

**WOOD COUNTY
COMMITTEE**

ON
Aging

January 2025

IN THIS ISSUE:

Index	Page
Agency Services	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
Travel Opportunities	6-7
Technology Opportunities.....	8-9
Virtual Programming.....	9
Around the County.....	10-13
Site Programs.....	14-23
Save the date events.....	24
Lunch Menu.....	25
Dinner Menu.....	26
Donors.....	27

Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

The Wood County Committee on Aging, Inc. mourns the loss of our Executive Director, Denise Niese. A true advocate for the older adults of Wood County, Denise has fought tirelessly so that those without a voice can be heard. Her trailblazing spirit coupled with her sincere smile made the needs of those around her a top priority.

While this is a difficult time for so many of us, it should be noted that there will be **NO** interruption to services, all sites will remain open, and a hot nutritious meal will continue to be served throughout the county both at our sites and through our home delivered meal program.

The WCCOA Governing Board is moving with the process of finding a permanent Executive Director. The process will ensure that the next Executive Director will be someone that is willing to continue the legacy that Denise has built.

Finally, it should be noted that a **Celebration of life** for **Denise Niese** will be held on **Saturday, January 11**. Stop by anytime between **1 and 6 p.m.** at the Wood County Senior Center to enjoy light refreshments and to honor her legacy!



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 DSMP have been shown to have better diabetes-related outcomes than those who do not. In spite of this, use of DSMP is low. Less than 5% of Medicare beneficiaries and 6.8% of privately insured people with diabetes have used DSMP 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 CDSM is developed at Stanford University and licensed by the Self-Management Resource Center.

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, January 3 and January 17
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, January 8 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
Wood County Senior Center	January 15	1 to 3 p.m.
Pemberville Senior Center	January 29	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	March 6	2 to 4 p.m.
Wood County Senior Center	March 13	4 to 6 p.m.

alzheimer's association **Memory Chat**

Thursday, January 15, 2025

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

Location: Wood County Senior Center

Meet with a professional from the Alzheimer's Association, Northwest Ohio Chapter. They look forward to answering your questions about memory changes as you age.

For an appointment, please call 419.353.5661 or 800.367.4935 or email programs@wcoa.net

Cholesterol Clinic Screenings

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

SAVE The Date:

Clinic Site Dates & Times

Wood County Senior Center

March 7, 25, & 27 2025 from 9 to 11 a.m.

Perrysburg Area Senior Center

March 14, 2025 from 9 to 11 a.m.

North Baltimore Area Senior Center

March 21, 2025

Facilitated by the Wood County Health Department

**Registration will begin in February for these clinics*

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

Clinic Site	Date	Time
North Baltimore Area Senior Center	January 8	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	January 9	11 a.m. to 12:30 p.m.
Wood County Senior Center	January 14	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	January 15	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	January 16	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	January 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	January 29	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, January 13 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, January 23 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: Financial Planning

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, January 2 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, January 8 & January 22 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, January 14 to February 18 at 1:30 p.m.
Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor.*

Club F.I.T. **Cost: FREE**

Tuesdays at 9 a.m.
This **Fitness Interactive Teaching** program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by Area Physical Therapists.*

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

Wednesdays, January 8 to March 5 from 3:30 to 4:30 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 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, January 13 to March 10 at 10:30 a.m.
(No class January 20 & 27, Feb. 17)

Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced:

Tuesdays, January 14 to February 25 at 10:30 a.m.
(No Class January 21)

Incorporates breathing techniques, warm-up postures to help open the body. Moving into different standing and balancing postures and wind down postures on the floor with sound vibration or guided relaxation.

Intermediate:

Thursdays, January 30 to March 6 at 11 a.m.
(No Class January 2 & 23))

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.
Sheila Brown, Certified Instructor
*SilverSneakers is FREE for SilverSneakers Members.

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 9:30 a.m. **NO CLASS:** Jan. 1 & 8.
Sheila Brown, Certified Instructor

SilverSneakers Classic **Cost \$20**

Fridays, January 17 to February 19 at a.m.
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



Connect

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.

Android Basics: Friday, January 3 at 1 p.m. at the Wood County Senior Center.

Participants learn the features and functions of Android 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*

Cyber Security: Friday, January 17 at 1 p.m. at the Wood County Senior Center & Wednesday, January 29 at 12:30 p.m. at the Rossford Area Senior Center

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

Email Basics: Friday, January 31 at 1 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*

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, Scams, Accounts, and Passwords. Training time is estimated at 32 minutes. Call to schedule your training times.

Technology Opportunities at Each Site

Technology Hot Topic: YouTube Thursday, January 9 at 2 p.m. *Presented by David Schuck.*

1:1 Technology Help: Thursday, January 16 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.*

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, January 3 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg & Wood County.*

Zoom: Jeopardy Monday, January 13 at 12:30 p.m. Join us to play the classic game of Jeopardy to see who has the knowledge winner for this month! Play for pride not Prize! *In person option available at Grand Rapids Area Senior Center & Wood County.*

Lunch & Learn: Bowling Green Historical Sign Preservation Project: Friday, January 24 at 11:30 a.m. Learn more about this special project and the 16 sites identified in Bowling Green. Presented by Heather Saylor (planning director), John Sampen (Chair of HPC), and Geoff Howes. *In-person option: Wood County Senior Center.*

Bingo: Friday, January 24 at 1 p.m. Play 10 rounds of bingo online. Line, postage stamps or four corners and then a coverall. *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.

