

**WOOD COUNTY
COMMITTEE**

ON
Ageing

DECEMBER 2024

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**Author and Speaker
Marty Gitlin**

Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

**Lunch and Learn:
Friday, December 20
at 11:30 a.m.**

Wood County Senior Center

**A Celebration of Animation
Presentation:
The Greatest Cartoon
Characters of All Time**

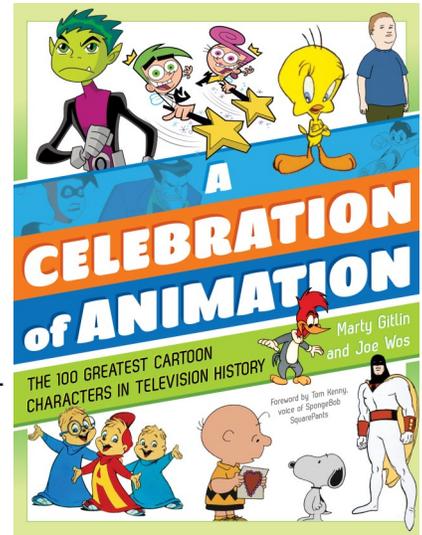
Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation for all ages based on his book, *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*.

He is the only author to actually rank the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Mickey Mouse, Woody Woodpecker, Yogi Bear, Scooby Doo, Snoopy and SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century, play trivia with patrons, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture.

This program is really fun so please join in! Marty will have autographed and personalized copies of his book available for purchase online after the event.

Marty Gitlin is an Ohio born-and-bred author, pop culture historian and presenter. He spent 17 years as a sportswriter covering the Cleveland Indians and Cleveland Browns extensively. Marty won more than 45 awards as a sportswriter, including first place for general excellence from Associated Press for his coverage of the 1995 World Series. That organization voted him as one of the top four feature writers in the state.

Since becoming a freelance author in 2002 he has had more than 250 books published, including *The Great American Cereal Book* and *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*, as well as *The Ultimate Cleveland Indians Time Machine Book* and *The Ultimate Detroit Tigers Time Machine Book*.



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

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

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, December 11 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@wcco.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@wcco.net You can learn more at:

UHCRenewActive.com

Clinics & Consultations

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

Clinic Site	Date	Time
Pemberville Area Senior Center	TBD 2025	1 to 3 p.m.
Wood County Senior Center	TBD 2025	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

Thursday, December 18, 2024

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

Location: Wood County Senior Center

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age. **For an appointment**, please call 419.353.5661 or 800.367.4935 or email programs@wccoa.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
 March, 2025

Perrysburg Area Senior Center
 March 2025

Facilitated by the Wood County Health Department

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

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

Clinic Site	Date	Time
Wood County Senior Center	December 10	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	December 12	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	December 17	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	December 18	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	December 19	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	December 20	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, December 9 at 2:30 p.m.

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

Respite available for care recipients.

Please pre-register for respite.

Thursday, December 26 at 10 a.m.

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

Care Compass Project

Wednesday, February 5 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 & 24.*

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

Parkinson's Support

Thursday, December 5 at 5:45 p.m.

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

This support group is for you if you're newly diagnosed or you have been living with Parkinson's disease or Parkinson's-like symptoms for 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, December 4 & 18 at 1 p.m.

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

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

Other Local Support Groups

National Alliance on Mental Illness (NAMI) Family Support

First & Third Tuesday of each month at 3 p.m.

Location: 1250 Ridgewood Dr., Bowling Green
This group is for families of those with mental illness.
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support

Wednesdays at noon

Location: 1250 Ridgewood Dr., Bowling Green
This group is for individuals with mental illness.
Contact: NAMI at 419.352.0626

Living Through Loss Grief Support

Third Monday of each month

Location: Blanchard Valley Hospital
1900 S. Main Street, Findlay
Contact: Bridge Home Health & Hospice for more information and to register at 419.423.5351

Grief Share

Faith-based weekly grief support group
Location: St. Mark's Lutheran Church, BG
Contact: Joan Staib 419.308.1134 or
Jan Ruffner 419.308.4072 for more information.

Grandparents Raising Grandchildren

Offered by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools monthly. **Contact:** Sara Nidiffer for registration info at 419.409.2087 or snidiffer@wcesc.org

Alzheimer's Association

Caregiver Support Group

First Friday of the month at 12 p.m.

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

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

Spousal or Partner Loss Support

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

Location: Hospice of Northwest Ohio
30000 E. River Road, Perrysburg

Contact: Hospice of Northwest Ohio for more information and to register at 419.661.4001

DaZy Aphasia Support Group

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

Fitness Classes

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

Tai Chi Practice

FREE

Mondays at 2 p.m. & Wednesdays at 1 p.m.
Peer-led instruction with step-by-step learning.

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.*

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.*

Yoga

Cost: \$40 per session

Beginner:

Mondays, December 2 to January 6 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.*

SilverSneakers Cardio & Tone

Cost: \$ 20

Wednesdays, January 15 to February 19 at 10:15 a.m.
Fridays, January 17 to February 21 at 10:15 a.m.

*SilverSneakers is FREE for SilverSneakers Members. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. *Sheila Brown, Certified Instructor*

Virtual Fitness Class on Zoom

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

SilverSneakers Classic

Cost: \$20 Wednesdays, December 11 to February 5 at 10 a.m.

NO CLASS: December 25, January 1 & 8. 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.



