

**WOOD COUNTY
COMMITTEE**

ON
Ageing

OCTOBER 2024

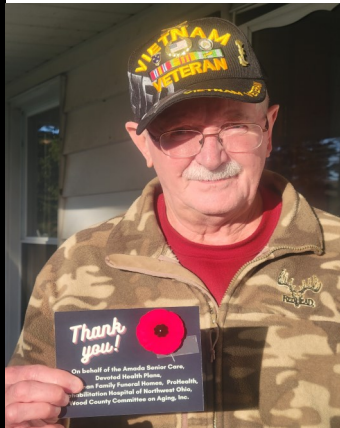
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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net



Veterans Day Recognition on Monday, November 4 from 1 to 4 p.m.

Honoring veterans in their homes

In honor of Veterans Day, we will be recognizing Wood County veterans in their homes throughout Wood County on Monday, November 6.

Veterans who have registered for this program will receive a slice of pie, a yard sign and a poppy pin delivered to their home.

Sponsored by: Hanneman Family Funeral Homes & Crematory, Paramount, Rehabilitation Hospital of Northwest Ohio, Wood Haven Health Care

If you are an interested veteran or would like to thank a veteran please register by calling the Programs Department at 419.353.5661 or email programs@wccoa.net by **Friday, October 25.**

(NOTE: Submit the veteran's name, address, branch of service, phone number, and inform them that they will need to be home on November 4 to be acknowledged.)

Golden Care Awards Monday, November 18 doors 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 a caregiver, please complete a 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. If you would like to donate a new or gently used item to our closet, contact our Social Services Department at **419.353.5661 or 800.367.4935** for prior approval of need for the item/s. Financial donations are also accepted. 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.

Rummage Sale:

Friday, October 25 from 9 a.m. to 4 p.m.

Saturday, October 26 from 10 a.m. to 2 p.m.

Wood County Senior Ctr. (140 South Grove St)

Donations are now being accepted, check in at the Front Desk upon entering with your items. We **CANNOT take mattresses, computer equipment, box TVs, Books, Tapes, CD's or upholstered furniture.**

We CAN accept jewelry, household items cleaned and in working order, clothing with light wear, seasonal decorations.

For questions, leave a message at the front desk of the Wood County Senior Center 419.353.5661,

1.800.367.4935 or via email at

wccoa@wccoa.net for volunteer Fern Kao,

Rummage Sale.



Home Delivered Meals

Monday - Friday

Hot, nutritious meals are available for homebound seniors in Wood County who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend. Suggested donations of \$2 per meal are requested. Call Social Services at 419.353.5661 or 800.367.4935.

Medical Escort

The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical



appointments such as physician, dental, or eye appointments up to three times per month per individual. WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. and 2:30 p.m.

To register for this service, please call:

Northern part of the County: 419.666.8494

Southern part of the County: 419.353.5661 or
1.800.367.4935

Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers year round.

Opportunities include front desk receptionist, newsletter collation, lunch assistance, and Home Delivered Meal delivery to homebound clients.

Please contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935.

UnitedHealthcare Members

You might be eligible to receive a discount on our fitness classes!

Renew Active™ is the gold standard in Medicare fitness programs for both the body and the mind! The program is available with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or are currently participating in a class, you may be eligible to receive a discount or have the class fee fully covered! *Contact Kinsey Mazey, Program and Wellness Specialist* at 419.353.5661 or email programs@wccoa.net 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
Wood County Senior Center	October 30	1 to 3 p.m.
Pemberville Area Senior Center	November 13	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	December 5	2 to 4 p.m.
Wood County Senior Center	December 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, October 16, 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.

Facilitated by the Wood County Health Department

***Registration will take place in October**

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

Clinic Site	Date	Time
Wood County Senior Center	October 8	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	October 10	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	October 15	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	October 16	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	October 17	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	October 30	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, October 14 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, October 24 at 10 a.m.

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

Care Compass Project

Wednesday, November 6 at 11 a.m.

Topic: Caregiver Resources

The Care Compass project will serve as a quarterly network gathering for caregivers. Care Compass is a 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, October 3 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 a while 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, October 2 and October 16 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, September 24 to October 29 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.*

Exercise for Parkinson's **Cost: \$30**

Wednesdays, October 2 to December 11 from 5:45 p.m. to 6:45 p.m.
This fitness program designed to optimize physical function and **help delay** the progression of symptoms associated with Parkinson's disease. Based on the Delay the Disease Fitness class. *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.*

TRY TAI CHI for FREE

Wednesday, October 2 at 4:30 p.m. at the Wood County Senior Center. Take this opportunity to try a 24 movement Tai Chi class for free. Offered by *Richard Messer, Certified Instructor.*

Tai Chi **Cost: \$60**

Wednesdays, October 9 to November 13 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, October 21 to November 25 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. *Caroline Dickinson, Certified Instructor.*

Advanced:
Tuesdays, October 8 to November 12 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. *Caroline Dickinson, Certified Instructor.*

Intermediate:
Thursdays, October 10 to November 14 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, 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

* Prices subject to change after October 20 relating to airfare from DTW. Insurance price not included

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

Prices subject to change after January 28 relating to airfare from DTW. Insurance price not included.

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

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

Prices subject to change after April 1 relating to airfare from DTW. Insurance price not included.

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



Travel Opportunities



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

Prices subject to change after September 6 relating to airfare from DTW Insurance price not included.

