Senior Center	September 10	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	September 19	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	September 17	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	September 18	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	September 25	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, September 9 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, September 26 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, September 5 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@wcoa.net to register for this group.

Grasping Your Grief

Wednesdays, Sept. 4 & Sept.18 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, August 7 to September 11 at 10 a.m.
Next Session: TBD
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.
Next Session: TBD
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, August 21 to September 25 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, September 9 to October 14 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, August 27 to October 1 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, August 29 to October 3 at 11 a.m.
Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level. *Caroline Dickinson, Certified Instructor.*

Virtual Fitness Class on Zoom

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

SilverSneakers Classic

Cost: \$20 *Wednesdays, September 18 to October 23 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@wcoa.net for more information.



Spotlight on Tuscany April 29 to May 7, 2025

9 days with 11 meals with Activity Level 3

Deposit Due October 20, 2024
Final Payment Due January 29, 2025

Triple rate: \$3,969 *
Double rate: \$3,999 *
Single rate: \$4,399 *

* Prices subject to change after October 20 relating to airfare from DTW

Rolling Landscapes, savory wines, delicious food, and stunning architecture— find all of this and more in Tuscany. Unpack once on this journey among Italy’s most charming towns.



Trip highlights:

Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Choice on Tour: Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano

Discover British Landscapes July 27 to August 5, 2025

10 days with 12 meals with Activity Level 3

Deposit due by January 28, 2025
Final payment due by April 28, 2025

Double rate: \$4,399 *
Single rate: \$5,399 *

* Prices subject to change after January 28 relating to airfare from DTW

Feel the vibrant energy of England, hear the unique sounds of Scotland, and see the rolling countryside of Wales on a trip that combines dramatic history and an array of fascinating landscapes.



Trip highlights:

Edinburgh Castle, York, Chester, Conway Castle, Stratford-Upon-Avon, Oxford Walking Tour, London

Travel Opportunities

Greece Island Hopper

September 30 to October 10, 2025

11 days with 14 meals with Activity Level 3

Deposit Due April 1, 2025

Final Payment Due July 2, 2025

Triple rate: \$5,749 *

Double rate: \$5,799 *

Single rate: \$6,799 *

* Prices subject to change after April 1 relating to airfare from DTW

Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Ola Village, Ancient Akrotiri, Wine Tasting .



Discover South Pacific Wonders

March 4, to March 18, 2026

15 days with 22 meals with Activity Level 3

Deposit Due September 6, 2025

Final Payment Due December 4, 2025

Double rate: \$7,899 *

Single rate: \$9,499 *

* Prices subject to change after September 6 relating to airfare from DTW

Christchurch, Queenstown, Milford sound, Lake Wakatipu Cruise & Sheepdog Demonstration, Choice Tour: Kiwi Birdlife Park or Skyline Gondola, Cairns, Great Barrier Reef, Sydney Opera House



Interested in day trip or national excursion check back with us to discover where we are travelling to next. All our adventures are with trusted tour agents that work with older adults and know the value of a great travel experience.

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@wcoa.net for more information.

Around the County, Events & Classes



**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
Cost: \$20

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

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

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

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

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



Cornhole Tournament

Sunday, September 15, 2024

Register by Saturday, September 7

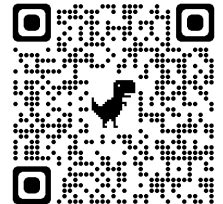
Starts at 1 p.m.

Wooster Green, 100 South Church St., BG

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; Stop by the food trucks throughout the event. **Register your team using the QR code to the right** or email BG Kiwanis at bgohkiwanis@gmail.com or drop off registration and payment to WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis.



Stress Management Class

Tuesdays, September 17 to October 22 from 1 p.m. to 2 p.m.

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 at 1.800.367.4935 or 419.353.5661 ext. 1045 to register.**

Around the County, Events & Classes

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

Tuesday, September 17 from 3 p.m. to 4 p.m.

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. 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.

Cost: \$10 Space is limited and chairs are available.

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



ODI
Ohio Department
of Insurance

Medicare 101
Tuesday, September 24 at 1 p.m.
Wood County Senior Center



OSHIIP
Answers to your
Medicare questions

Learn ways to stay informed, stay healthy, and save money. *A free service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIP) at the Ohio Department of Insurance.*

Please note: This event is an educational presentation on Medicare. No RSVP needed!

