

WOOD COUNTY
COMMITTEE
ON
Ageing
NOVEMBER 2024

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

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@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

The holiday parade breakfast is sponsored by:

HANNEMAN FAMILY™
FUNERAL HOMES & CREMATORY



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. DSMES provides an evidence-based foundation to help people with diabetes navigate their condition. This includes daily self-management decisions to manage blood sugar, improve overall health, and prevent or delay diabetes complications.

People who participate in DSMES have been shown to have better diabetes-related outcomes than those who do not. In spite of this, use of DSMES is low. Less than 5% of Medicare beneficiaries and 6.8% of privately insured people with diabetes have used DSMES within the first year of diagnosis.

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@wccoa.net

Agency Services

Lunch

Monday - Friday, Hours Vary by Location

Hot lunches are available. *See your location's page for meal time and reservation requirements.*

Suggested donation: \$2 for those 60+
(\$5 fee for those under 60)

Dinner

Tuesday - Thursday, Wood County Senior Center

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room will be available. **Reservations are required by 2 p.m. the day you wish to attend** by calling 419.353.5661 or 800.367.4935.

Suggested donation: \$4 for those 60+
(\$7 fee for those under 60)

Durable Medical Equipment Loans

Durable medical equipment is available for loan. 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.

Respite Programs

Guiding Pathways programs are designed for those with Early-to-Moderate Stage Dementia to provide respite for the caregivers. Cost: \$10

Wood County Senior Center
140 S. Grove St, Bowling Green
Friday, November 1 and November 15
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, November 13 from 10 a.m. to 2 p.m.
*Support provided by Arista Home Care Solutions,
Kingston of Perrysburg & St. Timothy's Church*

Caregivers can call to register for this program at 419.353.5661 or email programs@wccoa.net

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
Pemberville Area Senior Center	November 13	1 to 3 p.m.
Wood County Senior Center	November 27	1 to 3 p.m.

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

alzheimer's association Memory Chat

Thursday, November 21, 2024

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

Location: Wood County Senior Center

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

Cholesterol Clinic Screenings

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. **Registration is required.**

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

***Appointments are required call the Social Service Department at 419.353.5661.**

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

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

Clinic Site	Date	Time
Wood County Senior Center	November 12	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	November 14	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	November 19	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	November 20	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	November 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	November 27	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, November 11 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, November 21 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, November 7 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@wcco.net to register for this group.

Grasping Your Grief

Wednesdays, November 6 & 20 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, November 5 to December 17 at 1:30 p.m.
(No Class November 26)*

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 **F**itness **I**nteractive **T**eaching 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.*

Tai Chi

Cost: \$60

*Wednesdays, November 20 to January 15 at 4:30 p.m.
(No Class December 4 & January 1)*

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, November 19 to December 31 at 10:30 a.m.
(No Class December 24)*
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, November 21 to January 2 at 11 a.m.
(No Class November 28)*
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, October 30 to December 4 at 10 a.m.*

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

Travel Opportunities

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



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



collette
celebrating 100 years of travel together

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.

Shoreline
Charters & Tours

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, Houses 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, Hooudini 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

In collaboration with National Council on Aging, AT&T and
The Public Library Association, a division of the American Library Association.

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.

Internet Basics: Wednesday, November 6 at 3 p.m. at the Wood County Senior Center
Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email programs@wccoa.net

Cyber Security Basics: Thursday, November 7 at 10:30 a.m. at the Perrysburg Area Senior Center
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 419.874.0847 or email programs@wccoa.net

Email Basics: Wednesday, November 13 at 3 p.m. at the Wood County Senior Center
Participants learn how to set up an email account and how to use email (including how to compose, reply, forward and organize email) Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email programs@wccoa.net

Internet Basics: Thursday, November 14 at 10:00 a.m. at the Perrysburg Area Senior Center
Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA Registration required call 419.874.0847 or email programs@wccoa.net

IOS (Apple) Basics: Wednesday, November 20 at 3 p.m. at the Wood County Senior Center
Participants learn the features and functions of tablets and iOS mobile devices and how to use and navigate apps. Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email programs@wccoa.net

Self Paced Modules are available during office hours. Office Hours will take place at the Wood County Senior Center and the Perrysburg Area Senior Center with scheduled appointments on Mondays between 2 to 4 p.m. This month's modules include training on Online Frauds, Scams, Accounts, and Passwords. Training time is estimated at 32 minutes. Call to schedule your training times.



Technology Loans

Tablet Loans

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

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



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for **four 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



Virtual Programs on Zoom

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

Happy Hour: Friday, November 1 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.

Scattergories: Wednesday, November 6 at 12:30 p.m. Play several rounds. *In person option: Pemberville and Wood County.*

Wordle: Monday, November 11 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.*

Spelling Bee: Friday, November 15 at 12:45 p.m. Challenge yourself to spelling the identified words correctly. We will be competing against the Wood County Senior Center. *In person option: Wayne & Wood County Senior Center.*

Lunch & Learn: "Policing in Today's World" Friday, November 22 at 11:30 a.m. Join us for an engaging and informative session featuring Mark Wasylyshyn, Wood County Sheriff a seasoned expert in law enforcement and community relations. This Lunch and Learn will delve into the evolving landscape of policing today, addressing key challenges, innovations, and best practices. *In-person option: Wood County Senior Center.*

Bingo: Friday, November 22 at 1 p.m. Play 10 rounds of bingo online. Line, postage stamps or four corners and then a coverall to determine the winner. *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. See more information on page 8.

