

# WOOD COUNTY COMMITTEE

ON  
*Ageing*

February 2025

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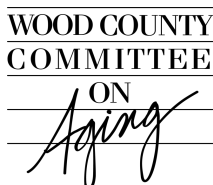


Celebrate friendship and love with us! Bring your guy and gal friends to enjoy a delightful afternoon at our "Desserts for Dinner" event, where sweet treats take center stage! Celebrate Valentine's Day in style with an array of delicious desserts at various stations, from decadent cakes to mouthwatering 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. 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. To register call the programs department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

## La Comedia Dinner Theatre: Jersey Boys The Smash Hit Musical Thursday, March 20, 2025

Trip includes; deluxe motor coach transportation, ticket to the musical, buffet meal, bingo in route, snacks and water in route. Departs at 7:45 a.m. Perrysburg Walmart; 8 a.m. Bowling Green Meijer; 8:15 a.m. North Baltimore Loves Truck Stop. Cost: \$115 Payments made to 1018 Travels and mailed to 969 Township Road 813 Ashland, Ohio 44805, call 419.685.7058, [www.1018travels.com](http://www.1018travels.com)



# Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at [www.wccoa.net](http://www.wccoa.net)

## Better Than Ever Art Show

Area Artists Over 50

January 24 to February 28, 2025

Opening Night Reception

Friday, January 24 from

5 to 7 p.m.

Wood County Senior Center



bowling green  
arts council

"Better Than Ever" is an art show that honors the beauty, depth, and richness of life experienced after 50. This exhibition brings together artists whose works reflect a wealth of life experiences, wisdom, and the ongoing evolution of creativity. Featuring a diverse array of mediums and styles, from painting and sculpture to photography and mixed media, each piece invites viewers to celebrate the full spectrum of human experience.

"Better Than Ever" is a tribute to the power of creativity at any age and the boundless potential of art in later life. It's a reminder that the best years are yet to come, and creativity only gets better with time. *Join us to celebrate these works of art! Refreshments will be served.*

## Dessert for Dinner, Dancing and DJ T-Town

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

Wood County Senior Center Cost: \$5

# 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, February 7 & 21  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, February 12 from 10 a.m. to 2 p.m.  
*Support provided by Arista Home Care Solutions,  
Kingston of Perrysburg & St. Timothy's Church*

Caregivers can call to register for this program at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

## Home Delivered Meals

**Monday - Friday**

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

## Medical Escort

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

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

**To register for this service, please call:**

*Northern part of the County:* 419.666.8494

*Southern part of the County:* 419.353.5661 or  
1.800.367.4935



## Volunteer Opportunities

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

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

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

## UnitedHealthcare Members

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

Renew Active™ is the gold standard in Medicare fitness programs for both the body and the mind! The program is available with UnitedHealthcare® Medicare plans. If you are interested in our exercise classes or are currently participating in a class, you may be eligible to receive a discount or have the class fee fully covered! *Contact Kinsey Mazey, Program and Wellness Specialist* at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net) You can learn more at:

[UHCRenewActive.com](http://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 | February 12 | 1 to 3 p.m. |
| Pemberville Senior Center | April 2     | 1 to 3 p.m. |

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

## alzheimer's association Memory Chat

**Wednesday, February 19, 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@wcco.net](mailto:programs@wcco.net)

## Cholesterol Clinic Screenings

### Cholesterol Clinic Screening

Must be a resident of Wood County & 25 years of age or older. \*Includes: Total Cholesterol, HDL, LDL Triglycerides, Total Cholesterol/HDL ratio and a blood glucose level. Results will be immediately available and discussed with clients by a Registered Nurse.

**Registration is required.**

**Cost: \$20 for 60+; \$25 for ages 25-59**

### Clinic Site Dates & Times

**Wood County Senior Center**

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***

***To register for this clinic please call the Social Service Department at 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)***

## 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](http://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. |

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

| Clinic Site                        | Date        | Time                  |
|------------------------------------|-------------|-----------------------|
| Wood County Senior Center          | February 11 | 11 a.m. to 12:30 p.m. |
| North Baltimore Area Senior Center | February 12 | 11 a.m. to 12:30 p.m. |
| Wayne Area Senior Center           | February 13 | 11 a.m. to 12:30 p.m. |
| Grand Rapids Area Senior Center    | February 18 | 11 a.m. to 12:30 p.m. |
| Northeast Area Senior Center       | February 19 | 11 a.m. to 12:30 p.m. |
| Pemberville Area Senior Center     | February 20 | 11 a.m. to 12:30 p.m. |
| Rossford Area Senior Center        | February 26 | 11 a.m. to 12:30 p.m. |

# WCCOA Support Groups

## Caregiver Support Group

**Monday, February 10 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, February 27 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, February 6 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](mailto:programs@wcco.net) to register for this group.