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



Great Canadian Cities Gananoque & 1000 Islands—Montreal, Quebec City, Ottawa

May 18 to May 25, 2025

Activity Level

Trip highlights include:

Modern Motorcoach Transportation

Two nights at Chateau Frontenac, 1000 island cruise and lunch, Montreal Sightseeing tour, Notre-Dame Basilica, St. Joseph's Oratory, Mount Royal, Ste. Ann de Beaupre, Montmorency Falls, Sightseeing Tour of Quebec City, Rideau Canal Dinner Cruise, Sightseeing Tour of Ottawa, Byward Market, and more.



Cape Cod, Martha's Vineyard & Salem Witch Experience September 12 to 19, 2025

7 days with 7 Breakfasts & 4 Dinners

Stay 3 nights at the Red Jacket Beach Resort

Activity Level 4 **Trip highlights include:** Modern Motor Coach Transportation Bill's Bike Barn, Salem Historic Trolley, Salem Witch Museum, Hous of 7 Gables, Peabody Essex Museum, Tour of Cape Cod-Hyannis, Provincetown Wale Watch Cruise, Roundtrip Ferry-Martha's Vienyard, Tour of Martha's Vienyard, New Bedford Whaling Museum, Houdini Museum and Magic Show.



Rails & Riverboats & The Pocono Mountains "Fall Color Getaway" October 1 to 5, 2025

4 Breakfasts, 2 Lunches & 3 Dinners

Activity Level 3

Trip highlights include: Modern Motor Coach Transportation

Jim Thorpe Trolley Tour, Dolly and Kenny at Penn's Peak, Lehigh Gorge Scenic Railway, American Treasure Museum, Colebrookedale Railroad Dinner Train, Johnstown Flood Museum, Gateway Clipper Dinner Cruise, Tour of Pittsburg, Duquesne Incline, and more.



Technology Opportunities

AT&T Digital Literacy Class for Adult Learners

This class will provide digital literacy resources for adult learners: Together with NCOA, AT&T and WCCOA we will offer workshops to help adult learners build skills and confidence using technology. In person courses and workshops are available in English and virtual classes are available in Spanish.

Cyber Security Basics:

Tuesday, October 1 at 10 a.m. at Wood County Senior Center, 140 South Grove St., BG

Learn about account and password security, how to spot online scams and fraud, and tips to keep yourself and your information safe online. Materials and Instruction provided by WCCOA
Registration required call 419.353.5661 or email programs@wcco.net



Technology Opportunities at Each Site

Technology Help Desk: Friday, October 4 from 10 to 12 p.m. at the Perrysburg Area Senior Center. Register for a 30 minute appointment to have your cell phone or tablet questions answered. *Facilitated by Clara Fiori, WCCOA.*

Open Forum for Technology: Friday, October 8 at 12:30 p.m. at the Grand Rapids Area Senior Center. Submit your questions about your smart phone, tablet, or smart watch. We will do our best to find a solution as time allows. *Facilitated by Clara Fiori, WCCOA.*

Technology Hot Topic: Virtual Assistants Thursday, October 10 at 2 p.m. at the Wood County Senior Center. Virtual Assistants like Amazon Alexa have come a long way. We will examine the many apps that exist to direct older adults to remain independent and active. *Presented by David Schuck.*

1:1 Technology Help: Thursday, October 17 at Wood County Senior Center starting at 2 p.m. Register for a 20 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. **Appointments required.** *Hosted by David Schuck.*

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

Around the County, Events & Classes



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! This program is a collaboration between BGSU Optimal Aging Institute and WCCOA! All courses are led by volunteer professionals in the field of study they are presenting. Cost is \$20 per semester to take part in all of the courses. *Zoom optional available for some courses!*

Registration is required for each individual courses you are planning to attend!
Call 419.353.5661 or email programs@wcoa.net

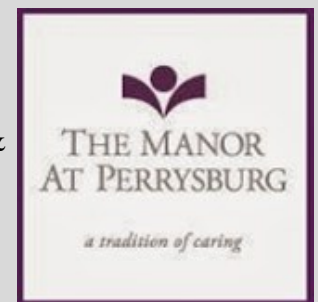
Shimmering Splendor	<i>Fern Larking Kao, Antique Collector and Sales</i>
Berlin Wall	<i>Geoff Howes, retired professor of German Language and Culture</i>
Rodrigo Diaz De Vivar	<i>Liliana Rossi, Ph.D. Spanish Literature</i>
Exploring Genealogy	<i>Raina Rausch, Family Historian</i>
Faroe Islands	<i>Dr.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

Football Pick 'Em Challenge

October 3 to December 5, 2024

Participate in this friendly competition and guess the winners each week for the ten pre-selected football games (both NFL & NCAA). Register with the Programs Department to receive your weekly score sheets. The person with the most winning teams will receive a \$100 gift card.

Sponsored by:



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 fear of falling? 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



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 and 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.**

Diabetes Self-Management Program (DSMP) Workshop

Tuesdays, November 5 to December 10 from 1 to 3:30 p.m.

Wood County Senior Center

Cost: \$20 includes text book & relaxation CD

The Diabetes Self-Management Program (DSMP) is a 6-week group program for people with type 2 diabetes. The program was developed by Stanford University to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to better manage your diabetes day to day.

Register TODAY! Class size is limited to 15 people.

Call 419.353.5661 or 800.367.4935 or email programs@wcco.net

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



Around the County, Events & Classes

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

Tuesday, October 15 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.**



Five Myths About Advance Care Planning



Lunch and Learn: Advance Planning “Getting your Ducks in a Row” Friday, October 25 at 11:30 a.m. Wood County Senior Center

Death and dying has been a taboo topic for generations. This part of life does not have to be stressful or frightening if we have those difficult conversations and create an ease with the process. Planning ahead can elevate stress, create an opportunity to unite families through clear communication and an a collaborative action plan.