Dessert for Dinner, Dancing and DJ T-Town

Friday, February 14, 2025 from 2 to 4 p.m.

Wood County Senior Center

Cost: \$5



Celebrate friendship and love with us! Bring your guy and gal friends to enjoy a delightful afternoon 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 stations, 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.

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!

Proceeds to benefit cornhole bags for grandparents raising grandchildren cornhole fundraiser.

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 program's 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, January 3 and January 17
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, January 8 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

Around the County, Events & Classes

GREAT DECISIONS
1918 • FOREIGN POLICY ASSOCIATION 2025 EDITION



Great Decisions 2025

Saturdays, January 25 to March 1

9:30 to 11 a.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.

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

***Topics subject to change**

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 trad-

ing 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: TBA

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?

Around the County, Events & Classes

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

Tuesday, January 21 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.



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@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!**



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



The AARP-sponsored *Tax Assistance for the Elderly* program will be available beginning February 2025. This program attempts to serve seniors with low to moderate income.

Trained & certified volunteer counselors are required to maintain confidentiality of clients. **Appointments are required for this program.** Participants are required to commit to **TWO** appointments: a brief initial intake appointments and second appointment to review your tax documents one week later. You must have **ALL** documents listed below on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances. **NOTE: No appointments will be taken before Tuesday, January 14, 2025.** Call the Wood County Senior Center for an appointment at **419.353.5661 or 800.367.4935.**

Please bring the following documents to your first appointment:

- Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse)
- All forms showing income
- A copy of your 2024 income tax return
- Expense records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize. **NOTE:** Large medical expenses may help for state taxes even if you do not itemize deductions
- Affordable Care Act (medial insurance) documents
- If any assets were sold we need to know the cost basis and date of purchase of the assets
- Voided check if you would like electronic refunds

19th Annual Poetry Contest

Theme: “Voices Unheard”

The poems are judged each year from faculty 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.

For more information, please call 419.353.5661 or 800.367.4935

Around the County, Events & Classes

Better Than Ever *Area Artists Over 50*

January 24 to February 28, 2025 Wood County Senior Center *Exhibition call for artists*

Anyone age 50+ living within 100 miles of Wood County is eligible to participate. Individual artists may submit up to two (2) original works in any two-dimensional medium. BGAC members may submit up to three (3) artworks. You may join BGAC at BGArtsCouncil.com. Work previously exhibited at a BGAC show is not eligible. BGAC reserves the right to reject any work. Size limit is 4' Height and Weight.

Registration Fees: An entry fee of \$20.00 for each artist entitles that artist to enter one or two of their own works (BGAC members may enter three). Group entries are not permitted.

Registration Procedures: Eligible artists who meet the above eligibility requirements may complete the online form until January 15 on the Bowling Green Arts Council website, BGArtsCouncil.com and mail your check to the address below by January 20.

You may also mail or drop off the entry form with your check for \$20 payable to BGAC to:

BG Arts Council c/o

Wood County Senior Center, 140 S Grove St.,
Bowling Green, OH 43402 (Note name of artist in the check memo section)
Registration Fees/Forms must be postmarked / delivered
to the Senior Center by January 15.



bowling green
arts council



Stress Management Class

**Tuesdays, February 4 to March 25 (8 weeks)
10 to 11:30 a.m. at Wood County Senior Center**

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

• various coping strategies to deal with stress such as mindfulness, positive affirmations, and life balance. This 8 week class does not require a weekly attendance commitment (because that is stressful!) although drop-ins will be welcomed if there is space.

Class size will be limited to 15 participants.

This class will be 90 minutes and will cover a different stress management technique each week. Each class will include a half hour practice session (optional). To register **contact the programs department at 419.353.5661 or programs@wcoa.net**



**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

Cost: \$20

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 WCOA

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.*

Thursday Theater: Thursdays, at 1 p.m. January 2: 'Miss Potter' (2006) **9:** "Mamma Mia" (2008) **16:** "Sully" (2016) **23:** "It Happened One Night" (1934) **30:** "Sabrina" (1954) *Hosted by Kris Eridon.*

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

Happy Hour: Friday, January 3 at 12:30 p.m. This hour is filled with trivia, jokes and more. *Snacks by Ohio Living. Zoom option available.*

Road Trip History Trivia: Monday, January 6 at 11 a.m. See how well you can identify the objects and the histories along a virtual Wood County Road Trip. *Presented by Mike McMaster, Wood County Historical Society.*

Eye Glass Repair: Monday, January 6 at 1 p.m. Missing a screw or a nose piece to your glasses? Come to our senior center and we will fix them for free! *Sponsored By Grand Rapids Calvary Church.*

Sundae Bar: Tuesday, January 7 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings *Sponsored by The Willows of Bowling Green.*

National Parks Series: Acadia's Highlands and Islands Tuesday, January 7 at 4:45 p.m. Learn more about these natural wonders. *Prerecorded session Great Courses.*

BG Knitter's Guild: Wednesday, January 8 at 4 p.m. *Hosted by Jackie Instone.*

Technology Hot Topic: YouTube Thursday, January 9 at 2 p.m. Explore the world of YouTube whether it is learning something new, watching for entertainment and an introduction to sharing your own videos. *Presented by David Schuck.*

Docuseries: Thursday, January 9 and 23 at 4 p.m. Greatest Events of WWII in Color. **January 9:** Blitzkreig **January 23:** Battle of Britian. Synopsis: Emmy winner Derek Jacobi narrates this expansive docuseries that focuses on the key figures and events that defined WWII.