- Learn about recent changes to Medicare
- Find out how the October 14 – December 9 Medicare Annual Coordinated Election Period can work for you
- Get tips on how to enroll for 2025 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan
- See if you qualify to SAVE an average of \$3,900 on your prescription drug costs

Visit www.insurance.ohio.gov or call 1.800.686.1578 to learn more about this event and Medicare.



Lunch and Learn: Radio Show Host Shares “Working with the Stars”

Friday, September 27 at 11:30 a.m.
Wood County Senior Center



Larry Weiss, retired alumni director and Associate VP for University Relations and Governmental affairs at Bowling Green State University (BGSU) will discuss “Working with the Stars—the Hollywood type not those in the sky.” He spent 16 years bringing stars to campus to perform in the annual Parents Day show. Laugh along as you hear about all the funny BEHIND THE SCENES things that occurred when Bob Hope, Red Skelton, Rich Little, Doc Severinsen, The Lettermen, Marie Osmund and others who came to Bowling Green. You will also hear about a not-so-funny occurrence that almost cost Larry his job at BGSU. Additionally, you will see many photographs of the stars’ time in our city. Find out who almost flew into the wrong city, who went shopping at K-Mart, who was performing on stage when all the lights in the Anderson Arena went out and much more!

*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 September 20. 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

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, September 6 and September 20
from 10 to 2 p.m.

St. Timothy's Church

871 E. Boundary St., Perrysburg

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

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

Register at least one week prior to each session

Contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net

LivelyU
LIFELONG LEARNING ACADEMY

Fall Semester 2024
SEPTEMBER—NOVEMBER

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

About Our Courses LivelyU Lifelong Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting. Cost \$20 per semester to take part in all of the courses. **Registration is required for each individual courses you are planning to attend!**

Shimmering Splendor.....*Fern Larking Kao, Antique Collector and Sales*
Berlin Wall.....*Geoff Howes, retired professor of German Language and Culture*
Rodrigo Diaz De Vivar.....*Liliana Rossi, Ph.D. Spanish Literature*
Exploring Genealogy.....*Raina Rausch, Family Historian*
Faroe Islands.....*Dr. Earl Campbell, Physician and Historian*
Gallery Group.....*Michael Coomes, Sally Drier, & John Momenne, Docents*
A Virtual Visit to the TMA.....*Michael Coomes & Sally Drier, Docents*
Journeys with Judy.....*Judy Pfaffenberger, experienced traveler*
Nutrition & You.....*Laura Brubaker, Christina Olmstead, & BGSU Dietetic Interns*
Inside the Diamond, Behind the Plate...*Dave Horger, retired BG Radio Personality*
Perrysburg was Once the County Seat.....*Richard Baranowski, History Librarian*
Parks and Canyons of the Southwest.....*Bob & Joan Callecod*
Climate Control.....*Ross Ellet, Meteorologist, WTVG, 13abc*
Reader's Theater.....*Kevin Caudill, Black Swamp Players, Board of Trustees*
Art and Drink.....*Michael Coomes, TMA Docent, Cicerone Certified Beer Server*
Art Tells Stories.....*Sharon Hanna, TMA Docent*
Dementia in Adults.....*Jenjira Yahirum, Ph.D*
Spanish Language 3.....*Liliana Rossi, Ph.D Spanish Literature*
J.P. Morgan.....*Dr. Earl Campbell, Physician and Historian*
US Supreme Court.....*Judge Joel Kuhlman, Court of Common Pleas*
Exploring the Wood County Home.....*Michael McMaster, Wood County Museum*
A Bicycle Adventure in Ohio.....*Bob Rex, traveler, retired BGJH teacher*

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 gain access.

Happy Hour: Friday, September 6 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

Exercise and Aging: Wednesday, August 21 at 11 a.m. Gain valuable information ways to stay active and how this will impact your health.
In-person option: Wood County Senior Center.
Presented by Mercy Family Medicine Residency Program.

Wordle: Monday, September 23 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, September 27 at 11:30 a.m. Larry Weiss, retired alumni director and Associate VP for University Relations and Governmental affairs at Bowling Green State University (BGSU) will discuss "Working with the Stars—the Hollywood type not those in the sky."
In-person option: Wood County Senior Center.