This session will enable you to gain a comprehensive understanding of advanced funeral planning and its benefits, develop practical tools for making informed decisions about funeral services and financial planning, and ensure that your wishes have been completed with ease by providing tips for effective communication and documentation to ensure you are honored in a way that fits your life plan.

The featured speaker Mark Henderson, who is an advanced funeral planning specialist will discuss “Getting your Ducks in a Row.” Mark has been assisting families for 15 + years in planning for the inevitable and takes great pride and personal satisfaction in guiding families for their final arrangements. He will discuss the necessary and important steps that need to be taken, the advantages of planning ahead, traditional funeral and cremation options, and the 4 steps of advanced funeral planning.

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 October 18.

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



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@wcco.net

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, October 4 and October 18
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, October 9 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

Get your Flu Shot and COVID Booster at any one of our Centers!

The annual flu vaccination and COVID booster is an effective way to decrease flu illnesses, hospitalizations, and deaths.

The *Wood County Health Department* will provide these vaccines at our centers and will bill Medicare/Medicaid or other insurance providers. Older adults will need to notify their own health provider that they received the flu shot/COVID booster. For your flu shot/COVID booster attend the center where you will be receiving your vaccine.

This clinic is open to the Community!

Site	Date
Rossford	Tuesday, October 1 from 11 to 1 p.m.
Pemberville	Wednesday, October 2 from 11 to 1 p.m.
Northeast	Monday, October 7 from 11 to 1 p.m.
Grand Rapids	Tuesday, October 8 from 11 to 1 p.m.
Perrysburg	Wednesday, October 9 from 11 to 1 p.m.
Wayne	Wednesday, Oct. 16 from 11 to 1 p.m.
Wood County	Monday, October 21 from 1 to 4 p.m.

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, October 4 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

Sleep Disturbances: Wednesday, October 16 at 11 a.m. Sleep is an important factor in maintaining your health and well-being. Learn about the key factors as to the causes of sleep disturbances.
In-person option: Wood County Senior Center.
Presented by Mercy Family Medicine Residency Program.

Lunch & Learn: "Getting your Ducks in Row" Friday, October 25 at 11:30 a.m.
Featured speaker Mark Henderson, has been assisting families for 15+ years in planning for the inevitable

and takes great pride and personal satisfaction in guiding families for their final arrangements.
In-person option: Wood County Senior Center.

Bingo: Friday, October 25 at 1 p.m. Play 10 rounds of bingo online. *Prize for the cover-all.*

Wordle: Monday, October 28 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.*

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. See more info below.



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

Around the County, Events & Classes

Books & Bagels

Book Swap:

Tuesday, October 22 from 10 to 12 p.m.
Wood County Senior Center

Bring your gently used novels (fiction, non-fiction, sci-fi, adventure, mystery, thriller and romance) from the year 2000 and up and exchange them for other gently used books. For every gently used book you bring in you receive a ticket to pick a different gently used book. Get your blood pressure take and receive a bagel as an added perk.

Sponsored by:



Holiday Parade Breakfast Saturday, November 23 from 9 to 10 a.m.
Wood County Senior Center, 140 S. Grove Street, Bowling Green



Enjoy a **complimentary** breakfast including pancakes, sausage, fruit, and a muffin!

Tickets are required to attend the breakfast and will be available *starting Wednesday, November 1.*

Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. or enjoy the event with the parade streamed on the dining room TV! The parade is supported by the Bowling Green Chamber of Commerce. This year's parade theme is "**Snow Globe Holiday.**" The event showcases many area businesses through floats, cars, bands, and much more!

Call 419.353.5661 or 800.367.4935 or email programs@wcco.net to register and receive your ticket. Space is limited to the first 75 participants registered!

The holiday parade breakfast is sponsored by:



Grandparents Raising Grandchildren Holiday Project

Help us give back during this holiday season by supporting local grandparents who are raising their grandchildren. Wood County Job & Family Services and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age). Interested grandparents in need are asked to complete an application.

NOTE: Applications will be available November 1 at the Wood County Committee on Aging, 140 S. Grove St. Bowling Green, Ohio.

The application deadline is Friday, December 6, 2024. Pick up your application at any Wood County Senior Center or check the website at www.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.

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: Death Valley and Great Basin: The Rift Zone Tuesday, October 1 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, October 2 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 "Celebrating Hispanic Heritage Month": Wednesdays at 1 p.m. Hosted by Lilianna Rossi **October 2:** "Fools Rush In" (1997) **October 9:** "Spanglish" (2004) **October 16:** "McFarland USA" (2015) **October 23:** "Green Card" (1990) **October 30:** "Selena" (1997) **Registration required.**

Evening of Euchre: Wednesday, October 2 at 3:30 p.m. to 5:30 p.m. *Hosted by Heritage Corner Health Care Campus.*

Thursday Theater: Thursdays, at 1 p.m. **October 3:** "Hugo" (2011) **10:** "The Man Who Knew Too Much" (1956) **17:** "American Underdog" (2021) **24:** "It Could Happen To You" (1994) **31:** "Fairy Tale: A True Story" (1997) *Hosted by Kris Eridon.*

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

Happy Hour: Friday, October 4 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. **October 4** "The Final Countdown" (1980) **Continued...**

11: "Fantastic Voyage" (1966) **18:** "The Incredible Shrinking Man" (1957) **25:** "War of the Worlds" (1953) **Registration Required.**

Mike's Favorite Things Part 1: Monday, October 7 at 11 a.m. Wood County was formed in 1820, but this place has been here for thousands of years. Learn about our pre-historic past and some railroad history. *Presented by Mike McMaster, Wood County Historical Society.*

Halloween TV Series: "Wednesday" Monday's at 1 p.m. "Wednesday" is an American coming-of-age supernatural mystery television series based on the character Wednesday Addams by Charles Addams. Follow Wednesday Addams' years as a student, when she attempts to master her emerging psychic ability, thwart a killing spree, and solve the mystery that embroiled her parents. **Oct.7:** S1 E1 & 2 **Oct 14:** S1 E3 & 4 **Oct 21:** S1 E5 & 6 **Oct 28:** S1 E7 & 8.