Nails: Monday, January 13 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

Build a Better Plate: Monday, January 13 at 10:30 a.m. This lesson uses the latest recommendations from the Dietary Guidelines for Americans, 2020-2025, to help participants select nutrient-dense food options from each food group using MyPlate. After completing this lesson, participants should be able to: Explain the concept of nutrient density; Identify several foods in each food group of MyPlate that are nutrient dense. *Laura Digby, OSU Extension Office.*

TV series: Designated Survivor: Monday, January 13 & 27 at 1 p.m. **13:** Season 1: Episode 1 & 2, 27: S:1 E: 3 & 4. Synopsis: Lower-level cabinet member Tom Kirkman becomes president of the United States after a catastrophic attack on the U.S. Capitol; Kirkman must keep the country and his family safe while leading the search for the those responsible for the attack.

Craft: Tuesday, January 14 at 10 a.m. Create your own **Painted Pot Gift Bag.** Instruction and supplies will be provided. **Cost: \$5 Advance payment. Limited to 12 participants. Registration required by January 7.** *Facilitated by Bowling Green Manor.*



Name That Tune BINGO: Tuesday, January 14 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Blood Pressure & Glucose Screening: Tuesday, January 14 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

Wood County Continued...

Dinner & Movie: Tuesday, January 14 at 3:30 p.m. **Movie:** *Thelma* (2024) **Synopsis:** *Thelma* is a 2024 American comedy-drama film written, directed and edited by Josh Margolin. The film stars June Squibb as an elderly woman who falls victim to a phone scam, and sets out to find the perpetrators with the help of her grandson (Fred Hechinger) and friend (Richard Roundtree, in his final role.) Dinner reservations need to be made by 2 p.m. on Tuesday, January 14.

Advance Directives: Wednesday, January 15 at 11 a.m. This session will review the documents that are required to ensure your wishes are in place should a medical emergency take place. *Presented by Mercy Family Medicine Residency Program.*

Karaoke: Wednesday, January 15 at 4 p.m.

1:1 Technology Help: Thursday, January 16 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.*

Community Resources: Community Development Department: Tuesday, January 21 at 11 a.m. This presentation will provide information on the following resources: Fair Housing, Housing Repairs, Home Purchasing, BG Transit. After the presentation, the Community Development Administrator will be available to answer questions and provide detailed flyers and brochures with additional information. *Presented by Matt Snow, City of BG, Community Development Department.*

Brain Training: Tuesday, January 21 at 9 a.m. "Optimizing Brain Fitness" video *The Great Courses.* **Topic:** Enhancing Your Memory. **Registration required by January 14** *Breakfast by Brookdale of Bowling Green.*

Sound Bath: Tuesday, January 21 from 3 p.m. to 4 p.m. Experience the relaxing and stress reduction results of a sound bath. Cost:\$10 By Kim Post, RN. *See page 11.*

Craft: Tuesday, January 21 at 3 p.m. We will be making "Snowflake Book Page Ornament" All supplies and instruction will be provided. **Registration required.** *Facilitated by Stephanie Kosak, 1018 travels.*



Physiology and Fitness: Tuesday, January 21 at 4:30 p.m. Video from *The Great Courses* **Topic:** Mobilizers and Stabilizers **Presenter:** Dean Hodgkin.

Breakfast Club: Wednesday, January 22 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

Balance Screening: Wednesday, January 22 from 1 p.m. to 2:30 p.m. Join Wood County Hospital Rehab Services for a free balance screening. A balance screening is a quick (10 min) assessment to check your stability, coordination, and risk of falling. Following the screening, receive personal recommendations on improving strength and coordination. **Appointments Required.** *Facilitated by Wood County Hospital.*

Acrylic Painting: Wednesday, January 22 at 3 p.m. This class is open to all levels of experience. Instruction with techniques and all supplies will be provided. *Cost: \$10 Instructor Jackie Meir.* **Registration required by January 15.**



Card Bingo: Thursday, January 23 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Lunch and Learn: Bowling Green Historical Sign Preservation Project: Friday, January 24 at 11:30 a.m. Historical signage was added in downtown Bowling Green on July 18, 2024, after a year of work by a committee who designed the sign topics and researched the historical information on the signs. The signage project was made possible in part by a federal grant from the U.S. Department of Interior, National Park Service, administered by the State Historical Preservation Office of the Ohio History Connection. Learn more about these 16 signs *Zoom option. See page 8 for details.*

Zoom Bingo: Friday, January 24 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, January 27 at 10 a.m. *Sponsored by Wood Haven Health Care.*

Reader's Café: Tuesday, January 28 at 3 p.m. Compare books that have been turned into movies! **Feature:** "The Pursuit of Happiness" by Chris Gardner. *Books & audiobooks available by loan by Dec 30. Registration required.*

Perrysburg

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

Below you will find programs scheduled for the PERRYSBURG AREA SENIOR CENTER.
Please call the Perrysburg Area Senior Center at 419.874.0847 to register or for more information.