## Grasping Your Grief

**Wednesdays, February 5 & February 19 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](mailto:snidiffer@wcesc.org)

## Alzheimer's Association

### Caregiver Support Group

**First Friday of the month at 12 p.m.**

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

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

## Spousal or Partner Loss Support

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

**Location:** Hospice of Northwest Ohio  
30000 E. River Road, Perrysburg  
**Contact:** Hospice of Northwest Ohio for more information and to register at 419.661.4001

## DaZy Aphasia Support Group

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



# Fitness Classes

All of the classes below are held at the Wood County Senior Center in Bowling Green and are one hour long unless otherwise noted. Registration is required by contacting the Programs Dept. at 419.353.5661 or 800.367.4935 **Cash or check payment accepted. All checks can be made payable to: Wood County Committee on Aging.** Refer to 'Programs and Registration Guidelines' for our cancellation policy at [www.wccoa.net](http://www.wccoa.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 **F**itness **I**nteractive **T**eaching program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by Area Physical Therapists.*

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

*Wednesdays, 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, January 22 to February 26 at 4:30 p.m.*  
This class is the 24 Movement Yang Form. Designed to improve balance, coordination, and increase mobility. *Richard Messer, Certified Instructor.*

## Tai Chi Practice FREE

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

## Yoga Cost: \$40 per session

### Beginner:

*Mondays, 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, February 5 to March 12 at 9:30 a.m.*  
*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@wcco.net](mailto:programs@wcco.net) for more information.



## Spotlight on Tuscany April 29 to May 7, 2025

*9 days with 11 meals with Activity Level 3*

*Deposit Due October 20, 2024*

*Final Payment Due January 29, 2025*

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

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



### Trip highlights:

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



## Discover British Landscapes July 27 to August 5, 2025

*10 days with 12 meals with Activity Level 3*

*Deposit due by January 28, 2025*

*Final payment due by April 28, 2025*

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

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

**Trip highlights:** Edinburgh Castle, York, Chester, Conway Castle, Stratford-Upon-Avon, Oxford Walking Tour, London

## Greece Island Hopper September 30 to October 10, 2025

*11 days with 14 meals with Activity Level 3*

*Deposit Due April 1, 2025 Final Payment Due July 2, 2025*

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

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



# Travel Opportunities



**collette**  
celebrating 100 years of travel together

## Discover South Pacific Wonders

**March 4, to March 18, 2026**

*15 days with 22 meals with Activity Level 3*

*Deposit Due September 6, 2025*

*Final Payment Due December 4, 2025*

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

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

**Shoreline**  
Charters & Tours

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

**May 18 to May 25, 2025**

*Activity Level*

### Trip highlights include:

#### Modern Motorcoach Transportation

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



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

*7 days with 7 Breakfasts & 4 Dinners*

**Stay 3 nights at the Red Jacket Beach Resort**

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

## Rails & Riverboats & The Pocono Mountains "Fall Color Getaway" October 13 to 17, 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



Digital Literacy Class **nCOE** | **Connect**  
national council on aging.

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.

**Email Basics:** Wednesday, February 12 at 1 p.m. at the Perrysburg Area Senior Center  
Participants learn how to set up an email account and how to use email (including how to compose, reply, forward and organize email) Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

**Email Basics:** Monday, February 24 at 12:30 p.m. at the Wayne Area Senior Center. Participants learn how to set up an email account and how to use email (including how to compose, reply, forward and organize email) Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

**Self Paced Modules** are available during office hours. Office Hours will take place at the Wood County Senior Center and the Perrysburg Area Senior Center with scheduled appointments on Mondays between 2 to 4 p.m. This 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: Internet Providers** Thursday, February 13 at 2 p.m. The internet has become a utility like electric, gas, and water. Join this class to gain more insight on internet providers. *Presented by David Schuck.*

**1:1 Technology Help:** Thursday, February 20 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](mailto:programs@wcco.net) to gain access

**Happy Hour:** Friday, February 7 at 12:30 p.m.  
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg & Wood County.*

**Spelling Bee:** Monday, February 10 at 1 p.m.  
Challenge yourself to a interactive spelling bee. We will be competing against the Wayne Senior Center. *In person option.*

**Managing Blood Pressure:** Wednesday, February 19 at 11 a.m. This session will review the importance of managing your blood pressure for your overall health. *Presented by Mercy Family Medicine Residency Program.*

**Lunch & Learn:** Friday, February 28 at 11:30 a.m. "Words of a Woodworker" a novel review from Michael J. Shertzer. Mike will share life lessons learned from woodworking. In thought, experience, humor and transition. *In-person option: Wood County Senior Center.*

**Bingo:** Friday, February 28 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.



**MemoryLane**  
CARE SERVICES

Memory Lane Care Services  
Adult Day respite program  
still has room!