Craft: Tuesday, October 8 at 10 a.m. Jewelry art canvas. Create your own art work using broken pieces of jewelry. You can bring in your broken pieces or use some of ours. Instruction and supplies will be provided. **Cost: \$10 Advance payment. Limited to 12 participants** **Registration required.** *Facilitated by BG Manor.*



Name That Tune BINGO: Tuesday, October 8 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Blood Pressure & Glucose Screening: Tuesday, October 8 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Dinner & Movie: Tuesday, October 8 at 3:30 p.m. **Movie:** Beetlejuice(1988) Dinner reservations need to be made by 2 p.m. on Tuesday, October 8.

Technology Hot Topic: Virtual Assistants Thursday, October 10 at 2 p.m. Virtual Assistants like Amazon Alexa have come a long way. We will examine the many apps that exist to direct older adults to remain independent and active. *Presented by David Schuck.*

Wood County Continued...

Documentary Series: Thursday, October 10 at 3:30 p.m. **Kangaroo Valley:** In this narrative nature documentary, a kangaroo joey learns how to survive her first year of life in Australia's Outback.

Memory Wire Bracelets: Friday, October 11 at 1 p.m. Memory wire bracelets are easy to put on and off, they fit any size wrist and are fun to fidget with. This class will include the kit with wire, beads and instruction. **Advanced registration required.** Cost: \$5 *Facilitated by Betty Winslow. Max of 10 participants per class.*

Nails: Monday, October 14 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

Cognitive & Hearing Screenings: Monday, October 14 at 11 a.m. *BGSU Speech and Language Clinic.*

Brain Training: Tuesday, October 15 at 9 a.m. "Optimizing Brain Fitness" video *The Great Courses.* **Topic:** Caring and Feeding of the Brain **Video Presenter:** *Richard Restak.* **Registration required by October 11** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*

Craft: Tuesday, October 15 at 3 p.m. We will be making "Yarn Ghosts." Supplies and Instruction provided. *Facilitated by Stephanie Kosak, 1018 travels.*



Sound Bath: Tuesday, October 15 from 3 p.m. to 4 p.m. Cost:\$10 *See page 11 for details.*

Physiology and Fitness: Tuesday, October 15 at 4:30 p.m. Video from *The Great Courses* **Topic:** Walk Your Way to Fitness **Presenter:** Dean Hodgkin

Sleep Disturbances: Wednesday, October 16 at 11 a.m. Learn some important facts on how sleep impacts your health. *Presented by Mercy Medicine Residency Program.* **Zoom option available.**

Class: Wood Pen Creations: Wednesday, October 16 at 2 p.m. Select from a variety of different wood types to create your own pen. All materials and instruction will be provided using the lathe. **Cost:** \$10 *Facilitated by Mike Shertzer.*

1:1 Technology Help: Thursday, October 17 starting at 2 p.m. Register for a 20 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. **Appointments required.** *Hosted by David Schuck.*

Game Night: Thursday, October 17 at 6 p.m. Join us as we play a variety of card games, board games and more. **Registration recommended.**

Breakfast Club: Monday, October 21 at 9 a.m. **Location:** Meet at Frishes (1006 N. Main St., BG). Cost on your own. **Registration required.**

Food In, Activity Out: The Energy Balance: Monday, October 21 at 12:30 p.m. This session introduces participants to the concept of energy balance and the importance of maintaining a healthy weight for the prevention of chronic disease. *Presented by Laura Digby, Ohio State Extension*

FLU & COVID Booster Clinic: Monday, October 21 at 1 p.m. to 4 p.m. *Facilitated by the Wood County Health Department.*

Acrylic Painting: Wednesday, October 23 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**



"Spooky" Karaoke: Wednesday, Oct.23 at 4 p.m.

Card Bingo: Thursday, October 24 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Acoustic Night: Thursday, October 24 from 6 to 6:45 p.m. Musicians are welcome to play their acoustic guitar or other instruments. Register for a 15 minute time slot. Play or come in to listen!

Lunch and Learn: "Getting your Ducks in Row" Friday, October 25 at 11:30 a.m. Featured speaker Mark Henderson. *Zoom option. See page 8 for details.*

Zoom Bingo: Friday, October 25 at 1 p.m. Play 10 rounds of bingo from the comfort of your home. *Cover-all prize awarded. Register to receive the code.*

Coffee & Coloring: Monday, October 28 at 10 a.m. *Sponsored by Wood Haven Health Care.*

Wordle: Monday, October 28 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.*

Reader's Café: Tuesday, October 29 at 3 p.m. Books that have been turned into movies! **Feature:** "Practical Magic" by Alice Hoffman . **Books & audiobooks available by loan by Sept. 24**

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, September 26 to October 31 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*

The Importance of Vitamins and Minerals: Tuesday, October 1 at 12:30 p.m. This session will cover learning the importance of supplements that will aid in keeping you healthy. We will examine the foods we eat and the ways we can use vitamins and minerals to enhance our health. *Presented by the Wood County Health Department.*

NEW! Bridge: Tuesdays in October 1, 8, 15, 22, 29 at 1 p.m. *Facilitated by Dan Bartels*

FLU & COVID Booster Clinic: Wednesday, October 2 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

Euchre: Thursday, October 3 at 12:45 p.m. **Registration required.**

Technology Help Desk: Friday, October 4 from 10 to 12 p.m. Register for a 30 minute appointment to have your cell phone or tablet questions answered. *Facilitated by Clara Fiori, WCCOA.*

Happy Hour: Friday, October 4 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June. **Registration required. Zoom option.**

Texas Hold'em Tournament: Monday, October 7 & 21 at 1 p.m.