Technology Opportunities at Each Site

Technology Hot Topic: Online Shopping Thursday, November 14 at 2 p.m. With the holidays approaching it's important to learn the do and don'ts of online shopping. Learn share and reliable places to shop safely. *Presented by David Schuck.*

1:1 Technology Help: Thursday, November 21 starting at 2 p.m. Register for a 30 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. Appointments required. *Hosted by David Schuck.*

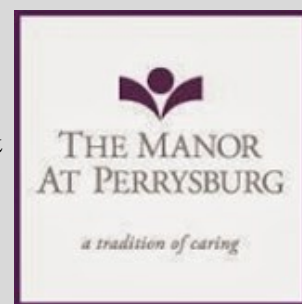


Football Pick 'Em Challenge

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

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, November 1 and November 15
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, November 13 from 10 a.m. to 2 p.m.
*Support provided by Arista Home Care Solutions,
Kingston of Perrysburg & St. Timothy's Church*

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

Register at least one week prior to each session

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



Veterans Day Recognition

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 Program Department at 419.353.5661 or email programs@wccoa.net

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.

Join us for SPEED DATING for Adults 50+ Wood County Senior Center

Ages 65 & Over
Monday, November 4

Ages 50 to 65
Monday, November 4

Take your first step and join us for a Speed Dating event tailored to adults 50 years and older. Whether seeking a companion or a soul-mate, this is your change to get to know a variety of interesting and fun people in a series of 5 minute chats.

2:30 p.m.Check In (\$10 fee)

2:45 p.m.Tips for making the most of your 5 minute chats

3:00 p.m.Speed dating begins

4:00 p.m.Refreshments and beverages with additional chatting

**Space Limited—Pre-registration is required. Looking for “A Few Good Men” To join us
For information & to Sign up Contact the Programs Department at 419.353.5661 or 1.800.367.4935**

Around the County, Events & Classes



Dementia Friends Champion Training

Friday, November 8 at 12:30 p.m.

Rossford Area Senior Center.

Presented by Danielle Brogley, WCCOA

Dementia Friends is a global, call-to-action movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States. The goal is to help *everyone* in a community understand how dementia impacts individuals and families, and things we can each do to make a difference in the lives of those affected. In this free, session we will cover the basics of dementia including common types, signs and symptoms, communication tips, community resources and more.



AARP Driver Safety Program

Tuesday, November 12

11:30 to 4 p.m.

Perrysburg Area Senior Center

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least on driving habit as a result of what they learned.

Our Smart Driver course will help you:

- Refresh your driving skill and you knowledge of the rules — and hazards — of the road, Reduce you chance of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.

ALL payments are made to the AARP Driver Safety Class. **Registration is required by calling 419.874.0487 or email programs@wccoa.net**



Mothering Nature: Horticulture as Therapy

Tuesday, November 12, 19, 26 at 1 p.m. Wood County Senior Center

Mothering Nature is a 3-part educational session that will teach you about Horticulture. Join us for "Mothering Nature," a transformative class that explores the therapeutic benefits of horticulture. This course is designed for anyone interested in the healing power of nature, whether you're a seasoned gardener or a complete novice. *Facilitated by Blue Lewis, BGSU student*

Course Highlights:

- Understanding Horticultural Therapy:** Discover the principles of horticultural therapy and how engaging with plants can promote mental, emotional, and physical well-being.
- Hands-On Gardening Activity:** Participate in interactive gardening project that foster mindfulness, creativity, and connection to the natural world.
- Plant Care and Cultivation:** Learn essential skills in plant care, from sowing seeds to nurturing thriving gardens, while exploring the therapeutic effects of gardening tasks.
- Connection to Nature:** Experience the calming and restorative power of nature through activities that encourage mindfulness and stress relief.

Whether you're looking to enhance your gardening skills, improve your mental health, or simply reconnect with nature, this class offers a nurturing space to explore the profound relationship between horticulture and personal growth. Cost: \$10 **Registration required.** *All supplies and instruction provided.*

Around the County, Events & Classes

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

Tuesday, November 19 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.**



Lunch and Learn: Policing in Today's World Friday, November 22 at 11:30 a.m. Wood County Senior Center

Join us for an engaging and informative session featuring **Mark Wasylyshyn, Wood County Sheriff** a seasoned expert in law enforcement and community relations. This Lunch and Learn will delve into the evolving landscape of policing today, addressing key challenges, innovations, and best practices.

Topics to be covered:

- **The Impact of Technology:** Explore how advancements in technology are reshaping policing methods and enhancing community engagement.
- **Community Policing:** Understand the importance of building trust between law enforcement and communities, and learn strategies for fostering positive relationships.
- **Current Issues in Law Enforcement:** Discuss pressing topics such as police reform, accountability, and the implications of public perception on policing practices.
- **Future Trends:** Gain insights into the future of policing, including the role of data analytics, mental health resources, and evolving community expectations.

This session is perfect for anyone interested in understanding the complexities of modern policing and its impact on society. Bring your questions and join us for a thought-provoking discussion!

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 November 15. This session will fill up fast. If you cannot make it please call 24 hours in advance to cancel, so we can activate our waitlist.