Jam Session: Mondays (except 2nd Monday of month) and Wednesdays at 1 p.m. Schaller building. All abilities are welcome to attend this music group. *Hosted by Marvin Scheer.*

Bingo: Tuesdays, & Fridays at 9:15 a.m. to 11:30 a.m. Play multiple cards. Prizes supplied 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, January 16 to February 20 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*

Seminar Series: History of Ancient Egypt: Thursday, January 2 at 12:30 p.m. Why Should we study ancient Egypt? Egypt is a wonderful place to go when you're tired of the real world, when things get too busy, when things are too hectic. Egypt is a place, far, far away in space and time. This session will uncover the history of this ancient civilizations. **Prerecorded.**

Euchre: Thursday, January 2 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, January 3 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of June. **Registration required. Zoom option.**

Puzzlemania: Friday, January 3 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, January 6 at 1 p.m.

Where were You?: Thursday, January 9 at 12:30 p.m. Reminiscing discussion group will ask you where you were on historical events. *Facilitated by Comfort Keepers.*

Bunco: Friday, January 10 at 12:45 p.m. **Registration required.**

Pinocle: Monday, January 13 at 12:45 p.m.

Back in the Day: Monday, January 13 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Mystery Restaurant: Monday, January 13 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, January 14 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, January 14 at 12:45 p.m. *Facilitated by Waterford at Levis Commons*

Birthday Lunch: Wednesday, January 15 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Blood Pressure and Blood Sugar Clinic: Thursday, January 16 at 11 a.m. to 1 p.m. *Facilitated by Mercy Family Medicine Residency Program.*

Perrysburg Continued...

Hawaiian Luau: Friday, January 17 at 12 p.m. Beat the winter blues today and play pass the coconut and make your own grass skirt. Prize awarded to the best tacky tourist outfit. Bring a dessert to share!

Friends in Fellowship: Tuesday, January 21 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Texas Hold'em Tournament: Monday, January 6 at 1 p.m.

Hearing Screenings: Wednesday, January 22 at 10:30 a.m. Join us for free hearing screenings. *Sponsored by Hear USA.*

Advance Directives: Wednesday, January 22 at 11:15 a.m. Gain valuable information on these medical documents and what they actually cover. *Presented by Mercy Family Medicine Residency Program.*

Caregiver Support Group: Thursday, January 23 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, January 23 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, January 24 at 12:30 p.m. *Facilitated by Bridge Home Health & Hospice.*

Stereoscopic Expeditions: Chile

Monday, January 27 at 12:45 p.m. Virtual Reality travel to Chile 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.*

Hand & Foot: Monday, January 27 at 12:45 p.m. **Registered required**

Movie Day: Tuesday, January 28 at 12:45 p.m.

Feature: "Our Love Story" Synopsis: When a beautiful, tall, aging Hollywood star and a short, funny Jewish man try online dating, it's a disaster. But when they randomly meet at a bird store (what are the chances?), he is immediately smitten, but she not so much. As he pursues the woman of his dreams, his charm, sense of humor, and multiple impressions win her over in their heartwarming (almost completely true) love story. *Sponsored by Witzler-Shank-Walker Funeral Home.*

The Blizzard of '78: Friday, January 31 at 12:30 p.m. Learn about the great Blizzard of 1978 and how it affected the people of Wood County. Many interesting stories have been told about that fateful storm including how a Cat saved a man's life! Come prepared to share your own stories as *Museum Education Coordinator, Michael McMaster*, will be ready to listen and record what is told to him at this program.



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 month's 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.

Interested in volunteering?

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

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 Barb 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!

Build a Better Plate: Friday, January 3 at 12:30 p.m. This lesson uses the latest recommendations from the Dietary Guidelines for Americans, 2020-2025, to help participants select nutrient-dense food options from each food group using MyPlate. After completing this lesson, participants should be able to: Explain the concept of nutrient density; Identify several foods in each food group of MyPlate that are nutrient dense. *Laura Digby, OSU Extension Office.* **Registration encouraged call 419.353.5661 or bbishop@wccoa.net.**

Blood Pressure & Blood Glucose Screening: Wednesday, January 8 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.* **Registration encouraged call 419.353.5661 or bbishop@wccoa.net.**

Cards: Wednesday, January 8 from 11 to 12:30 p.m. Enjoy a variety of card games. Games will be determined by the group. **Registration encouraged call 419.353.5661 or bbishop@wccoa.net.**

Birthday Celebration: Wednesday, January 15 at 12:30 p.m. Enjoy birthday cake and ice cream to celebrate all of our January birthdays. *Cake sponsored by Elara Caring.* Enjoy a game of dominoes following our cake and ice cream. **Registration encouraged call 419.353.5661 or email bbishop@wccoa.net**

Trivia Battle: Friday, January 17 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.* **Registration encouraged call 419.353.5661 or email bbishop@wccoa.net**

Bingo: Thursday, January 30 at 12:45 p.m. Play 10 rounds of bingo with the final round being a full card. All participants are to bring a new household item to be used on the prize table. The exchange of items will be the fun part of the game. *Sponsored by Wood Haven Health Care.* **Registration encouraged call 419.353.5661 or email bbishop@wccoa.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.