Breakfast Club: Tuesday, October 8 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, October 8 at 12:30 p.m. Welcome players from the Northeast Area Senior Center. *Facilitated by Waterford at Levis Commons*

Now and Then: Thursday, October 10 at 12:30 p.m. Topic: Halloween Traditions. *Facilitated by Comfort Keepers.*

Bunco: Friday, October 11 at 12:45 p.m. **Registration Required.**

Back in the Day: Monday, October 14 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

Pinochle: Monday, October 14 at 12:45 p.m. **Registration Required.**

Mystery Restaurant: Monday, October 14 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.**

Friends in Fellowship: Tuesday, October 15 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Stereoscopic Expeditions: Germany Thursday, October 15 at 12:45 p.m. Virtual Reality travel to Germany from the comforts of the Senior Center. *Facilitated by Way Library.*

Perrysburg Continued...

Birthday Lunch: Wednesday, October 16 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg*

Blood Pressure and Blood Sugar Clinic: Thursday, October 17 at 11 a.m. to 1 p.m. *Facilitated by Mercy Health.*

Woodbury House: A Wood County Ghost Story: Friday, October 18 at 12:30 p.m. Hear about the Woodbury House, possibly the oldest recorded ghost story in Wood County, and what dark secrets it holds. This talk reveals what the historical record says about this Black Swamp pioneer town. *Presented by Mike McMaster, Wood County Museum*



Movie Day: Tuesday, October 22 at 12:45 p.m. **Feature: "Changing Hearts"**

Synopsis: The experiences of a group of cancer sufferers as they offer one another support and encouragement while struggling to maintain a sense of normality. Based on the play 'Colored Eggs'

Sponsored by Witzler-Shank-Walker Funeral Home.

Pain Control and Aging: Wednesday, October 23 at 11:15 a.m. This session will identify the measurements for pain and ways to achieve pain control and a safe and healthy way. *Facilitated by Mercy Family Residency Program.*

Caregiver Support Group: Thursday, October 24 at 10 a.m. This group meets monthly. Topics and discussions vary. It is designed to provide a supportive framework for caregivers as they navigate the new and ever changing role of caregiving. **To register call the Social Service Department at 419.353.5661 or 1.800.367.4935.**

Left, Right, Center Game: Thursday, October 24 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, October 25 at 12:30 p.m. *Facilitated and prizes by Bridge Home Health.*

Hand & Foot: Monday, October 28 at 12:45 p.m.

Docuseries: The Food That Built America Tuesday, October 29 at 12:45 p.m. **Topic:** The Food That Build America. The Chocolate Rush: In 1919, Milton Hershey is king of the chocolate, but everything changes when sugar prices drop in the new post World War II ear. Competitors spring up, including Hershey's former employee HB Reese, who goes on to create one of the best selling candies ever. *Prerecorded.*

Fall Concert with Live Music Featuring: Jack Schilb Guitarist from Northwest, Ohio



Tuesday, October 8
from 4 to 5 p.m.
At the
**Wood County
Senior Center
140 South Grove
St., Bowling Green**

Jack Schilb is a former member of the bluegrass band the "Diamonds in the Rough," he's been playing music in different genres for

many years. Beginning with a rock and roll band during high school days, and moving to acoustic folk rock and an emphasis on songwriting throughout the college years. He is currently playing in an acoustic duo with blues harmonica player Dan "Mudfoot" Hubbs, playing occasionally with a group of fellow songwriters from Bowling Green called the "Long Lost Brothers," working on a jazz / swing trio with an upright bassist and a trumpet player, and of course playing solo gigs.

Would you like to stay for dinner (served from 5:30 to 6:30 p.m.)?

Make **your reservation** no later than Tuesday, October 8 at 2 p.m.

Event sponsored by:



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.

Game Day: Tuesday, October 1 at 12:30 p.m.
Prizes sponsored by Wayne United Methodist Church

Bingo: Wednesday, October 2 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

Puzzle Club: Friday, October 4 at 11 a.m. We will work together to put a 300 piece puzzle together. We will time ourselves and challenge other sites to beat our time.

Seminar Series: Examining Children Services in Wood County: Monday, October 7 at 12:30 p.m. This series will examine the services that are offered through Wood County Job and Family Services. We will learn ways to help support local children, families, and adults. *Presented by Alisha Chamberlain and Staci Swing of the Wood County Protective Services Unit.*

Bingo: Tuesday, October 8 at 1 p.m. *Sponsored by Bowling Green Manor.*

Bingo: Wednesday, October 9 at 1 p.m. *Sponsored by St. Catherine's Manor Fostoria.*

Blood Pressure & Blood Glucose Screening: Thursday, October 10 at 11 a.m. to 12:30 p.m.
Facilitated by Wood County Health Department.