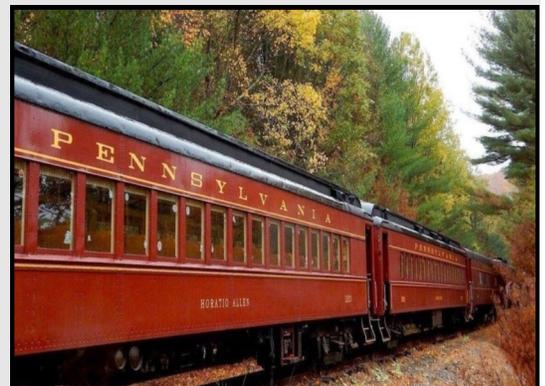
Rails & Riverboats & The Pocono Mountains "Fall Color Getaway" October 1 to 5, 2025

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

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, December 4 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@wcco.net

Email Basics: Wednesday, December 11 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@wcco.net

IOS (Apple) Basics: Wednesday, December 18 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@wcco.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



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

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, December 6 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions with riddles, jokes and more.
In-person option: Perrysburg & Wood County.

Collette TRIPS for 2025: Friday, December 13 at 2 p.m. Join us as Mitchell Mack shares details about our upcoming British Landscapes and Greece Tour.
Zoom Option available.

Lunch & Learn: Friday, December 20 at 11:30 a.m. A Celebration of Animation Presentation: The Greatest Cartoon Characters of All Time
Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation for all ages based on his book, A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History.
In-person option: Wood County Senior Center.

Bingo: Friday, December 20 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: Gaming Thursday, December 12 at 2 p.m. Games are not just for kids. There are lots of games on the computer to help keep your mind sharp and give you something to do for hours on end. It is important to exercise the mind and games can do that. Look at different games to find something you might like to try. *Presented by David Schuck.*

1:1 Technology Help: Thursday, December 19 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 Call Programs at 419-353-5661 to schedule. *Hosted by David Schuck.*

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

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

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

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

Register at least one week prior to each session

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

Open House...

Monday, December 9 from 3:30 to 5 p.m.
140 South Grove St. Bowling Green

MemoryLane Care Services is designed to provide care, services, advice, and support to persons living with Alzheimer's Disease and related disorders, and their families and caregivers; to provide education and information to the public and healthcare professionals about the nature and effects of Alzheimer's Disease and related disorders; and to advocate for increased support and services for persons living with Alzheimer's Disease and related disorders. This tour will allow you to learn more about this service provided to residents in Wood County. **Stop in for more information.**



MemoryLane
CARE SERVICES

Dessert for Dinner, Dancing and DJ T-Town

Celebrate friendship and love with us! Bring your guy and gal friends to enjoy a delightful evening at our "Desserts for Dinner" event, where sweet treats take center stage! Celebrate Valentine's Day in style with an array of delicious desserts at various station, from decadent cakes to mouthwatering pastries. The desserts and pastries are sponsored by various businesses. Indulge your sweet tooth while enjoying a vibrant atmosphere featuring a live music from DJ T-Town. Enjoy his spinning romantic and upbeat tracks.

Friday, February 14, 2025 from 2 to 4 p.m.
Wood County Senior Center
Cost: \$5



Whether you're celebrating with a partner, friends, or treating yourself, this event promises a fun and festive way to enjoy the holiday. Don't miss out on the perfect blend of sweets and music—reserve your spot today!

Call 419.353.5661 or email programs@wcco.net

Around the County, Events & Classes



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

Tuesdays, March 4 to April 22, 2025
1 to 3 p.m.
Wood County Senior Center
140 S. Grove Street, Bowling Green

Are you limiting your activities due to this fear? Are you becoming physically weak?
If you answered “yes” to either question then ‘A Matter of Balance’ is for you!

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

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

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

Instructed by Kinsey Mazey, & Danielle Brogley WCCOA

For more information,

contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email programs@wcco.net

LivelyU
LIFELONG LEARNING ACADEMY

Spring Semester 2025
MARCH —MAY

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. The spring brochure will be released in February 2025 Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wcco.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!**



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

Around the County, Events & Classes

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

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

Though a sound bath may seem like a “new age” concept, the practice of healing bodies through sound is technically thousands of years old with deep roots in cultures across the world. A sound bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sources, including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, tuning forks, and even the human voice itself. Many people are using this technique for stress reduction, relaxation and lifestyle management. You may bring a yoga mat, blanket and/or pillow. We will meet monthly for this class.

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

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



19th Annual Poetry Contest

Theme: “Voices Unheard”

The poems are judged each year from facility in the Writing Department at Bowling Green State University.

We are looking forward to opening this years contest.

The rules and contest details are below.

A \$100 gift card will be awarded to the first place winner, sponsored by *Manor of Perrysburg*.

All submissions become the property of WCCOA and can be published online or in print.

The entry rules are as follows: The contest is open to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, January 21 and will close on Monday, March 31 at 4 p.m.

Entries must be: Typed in English, double-spaced, 12-point Times New Roman font or hand printed. Hand written poems will be typed exactly how they have been written. Poems must be entirely your own work and never previously published. Each person is limited to two (2) entries. Poems are to be no more than one (1) page.

Submissions must include: Your name, address, phone number, and email (if applicable). Winners will be announced by the end of April 2024 on our blog and Facebook page and the winner will be contacted and a photo will be taken for media purposes. All poems will be placed in a book. Participants can pick up their books at the:

Wood County Senior Center,
140 South Grove St., Bowling Green at the end of April.
An Additional book may be requested for \$5.