Bingo: Friday, September 27 at 1 p.m. Play 10 rounds of bingo online. *Prize for the cover-all.*

Interested in joining these online programs and you do not have access to the internet or a tablet. Take part in our technology loan program and we will teach ways to stay connected with us throughout the week.



Wood County Senior Center Cards & Games

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

Bingo: Tuesdays at 1 p.m.

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

Dominoes: Tuesdays at 3 p.m.

Cribbage: Wednesdays at 1 p.m.

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

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

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

Puzzles: Available daily in the lounge

Technology Loans



Hotspot Loans

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

Tablet Loans

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

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

To inquire about the below technology loans, contact the 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.*

National Parks Series: Pinnacles to Joshua Tree: The San Andreas Tuesday, September 3 at 4:45 p.m. Learn more about these natural wonders and what is inspirational about their beauty. *Prerecorded session Great Courses.*

BG Knitter's Guild: Wednesday, September 4 at 4 p.m. Red, white and blue knitted or crocheted lap robes for the honor flight no smaller than 34 by 44. *Hosted by Jackie Instone.*

Romantic Movies: Wednesdays at 1 p.m. Hosted by Lilianna Rossi **September 4:** "50 First Dates" (2004) **September 11:** "What's Up Doc" (1972) **September 18:** "The Money Pit" (1986) **September 25:** "Just Like Heaven" (2005) **Registration required.**

Evening of Euchre: Wednesday, September 4 at 5 p.m. to 6:45 p.m. *Hosted by Heritage Corner Health Care Campus.*

Thursday Theater: Thursdays, at 1 p.m. **September 5:** "How The West Was Won, Part 1 (1962) **12:** "Butch Cassidy and the Sundance Kid" (1969) **19:** "The Sting" (1973) **26:** "Singin' in the Rain" (1952) *Hosted by Kris Eridon.*

Memoir Writing Group: Thursday, September 5 at 2:30 to 3:30 p.m. The goal is to document life events & discuss how they impact us. *Facilitated by WCCOA.*

Happy Hour: Friday, September 6 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. **September 6** "Remember the Day" (1941) **13:** "Her Twelve Men" (1954) **20:** "Good Morning, Miss Dove" (1955) **27:** "Up The Down Staircase" (1991) **30:** "Because of Winn-Dixie" (2005) **Registration Required.**

Nails: Monday, September 9 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

Odds & Ends of Wood County Part 4:

Monday, September 9 at 11 a.m. There are many historical odds and ends in Wood County. At one time, North of Bloomdale, sat a mysterious building; what was it's origin? *Presented by Mike McMaster, Wood County Historical Society.*

The Night Agent, TV Series: Monday's, 1 p.m. September 9 Season 1 Episode 9 & 10.

Craft: Tuesday, September 10 at 10 a.m. Get ready for fall with a cork pumpkin. Instruction and supplies will be provided. **Cost: \$10 Advance payment. Limited to 12. Registration required.** *Facilitated by BG Manor.*



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

Blood Pressure & Glucose Screening: Tuesday, September 10 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Dinner & Movie: Tuesday, September 10 at 3:30 p.m. **Movie:** The Age of Adaline (2015) Dinner reservations need to be made by 2 p.m. on Tuesday, September 10.

Technology Hot Topic: Thursday, September 12 at 2 p.m. Is your computer older? Is it time for an upgrade? This month talk about which computers are worth upgrading and when it is time for another computer. Learn how not to spend a whole lot of money on a computer. What features you need and what you don't. Computing does not have to be expensive. *Presented by David Schuck.*

Wood County Continued...

Documentary Series: Thursday, September 12 at 3:30 p.m. **Wild Yosemite:** Witness wild Yosemite—from lush valley floors to soaring alpine peaks. An intimate look at life surviving and thriving in an epic National Park.

Karaoke: Wednesday, September 11 at 4 p.m. No previous singing experience necessary.

1:1 Technology Help: Thursday, September 19 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, September 19 at 6 p.m. Join for a as we play a variety of card games, board games and more. **Registration recommended.**

Breakfast Club: Monday, September 16 at 9 a.m. **Location:** Meet at Bob Evans (1726 E. Wooster Street, BG). Cost on your own. **Registration required.**

Knowing What's in Your Food: Monday, September 16 at 11 a.m. This session will cover an overview of food packages, where nutrition information can be found, and how to use the information to make informed decisions. Participants will be able to locate the nutritional labels, identify calories, servings and nutritional information. *Presented by Laura Digby, Ohio State Extension*

Brain Training: Tuesday, September 17 at 9 a.m. “Optimizing Brain Fitness” video *The Great Courses*. **Topic:** How Your Brain Changes **Video Presenter:** Richard Restak. **Registration required by September 13** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*

Sound Bath: Tuesday, September 17 from 3 p.m. to 4 p.m. 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. 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.