QR Codes: Friday, October 11 at 12:30 p.m.
Gain a better understanding of what a QR code is used for and how your smart phone can be configured to allow you to look up menus or register for classes using this QR code. *Facilitated by Clara Fiori, WCCOA.*

Food In, Activity Out: The Energy Balance Equation: Tuesday, October 15 at 12:30 p.m. This session introduces participants to the concept of energy balance and the importance of maintaining a healthy weight for the prevention of chronic disease through healthy eating choices, regular physical activity and reducing sedentary time.
Presented by OSU extension.

Clinic Flu and COVID Booster: Wednesday, October 16 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

Birthday Celebration: Wednesday, October 16 at 12:30 p.m. *Cupcakes sponsored by The Willows.*

Breakfast Club: Thursday, October 17 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own. Register with the Center.**

Trivia Battle: Friday, October 18 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.*

Halloween Games: Monday, October 21 at 12:30 p.m. Stop in to take part in some fun Halloween games. *Facilitated by the Wayne Public Library.*

Strong Bones, Smart Choices: Trivia Game: Tuesday, October 22 at 12:30 p.m. Dive into a world of bone health, nutrition, and wellness with this fun trivia game. Learn essential bone building tips and test your knowledge for maintaining strong, healthy bones, Are You ready to take the challenge. *Presented by Harbor Health.*

Holcomb Road and the Origin and the Legend: Wednesday, October 23 at 12:30 p.m.
Learn about the interesting history of Holcomb road starting in the 1850's and through the oil boom and railroad days. Learn the origin of the bus legend and the why teenagers from the 1950's all the way through to today are drawn to this road. *Presented by Wood County Historical Society.*

Bingo: Thursday, October 24 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

Food Safety Refresher: Monday, October 28 at 12:30 p.m. Did you know that as you age your risk for foodborne illnesses increases? Refresh your food safety knowledge and learn more from a *Registered Environmental Health Specialist.*

Mystery Restaurant: Monday, October 29 at 4 p.m. We will travel to a restaurant to enjoy dinner, with great conversations and to leave as friends. Meet at the center. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. **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.

FLU & COVID Booster Clinic: Tuesday, Oct. 1 at 11 a.m. to 1 p.m. *Wood County Health Dept.*

Fitness for Fall Prevention: Tuesday, October 1 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 December. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

Trivia: Wednesday, October 2 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Coffee, Donuts and Coloring: Monday, October 7 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.*

Game Day: Wednesday, October 9 at 12:30 p.m.
Hosted by Kingston of Perrysburg.

Trivia: Thursday, October 10 at 12:30 p.m.
Sponsored by Oak Street Health.

Divas and Desserts: Friday, October 11 at 1 p.m. Enjoy some desserts with your friends and some good conversations. *Dessert provided by Rehabilitation Hospital of Northwest Ohio.*

Bunco: Monday, October 14 at 12:30 p.m.

Breakfast Club: Tuesday, October 15 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.**

Odds and Ends of Wood County Part IV:
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.*

Birthday Lunch: Wednesday, October 16 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Bingo: Thursday, October 17 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Wisdom Exchange: Friday, October 18 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.**

Cards & Dominoes: Monday, October 21 at 10:30 a.m.

100th Birthday Party Celebration for "Nora Colapietro" : Monday, October 21 at 12:30 p.m. Join us as we celebrate a special 100th birthday. There will have dancing with DJ tunes, cake, ice cream and special acknowledgements. Bring a birthday card as we are trying to collection 100 cards. **Reservations recommended.**



Class: Painting Pumpkins

Wednesday, October 23 at 12:30 p.m.
Join this class to gain some valuable painting techniques as you create a fall masterpiece. We will be painting a series of pumpkins.

All materials and supplies will be provided. **Cost: \$20 payment made** to Wood County Committee on Aging. **Registration required by Monday, October 21.** *Instructor Tomi Huss-Shetler. Registration and advance payment is required. Call 419.666.8494*

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

Bunco: Monday, October 28 at 12:30 p.m.

Trivia Bingo: Tuesday, October 29 at 12:30 p.m.
Facilitated by Wood Haven Health Care.

Blood Pressure & Blood Glucose

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

Halloween Cornhole & Donuts: Thursday, October 30 at 12:30 p.m. Enjoy a couple games of cornhole, and some donuts in your Halloween costumes.

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, October 1, 8, 15, 22, 29 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, October 1 at 12:30 p.m.
*Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, October 2 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.**

Kingston Derby: Friday, October 4 at 12:30 p.m.
Horse races while wagering a fun bet. *Facilitated by Kingston of Perrysburg.*

Food In, Activity Out: The Energy

Balance: Thursday, October 5 at 12:30 p.m. This session introduces participants to the concept of energy balance and the importance of maintaining a healthy weight for the prevention of chronic disease through healthy eating choices, regular physical activity and reducing sedentary time. *Presented by Laura Digby, Ohio State Extension*

FLU & COVID Shot Clinic: Monday, October 7 at 11 a.m. to 1 p.m. *By the Wood County Health Department.*

Dominoes: Tuesdays, Oct. 8 & 29 at 12:30 p.m.

The Importance of Vitamins and Minerals: Wednesday, October 9 at 12:30 p.m. *Presented by the Wood County Health Department.*

Walbridge Talk: Thursday, October 10 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Learn the latest updates on the village of Walbridge.

Mystery Game: Friday, October 11 at 12:30 p.m.
Join us as a new game is presented for you to play.
Hosted by Bridge Home Health and Hospice.

Monthly Trivia: Monday, October 14 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, October 14 at 1 p.m. Bring your own supplies.

Blood Pressure & Blood Glucose

Screenings: Wednesday, October 16 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Birthday Lunch: Wednesday, October 16 at noon.
Cupcakes sponsored by Orchard Villa.