New Years Party: Thursday, January 2 at 11 to 2 p.m. Ring in the New Year with us as we enjoy mocktails, music games and prizes. **Registration encouraged.**

Book Exchange: Monday, January 6 at 10 to 1 p.m. A book exchange is a way to share and acquire books without much money involved. It's a great way to discover new books, find out what others are reading, and build a community of book lovers. Bring in the books you have finished reading and you can swap them for some new ones.

Blood Pressure & Blood Glucose Screening: Thursday, January 9 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

The Blizzard of '78: Thursday, January 9 at 12:30 p.m. Learn about the great Blizzard of 1978 and how it affected the people of Wood County. Many interesting stories have been told about that fateful storm including how a Cat saved a man's life! Come prepared to share your own stories as *Museum Education Coordinator, Michael McMaster*, will be ready to listen and record what is told to him at this program.

Bingo: Friday, January 10 at 1 p.m. *Sponsored by Bridge Home Health & Hospice*

Bingo: Tuesday, January 14 at 1 p.m. *Sponsored by St. Catherine's Manor*

Birthday Celebration: Wednesday, January 15 at 12:30 p.m. *Cupcakes provided by The Willows.*

Breakfast Club: Thursday, January 16 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost: on own.** Join us as we gather to enjoy a meal with good food, great conversations. Everyone is welcome to join us! **Register with the Center.**

Trivia Battle: Friday, January 17 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.*

Build a Better Plate: Tuesday, January 21 at 12:30 p.m. This lesson uses the latest recommendations from the Dietary Guidelines for Americans, 2020-2025, to help participants select nutrient-dense food options from each food group using MyPlate. After completing this lesson, participants should be able to: Explain the concept of nutrient density; Identify several foods in each food group of MyPlate that are nutrient dense. *Laura Digby, OSU Extension Office*

Bingo: Thursday, January 23 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Seminar Series: The Surveillance State, Big Data and Freedom Friday, January 24 at 12:30 p.m. **Topic:** Security, Liberty or Neither Start by considering the tension between surveillance and the rule of law. While the pace of technological change is extremely rapid, laws are slow to keep up. Worse, the institutions responsible for creating laws often have internal conflicts about the role of privacy and security-as illustrated by a dramatic face-off over John Ashcroft's hospital bed. ***Prerecorded.***

Mystery Restaurant: Tuesday, January 28 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.**

Emergency Disaster Preparedness: Wednesday, January 29 at 12:30 p.m. This session will provide you with updates on ways to stay safe in your home by being prepared during weather related challenges. These include rain and snow storms, tornados, and much more. *Presented by Wood County Emergency Management.*



*Discover us on YouTube
by searching:*

Wood County Committee on Aging, Inc.
View our over 300 educational videos
archived for your viewing convenience.

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.

Body Recall Plus: Monday and Wednesdays from January 6 to April 30, 2025 from 1 to 2 p.m. Rossford Recreation Center. Free class with slow and gentle movement to enhance, sustain and restore strength and flexibility. *Instructor Pat Sloan.*

Coffee, Donuts and Coloring: Monday, January 6 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, January 7 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.*

Game Day: Thursday, January 9 at 12:30 p.m. *Hosted by Kingston of Perrysburg.*

Pies for Guys: Friday, January 10 at 1 p.m. Enjoy some desserts with your friends. *Sponsored by Partners in Home Care.*

Wood County Historical Round Table: Friday, January 10 at 10:30 a.m. Join us as we sit with *Wood County Historical Educator, Mike McMaster* and discussion local history. Feel free to share stories and information as we uncover events.

Bunco: Monday, January 13 at 12:30 p.m.

The Bowling Green POW Camp During WWII: Tuesday, January 14 at 12:30 p.m. Learn the location of the POW camp that once was in Bowling Green during World War II. Mike will separate the facts from the historical fiction. *Mike McMaster, Wood County Historical Society*

Birthday Lunch: Wednesday, January 15 at 12 p.m. **Ladder Ball** at 12:30 p.m. Enjoy several games *facilitated by Bob Cotterman.*

Bingo: Thursday, January 16 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Word Search Challenge: Friday, January 17 at 11 a.m. Enjoy a cup of coffee all the while working your cognitive skills by completing a word search. Challenge winner is the person who completes the puzzle first. Playing for pride not prize!

Breakfast Club: Tuesday, January 21 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.*

Seminar Series: Brain Myths Exploded: Wednesday, January 22 at 12:30 p.m. This series will discover the truths behind prevalent myths about the human brain in eye opening lectures by acclaimed neuroscientist Indre Viskontas, Ph.D. Topic: "Is Your Brain Perfectly Designed?" *Prerecorded.*

Trivia Battle: Thursday, January 23 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, January 27 at 12:30 p.m.

Cards & Dominoes: Monday, January 27 at 10:30 a.m.