To register call 419.353.5661 or email programs@wccoa.net

Around the County, Events & Classes

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.wccoa.net



Great Decisions 2025

Saturdays, January 25 to March 1 from 9:30 to 11 a.m.
Wood County Senior Center

Presented by University Professors. This series is co-sponsored by *American Association of University Women & WCCOA, Inc.* **Official topics will be announced in the December 2025 Newsletter. Potential topics include:**

U.S. Changing Leadership of the World Economy; U.S.-China Relations; India: Between China, the West, and the Global South; International Cooperation on Climate Change; The Future of NATO and European Security; AI and American National Security; After Gaza: American Policy in the Middle East

Description can be found on the Foreign Policy Association website at : www.fpa.org Books will be available in January of 2025 and can be preordered by purchasing in advance.

Registration is required by calling the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Upcoming events!

Watch our future newsletters for more details...

Holiday Dinner: Tuesday, December 10 at 5:30 p.m. Wood County Senior Center, 140 South Grove St., Bowling Green. **Reservations required. Entertainment at 4:45 to 5:30 p.m. by the Guitar Circle.**

Holiday Lunch: Thursday, December 12 at all Wood County Committee on Aging locations. Lunch times vary based on Senior Center locations. Visit the site pages in the December newsletter to determine lunch times. **Reservations required by calling the site of your choice.**



Around the County, Events & Classes



Spring Semester 2025
MARCH — MAY

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

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

How can I learn more about the classes being offered? Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations. Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wccoa.net to learn more!

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

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

LivelyU was developed as a branch of programming offered by the WCCOA. The courses have grown rapidly since 2022 and offers nearly 50 courses annually. The curriculum has been developed by the following committee members: Danielle Brogley, Frank Day, Pam Day, Clara Fiori, Eric Myers, Lynn Ritter, Liliana Rossi and Jennifer Wagner.

The program provides an opportunity for older adults to teach as well as learn. This truly gives life to our program. If you would like to volunteer as one of our instructors, course managers, or curriculum committee members, please call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

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



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

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. **November 1:** Veterans Benefits in a Skilled Nursing Facility Learn about options and coverage options. *Presented by Bowling Green Manor. Donuts sponsored by The Willows of BG.*

Happy Hour: Friday, November 1 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.

November 1: "Heaven Knows, Mr. Allison" (war drama) (1957) **8:** "Reunion at Fairborough" (drama/romance) (1985) **15:** "Breaking Home Ties" (drama) (1987) **22:** "Father Knows Best Reunion" (family) (1977) **Registration Required.**

Mike's Favorite Things Part II: Monday, November 4 at 11 a.m. Learn about some of Mike's favorite artifacts at the Wood County Museum. Some are fun, some are creepy, some are mysteries! *Presented by Mike McMaster, Wood County Historical Society.*

National Parks Series: Denali to Gates of the Arctic Tuesday, November 5 at 4:45 p.m. Learn more about these natural wonders. *Prerecorded session Great Courses.*

Romantic Movies: Wednesdays at 1 p.m. Hosted by Lilianna Rossi **November 6:** "First Dates" (2004) **13:** "Unconditional Love" (2002) **20:** "Fool's Gold" (2008) **27:** "Leap Year" (2010) **Registration required.**

BG Knitter's Guild: Wednesday, November 6 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.*

Evening of Euchre: Wednesday, November 6 at 3:30 p.m. to 5:30 p.m. *Hosted by Heritage Corner Health Care Campus.*

Meet the Author: "Ann Cavera presents

"Ride A Summer Wind" Wednesday, November 6 at 4 p.m. Ride a Summer Wind is dedicated to the three million grandparents who are the sole caregivers for their grandchildren. Books available by preorder October 25. *A book will also be available on loan. Bring your discussion questions with you. Reservations for dinner are need by Nov 6 at 2 p.m.*

Thursday Theater: Thursdays, at 1 p.m.

November 7 "Stone of Destiny" (2008) Charlie Cox, Kate Mara; 14 "The Spirit of Christmas" (2015) Jen Lilley 21 "The Christmas Train" (2017) Dermot Mulroney, Kimberly Williams-Paisley. *Hosted by Kris Eridon.*

Memoir Writing Group: Thursday, November 7 at 2:30. The goal is to document life events & discuss how they impact us. *Facilitated by WCCOA.*

Nails: Monday, November 11 at 10:30 a.m.

Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

Wordle: Monday, November 11 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.*

TV series: Tracker: Monday, November 11 & 25 at 1 p.m. Nov 11: Season 1: Episode 1, 2, Nov 25: E: 3 & 4



Craft: Tuesday, November 12 at 10 a.m. Create your own snowmen door décor. 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, November 12 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Blood Pressure & Glucose Screening:

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

Wood County Continued...

Mothering Nature “Horticulture as Therapy”: Tuesday, November 12, 19 & 26 at 1 p.m. This session will explore indoor plants in a therapeutic way. *Facilitated by BGSU student Blue Lewis. See page 11 for details.*

Dinner & Movie: Tuesday, November 12 at 3:30 p.m. **Movie:** October Sky (1999) Dinner reservations need to be made by 2 p.m. on Tuesday, November 12.