Canvas Art Party:

Wednesday, October 16 at 12:30 p.m. Come paint a fall themed pumpkins! No experience needed guided instruction will be provided. **Registration is limited to 6 people.** *Instructor Lori Lawton, ATR. Cost: \$20 Advanced payment required.*

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

Woodbury House: Tuesday, October 22 at 12:15 p.m. Learn about the ghost town of Woodbury and Wood County's oldest written down ghost story. What secrets lay buried in this haunted house? *Presented by Mike McMaster, Wood County Historical Society.*

Bunco: Tuesday, October 22 at 12:30 p.m.

Wii 100 pin Bowling: Fri. Oct. 25 at 12:30 p.m.

Wordle: Monday, October 28 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.*

Halloween Party: Thursday, October 31 at 12:30 p.m. Wear your Halloween best, scariest and most original costume for a costume contest. Let's have a few treats to go along with the Halloween fun, no tricks needed.

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.**

Odds and Ends Wood County Part 3:

Tuesday, October 1 at 12:30 p.m. There are many historical odds and ends in Wood County. At one time, north of Bloomdale, sat a sad and mysterious building; what was it's origin? *Presented by Wood County Historical Society.*

Birthday Acknowledgements: Tuesday, October 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, October 4 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

TED Talk: What Makes a Fact? Monday, October 7 at 12:30 p.m. Why, in the modern information age, when we have so much information readily accessible and at our fingertips, does there seem to be such massive disagreement on what is true and what is false? Justin Lewis-Weber argues that instead of being a difference in information, different social groups have different definitions for what a fact even is.

Clinic Flu and COVID Booster: Tuesday, October 8 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department*



Canvas Art Party:

Wednesday, October 9 at 12:30 p.m. Paint a fall pumpkin. 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.*

Seminar Series: Exercise is Power: Thursday, October 10 at 12:30 p.m. This session will explore the many benefits of exercise and how it impacts your health and wellbeing. *Pre-recorded Video.*

Trivia Battle: Friday, October 11 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, October 14 at 12:30 p.m. *Facilitated by Kingston of Perrysburg.*

Breakfast Club: Tuesday, October 15 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.

Blood Pressure & Blood Glucose Screening: Tuesday, October 15 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Birthday Lunch: Wednesday, October 16 at noon. *Cake sponsored by Bowling Green Manor.*



Multi-Month Latch

Hook Pillow: Thursday, October 17, November 4 and December 2 ay 12:30 p.m. Each month we will meet to build our pillow. Multiple design choices.

Registration required by October 7. All materials and

instructions will be provided. *Facilitated by Wood Haven Health Care.*

Open Forum for Technology: Friday, October 8 at 12:30 p.m. Submit your questions about your smart phone, tablet, or smart watch. We will do our bet to find a solution as time allots. *Facilitated by Clara Fiori, WCCOA.*

Would You Rather Fitness: Friday, October 25 at 11:45 a.m. A fun way to get some steps in.

Trivia: Monday, October 28 at 12:30 p.m. Come enjoy this interactive and thought provoking game. Theme: Fall. *Facilitated by Grand Rapids Care 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.

Clinic Flu and COVID Booster: Wednesday, October 2 at 11 a.m. to 1 p.m. *Facilitated by the Wood County Health Department.*

Movie: Wednesday, October 2 at 12:45 p.m.
Feature: “The Secret Garden” (1987) **Synopsis:** A young orphan leaves her residence in India to live with her uncle at his lavish manor in Yorkshire, England. Ignored by her uncle she finds refuge in a hidden garden tended by a boy. *Snacks sponsored by Wood Haven Health Care*

Minutes with the Mayor: Monday, October 7 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, October 8 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

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

Back In the Day: Wednesday, October 9 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Logo Game: Thursday, October 10 at 12:45 p.m. We will divide into two teams and try to name that logo. *Facilitated by Wood Haven Health Care.*

Mike’s Favorite Things Part 1: Friday, October 11 at 11 a.m. Wood County was formed in 1820, but his place has been here for thousands of years. Learn about our pre-historic past and some railroad history. *Presented by Mike McMaster, Wood County Historical Society.*

Featuring 1944 Trivia: Monday, October 14 at 12:30 p.m. Can you guess the price of items from 1944? *Facilitated by WCCOA staff.*

Trivia: Monday, October 21 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

Puzzlemania: Wednesday, October 16 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, October 16 at noon. *Sponsored by Otterbein Pemberville.*

Blood Pressure & Blood Glucose Clinic: Thursday, October 17 from 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department*

Seminar Series: Forensic History Crimes, Fraud Scandals Friday, October 18 at 12:45 p.m. *Great Courses Series Topic: Frauds and Forgeries.* 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 Battle: Tuesday, October 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 NWO.*

Movie: Wednesday, October 23 at 12:45 p.m.
Feature: “It’s a Great Feeling ” (1949) **Synopsis:** It’s a technicolor musical comedy that goes behind the scenes in Hollywood movie making. *Snacks sponsored by Wood Haven Health Care*

Mystery Game: Monday, October 28 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

Name That Tune: TBA at 12:45 p.m. Join us as Marilyn plays a familiar piano tune and we see how many notes we can guess it in. It’s a really fun way to recall songs and enjoy the challenge of remember their artists. *Facilitated by Marilyn Ward.*



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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, November 6, 2024

11 a.m. to 1 p.m.