How do I submit my poem?

Please send your entries to the Programs Department at the
Wood County Committee on Aging, 140 S. Grove Street, Bowling Green, 43402

or email your entry to programs@wcco.net

Please ensure all entries have your name, address, email and phone number for contact purposes.

Around the County, Events & Classes



Great Decisions 2025

Saturdays, January 25 to March 1

9:30 to 11a.m. at the Wood County Senior Center

Presented by University Professors. This series is co-sponsored by *American Association of University Women & WCCOA, Inc.* Books will be available in January of 2025 and can be preordered by purchasing in advance. The cost of the books are \$38 checks payable to Wood County Committee on Aging. Call 419.353.5661 to register.

January 25, 2025: U.S. changing leadership of the world economy

Presenter: Dr. Stefan Fritsch

Under President Biden, the U.S. has advanced new ideas about trade, technology, industrial policy, competition with China, and the organization of the world economy. For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open world trading system, but that has apparently come to an end. What are America's options and opportunities as a leader of the world economy? How will America's

“foreign policy for the middle class” and strategic competition with China impact its leadership role? How can the postwar rules and institutions of the world economy be made safe for economic nationalism and great power competition?

February 1, 2025: The future of NATO and European Security Presenter: Dr. Doug Forsyth

European security is more uncertain than it has been for decades. Putin's Russia has launched a war with Ukraine on its doorstep, and America's uncertain role as leader of NATO and security provider has been called into question with the failure of Congress to pass supplemental military support for Ukraine. What are Europe's options and how might developments on both sides of Western Europe – in Ukraine and across the Atlantic – impact its choices? What are America's stakes in NATO and Europe's strategic dilemmas?

February 8, 2025: AI and American National Security Presenter: Dr. Stefan Fritsch

The AI revolution is the leading edge of a larger high-tech revolution that promises to transform the world. Experts argue that international cooperation is needed to expand the opportunities that these new technologies hold while protecting societies from their dangers. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road? How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guide against its dangers?

February 15, 2025: After Gaza: American policy in the Middle East Presenter: Dr. Marc Simon

The war in Gaza has brought the region to a crossroads. What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position? How might Arab states in the wider region be brought into a settlement? What are America's interests in the Middle East and how can it advance them?

February 22, 2025 India: between China, the West, and the Global South Presenter: Dr. Vibha Bhalla

India is an emerging major power in world affairs, occupying a pivotal position between China, the United States, and the Global South. Its population size, economy, and geopolitical location ensure that it will be an influential voice in debates and political struggles over global order. What are India's choices and opportunities for regional and global leadership? How will it maneuver between China and the United States, and what is its role as a voice of the Global South? What opportunities exist for Washington to work with India?

March 1, 2025: International cooperation on climate change Presenter: : Dr. Amilcar E Challu

The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. In subsequent COP meetings, experts and political leaders have come together seeking common cause of this growing global crisis. What is the future of these efforts, and what has it yielded? What is the U.S. role in fostering cooperation on climate change? In a divided country, what is the range of possible futures for American policy leadership?

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.** 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.

The Bowling Green POW Camp WWII: Monday, December 2 at 11 a.m. Learn details, and dispel some legends, about the WWII era and Prisoner of War Camp that was within the city limits of Bowling Green. Presented by Mike McMaster, Wood County Historical Society.

Who Gets Grandma's Yellow Pie

Plate?: Monday, December 2 at 1 p.m. Most families will need to make decisions about passing on personal possessions whether a family member is downsizing, decluttering, moving or has died. This program provides practical strategies to protect family relationships when passing on personal possessions. Marcia Jess, retired OSU Ext. Cost: \$5 **Registration Required.**

TV series: Tracker: Monday, December 2 & 16 at 1 p.m. Dec 2: Season 1: Episode 5 & 6, Dec 16: E: 7 & 8

National Parks Series: National Seashores and Lakeshores Tuesday, December 3 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 December 4: The Most Wonderful Time of the Year (2008) 11: Annie Claus (2011) 18: A Christmas Kiss (2011) **Registration required.**

Wood Christmas Tree Ornament

Creations: Wednesday, December 4 at 2 p.m. Select from a variety of different wood types to create your own Christmas ornament. All materials and instruction will be provided. **Cost: \$10 Registration Required.** Facilitated by the Northwest Ohio Woodworkers Guild.

Internet Basics: Wednesday, December 4 at 3 p.m. Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA **Registration required**

BG Knitter's Guild: Wednesday, December 4 at 4 p.m. Hosted by Jackie Instone.

Karaoke "Holiday Style": Wed. Dec. 4 at 4 p.m.

Thursday Theater: Thursdays, at 1 p.m. December 5: "Noel" (2004) 12: "The Christmas Card" (2006) 19: "The Santa Clause" (1994) 26: "Elf" (2003) Hosted by Kris Eridon.

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

How about a Movie: Fridays at 1 p.m. December 6: "A Christmas to Remember" (1978) 13: "I'll be Home for Christmas" (1988) 20: "Home for Christmas" (1988) 27: "Christmas on Division Street" (1991) Host: John Blinn **Registration Required.**

Happy Hour: Friday, December 6 at 12:30 p.m. This hour is filled with trivia, jokes and more. Snacks by Ohio Living. **Zoom option available.**

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

Holiday Dinner: Tuesday, December 10 at 5:30 p.m. **Reservations required by Tues. Dec 10 at 2 p.m. Entertainment 4:45 to 5:30 p.m. by the Guitar Circle.**

Craft: Tuesday, December 10 at 10 a.m. Create your own **Sugar Peppermint Scrub.** 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, December 10 at 10:30 a.m. Prizes awarded. Facilitated by Heritage Corner Health Care.