Thanksgiving Dinner: Tuesday, November 12 at 5:30 p.m. Reservations required by Tuesday, Nov 12 at 2 p.m. *Entertainment 4:45 to 5:30 p.m. by the Guitar Circle.*



Acrylic Painting: Wednesday, November 13 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*

Karaoke: Wednesday, November 13 at 4:30 p.m.

The Importance of Vitamins and Minerals: Thursday, November 14 at 11 a.m. The *Wood County Health Department* will be addressing's questions such as: Why do they matter?; How can I get the vitamins and minerals I need?; Which vitamins and minerals are needed?; Is there a link between chronic conditions and nutrients?; What about supplements?

Thanksgiving Lunch: Thursday, November 14 at noon. Reservations required by Wed. Nov. 13

Technology Hot Topic: Online Shopping Thursday, November 14 at 2 p.m. With the holidays approaching its important to learn the do and don'ts of online shopping. Learn share and reliable places to shop safely. *Presented by David Schuck.*

Documentary Series: Thursday, November 14 at 3:30 p.m. **Inside the Mind of a Dog:** Experts share new scientific and emotional insights into how dogs think.

Breakfast Club: Monday, November 18 at 9 a.m. **Location:** Meet at Frisch's (1006 N. Main St., BG). Cost on your own. Registration required.

The My Plate Dairy Plans: Monday, November 18 at 11 a.m. The My Plate Dairy Plans include the importance of including dairy at each life stage, choosing low fat and fat free options for dairy

products, and making healthy dairy choices to keep within budget. *Presented by Laura Digby, Ohio State Extension Office.*

Brain Training: Tuesday, November 19 at 9 a.m. “Optimizing Brain Fitness” video *The Great Courses.* **Topic:** Creativity and the Playful Brain **Registration required by October 11** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*



Craft: Tuesday, November 19 at 3 p.m. We will be making “Framed Christmas Tree Decor.” All supplies and instruction will be provided. **Registration required.** *Facilitated by Stephanie Kosak, 1018 travels.*

Sound Bath: Tuesday, November 19 from 3 p.m. to 4 p.m. Cost:\$10 By Kim Post, RN. *See page 11.*

Physiology and Fitness: Tuesday, November 19 at 4:30 p.m. Video from *The Great Courses* **Topic:** Stay Active — Defy the Aging Process **Presenter:** Dean Hodgkin

Card Bingo: Thursday, November 21 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

1:1 Technology Help: Thursday, November 21 starting at 2 p.m. Register for a 30 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. **Appointments required.** *Hosted by David Schuck.*

Lunch and Learn: Friday, November 22 at 11:30 a.m. **Policing in Today's World.** featuring Mark Wasylyshyn, *Wood County Sheriff.* Zoom option. *See page 8 for details.*

Zoom Bingo: Friday, November 22 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, November 25 at 10 a.m. *Sponsored by Wood Haven Health Care.*

Reader's Café: Tuesday, November 26 at 3 p.m. Books that have been turned into movies! **Feature:** “Dead Poets Society” by N.H. Kleinbaum . ***Books & audiobooks available by loan by Oct. 29*** **Registration required.**

Podiatry Clinic: Wednesday, November 27 from 1 to 3 p.m. Call *Heal and Toe Podiatry* to schedule your appointment. *See page 3 for details!*

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.*

Bridge: Tuesdays at 1 p.m. *Facilitated by Dan Bartels.*

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, November 7 to December 19 (No Class November 28) 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*

Happy Hour: Friday, November 1 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June. **Registration required. Zoom option.**

Puzzlemania: Friday, November 1 at 1 p.m. Do you enjoy a good jigsaw puzzle? We are hosting "Puzzlemania" where teams of two to four people will compete to complete a 250 piece puzzle the quickest! Five team total per session. **Register for this event today!**

Texas Hold'em Tournament: Monday, November 4 and November 18 at 1 p.m.

Odds and Ends of Wood County Part III: Wednesday, November 6 at 12:30 p.m. This program discovers the location of the mysterious Dutchmen's Deadening, the gift of Johnny Chapman, and the origins of the most iconic barns in all of Wood County. *Presented by Mike McMaster, Wood County Historical Museum.*

NCOA Digital Literacy Project: Cyber

Security Basics: Thursday, November 7 at 10:30 a.m. at the Perrysburg Area Senior Center. 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 419.874.0847.**

Euchre: Thursday, November 7 at 12:45 p.m. **Registration required.**

Cholesterol Screenings: Friday, November 8 & 13 from 9 to 11 a.m. 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 25-5** *Facilitated by the Wood County Health Department. See page 3.*

Bunco: Friday, November 8 at 12:45 p.m. **Registration Required.**

Veterans Day Recognition: Monday, November 11 at 12:30 p.m. This event will honor veterans from the Perrysburg area with a poppy and special reception. All veterans who plan on attending need to **register in advance.** *Sponsored by Certus Health*

Back in the Day: Monday, November 11 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg.*

Pinochle: Monday, November 11 at 12:45 p.m. **Registration Required.**

Mystery Restaurant: Monday, November 11 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.**

Perrysburg Continued...

Breakfast Club: Tuesday, November 12 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.*

AARP Driver Safety Course: Tuesday, November 12 from 11:30 to 4 p.m. *Preregistration begins at 11 a.m.* The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least on driving habit as a result of what they learned.