Trivia Bingo: Tuesday, January 28 at 12:15 p.m. Play several rounds of trivia bingo with us! *Prizes sponsored by Wood Haven Health Care.*

Blood Pressure & Glucose Screenings: Wednesday, January 29 at 11 a.m. to 12:30 p.m. . This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by the Wood County Health Department*

Cyber Security: Wednesday, January 29 at 12:30 p.m. Participants 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*



Painting Class: Thursday, January 30 at 12:30 p.m. **Create a beautiful winter scene.** All instruction and supplies will be provided. No experience is necessary as techniques will be explained and assisted as needed. **Registration Required** \$20 Fee *Instructor Tomi Huss-Shetler.*

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.

Building a Better Plate: Thursday, January 2 at 12:30 p.m. This lesson uses the latest recommendations from the Dietary Guidelines for Americans, 2020-2025, to help participants select nutrient-dense food options from each food group using MyPlate. After completing this lesson, participants should be able to: Explain the concept of nutrient density; Identify several foods in each food group of MyPlate that are nutrient dense.
Laura Digby, OSU Extension Office

Kingston Derby: Friday, January 3 at 12:30 p.m.
Horse races while wagering a fun bet. *Facilitated by Kingston of Perrysburg.*

Bingo: Tuesday, January 7 at 12:30 p.m.
Participants must bring their own place holders. Sponsored by Walker Funeral Homes.

Fitness for Fall Prevention: Wednesday, January 8 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.

Walbridge Talk: Thursday, January 9 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

Mystery Game Day: Friday, January 10 at 12:45 p.m. Enjoy playing a new game. *Hosted by Bridge Home Health and Hospice.*

Monthly Trivia: Monday, January 13 at 12:30 p.m. Challenge yourself or your table to some trivia for fun! Sheets provided.

Knitting and Crocheting: Monday, January 13 at 1 p.m. Bring your own supplies.

Dominoes: Tuesday, January 14 at 12:30 p.m.

Blood Pressure & Glucose Screenings:

Wednesday, January 15 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional.
Facilitated by the Wood County Health Department

Birthday Lunch: Wednesday, January 15 at noon.
cupcakes sponsored by Orchard Villa.

Seminar Series: Real History of Secret Societies “Masonic Revolutions in America

and France Thursday, January 16 at 12:30 p.m. . Secret societies do often work behind the scenes to change the world, although not often in the way the stories claim. *Professor Spence* looks at the secret societies these groups and learn how famous names such as Benjamin Franklin, Thomas Jefferson, Samuel Adams, and additional founding fathers were involved with these—and other—secret groups.



Craft: Cookie Cutter Bird Feeders Tuesday, January 21 at 12:30 p.m. Create your bird feeders to enjoy these feathered friends during the winter months. Instruction and supplies will be provided. Registration required.
Facilitated by The Willows of Bowling Green

The Blizzard of ‘78: Wednesday, January 22 at 12:30 p.m. Learn about the great Blizzard of 1978 and how it affected the people of Wood County. Many interesting stories have been told about that fateful storm including how a cat saved a man’s life! Come prepared to share your own stories as *Museum Education Coordinator, Michael McMaster.*

Word Search Challenge: Thursday, January 23 at 11:30 a.m. Enjoy a cup of coffee all the while working your cognitive skills by completing a word search. Playing for pride not prize!

Mystery Restaurant: Wednesday, January 29 at 4 p.m. Meet at the center. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. Registration required.

LRC Game: Monday, January 27 at 12:30 p.m

Bunco: Tuesday, January 28 at 12:30 p.m

Wii 100 pin Bowling: Friday, Jan. 31 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.

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.**

Weekly Dad Jokes: Thursday, January 2, 9, 16 and 23 at 11:45 a.m. Our site manager McKenna will do her best to make you giggle or make your eyes roll as she shares with you some classic Dad jokes.

Birthday Acknowledgements: Thursday, January 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*

Bingo: Friday, January 3 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

TED Talk: How Great Leaders Inspire Action Monday, January 6 at 12:30 p.m. Simon Sinek explores how leaders can inspire cooperation, trust and change. He's the author of the classic "Start with Why?"

Mike's Favorite Things Part II: Tuesday, January 7 at 12:30 p.m. Learn about one of Mike McMaster's favorite historical things and the story it tells; plus some Pemberville history too. *Presented by Wood County Historical Society.*



Canvas Art Party: Wednesday, January 8 at 12:30 p.m.

No experience needed guided instruction will be provided. All materials and will be provided.

Registration is limited to 6 people. *Instructor Lori Lawton, ATR.*

Trivia Battle: Friday, January 10 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, January 13 at 12:30 p.m. Guess how many items are in a jar and win the prize.

Zoom: Jeopardy Monday, January 13 at 12:30 p.m. Join us to play the classic game of Jeopardy. We will challenge the Wood County Senior Center to a see who has is the knowledge winner for this month! Play for pride not Prize! *In person option available at Grand Rapids Area Senior Center and the Wood County Senior Center.*

Breakfast Club: Tuesday, January 14 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.

Birthday Lunch: Wednesday, January 15 at noon. *Cake sponsored by Bowling Green Manor.*

Blood Pressure & Blood Glucose Screening: Tuesday, January 21 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Seminar Series: Herbs for Health Wednesday, January 22 at 12:30 p.m. Explore the amazing benefits of a different herb each month. Learn how they can support your health, ease common ailments, and enhance your well-being. This month's featured herb is Basil!