Cost: \$10 Space is limited and chairs are available. Facilitated by Kim Post, RN.

Physiology and Fitness: Tuesday, September 17 at 4:30 p.m. Video from *The Great Courses* **Topic:** 21st Century Yoga **Presenter:** Dean Hodgkin

Exercise & Aging: Wednesday, September 18 at 11 a.m. Learn some important facts about ways to exercise safely as you age. *Presented by Mercy Medicine Residency Program.* **Zoom option available.**

Coffee & Coloring: Monday, September 23 at 10 a.m. Enjoy the mindfulness of meditative coloring with friends, coffee and donuts. *Sponsored by Wood Haven Health Care.*

Wordle: Monday, September 23 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, September 24 at 3 p.m. Books that have been turned into movies! **Feature:** “Mansfield Park” By: Jane Austen. **Books & audiobooks available by loan by Aug. 27.** **Registration required.**

Acrylic Painting: Wednesday, September 25 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**



Card Bingo: Thursday, September 26 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Acoustic Night: Thursday, September 26 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: Radio Show Host: “Shares working with the Stars”

Friday, September 27 at 11:30 a.m. Larry Weiss, retired alumni director and Associate VP for University Relations and Governmental affairs at Bowling Green State University (BGSU) will discuss “Working with the Stars—the Hollywood type not those in the sky.” *In-person option. See page 8 for details.*

Zoom Bingo: Friday, September 27 at 1 p.m. Play 10 rounds of bingo with us from the comfort of your home. *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: Tuesday, September 3 & Monday, September 16 at 1 p.m.

Seminar Series: The Decades: Wednesday, September 4 at 12:45 p.m. This month: 1920's.

Euchre: Thursday, September 5 at 12:45 p.m. **Registration required.**

Stereoscopic Expeditions: Paris: Thursday, September 5 at 12:45 p.m. Virtual Reality travel to Paris. *Facilitated Way Library.*

Happy Hour: Friday, September 6 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June. **Registration required. Zoom option.**

Back in the Day: Monday, September 9 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

Pinochle: Monday, September 9 at 12:45 p.m. **Registration Required.**

Mystery Restaurant: Monday, September 9 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, September 10 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, September 10 at 12:30 p.m. Welcome players from the Northeast Area Senior Center. *Facilitated by Waterford at Levis Commons.*

Coloring Club: Wednesday, September 11 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.*

Now and Then: Thursday, September 12 at 12:30 p.m. Topic: Where were you on 9/11. *Facilitated by Comfort Keepers.*

Bunco: Friday, September 13 at 12:45 p.m. **Registration Required.**

Friends in Fellowship: Tuesday, September 17 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Odds 'N Ends of Wood County Part 1: Tuesday, September 17 at 12:30 p.m. There have been many strange and historical things in the County. This program will reveal some of these items. *Mike McMaster, Wood County Historical Museum.*

Hearing Screenings: Wednesday, September 18 at 11 a.m. No appointment needed. *Facilitated by Hear USA.*

Birthday Lunch: Wednesday, September 18 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Blood Pressure and Blood Sugar Clinic: Thursday, September 19 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

Perrysburg Continued...

Karaoke: Thursday, September 19 at 1 p.m.
Facilitated by Jules Winkler. *Requested song lyrics need to be on YouTube.

Fall Fest Celebration: Friday, September 20 at 12:30 p.m. Celebrate fall today with interactive games and fall treats. *Sponsored by Village Caregiving.*

Hand & Foot: Monday, Sept. 23 at 12:45 p.m.

Movie Day: Tuesday, September 24 at 12:45 p.m.

Feature: "If" Synopsis: The adventures of a girl who can see everyone's imaginary friends. *Sponsored by Witzler-Shank-Walker Funeral Home.*

Preparing for Cold & Flu Season: Wednesday, September 25 at 11:15 a.m. Learn ways to remain healthy this fall. *Facilitated by Mercy Family Residency Program.*

Docuseries: Unwrapped Wednesday, September 25 at 12:45 p.m. **Topic:** Carnival Foods. A behind the scenes on how carnival food is prepared.