Our Smart Driver course will help you:

- Refresh your driving skill and your knowledge of the rules — and hazards — of the road
- Reduce your chance of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available. ALL payments are made to the AARP Driver Safety Class and can be handed to the instructor the day of the class. **Registration is required by calling 419.874.0487 or email programs@wccoa.net**

Bingo: Tuesday, November 12 at 12:30 p.m.
Facilitated by Waterford at Levis Commons

NCOA Digital Literacy Project

Internet Basics: Thursday, November 14 at 10:00 a.m. at the Perrysburg Area Senior Center. Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA. *Registration required call 419.874.0847 or email programs@wccoa.net*

Thanksgiving Lunch: Thursday, November 14 at noon. **Reservations required by Wed. Nov. 13**

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

Friends in Fellowship: Tuesday, November 19 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Birthday Lunch: Wednesday, November 20 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Caregiver Support Group: Thursday, November 21 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 Caleb Johnson in the Social Service Department at 419.353.5661 or 1.800.367.4935.

Blood Pressure and Blood Sugar Clinic:

Thursday, November 21 at 11 a.m. to 1 p.m.
Facilitated by Mercy Family Medicine Residency Program.

Left, Right, Center Game: Thursday, November 21 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, November 22 at 12:30 p.m.
Facilitated and prizes by Bridge Home Health.

Hand & Foot: Monday, November 25 at 12:45 p.m.

Movie Day: Tuesday, November 26 at 12:45 p.m.

Feature: "All the Pretty Horses"

Synopsis: In the late 1940's, two Texas cowboys head to Mexico in search of work, but soon find themselves in trouble with the law after one of them falls in love with a wealthy rancher's daughter.

Sponsored by Witzler-Shank-Walker Funeral Home.

Osteoporosis: Wednesday, November 27 at 11:15 a.m. Learn more about the prevention and treatment options for this disease that causes bone loss.
Presented by Mercy Health.

Docuseries: The Food That Built America

Wednesday, November 27 at 12:45 p.m. **Topic:** The Kings of Burgers: In the 1950's McDonald's nationwide, but right behind Kroc, a wave of other entrepreneurs tries to cash in on the fast food restaurant craze; two Florida visionaries start up what will become Kroc's biggest rival. *Prerecorded.*

NCOA Digital Literacy Self Paced Modules

are available during office hours. Office Hours will take place at the Wood County Senior Center and the Perrysburg Area Senior Center with scheduled appointments on Mondays between 2 to 4 p.m. This months modules include training on Online Frauds and Scams and Accounts and Passwords. Training time is estimated at 32 minutes. **Call to schedule your training times.**

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.

Range of Motion Class: Friday, November 1 at 12:30 p.m. This session will explore the impact that range of motion has on your health. This hands on class will demonstrate exercises and stretches that will assist you in maintaining your functional mobility. *Presented by Rehabilitation Hospital of Northwest Ohio.*

Puzzle Club: Friday, November 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.

The My Plate Dairy Plans: Tuesday, November 5 at 12:30 p.m. The My Plate Dairy Plans include the importance of including dairy at each life stage, choosing low fat and fat free options for dairy products, and making healthy dairy choices to keep within budget. *Presented by Laura Digby, Ohio State Extension Office.*

Bingo: Wednesday, November 6 at 1 p.m.
Sponsored by Bridge Home Health & Hospice

Seminar Series: Examining Protective Services in Wood County: Monday, November 8 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: Wednesday, November 12 at 1 p.m.
Sponsored by St. Catherine's Manor Fostoria.

Thanksgiving Lunch: Thursday, November 14 at noon. Reservations required by Wed. Nov. 13

Blood Pressure & Blood Glucose Screening: Thursday, November 14 at 11 a.m. to 12:30 p.m.
Facilitated by Wood County Health Department.

Spelling Bee: Friday, November 15 at 12:45 p.m. Challenge yourself to spelling the identified words correctly. We will be competing against the Wood County Senior Center. *Zoom option.*

Five Minutes Mysteries: Monday, November 18 at 12:30 p.m. Listen to a few clues and try to solve the mystery. *Facilitated by the Wayne Public Library.*

Smart Bites: Holiday Wellness Trivia

Tuesday, November 19 at 12:30 p.m. Join us for a festive trivia game on healthy eating during the holidays! Test your knowledge while discovering smart tips and tricks to navigate the season's culinary delights without compromising wellness. From decoding nutritious ingredient swaps to identifying hidden sugars in holiday favorites, our trivia game is designed to inspire healthier choices amidst the holiday cheer. *Presented by Ohio State Ext. Office.*

Birthday Celebration: Wednesday, November 20 at 12:30 p.m. *Cupcakes provided by The Willows.*

Breakfast Club: Thursday, November 21 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost:** on own. Register with the Center.

Trivia Battle: Friday, November 22 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*



Craft: DIY Peppermint Sugar Scrub Monday, November 25 at 12:30 p.m. Create a peppermint scented scrub that could be used as a gift during the holidays or for

personal use. All materials and instruction will be provided by *The Willows of Bowling Green.*

Registration required.

Game Day: Tuesday, November 26 at 12:30 p.m. Facilitated by Wayne United Methodist Church.

Mystery Restaurant: Tuesday, November 26 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.

Odds and Ends of Wood County Part III:

Wednesday, November 27 at 12:15 p.m.