Wood County Continued...

Blood Pressure & Glucose Screening:

Tuesday, December 10 at 11 a.m. to 12:30 p.m.
Facilitated by the Wood County Health Department.

Dinner & Movie: Tuesday, December 10 at 3:30 p.m. **Movie:** Elf (2003) Dinner reservations need to be made by 2 p.m. on Tuesday, December 10.

Email Basics: Wednesday, December 11 at 3 p.m. 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. **Registration required**

Timeless Treasures: Exploring the World of Antique Games and Toys: Wednesday, December 11 at 4:30 p.m. Learn about the value of some collector toys and reminisce about toys from the yester years.

Holiday Lunch: Thursday, December 12 at 11:30 p.m. *Entertainment 10:45 to 11:30 Dan Cadaret Singer Performer.* **Reservations required by Wed. Dec. 11 at 2 p.m.**

Technology Hot Topic: Gaming Thursday, December 12 at 2 p.m. There are lots of games on the computer to help keep your mind sharp and give you something to do for hours on end. Examine different games to find something you might like to try.
Presented by David Schuck.

Documentary Series: Thursday, December 12 at 3:30 p.m. **Twisters: The Real Story**

Piano Recital: Thursday, December 12 at 6 p.m. Enjoy holiday piano songs from the students of *Jeanyne Jakuowski,*

Collette TRIPS for 2025: Friday, December 13 at 2 p.m. Join us as Mitchell Mack shares details about our upcoming British Landscapes and Greece Tour. *Zoom Option available.*

IOS (Apple) Basics: Wednesday, December 18 at 3 p.m. 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.**

Acrylic Painting:

Wednesday, December 18 at 3 p.m. This class is open to all levels of experience. Instruction and supplies *Cost: \$10*
Instructor Jackie Meir.
Registration required



Piano Recital: Tuesday, December 17 at 5 p.m.
Played by Vicki Hoehner's students.

Brain Training: Tuesday, December 17 at 9 a.m. "Optimizing Brain Fitness" video *The Great Courses.*
Topic: Focusing Your Attention. **Registration required by December 10** *Breakfast by Brookdale of Bowling Green & materials by Wood Haven Health Care.*

Craft: Tuesday, December 17 at 3 p.m. We will be making "Snowman Book Page Ornament" All supplies and instruction will be provided.
Registration required.
Facilitated by Stephanie Kosak, 1018 travels.



Sound Bath: Tuesday, December 17 from 3 p.m. to 4 p.m. Cost:\$10 By Kim Post, RN. *See page 11.*

Physiology and Fitness: Tuesday, December 17 at 4:30 p.m. Video from *The Great Courses* **Topic:** Sitting Disease **Presenter:** Dean Hodgkin

Breakfast Club: Wednesday, December 18 at 9 a.m. **Location:** Meet at Falcon Family Resturant (1021 S. Main St. BG) Cost on your own.
Registration.

1:1 Technology Help: Thursday, December 19 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, December 20 at 11:30 a.m. A Celebration of Animation Presentation: *The Greatest Cartoon Characters of All Time* by Marty Gitlin. *Zoom option. See page 8 for details.*

Zoom Bingo: Friday, December 20 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, December 23 at 10 a.m. *Sponsored by Wood Haven Health Care.*

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

Reader's Café: Tuesday, December 31 at 3 p.m. Books that have been turned into movies! **Feature:** "Miracle on 34th Street" by Valentine Davies .
Books & audiobooks available by loan by Oct. 29
Registration required.

North Baltimore Area Senior Center

Lunch Served Between 12 p.m. and 1 p.m.

Below you will find in-person programs scheduled for the NORTH BALTIMORE AREA SENIOR CENTER. Please call the North Baltimore Senior Center at 419.257.3306 to register or for more info.



Stay updated on the opening of the North Baltimore Area Senior Center. Visit our facebook page at Wood County Committee on Aging or our website at www.wccoa.net

Where: North Baltimore Area Senior Center
(St. Luke's Lutheran Church)
215 N. 2nd Street, North Baltimore, Ohio 45872

When: Monday through Friday from 10 a.m. to 2 p.m.

How to reach us: Call 419.257.3306 or email Barbara Bishop, North Baltimore Area Senior Center Site Manager at bbishop@wccoa.net

What We Will Offer:

Lunch served daily at noon. \$2 suggested donation for those 60 and over, and a \$5 fee for those under 60.

- Educational speakers, Seminars
- Bingo
- Birthday lunches
- Card games, Board games, Trivia games and more
- Exercise
- Special Events
- Trips and more!

Holiday Cookie & Hot Cocoa Party

'Tis the season to indulge in the sweet joys of the holidays! Join us for a festive celebration filled with freshly baked cookies and steaming mugs of rich, velvety hot cocoa. This cozy gathering is the perfect way to embrace the holiday spirit with friends and family.

Enjoy a variety of holiday-themed cookies, from classic gingerbread and sugar cookies to decadent chocolate crinkles and snickerdoodles, all decked out in colorful sprinkles and festive icing. Customize your cocoa with a delightful array of toppings—whipped cream, marshmallows, peppermint sticks, and a sprinkle of cinnamon.