Caregiver Support Group: Thursday, September 26 at 10 a.m. This group meets monthly topics and discussions vary. **To register call the Social Service Department.**

LRC Game: Thursday, September 26 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, September 27 at 12:30 p.m. *Facilitated and prizes by Bridge Home Health.*

Puzzlemania: Monday, September 30 at 1 p.m. Do you enjoy a good jigsaw puzzle? We will have teams of 2 to 4 people compete to complete a 250 piece puzzle the quickest. Five team max. **Registration required.**


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.

 **Craft: Paint by Numbers** Tuesday, September 3 at 12:30 p.m. Instruction and materials provided. *Sponsored by Wood Haven Health Care.*

Bingo: Wednesday, September 4 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Game Day: Tuesday, September 9 at 12:30 p.m.
Prizes sponsored by Wayne United Methodist Church.

Bingo: Tuesday, September 10 at 1 p.m. *Sponsored by Bowling Green Manor.*

Bingo: Wednesday, September 11 at 1 p.m.
Sponsored by St. Catherine's Manor Fostoria.

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

Jeopardy: Monday, September 16 at 12:30 p.m.
Facilitated by Wayne Public Library.

Know What's in Your Food: Tuesday, September 17 at 12:30 p.m. *Facilitated by Ohio State Extension Office.*

Birthday Celebration: Wednesday, September 18 at 12:30 p.m. *Sponsored by The Willows*

Breakfast Club: Thursday, September 19 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

Trivia Battle: Friday, September 20 at 12:30 p.m.
Sponsored by Rehabilitation Hospital of NWO.

Root Beer Float Friday: Friday, September 20 at 12:30 p.m. Enjoy a refreshing root beer float to celebrate the end of summer. *Sponsored by Wood Haven Health Care.*

Risk Factors of Substance Abuse: Tuesday, September 24 at 12:30 p.m. This session will cover the risk factors and warning signs of substance abuse. *Presented by Harbor Health.*

Mystery Restaurant: Monday, September 24 at 4 p.m. Meet at the center. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. **Registration required.**

Tales of the Misty Past Part II: Wednesday, September 25 at 12:30 p.m. Find out if Jim Slater put a curse on Bairdstown. *Presented by Wood County Historical Society.*

Bingo: Thursday, September 26 at 12:30 p.m.
Sponsored by Wood Haven

Seminar Series: The Decades: Friday, September 27 at 12:30 p.m. Featuring: 1970's.

Rossford

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

Below you will find programs scheduled for the ROSSFORD AREA SENIOR CENTER.
Please call the Rossford Area Senior Center at 419.666.8494 to register or for more information.

Coffee, Donuts and Coloring: Monday, September 2 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, September 3 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, September 4 at 12:30 p.m. *Sponsored by Perrysburg Healthcare & Rehab*

Price Is Right: Thursday, September 5 at 12:30 p.m. Join us as we play a friendly game familiar game of Price is Right. Prizes will be awarded. *Hosted by Oak Street Health.*

Wisdom Exchange: Friday, September 6 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, September 9 & 23 at 12:30 p.m.

Home Safety: Tuesday, September 10 at 12:30 p.m. This session will aid you in identifying potential risks within your home environment and will provide tips on ways to make modifications. The goal is to prevent falls and have a secure and safe living environment. *Presented by Med1Care.*

Game Day: Wednesday, September 11 at 12:30 p.m. *Hosted by Kingston of Perrysburg.*

Menu Talk: Thursday, September 12 at 12:30 p.m. Discuss current menu options and explore future food items. *Presented by Angie Bradford, WCCOA.*

Pies for Guys: Friday, September 13 at 1 p.m. Gentlemen enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

Cards & Dominoes: Monday, September 16 at 10:30 a.m.

Breakfast Club: Tuesday, September 17 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg) *We will visiting with the Perrysburg Area Senior Center. Cost on own. Register with the Senior Center.*

Seminar Series: Decades: Tuesday, September 17 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.

Birthday Lunch: Wednesday, September 18 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Bingo: Thursday, September 19 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Open Forum for Technology: Friday, September 20 at 12:30 p.m. Join this open discussion to ask general questions about your smart phone, tablet, or smart watch as time allows. We will try to find an answer. **Registration Required.** *Facilitated by Clara Fiori, WCCOA.*

Bunco: Monday, September 23 at 12:30 p.m.