Mike McMaster has been driving around Wood County for over 20 years in search of local history. In Part 3, learn about a mystery monument! *Presented by Mike McMaster, Wood County Historical Museum*

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, November 4 at 11 a.m. Stop in to join us as we work on our creative side while destressing and enjoying a cup of coffee. *Sponsored by Manor At Perrysburg.*

Seminar Series: Friday, November 1, 8 & 15 at 12:30 p.m. This series will explore the dementia its impact on the individual, family and community.
November 8: Dementia Friends Training provided by Danielle Brogley, WCCOA
November 15: Understanding Dementia, Arista Home Health
November 19: Movie "Still Alice"
Registration encouraged.

Fitness for Fall Prevention: Tuesday, November 5 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, November 6 at 12:30 p.m.
Sponsored by Perrysburg Healthcare & Rehab

Thanksgiving Trivia: Thursday, November 7 at 12:30 p.m. Challenge yourself to some themed trivia. Learn more about Thanksgiving trivia. *Sponsored by Oak Street Health.*

Pies for Guys: Friday, November 8 at 1 p.m. Enjoy some desserts with your friends and some good conversations. *Dessert provided by Home Instead Senior Care.*

Bunco: Monday, November 11 at 12:30 p.m.

Ladder Ball: Tuesday, November 12 at 12:30 p.m.
Bob Cotterman.

Game Day: Wednesday, November 13 at 12:30 p.m. *Hosted by Kingston of Perrysburg.*

Thanksgiving Lunch: Thursday, November 14 at noon. **Reservations required by Wed. Nov. 13**

Range of Motion Class: Thursday, November 14 at 12:30 p.m. This hands on class will demonstrate exercises and stretches that will assist you in maintaining your functional mobility. *Presented by Rehabilitation Hospital of Northwest Ohio.*

A Few of Mike's Favorite Things Part I: Monday, November 18 at 12:30 p.m. Learn about some of Mike McMaster's favorite historical objects are; its not what you think! *Presented by Mike McMaster, Wood County Historical Society*

Cards & Dominoes: Monday, November, 18 at 10:30 a.m.

Breakfast Club: Tuesday, November 19 at 9 a.m.
Location: American Table (580 Craig Dr., Suite 1, Perrysburg) *We will visiting with the Perrysburg Area Senior Center.* **Cost on own. Register with the Senior Center.**

Birthday Lunch: Wednesday, November 20 at 12 p.m. *Cake sponsored by Partners in Home Care.*

Bingo: Thursday, November 21 at 1 p.m.
Sponsored by Waterford at Levis Commons & Heritage Home Health.

Smart Bites: Holiday Wellness Trivia Friday, November 22 at 12:30 p.m. Join us for a festive trivia game on healthy eating during the holidays! Test your knowledge while discovering smart tips and tricks to navigate the season's culinary delights without compromising wellness. From decoding nutritious ingredient swaps to identifying hidden sugars in holiday favorites, our trivia game is designed to inspire healthier choices amidst the holiday cheer. *Presented by Ohio State Ext. Office.*

Trivia Battle: Monday, November 25 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, November 25 at 12:30 p.m.

Trivia Bingo: Tuesday, November 26 at 12:30 p.m. *Facilitated by Wood Haven Health Care.*

Blood Pressure & Blood Glucose

Screenings: Wednesday, November 27 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Northeast

(Located in Walbridge)

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

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

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

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

Take Control with Exercise: Tuesdays 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.

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

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

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

Kingston Derby: Friday, November 1 at 12:30 p.m. Horse races while wagering a fun bet.
Facilitated by Kingston of Perrysburg.

Monthly Trivia: Monday, November 4 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.

Bingo: Tuesday, November 5 at 12:30 p.m.
Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

Fitness for Fall Prevention: Wednesday, November 6 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.*

The My Plate Dairy Plans: Thursday, November 7 at 12:30 p.m. The My Plate Dairy Plans include the importance of including dairy at each life stage, choosing low fat and fat free options for dairy products, and making healthy dairy choices to keep within budget. *Presented by Laura Digby, Ohio State Extension Office.*

Mystery Game Day: Friday, November 8 at 12:45 p.m. Enjoy playing a new game. *Hosted by Bridge Home Health and Hospice.*

Wordle: Monday, November 11 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.*

Knitting and Crocheting: Monday, November 11 at 1 p.m. Bring your own supplies.

Dominoes: Tuesdays, November 12 at 12:30 p.m.

Odds and Ends of Wood County Part III: Tuesday, November 13 at 12:15 p.m. This program discovers the location of the mysterious Dutchmen's Deadening, the gift of Johnny Chapman, and the origins of the most iconic barn in all of Wood County (in Mike McMaster's opinion). *Presented by Mike McMaster, Wood County Historical Society.*

Thanksgiving Lunch: Thursday, November 14 at noon. **Reservations required by Wed. Nov. 13**

Walbridge Talk: Thursday, November 14 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Learn the latest updates on the village of Walbridge.

LRC Game: Monday, November 18 at 12:30 p.m.

Blood Pressure & Blood Glucose

Screenings: Wednesday, November 20 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

Birthday Lunch: Wednesday, November 20 at noon. *Cupcakes sponsored by Kingston of Perrysburg*



Painting Class:

Wednesday, November 20 at 12:30 p.m. Come to paint at No experience is necessary as guided instruction will be provided. **Registration is limited to 6 people.**

Instructor Lori Lawton ATR. Cost: \$20 Advance Payment required.