Whether you're baking your own creations or simply indulging in the delicious treats on offer, this party promises laughter, joy, and plenty of holiday cheer. Put on your favorite holiday sweater, grab a mug, and let's make sweet memories together!

Date: Tuesday, December 17

Time: 12:30 to 1:30 p.m.

Location: North Baltimore Area Senior Center

Come for the cookies, stay for the cocoa, and leave with a heart full of holiday happiness!



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*

Texas Hold'em Tournament: Monday, December 2 at 1 p.m.

Bingo: Thursday, December 5 at 12:45 p.m. *Facilitated by Bowling Green Manor.*

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

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

Puzzlemania: Friday, December 6 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!**

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

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

Mystery Restaurant: Monday, December 9 at 4 p.m. Meet at the center to receive your special instructions on the location of dinner. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. This is a great way to enjoy an evening meal in the company of good people. ***Space limited to the first 8 registered.***

Breakfast Club: Tuesday, December 10 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg) *Hosted by Judy Schlink.* **Cost on own. Register with the Senior Center.**

Bingo: Tuesday, December 10 at 12:30 p.m. This bingo session we will welcome participants from the Northeast Area Senior Center. Prizes awarded. *Facilitated by Waterford at Levis Commons*

Managing Arthritis: Thursday, December 12 at 11:15 a.m. Gain valuable information on how to effectively ease symptoms of arthritis. *Presented by Mercy Family Medicine Residency Program.*

Holiday Lunch: Thursday, December 12 at noon. **Reservations required by Wed. Nov. 13**

Now and Then: Thursday, December 12 at 12:30 p.m. Join us as we reminisce and openly discuss the best and worst holiday gifts you received. *Facilitated by Comfort Keepers*

Stereoscopic Expeditions: Barcelona Thursday, December 13 at 12:45 p.m. Virtual Reality travel to Barcelona from the comforts of the Senior Center. Place on the headsets and travel to a beautiful location all from the comforts of your seat. *Facilitated by Way Library.*

Perrysburg Continued...

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

Technology Help Desk: Monday, December 16 at 10 a.m.. Register for a 30 minute appointment to have your general technology questions answered.
Registration required: limited to 4 appointments
Facilitated by Clara Fiori, WCCOA

Seminar Series: From Village to City: Monday, December 16, 23 and 30 at 12:45 p.m. This three part series will take you from 1816 to 2024 all the while we will examine how Perrysburg got started. Time will be allotted for questions and answers.
Presented by Richard Baranowski, Way Public Library.

Texas Hold'em Tournament: Mondays, December 16 at 1 p.m.

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

Movie Day: Tuesday, December 17 at 12:45 p.m.
Feature: "Paint" Synopsis: Carl Nargle, a local treasure with a soothing whisper of a voice, hosts his own painting show on Vermont public television. His art has attracted the attention of many women over the years, especially those who work at the station. However, when a new painter gets hired to revitalize the channel, Carl's own fears regarding his talents as an artist are brought to the forefront.
Sponsored by Witzler-Shank-Walker Funeral Home.

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

Blood Pressure and Blood Sugar Clinic: Thursday, December 19 at 11 a.m. to 1 p.m.
Facilitated by Mercy Family Medicine Residency Program.

Hand & Foot: Monday, December 23 at 12:45 p.m.
Registered required.

Caregiver Support Group: Thursday, December 26 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

Left, Right, Center Game: Thursday, December 26 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, December 27 at 12:30 p.m.
Facilitated by Bridge Home Health.

Noon Years Eve Celebration: Tuesday, December 31 at noon. Ring in the New Year with games, sparkling cider and a toast to 2025! *Event is sponsored by Village Caregiving.*



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.**

Volunteer Opportunities

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

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

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.

Puzzle Club: Monday, December 2 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.



Craft: Paint by Numbers Tuesday, December 3 at 12:30 p.m. Create your own masterpiece through a paint by number. All materials and instruction will be provided by *Wood Haven Health Care*. **Registration required.**

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

Seminar Series: Examining Protective Services in Wood County: Friday, December 6 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 Maureen Veit of the Wood County Protective Services Unit.*

Wood County Health Profiles: Monday, December 9 at 12:30 p.m. How much do you know about Wood County's overall health index? Test your knowledge during this interactive game with the Health department. *Facilitated by the Wood County Health Department.*

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

Holiday Lunch: Thursday, December 12 at noon. **Reservations required by Wed. Dec. 11**

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

Odds and Ends of Wood County Part IV: Friday, December 13 at 12:15 p.m. In Part 4, learn about a mystery monument! *Presented by Mike McMaster, Wood County Historical Museum.*

Game Day: Monday, December 16 at 12:30 p.m. Take part in a fun and interactive game. *Facilitated by the Wayne Public Library.*

Creative Cooking with Whole Grains: Tuesday, December 17 at 12:30 p.m. The Whole Grains lesson include an overview of different types of Whole Grains and how to switch out or substitute refined grains with whole grains to promote a healthy eating pattern and confidently identifying Whole Grains products. *Presented by Laura Digby, Ohio State Extension Office.*

Mystery Restaurant: Tuesday, December 17 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.**

Birthday Celebration: Wednesday, December 18 at 12:30 p.m. *Cupcakes provided by The Willows.*

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

Root Beer Float Friday: Friday, December 20 at 12:30 p.m. Enjoy a refresh ice cream float to celebrate the start of winter. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Friday, December 20 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*



Lunch with Santa: Monday, December 23 at 12 p.m. Register your grandkids to enjoy lunch with you and Santa. Cost: \$5 fee for all guests under 60 years of age. **Registration required.**

Bingo: Wednesday, December 26 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Noon Years Eve Celebration: Tuesday, December 31 at noon. Ring in the New Year with games, sparkling cider and a toast to 2025!