Trivia Bingo: Tuesday, September 24 at 12:30 p.m. *Facilitated by Wood Haven Health Care.*

Blood Pressure & Blood Glucose Screenings: Wednesday, September 25 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Trivia Battle: Thursday, September 26 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.*

Odds and Ends of Wood County Part II: Monday, September 30 at 12:30 p.m. There are many historical odds and ends in Wood County. What is the mysterious marker along the River Road? *Presented by Mike McMaster, Wood County Historical Society.*

Northeast

(Located in Walbridge)

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

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

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

Breakfast Club: Mondays at 9:30 a.m. Meet at Woodville Diner, 1949 Woodville Rd., Oregon, Oh
Cost on own. Advance registration required.

Wii Bowling: Thursdays at 12:30 p.m.

Donuts and 3/13: Fridays at 9:45 a.m.
Enjoy a game of 3/13. **Cost:** \$1.30 per donut.

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

Take Control with Exercise: Tuesday, September 3, 10, 17, 24 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, September 3 at 12:30 p.m.
Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

Fitness for Fall Prevention: Wednesday, September 4 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.** *Facilitated by Partners in Home Care. Registration and waivers required.*

Know What's in Your Food: Thursday, September 5 at 12:30 p.m. This session will cover an overview of food packages, where nutrition information can be found, and how to use the information to make informed decisions. *Presented by Laura Digby, Ohio State Extension*

Kingston Derby: Friday, September 6 at 12:30 p.m. Horse races while wagering a fun bet.
Facilitated by Kingston of Perrysburg

Monthly Trivia: Monday, September 9 at 12:30 p.m. Each table fill out the trivia sheet as a group or you can do it by yourself. This is just for fun, not a competition.

Knitting and Crocheting: Monday, September 9 at 1 p.m. Bring your own supplies.

Dominoes: Tuesdays, September 10 & 24 at 12:30 p.m.

Bingo at the Perrysburg Area Senior Center: Tuesday, September 10 at 12:30 p.m. Join us for several games of bingo with friends. *Hosted by Waterford at Levis Commons.*

Odds & Ends of Wood County Part 2:

Wednesday, September 11 at 12:30 p.m. We drive passed history everyday in Wood County, but have you ever wondered what the story behind what we see really is? Wood County's jet trainer and a bit about WWII history. *Presented Wood County Historical Society.*

Walbridge Talk: Thursday, September 12 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Gain first hand knowledge on the latest updates on the village of Walbridge.

Mystery Game: Friday, September 13 at 12:30 p.m. Join us as a new game is presented for you to play. *Hosted by Bridge Home Health and Hospice.*

LRC Game: Monday, September 16 at 12:30 p.m

Seminar Series: Decades: Tuesday, September 17 at 12:30 p.m. Explore fashion, food, music, world issues, sports and much more. . This month is the 1960's.

Blood Pressure & Blood Glucose

Screenings: Wednesday, September 18 at 11 a.m. to 12:30 p.m. *The Wood County Health Department.*

Birthday Lunch: Wednesday, September 18 at noon. *Cupcake sponsored by Kingston.*

Mystery Restaurant: Thursday, September 19 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.***

Wordle: Monday, September 23 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.*

Bunco: Tuesday, September 24 at 12:30 p.m.

Wii 100 pin Bowling: Friday, September 27 at 12:30 p.m.

The Dangers of Lithium Batteries: Monday, September 30 at 12:30 p.m. A lot of our household items use Lithium Batteries for example cell phones, tablets and household items. Learn more about their fire hazards. *Presented by Lake Township Fire Dept.*

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.**

Tales from the “Misty Past” Part

2: Tuesday, September 3 at 12:30 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. *Presented by Wood County Historical Society.*

Birthday Acknowledgements: Wednesday, September 4 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.*

Senior Center closed for a Blood Drive:

Thursday, September 5.

Bingo: Friday, September 6 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Monthly Guessing Game: Monday, September 9 at 12:30 p.m. *Facilitated by Kingston of Perrysburg.*

Breakfast Club: Tuesday, September, 10 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. Meet up with participants from the Perrysburg Area Senior Center. *Host: Judy Schlink.* Cost on own.