Mystery Restaurant: Thursday, November 21 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.**

Wii 100 pin Bowling: Fri. Nov. 22 at 12:30 p.m.

Bunco: Tuesday, November 26 at 12:30 p.m.

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles.

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

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

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

Birthday Acknowledgements: Friday, November 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, November 1 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Odds and Ends Wood County Part 4: Tuesday, November 5 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 its origin? *Presented by Wood County Historical Society.*

Name That Tune Trivia: Wednesday, November 6 at 11 a.m. Listen to some familiar tunes and try to guess the name of the song and the artist. This is sure to spark some music memories and lift your mood.

Seminar Series: Exercise is Power: Thursday, November 7 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, November 8 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, November 11 at 12:30 p.m. *Facilitated by Kingston of Perrysburg.*

Breakfast Club: Tuesday, November 12 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, November 13 at 12:30 p.m. Paint a beautiful thanksgiving print for display. 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.*

Thanksgiving Lunch: Thursday, November 14 at noon. **Reservations required by Wed. Nov. 13**

Food Safety Refresher: Monday, November 18 at 12:30 p.m. As you age your are at an increased risk for a food born illness. Refresh your food safety knowledge. *Presented by Wood County Health Department.*

Blood Pressure & Blood Glucose Screening: Tuesday, November 19 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Birthday Lunch: Wednesday, November 20 at noon. *Cake sponsored by Bowling Green Manor.*



Craft: Thursday, November 21 at 12:30 p.m. Create a snowman door décor with all in the instructions and supplies provided. No experience required.

Registration is required. *Facilitated by Bowling Green Manor.*

Trivia: Monday, November 25 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.

Minutes with the Mayor: Monday, November 4 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.

Movie: Monday, November 4 at 12:45 p.m.

Feature: "Greatest Showman" (2007) **Synopsis:** Celebrates the birth of show business and tells of the visionary who rose from nothing to create a spectacle that became a worldwide sensation. *Snacks sponsored by Wood Haven Health Care*

The Importance of Vitamins and Minerals: Tuesday, November 5 at 12:30 p.m. The *Wood County Health Department* will be presenting on the topic of Vitamins and Minerals. This topic addresses questions such as: Why do they matter?; How can I get the vitamins and minerals I need?; Am I getting enough?; Which vitamins and minerals are needed?; Is there a link between chronic conditions and nutrients?; What about supplements? Join us for an informative session.

Scattergories: Wednesday, November 6 at 12:30 p.m. Play several rounds. *Zoom option.*

Featuring 1944 Trivia: Monday, November 11 at 12:30 p.m. Can you guess the artist that sang these songs in 1944? *Facilitated by WCCOA staff.*

Donuts & Discussion: Tuesday, November 12 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

Breakfast Club: Wednesday, November 13 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, November 13 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Podiatry Clinic: Wednesday, November 13 from 1 to 3 p.m. Call *Heal and Toe Podiatry* to make your appointment **call 419.474.7700.** Please check with your insurance provided to determine your coverage.

Name that Tune: Wednesday, November 13 at 1:15 p.m. Take this opportunity to listen to some familiar tunes and guess their song name and artist. *Facilitated by Marily Ward.*

Thanksgiving Lunch: Thursday, November 14 at noon. **Reservations required by Wed. Nov. 13**

Logo Game: Thursday, November 14 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 II: Friday, November 15 at 11 a.m. Learn about some of Mike's favorite artifacts at the Wood County Historical Museum. Some are fun, some are creepy, some are mysteries! *Presented by Mike McMaster, Wood County Historical Society.*

Trivia: Monday, November 18 at 12:45 p.m. *Hosted by Bridge Home Health and Hospice.*

Puzzlemania: Wednesday, November 20 starting at 10:30 a.m. 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. **Register for this event today!**

Birthday Lunch: Wednesday, November 20 at noon. *Sponsored by Otterbein Pemberville.*

Blood Pressure & Blood Glucose Clinic: Thursday, November 21 from 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department*

Trivia Battle: Tuesday, November 21 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.*

Seminar Series: Forensic History Crimes, Fraud Scandals Friday, November 22 at 12:45 p.m. *Great Courses Series Topic: Blood Doping and Other Sports Scandals. Prerecorded.*

Mystery Game: Monday, November 25 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

SAVE THE DATE:

Below you will find programs scheduled for the upcoming months.

Please call the Programs Department for more information or to register for a program or class 419.353.5661 or email programs@wccoa.net



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@wccoa.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.