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, December 2 at 11 a.m. Stop in to join us as we work on our creative side while destressing and enjoying a cup of coffee. *Sponsored by Manor At Perrysburg.*

Fitness for Fall Prevention: Tuesday, December 3 at 12:30 p.m. This thirty minute session will focus on balance, strength and range of motion movements for you to stay safe in the winter months. *Facilitated by Partners in Home Care. Registration and waivers required.*

Trivia: Wednesday, December 4 at 12:30 p.m. *Sponsored by Perrysburg Healthcare & Rehab*

QR Codes: Thursday, December 5 at 12:30 p.m. This session will ensure you have a better understanding of what a QR code is used for and how you can use your smart phone to scan them. *Facilitated by Clara Fiori, WCCOA.*

Reading Labels: Friday, December 6 at 12:30 p.m. This session will examine food labels to understand the amount of nutrients found in our food. *Presented by Arista Home Care Solutions.*

Bunco: Monday, December 9 at 12:30 p.m.



Painting Class: Monday, December 9 at 12:30 p.m. **Create a snowman using various techniques.** Instruction and Supplies will be provided. No experience is necessary. **Registration Required**
\$20 Fee
Instructor Tomi Huss-Shetler

The Importance of Vitamins and Minerals: Tuesday, December 10 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?; Join us for an informative session.

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

Holiday Lunch: Thursday, December 12 at noon. Celebrate the holiday season with us as we enjoy the sounds of the Rossford High School Varsity Choir at 12:45 p.m. **Reservations required by Wed. Nov. 13**



Paint and Sip Holiday Party: Thursday, December 12 at 12:30 p.m. All materials and instruction provided. Registration required. *Facilitated by Oak Street Health.*

Divas and Desserts: Friday, December 13 at 1 p.m. Enjoy some desserts with your friends *Provided by Rehabilitation Hospital of Northwest Ohio.*

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

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

A Few of Mike's Favorite Things Part II: Tuesday, December 17 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*

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

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

Blood Pressure & Glucose Screenings: Friday, December 20 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*

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

Trivia Battle: Thursday, December 26 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Open Forum For Technology: Monday, December 30 at 12:30 p.m. Join this open discussion to get general technology questions answered. *Facilitated by Clara Fiori, WCCOA*

NOON Years Eve Toast: Tuesday, December 31 at noon. Enjoy a sparkling drink, toast and trivia to ring in the new year.

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. DVD series.

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.

Safety Topic: Monday, December 2 at 12:30 p.m.
Presented by Becky Rosebrook

Bingo: Tuesday, December 3 at 12:30 p.m.
*Participants must bring their own place holders.
Sponsored by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, December 4 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls.
Facilitated by Partners in Home Care. Registration and waivers required.

Creative Cooking with Whole Grains:
Thursday, December 5 at 12:30 p.m. The Whole Grains lesson include an overview of different types of Whole Grains and how to switch out or substitute refined grains with whole grains to promote a healthy eating pattern and confidently identifying products.
Presented by Ohio State Extension Office.

Ornament Making: Wednesday, December 4 from 10 a.m. to 12 p.m. Create ornaments out of popsicle sticks. Your to take home or share it on our tree. Supplies provided or you may bring your own.

Mystery Restaurant: Thursday, December 5 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.**

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

Monthly Trivia: Monday, December 9 at 12:30 p.m. Challenge yourself or your table to some trivia for fun! Sheets provided.

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

Bingo at Perrysburg Area Senior Center: Tuesday, December 10 at 12:30 p.m. *Facilitated by Waterford at Levis Commons.*

Dominoes: Tuesday, December 10 at 12:30 p.m.

Holiday Cards for Homebound: Wednesday, December 11 from 10 to 2 p.m. Supplies provided.

Odds and Ends of Wood County Part VI: Wednesday, December 11 at 12:15 p.m. *Mike McMaster, WC Museum.*

Walbridge Talk: Thursday, December 12 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

Holiday Lunch: Thursday, December 12 at noon.
Reservations required by Wed. December 11.

Mystery Game Day: Friday, December 13 at 12:45 p.m. Enjoy playing a new game. *Hosted by Bridge Home Health and Hospice.*

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

Bunco: Tuesday, December 17 at 12:30 p.m

Open Forum for Technology: Tuesday, December 17 at 12:00 p.m. Join this open discussion to ask general questions about your smart phone, tablet, or smart watch as time allows. **Registration Required.** *Facilitated by Clara Fiori, WCCOA*

Blood Pressure & Glucose Screenings: Wednesday, December 18 at 11 a.m. to 12:30 p.m.
Facilitated by the Wood County Health Department.

Birthday Lunch: Wednesday, December 18 at noon. *cupcakes sponsored by Walker Funeral Home.*



Painting Class: Ceramic Truck Wed. Dec. 18 at 12:30 p.m. No experience is necessary as guided instruction will be provided. **Registration is limited to 6 people.**

Instructor Lori Lawton ATR. Cost: \$25 Advance Payment required.