Exercise is Power: Thursday, January 23 at 12:30 p.m. Join us to talk about the power of exercise and what it can do for older adults! *Pre Recorded Video* from researchers of the University of British Columbia's (UBC) Department of Physical Therapy, the Aging, Mobility, and Cognitive Neuroscience Laboratory, the Centre for Hip Health and Mobility and the Brain Research Centre at Vancouver Coastal Health and UBC.

Trivia: Monday, January 27 at 12:30 p.m. *Facilitated by Grand Rapids Care Center.*

Glasses Repair: Friday, January 31 from 11 to 12 p.m. Missing a screw or a nose piece to your glasses? Come to our senior center and we will fix them for free! *Sponsored by Grand Rapids Calvary Church.*

Pemberville

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

Below you will find programs scheduled for the PEMBERVILLE AREA SENIOR CENTER. Please call the Pemberville Area Senior Center at 419.287.4109 to register or for more information.

Cards: Daily before and after lunch. Join us!

Exercise: Tuesdays at 11 a.m. *Led by video.*

Bridge: Thursdays from 9 a.m. to 12 p.m. Please call for details on joining. **Registration required.** *Organized by Marilyn Bowlus.*

Wii Bowling: Fridays from 10 a.m. to 12 p.m.

Bingo: Tuesday, January 2 at 12:45 p.m. Bring in a household item to be used for a prize. We will play 10 rounds of bingo for fun!

Minutes with the Mayor: Monday, January 6 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.

Road Trip History Trivia: Wednesday, January 8 at 12:15 p.m. See how well you can identify the objects and the histories along a virtual Wood County road. *Presented by Mike McMaster, Wood County Historical Society.*

Mystery Restaurant: Wednesday, January 8 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.**

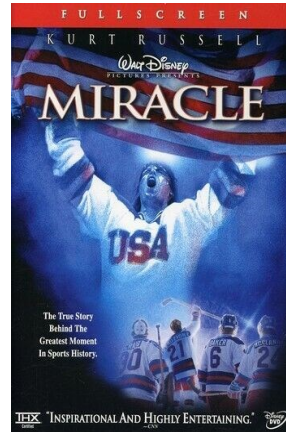
Bingo: Thursday, January 9 at 12:30 p.m. Using the given clues try to figure out which company we are describing. *Facilitated by Wood Haven Health Care.*

Donuts & Discussion: Tuesday, January 14 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

Back In the Day: Wednesday, January 15 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Blood Pressure & Blood Glucose Clinic: Thursday, January 16 from 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Trivia Battle: Tuesday, January 16 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of NWO.*



Movie: Monday January 13 at 12:45 p.m.

Feature: "Miracle" (2004)
Synopsis: The U.S. men's ice hockey team, whose gold medal victory in the 1980 winter Olympics over the heavily favored seasoned Soviet team was dubbed the "Miracle on Ice" *Snacks sponsored by Wood Haven Health Care*

Birthday Lunch: Wednesday, January 15 at noon. *Sponsored by Otterbein Pemberville.*

Seminar Series: Forensic History Crimes, Fraud Scandals Friday, January 17 at 12:45 p.m. *Great Courses Series Topic: Criminals of the Wild, Wild West. Prerecorded.*

Word Formation: Wednesday, January 22 starting at 10:30 a.m. Each table will have several letters placed on their table the goal is to use the letters to create as many words as they can. Play for pride and see which team can form the most words.

Mystery Game: Monday, January 27 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

Self Paced Modules: Tuesday, January 28 at 12:30 p.m. This month's modules include training on Online Frauds, Scams, Accounts, and Passwords. Training time is estimated at 32 minutes. We will assist you in learning more about our digital literacy classes.

Bone Density Screening: Wednesday, January 29 at 12:30 p.m. Measure the strength of your bones and risk of future fractures with this free health screening offered by the Wood County Hospital. Educational information on bone health will also be available. No appointment needed.

Emergency Disaster Preparedness: Thursday, January 30 at 12:30 p.m. This session will provide you with updates on ways to stay safe in your home by being prepared during weather related challenges. These include rain and snow storms, tornados, and much more. *Presented by Wood County Emergency Management.*

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:



Healthy Living Fair Monday, May 12 from 1 to 4 p.m. Wood County Senior Center

This health fair is an event designed to promote well-being and provide valuable health information to the community.

It will feature a variety of activities, including the following:

- free health screenings
- educational booths
- interactive workshops on topics like nutrition, fitness, mental health, and disease prevention.

Participants can receive personalized advice from healthcare professionals, engage in fitness demonstrations, and explore resources related to healthy living.

The goal of a health fair is to raise awareness, encourage healthier lifestyles, and connect individuals with healthcare providers and resources to support their long-term health. Interested vendors can reach out to the programs department at 419.353.5661 or email programs@wcco.net

Hope to see you there!

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.