November 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
				Hamburger OR Hot Dog baked beans, coleslaw, apple
Veal Picatta OR Chicken Stir Fry brown rice, Asian blend vegetables, apricots, fruity fine dessert	Roast Pork OR Vegetable Lasagna key west blend vegetables, zucchini & tomato salad, peaches	Goulash OR Almondine Pollock Scandinavian blend vegetables, Caesar salad, pineapple, ice cream	Ham & Potato Soup OR Turkey Stew cornbread, heritage slaw, grapes, apple juice	Beef Potato Bake OR Tuna & Noodles lima beans, cauliflower pea salad, citrus sections, graham crackers
Sloppy Joe OR Shredded Chicken sweet potato fries, corn relish, tropical fruit, pudding	Chef Salad w/Ham, Cheese, Egg OR Tuna Salad on a bed of lettuce pickled beets, diced tomatoes & green peppers, cantaloupe & grapes, blueberry muffin	Honey Mustard Chicken Breast OR Liver & Onions au gratin potatoes, pea salad, mandarin orange salad	Thanksgiving Lunch Turkey green beans, mashed potatoes, bread dressing, cranberry fruited jello, pumpkin pie *Reservations Required	Stuffed Green Pepper Soup OR White Chicken Chili broccoli salad, banana, bran muffin, apple crisp
Macaroni & Cheese & Ham OR Chicken & Dumplings stewed tomatoes, three bean salad, mandarin oranges in 'jell-o	Pork Chop Suey OR Teriyaki Chicken white rice, oriental vegetables, Asian salad, rosy applesauce	Birthday Lunch! Cube Steak scaloped potatoes, brussel sprouts, citrus, cake & ice cream	Black Eyed Peas Hash (Sausage) OR Turkey Tetrazzini Sicilian blend vegetables, apple, berry blend, yogurt, granola	Chipped Turkey OR Bologna Salad baked bean salad, coleslaw, peaches, cookies
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	All Sites Closed. Happy Thanksgiving!	All Sites Closed.

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.

November 2024		
Tuesday	Wednesday	Thursday
Bratwurst small whole potatoes, sauerkraut, ambrosia salad	5 Cream of Broccoli Soup chicken salad, melon, rosy applesauce, cookies	7 Cabbage Roll capri blend vegetables, pasta salad, banana, fruit juice, cheesecake
Thanksgiving & Birthday Dinner! Turkey green beans, mashed potatoes, bread dressing, cranberry jello salad, pumpkin pie	12 No Evening Meal.	13 Goulash corn, tossed salad, strawberries & grapes, lemon bar
Hot Dog baked beans, potato salad, orange, brownie	19 Chicken Supreme w/Bacon rice pilaf, prince Charles blend vegetables, heritage slaw, pineapple & cottage cheese, orange fluff	20 Spaghetti & Meatsauce noodles, winter blend vegetables, wilted lettuce salad, blueberry crisp
Chicken Tenders french fries, broccoli salad, sliced apples, cake	26 No Evening Meal.	27 All Sites Closed. Happy Thanksgiving!

BG Knitter's Guild: Wednesday, November 6 at 4 p.m. Bring your own supplies and join this knitting group! *Hosted by Jackie Instone.*

Dinner & Movie: Tuesday, November 12 at 3:30 p.m. **Movie:** October Sky (1999) Dinner reservations need to be made by 2 p.m. on Tuesday, November 12.

Thanksgiving Dinner: Tuesday, November 12 at 5:30 p.m. Reservations required by Tuesday, Nov 12 at 2 p.m. Entertainment 4:45 to 5:30 p.m. by the Guitar Circle.

Karaoke : Wednesday, November 13 at 4 p.m.

Documentary Series: Thursday, November 14 at 3:30 p.m. **Inside the Mind of a Dog:** Experts share new scientific and emotional insights into how dogs think.

Physiology and Fitness: Tuesday, November 19 at 4:30 p.m. Video from *The Great Courses* **Topic:** Staying Active: Defying the Aging Process
Presenter: Dean Hodgkin.

Reader's Café: Tuesday, November 26 at 3 p.m. Books that have been turned into movies! **Feature:** "Dead Poets Society" By: N.H. Kleinbaum. **Books & audiobooks available by loan by Sept. 24. Registration required.**

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

Dinner Menu



Donors & Donations

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

Kitchen Fund Donations: Walbridge VFW Post 9963, Walbridge VFW Post 9963 Auxiliary

Capital Campaign Donations:

In Memory of Jim Hoile; Carles & Diane Hoile; Terry & Jess Gonyer; Bart Bolback; Marie Wensink; Mike & Rae Hilers; Dave & Nancy Wensink; Herm & Sara Wensink; Steve & Diane Wensink; Barb & Doug; Village of Wayne

In Memory of Carol Crawford; Powell Matthew & Monica Davis; Tamara & Dean Massmann; Genetta Benschoter; Joseph & Ellen Bechstein; David & Barbara Crawford; League of Women Voters Bowling Green

In Memory of Jan Higginbotham; Betty Siddle Parrish
Conrad & Sharon Lippincott, Gretchen Nofziger

In Memory of Norma M. Hoover; Neil & Audrey Oswalt; Carl & Jacqueline Metz
Wood County Genealogical Society, Edward & Susan Ott; **In Memory of Joyce Grimshaw;** Selinda Schultz; Joyce Dauer; Denise Hathaway & Jay Valasek

In Memory of Ralph Schell; James & Becky Sworden, Robert & Nancy Broz; Craig & Gale Widmer; Danna & Bryan McKinney; Duane & Judy Kern; Harry Reynolds Thomas & Joyce Mosier
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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@wccoa.net

Pen Pal Program

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

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

WOOD COUNTY
COMMITTEE



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

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

*All Wood County Senior Centers will be
closed on November 28 & 29
in observance of Thanksgiving!*

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 , 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

Ohio's First Nationally Accredited Senior Center