Canvas Art Party:

Wednesday, September 11 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.*

Trivia Battle: Friday, September 13 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.*

Ageing and Healthy Sleep: Monday, September 16 at 12:30 p.m. We will examine a relationship between aging and sleep, common sleep issues, and sleeping tips for health benefits for older adults. *Presented by Wood County Health Department.*

Birthday Lunch: Wednesday, September 18 at noon. *Cake sponsored by Bowling Green Manor.*

Blood Pressure & Blood Glucose Screening:

Tuesday, September 17 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Seminar Series: Decades: Tuesday, September 17 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 1930's.

Ageing with a Glow: Tuesday, September 24 at 12:30 p.m. This session will provide educational information on ways to navigate healthy aging. Through interactive activities and games participants will leave having acquired some great health information and proactive tips to age well. *Presented by Rehabilitation Hospital of Northwest Ohio.*

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

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



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.

Movie: Wednesday, September 4 at 12:45 p.m.
Feature: "First Man" (2018) **Synopsis:** The riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. *Snacks sponsored by Wood Haven Health Care*

Minutes with the Mayor: Monday, September 9 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.

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

Breakfast Club: Wednesday, September 11 at 9 a.m. **Location:** Granny's (1105 W. Main St., Woodville) **Breakfast cost on your own. Register with the Senior Center.**

Podiatry Clinic: Wednesday, September 11 from 1 to 3 p.m. Appointments required by calling Heal and Toe Podiatry at 419.474.7700. *Note: It is the patient responsibility to check their coverage.*

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

Seminar Series: Forensic History Crimes, Fraud Scandals Friday, September 13 at 12:45 p.m. *Great Courses Series Topic: Copycats and Hoaxes.* 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.*

Trivia: Monday, September 16 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

Seminar Series: Decades: Tuesday, September 17 at 12:45 p.m. Explore fashion, food, music, world issues, sports and much more. This month: *1940's.*

Puzzlemania: Wednesday, September 18 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!**

Birthday Lunch: Wednesday, September 18 at noon. *Sponsored by Otterbein Pemberville.*

Movie: Wednesday, September 18 at 12:45 p.m.
Feature: "New in Town" (2009) **Synopsis:** What begins as a job assignment becomes the best thing that ever happened to Lucy Hill (Rene Zellweger) In this heart warming comedy. *Snacks sponsored by Wood Haven Health Care*

Blood Pressure & Blood Glucose Clinic: Thursday, September 19 from 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department*

Hydration: Thursday, September 19 at 12:15 p.m. Hydration is an important factor in maintaining your overall health. This session will share options on how to make drinking enough fluid a priority. *Presented by the Wood County Health Department.*

Mystery Game: Monday, September 23 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

Trivia Battle: Tuesday, September 24 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of NWO.*

Menu Talk: Wednesday, September 25 at 12:30 p.m. We will review menu options from 2024 and plan our food choices for 2025. *Facilitated by Angie Bradford, WCCOA.*



YouTube

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SAVE THE DATE:

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



Care Compass Project
Wednesday, 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@wcco.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.

September 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
All Sites Closed for Labor Day. 2	Stuffed Pepper OR Chicken Cordon Bleu 3 riviera blend, Greek pasta salad, mixed fruit, pineapple-orange juice	Beef Stroganoff OR Teriyaki Salmon 4 noodles, squash, tossed salad, melon	Chipped Ham OR Chicken Salad 5 baked bean salad, carrots, mandarin orange salad, ice cream	Goulash OR Pecan Crusted Tilapia 6 far east blend, banana, granola, peaches & cream
Bratwurst OR Grilled Chicken Sandwich 9 mashed potatoes, sauerkraut, pineapple & cottage cheese, rice krispy treat	Beef Lasagna OR Chicken Chimichanga 10 lima beans, Caesar salad, grapes & pears	Ham & Bean Soup OR Turkey Pot Roast 11 cornbread, heritage slaw, rosy applesauce, fruit sorbet	Turkey OR Liver & Onions 12 au gratin potatoes, celery sticks, orange sections	Scalloped Potatoes & Ham OR Lemon Pepper Tilapia 13 kyoto blend vegetables, pickled beets, grape juice, pudding
Sweet & Sour Chicken OR Pork Cutlet 16 wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jell-o	Honey Mustard Chicken OR Vegetable Lasagna 17 winter blend, Texas caviar, rosy applesauce	Birthday Lunch! Meatloaf 18 scalloped potatoes, cauliflower peanut salad, peaches, cake & ice cream	Hot Dog OR Hamburger 19 baked beans, cranberry juice, banana, peach crisp	Chipped Beef OR Creamed Chicken 20 biscuit, midori blend vegetables, mashed potatoes, apricots
Country Fried Steak OR Chicken Lasagna 23 mixed vegetables, heritage slaw, orange	Chef Salad w/Ham, Cheese, Egg OR Tuna Salad on a bed of lettuce 24 potato salad, mixed fruit, banana nut muffin	Spaghetti w/Meatsauce OR Chicken Alfredo 25 noodles, corn, cucumber salad, apple juice	Pork Chop OR Teriyaki Chicken 26 sweet potatoes, spinach salad, melon	Pepper Steak OR Catfish 27 wild rice, broccoli, pineapple, cherry crisp
Meat & Bean Chili OR Ham & Potato Soup 30 sweet potato fries, corn relish, orange juice, brownie				