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		All Sited Closed. Happy New Years! 1	Chicken Wings OR Pork Cutlet 2 cauliflower, apricots, cherry crisp	Meatloaf OR Dilled Salmon 3 carrots, three bean salad, grape juice, graham crackers
Country Fried Steak OR Stuffed Chicken Breast 6 mashed potatoes, tomato juice, peaches, pudding	Beef Fajita OR Turkey taco 7 lettuce & tomatoes, black beans & tomatoes, pears	Spaghetti & Meatballs OR Chicken Alfredo 8 midori vegetables, heritage slaw, banana, sherbet	Cube Steak OR Turkey 9 baked potato, carrot salad, mandarin oranges & grapes	Sloppy Joe OR Salmon Burger 10 roasted sweet potatoes, three bean salad, fruit cocktail, rice krispy treat
Coconut Curry Chicken OR Swedish Meatballs 13 brown rice, brussel sprouts, peaches & pears, fruit punch juice	Chef Salad w/Diced Ham, Cheese & Egg OR Chicken Salad 14 potato salad, cranberry jell-o salad, blueberry muffin	Birthday Lunch! Stuffed Pepper 15 winter blend, carrots, grapes, cake & ice cream	Sweet & Sour Chicken OR Baked Ham 16 rice, oriental vegetables, Asian salad, pineapple	Pulled Pork OR Grilled Chicken Breast 17 cheesy potato salad, creamy coleslaw, red apple, brownie
All Sites Closed for Martin Luther King Jr. Day 20	Chipped Beef OR Creamed Chicken 21 biscuit, mashed potatoes, orange juice, baked apples	Smoked Sausage OR Honey Mustard Chicken Breast 22 squash, emerald pears, strawberries & blueberries, angel food cake	Roast Beef OR Almondine Pollock 23 stewed tomatoes, sauerkraut salad, cinnamon applesauce, graham crackers	Potato Soup OR Vegetable Soup 24 egg salad, peanut butter & celery sticks, orange sections
Cabbage Roll OR Veal Patty 27 mixed vegetables, pickled beets, pineapple, cookies	Black-Eyed Peas Hash (Sausage) OR Chicken & Dumplings 28 cooked carrots, coleslaw, peaches, pecan pie	Beef Hoagie OR Turkey Meatball Sub 29 green beans, potato salad, apricots	Turkey Pot Roast OR Meat & Bean Chili 30 cornbread, broccoli salad, banana, fruit sorbet	Scalloped Potatoes & Ham OR Cheese Manicotti 31 sicilian blend, cucumber salad, cherry crisp

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.

January 2025		
Tuesday	Wednesday	Thursday
	All Sites Closed. Happy New Years!	Italian Chicken Breast 2 baked potato, mixed vegetables, mandarin oranges & grapes, cookies
Meatloaf 7 mashed potatoes, rivierra blend vegetables, mixed fruit, apple crisp	Chicken Tacos 8 black beans & rice, lettuce & tomatoes, ambrosia salad	Chef Salad w/Ham, Turkey, Egg & Cheese 9 potato salad, cornbread muffin, melon, pudding
Birthday Dinner! Beef Lasagna 14 carrots, Caesar salad, pineapple juice, cake & ice cream	Chicken Stir Fry 15 wild rice, winter blend vegetables, pickled beets, pears & jello	Turkey 16 mashed potatoes, peas & onions, citrus sections, gingerbread dessert
Fish Sandwich 21 tater tots, coleslaw, orange, sherbet	Baked Ham 22 sweet potatoes, broccoli, cherry crisp	Stuffed Green Pepper Soup 23 cornbread, celery & carrot sticks, corn relish, strawberries, pound cake
Spaghetti & Meatsauce 28 italian vegetables blend, spinach salad, mixed fruit, cheesecake	BBQ Chicken Breast 29 small whole potatoes, prince Charles blend vegetables, cantaloupe, brownie	Bratwurst 30 french fries, sauerkraut salad, fruit juice, apple strudel

BG Knitter's Guild: Wed., January 8 at 4 p.m.
Hosted by Jackie Instone.

Docuseries: Thursday, January 9 and 23 at 4 p.m.
 Greatest Events of WWII in Color. **January 9:** Blitzkreig **January 23:** Battle of Britian. Synopsis: Emmy winner Derek Jacobi narrates this expansive docuseries that focuses on the key figures and events that defined WWII.

Dinner & Movie: Tuesday, January 14 at 3:30 p.m. **Movie:** *Thelma (2024)* Dinner reservations need to be made by 2 p.m. on Tuesday, January 14.

Karaoke: Wednesday, January 15 at 4 p.m.

Physiology and Fitness: Tuesday, January 21 at 4:30 p.m. Video from *The Great Courses Topic:* Mobilizers and Stabilizers **Presenter:** Dean Hodgkin.

Reader's Café: Tuesday, January 28 at 3 p.m.
 Books that have been turned into movies! **Feature:** "The Pursuit of Happiness" by Chris Gardner.
Books & audiobooks available by loan by Dec 30. 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.



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
Gail Perkins
Kimberly Duvall

Capital Campaign Donations:

Julianne & Richard Flick In Memory of Linda Base
Jim & Sara Ridener & Sons In Memory of Linda Base

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 convience.



Kroger Community Rewards

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

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

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

Program & Service Scholarship Fund

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

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

Call 419.353.5661 or 800.367.4935 or email programs@wcco.net

Pen Pal Program

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

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

**WOOD COUNTY
COMMITTEE**



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

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

We're on the Web!

www.wccoa.net



www.facebook.com/wccoa



woodcountycommitteeonaging.blogspot.com/



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

All sites will be closed on January 1 and
January 20 in observance of the holidays.

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