Ugly Sweater Day: Friday, December 20

Wii 100 pin Bowling: Fri. Dec. 27 at 12:30 p.m.

NOON Years Eve Toast: Tuesday, December 31

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: Monday, December 2 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.*

Mike's Favorite Things Part 1: Tuesday, December 3 at 12:30 p.m. Wood County was formed in 1820, but this place has been here for thousands of years. Learn about our pre-historic past. *Presented by Wood County Historical Society.*

Aging with a Glow: Wednesday, December 4, 12:30 p.m. Join us for information about healthy aging with interactive and fun activities. *Presented by Rehabilitation Hospital of Northwest Ohio.*

Senior Center closed Dec. 5 for a blood drive.

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

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

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

Canvas Art Party:
Wednesday, December 11
12:30 p.m. No experience needed guided instruction will be provided. All materials and instructions will be provided.

Registration is limited to people. *Instructor Lori Lawton, ATR.*



at

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Holiday Lunch: Thursday, December 12 at noon.
Reservations required by Wed. Dec.11

Trivia Battle: Friday, December 13 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Blood Pressure & Blood Glucose Screening: Tuesday, December 17 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

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

Hot Cocoa Bar: Wednesday, December 18 at 12:30 p.m. Get out of the cold and join us for some hot cocoa. Add some scrumptious toppings to make it that much better. *Sponsored by Bowling Green Manor.*



Craft: Peppermint Sugar Scrub: Thursday, December 19 at 12:30 p.m. Create a special scrub that has a refreshing scent. Instructions and supplies provided. No experience required.

Registration is required.

Facilitated by Bowling Green Manor.

The Importance of Vitamins and Minerals: Friday, December 20 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?; Join us for an informative session.

Seminar Series: Exercise is Power: Thursday, December 26 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.*

Senior Center closed Dec. 27 for a blood drive.

Trivia: Monday, December 30 at 12:30 p.m.

Theme: Holidays Across the World. *Facilitated by Grand Rapids Care Center.*

NOON Years Eve Toast: Tuesday, December 31 at noon. Enjoy a sparkling drink, toast and trivia to ring in the new year.

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, December 2 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.

"Holiday" Crossword Puzzlemania:

Wednesday, December 3 starting at 10:30 a.m. We are hosting "Crossword Puzzlemania" where individuals will compete to complete 3 holiday crossword puzzles! A prize will be awarded to the winning person who completes them the quickest. **Register for this event today!**

Open Forum for Technology: Wednesday, December 4 to 12:30 p.m. Join this open discussion to ask general questions about your smart phone, tablet or smart watch. **Registration required.** *Facilitated by Clara Fiori, WCCOA*

Bingo: Thursday, December 5 at 12:45 p.m. Play several rounds of bingo with prizes. *Sponsored by Bowling Green Manor.*

The Bowling Green POW Camp WWII:

Monday, December 9 at 12:15 p.m. Learn details, and dispel some legends, about WWII era Prisoners of War Camp that was within the city limits of Bowling Green. *Presented by Mike McMaster, Wood County Historical Society.*

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

Breakfast Club: Wednesday, December 11 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, December 11 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Holiday Lunch: Thursday, December 12 at noon. **Reservations required by Wed. Dec.11**

Bingo: Thursday, December 12 at 12:45 p.m. *Prizes provided by Wood Haven Health Care.*

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

Movie: Tuesday, December 17 at 12:45 p.m.

Feature: "The Christmas Candle" (2013) **Synopsis:** In 19th-century England, a minister's quest to modernize his village puts him at odds with people who believe that whoever lights the candle that an angel touched will receive a miracle on Christmas Eve. *Snacks sponsored by Wood Haven Health Care*

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

Holiday Name That Tune: Wednesday, December 18 at 12:45 p.m. Take this opportunity to listen to some familiar holiday tunes and guess their song name and artist. *Facilitated by Marily Wilson.*

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

Trivia Battle: Tuesday, December 19 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, December 20 at 12:45 p.m. *Great Courses Series Topic: Bad Boys of the U.S. Politics. Prerecorded.*

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

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

NOON Years Eve Toast: Tuesday, December 31 at noon. Enjoy a sparkling drink, toast and trivia to ring in the new year.

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, February 5, 2025
11 a.m. to 1 p.m.
Wood County Senior Center

Topic: Caregiving “A Changing of the Guard” Transferring Documents & Financial obligations.

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*

The Basics of Estate Planning: An estate plan will ensure an older adult has the peace of mind that their assets and belongings will be distributed the way they’d like. We will explain what an estate is, what an estate plan is, and share a straightforward guide that explains how to get started with estate planning. Review of legal documents and how to ensure everything is in place.

The Care Compass Project is brought to the community by:



Better Health Better You

Diabetes Self-Management Program (DSMP) Workshop

Tuesdays, January 21 to February 25 from 1 to 3:30 p.m.

Wood County Senior Center Cost: \$20 includes text book & relaxation CD
Facilitated by Kinsey Mazey and Danielle Brogley, WCCOA

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@wcco.net *CDSM is developed at Stanford University and licensed by the Self-Management Resource*

Served Monday through Friday

*Menu is subject to change. * Check your location's page for meal time and reservation requirements.