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.

September 2024		
Tuesday	Wednesday	Thursday
Turkey Tetrazzini mixed vegetables, cinnamon applesauce, fruit sorbet	Mushroom Swiss mashed potatoes, tomato- zucchini salad, pineapple, cookies	Pork Chop Prince Charles blend vegetables, squash, orange, apple pie
Birthday Dinner! Roast Beef cheese potato bake, Scandinavian vegetable blend, grape juice, cake & ice cream	BBQ Salmon rice, apple sweet potato bake, heritage coleslaw, ambrosia	Chicken Alfredo noodles, broccoli, Caesar salad, pears, éclair cake
Meat Lasagna roasted cauliflower, apricots, apple crunch	Chicken Tenders Salad w/Egg & Cheese pea salad, citrus sections, pumpkin pie	Pepper Steak rice, oriental vegetables, coleslaw, strawberries, pound cake
Grilled Chicken Breast au gratin potatoes, spinach salad, mandarin orange salad, lemon bar	Bacon, Egg, Cheese Bake hash browns, tomato juice, spiced apples	BBQ Ribs green beans, corn relish, fruited jell-o, cherry strudel bites

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

Dinner & Movie: Tuesday, September 10 at 3:30 p.m. **Movie:** The Age of Adaline (2015) Dinner reservations need to be made by 2 p.m. on Tuesday, September 10.

Karaoke : Wednesday, September 11 at 4 p.m.

Documentary Series: Thursday, September 12 at 3:30 p.m. **Wild Yosemite:** Witness wild Yosemite— from lush valley floors to soaring alpine peaks. An intimate look at life surviving and thriving in an epic National Park.

Physiology and Fitness: Tuesday, September 17 at 4:30 p.m. Video from *The Great Courses Topic:* 21st Century Yoga **Presenter:** Dean Hodgkin.

Game Night: Thursday, September 19 at 6 p.m. Join for a as we play a variety of card games, board games and more. **Registration recommended.**

Reader's Café: Tuesday, September 24 at 3 p.m. Books that have been turned into movies! **Feature:** "Mansfield Park" By: Jane Austen. **Books & audiobooks available by loan by Aug. 27. Registration required.**

Acoustic Night: Thursday, September 26 from 6 to 6:45 p.m. Musicians are welcome to play their acoustic guitar or other instruments for a more mellow and relaxing evening.

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

Dinner Menu



Donors & Donations

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

Kitchen Fund Donations:

Walbridge VFW Post 9963,
Walbridge VFW Post 9963 Auxiliary

Capital Campaign Donations:

John R. Blinn
Cathy and Jeffery Hall
Beverly Cope
Barbara Miller

Save the date: The WCCOA Governing Board of Elections will take place the week of October 21 to October 25, 2024 at all Wood County Senior Centers.

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



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Kroger Community Rewards

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

Visit: www.krogercommunityrewards.com
and register or re-enroll today. **You need to re-enroll every year.**



Our organization number is: **VB952**
If you have any questions, please contact us at 419.353.5661 or 800.367.4935

Program & Service Scholarship Fund

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

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

Call 419.353.5661 or 800.367.4935 or email programs@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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To register for programs & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



www.facebook.com/wccoa



woodcountycommitteeonaging.blogspot.com/



**All Senior Centers will be closed on Monday,
September 2, 2024 in observance of Labor Day!**



Discover us on YouTube by searching:
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Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center