Wood County Senior Center

Topic: Caregiving Hearing Aid Care & Resource Information

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. Understanding Hearing Aids: Assessment, Maintenance, and Repair

To provide participants with comprehensive knowledge about hearing aids, including how to get assessed for them, and best practices for maintenance and repair. Individuals who are new to hearing aids, caregivers, or those interested in learning more about hearing aid care. *Presented by Portage Valley Hearing.*

12 p.m. Lunch and Round Table discussions with care providers Stop by to enjoy round table discussions on caregiving and resources to assist with this aspect of the journey.



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.

October 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
	Macaroni & Cheese & Ham OR Chicken & Dumplings stewed tomatoes, three bean salad, mandarin oranges in jello	Chipped Turkey OR Bologna Salad baked bean salad, coleslaw, peaches, cookie	Black Eyed Peas Hash OR Turkey Tetrazzini sicilian blend, apple, granola, yogurt, berry blend	Roast Beef OR Pecan Crusted Tilapia brussel sprouts, grapefruit sections, cherry crisp
Chipped Beef OR Creamed Chicken biscuit, mashed potatoes, sugar snap peas, mandarin orange salad, pudding	Calico Beans OR Chicken Wings carrots, broccoli salad, banana	Stuffed Green Pepper OR Reuben Casserole riviera blend, pineapple & cottage cheese, fruit sorbet	Vegetable Soup OR Broccoli Soup chicken salad, celery sticks w/peanut butter, orange sections	Meatloaf OR Chicken Kiev mixed vegetables, spinach orange salad, grapes & pears, graham crackers
Country Fried Steak OR BBQ Chicken Breast scalloped potatoes, citrus slaw, tropical fruit	Hamloaf OR Chicken & Noodles corn, orange, peachy fine dessert	Birthday Lunch! Beef Lasagna green beans, pickled beets, fruit salad, cake & ice cream	Bratwurst OR Turkey sauerkraut, mashed potatoes, apricots, brownie	Hamburger Pie OR Pecan Crusted Tilapia scandinavian blend vegetables, tossed salad, cantaloupe & grapes
Tuscan Chicken OR Liver & Onions mashed potatoes, black eyed susan salad, carrot sticks	Chicken Tenders OR Pork Chop squash, tossed salad, apple, rice krispy treat	Chicken Paprikash OR Baked Ham noodles, tomatoes & zucchini, Texas caviar bean salad, orange, cookies	Beef Spanish Rice OR Chicken Lasagna kyota vegetables, peaches, apple crisp	Meatloaf OR Shrimp Poppers corn, cabbage apple raisin salad, grapes
Beef Philly OR Turkey Meatball Sub potato wedge, cucumber salad, oranges, cookies	Pork Ribette OR Honey Mustard Chicken Breast baked sweet potatoes, cauliflower peanut salad, emerald pears	Spaghetti & Meatsauce OR Lemon Pepper Pollock noodles, peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers	Hamloaf OR Chicken Chimichunga succotash blend, potato salad, fruit 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. Open seating throughout the dining room is available.

October 2024		
Tuesday	Wednesday	Thursday
Ground Beef Tacos 1 black beans & rice, lettuce & tomatoes, orange, pie	Sweet & Sour Chicken 2 rice, peas, marinated vegetable salad, cantaloupe	Smoked Sausage 3 small whole potatoes, squash, fruited jello, pudding
Birthday Dinner! Country Fried Steak 8 mashed potatoes, European blend vegetables, citrus sections, cake & ice cream	Chef Salad w/Beef Strip, Egg & Cheese 9 three bean salad, strawberries, angel food cake	Chicken Cordon Bleu 10 rice pilaf, broccoli, mandarin orange salad, peach cobbler
Baked Ham 15 sweet potatoes, corn relish, ambrosia salad	Hamburger 16 french fries, broccoli salad, cinnamon applesauce, brownie	White Chicken Chili 17 cornbread, cauliflower peanut salad, carrot & celery sticks, gingerbread pudding
BBQ Ribs 22 cheesy potato bake, coleslaw, pears & grapes, apple pie	Seafood Alfredo 23 noodles, winter blend vegetables, tossed salad, banana, cake	Corned Beef 24 boiled potatoes, cooked cabbage & carrots, orange sections, ice cream
Grilled Chicken Breast 29 baked potato, carrots, mandarin orange salad, sherbet	Salisbury Steak 30 european blend, redskin mashed, peaches, cookies	Pecan Crusted Tilapia 31 rice, nantucket vegetable blend, broccoli salad, grapes, cherry fluff

Dinner & Movie: Tuesday, October 8 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.

BG Knitter's Guild: Wednesday, October 10 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Documentary Series: Thursday, October 10 at 3:30 p.m. **Kangaroo Valley:** In this narrative nature documentary, a kangaroo joey learns how to survive her first year of life in Australia's Outback.

Physiology and Fitness: Tuesday, October 15 at 4:30 p.m. Video from *The Great Courses* **Topic:** 21st Walk your Way to Fitness **Presenter:** Dean Hodgkin.

Game Night: Thursday, October 17 at 6 p.m. Join for a as we play a variety of card games, board games and more. **Registration recommended.**

Karaoke : Wednesday, October 23 at 4 p.m.

Acoustic Night: Thursday, October 24 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.

Arts Abound: Friday, October 25 from 6 to 8 p.m. Music, Theatre, Dancing and Art displays.

Reader's Café: Tuesday, October 29 at 3 p.m. Books that have been turned into movies! **Feature:** "Practical Magic" By: Alice Hoffman. **Books & audiobooks available by loan by Sept. 24.**

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:

Betty Laukhuf

Chris & Ellen Dalton

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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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 , 215 N. 2nd 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

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