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Steak OR BBQ Chicken Breast scalloped potatoes, coleslaw, tropical fruit	Hamloaf OR Chicken & Noodles corn, orange, peachy fine dessert	King Ranch Chicken Casserole OR Beef Lasagna green beans, tossed salad, fruit salad	Bratwurst OR Turkey mashed potatoes, sauerkraut, apricots, brownie	Hamburger Pie OR Pecan Crusted Tilapia scandinavian blend vegetables, pickled beets, 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	Beef Spanish Rice OR Chicken Lasagna kyota vegetables, peaches, apple crisp	Holiday Lunch Roast Beef baked potato, carrots, mandarin orange salad, fruit of forest pie *Reservations Required	Meatloaf OR Shrimp Poppers corn, cabbage apple raisin salad, grapes
Beef Philly OR Turkey Meatball potato wedge, cucumber salad, oranges, cookies	Pork Ribette OR Honey Mustard Chicken Breast baked sweet potatoes, cauliflower peanut salad, emerald pears	Birthday Lunch! Hamloaf succotash blend, potato salad, fruit juice, cake & ice cream	Spaghetti & Meatsauce OR Lemon Pepper Pollock noodles, peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers	Hamburger OR Hot Dog baked beans, coleslaw, apple
Veal Picatta OR Chicken Stir Fry brown rice, Asian blend vegetables, apricots, fruity fine dessert	All Sites Closed.	All Sites Closed. Happy Holidays!	Chicken Cordon Bleu OR Liver & Onions au gratin potatoes, pea salad, mandarin orange salad, brownie	Ham & Potato Soup OR Turkey Stew cornbread, heritage slaw, apple juice, grapes
Sloppy Joe OR Shredded Chicken sweet potato fries, corn relish, tropical fruit, pudding	Pork Roast OR Cube Steak mashed potatoes, sauerkraut, citrus, sherbet			

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.

December 2024		
Tuesday	Wednesday	Thursday
3 Chef Salad w/Diced Ham, Egg, Cheddar Cheese corn relish, apricots, cookies	4 Meatloaf mashed potatoes, succotash, fruited jello, sherbet	5 Lemon Pepper Cod wild rice, stewed tomatoes, celery, mandarin orange salad, cake
10 Holiday & Birthday Dinner! Glazed Ham cheese potato bake, green beans, pineapple juice, cake & ice cream	11 Grilled Cheese tomato soup, 3 bean salad, peaches, cottage cheese, cookies	12 Chicken Wings french fries, coleslaw, fresh fruit, brownie
17 Calico Beans carrots, wilted lettuce salad, orange sections, cookies	18 Chicken Cordon Bleu wild rice, broccoli, cantaloupe & grapes, cherry cobbler	19 Hamloaf au gratin potatoes, cauliflower, emerald pears, graham crackers
24 All Sites Closed.	25 All Sites Closed. Happy Holidays!	26 Roast Pork mashed potatoes, sauerkraut, orange sections, pumpkin pie

BG Knitter's Guild: Wed., Dec. 4 at 4 p.m.
Hosted by Jackie Instone.

Karaoke "Holiday": Wed., Dec. 4 at 4 p.m.

Dinner & Movie: Tuesday, December 10 at 3:30 p.m. **Movie:** Elf (2003)

Holiday Dinner: Tuesday, December 10 at 5:30 p.m. **Entertainment 4:45 to 5:30 p.m. Guitar Circle.**

Timeless Treasures: Exploring the World of Antique Games and Toys: Wednesday, December 11 at 4:30 p.m. Learn about the value of some collector toys and reminisce about toys from the yester years.

Piano Recital: Thursday, December 12 at 6 p.m.
 students of *Jeanyne Jakuowski.*

Documentary Series: Thursday, December 12 at 3:30 p.m. **Twisters: The Real Story**

Physiology and Fitness: Tuesday, December 17 at 4:30 p.m. Video from *The Great Courses Topic: Staying Active: Sitting Disease Presenter:* Dean Hodgkin.

Piano Recital: Tuesday, Dec. 17 at 5 p.m.
Vicki Hoehner's students

Reader's Café: Tuesday, December 31 at 3 p.m.
 Books that have been turned into movies! **Feature:** "Miracle on 34th Street" by Valentine Davies.
Books & audiobooks available by loan by Nov. 26. 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:

Karen Cajka, Larry & Dianne Mershman,
Ann Ravitch, John Grosjean, Geoffrey Howes
John & Alice Calderonello, Nancy Olsen, Kim Rohrs
In Memory of Norma Hoover, Robert & Kay Ann Hartman
Jo Ann Herringshaw, League of Women Voters of Bowling Green
Gerald Hazel, Barbara & Linda Bruce, Barbara Miller
In Memory of Donna Nye Donna Nye Family, Robert & Susan Youngpeter
In Memory of Wanda Smith Bonnie & James Bowe
Janice L. Finn, Drew Hanna, Marcus Jensen, Joanne Navin
Merritt Higbie, PERI Chapter 33 - Wood County
In Memory of Joyce Grimshaw Mary Griffith
Gaylyn & Janice L. Finn

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



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

View our over 300 educational videos archived for your viewing convivence.



Kroger Community Rewards

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

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



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

Program & Service Scholarship Fund

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

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

Call 419.353.5661 or 800.367.4935 or email programs@wcco.net

Pen Pal Program

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

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

**WOOD COUNTY
COMMITTEE**



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

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To register for programs & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



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woodcountycommitteeonaging.blogspot.com/



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

*All Wood County Senior Centers will be
closed on December 24 & 25
in observance of Holiday!*

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