Here at Memory Lane, we provide unparalleled care and compassionate support for adults needing supervision, assistance, and engagement. There is a nurse on site daily, Social work services, educational series for caregivers, and a caregiver support group every Wednesday.

*Feel free to stop in for a tour! For more information please call 419-270-5200.*

## 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, February 7 & February 21  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, February 12 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](mailto:programs@wcco.net)

# Around the County, Events & Classes



## Great Decisions 2025

Saturdays, February 1 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.*

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@wccoa.net](mailto:programs@wccoa.net)**

**\*Topics subject to change**

### **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, February 18 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](mailto: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 is available by appointment. 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:** 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 2023 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

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## 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 2025 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@wccoa.net](mailto:programs@wccoa.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



## 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@wccoa.net](mailto:programs@wccoa.net).**

## A Philosophical Discussion of Woodworking A Continuation: History, Tradition, Methods, Life Lessons Taught

Tuesdays, February 4, 11, 18 & 25 from 10:30 to 11:30 a.m. Wood County Senior Center

All ages are welcome and no previous knowledge of wood working is required. All sessions will be discussion based and will dive into the art of woodworking! Open to all ages. *Facilitated by Mike Shertzer*

**February 4 : Pleasing or Awkward?** You can build a project that is functional, but is not pleasing to look at. It is out of proportion. We will explore what ancient cultures taught us to make things pleasing to the eye, such as the “Golden Ratio” and other methods.

**February 11: Size Matters!** We will look at proper measuring and project layout. We will include how they did it before rulers, computers and calculators, with an accuracy of 1/100th of an inch. How do you determine how much lumber you can get from a tree or to build a house.

**February 18: What A Shop Class Really Teaches** A shop class teaches much more than any other class in school. We will explore the advantages for every student to take a shop class in school. How it will add to the quality of their future lives and build character.

**February 25: Blowing in the Wind** Whirligigs are fun way to enjoy the skill and art of woodworking. We will look at the history, purpose, types and construction of these whimsical and mostly humorous objects of enjoyment. **Registration encouraged by calling 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.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 WCCOA**

# 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 Zarfardino.*

**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.*

**Road Trip History Trivia:** Monday, February 3 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, February 3 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.*

**NEW\* Write Your Story:** Monday, February 3 and February 24 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story. **Registration Required.**

**Sundae Bar:** Tuesday, February 4 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings *Sponsored by The Willows of Bowling Green.*

**National Parks Series: The Dakota**

**Badlands** Tuesday, February 4 at 4:45 p.m. Learn more about these natural wonders. *Prerecorded session Great Courses.*

**BG Knitter's Guild:** Wednesday, February 5 at 4 p.m. *Hosted by Jackie Instone.*

**Wood County Historical Round Table:**

Thursday, February 6 at 10 a.m. Join us as we sit and discuss local history. Feel free to share stories and information as we uncover events. Facilitated by Mike McMaster. Wood County Historical Society. **Registration Required. Limit to 10 people.**

**Thursday Theater:** Thursdays, at 1 p.m. January 6: 'The Lost King' The 2022 true story of how the remains of King Richard III were discovered in 2012 by an amateur historian. 13: "The Age of Adaline" A Romantic fantasy of how a 29 year old woman survives a near death experience and never ages. (2015) continued....

20: "The Audrey Hepburn Story" A 200 autobiography of Audrey from her 1920's childhood to 1961. 27: "Mamma Mia! Here We Go Again" The 2018 musical reunites the entire cast. *Hosted by Kris Eridon.*

**Memoir Writing Group:** Thursday, February 6 at 2:30. The goal is to document life events & discuss how they impact us. *Facilitated by WCCOA.*

**Cyber Happy Hour:** Friday, February 7 at 12:30 p.m. This hour is filled with cyber safety to ensure you are safe on any digital platform this year. Learn some great techniques to keep your identity and financial status safe. *Snacks by Ohio Living.* **Zoom option available.**



**Craft: St. Patrick's Cupcake Liner Trees**

Monday, February 10 at 10 a.m. Create a fun and festive St. Patrick's Day décor. Instruction and supplies will be provided. **Registration required.** *Facilitated by The Willows of Bowling Green.*

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

**Eating More Fruits & Vegetables:** Monday, February 10 at 10:30 a.m. Discussing the health benefits associated with each color category of fruits and vegetables. Naming at least two benefits of eating a variety of fruits and vegetables. *Laura Digby, OSU Extension Office.*

**TV series: Designated Survivor:** Monday, February 10 & 24 at 1 p.m. 10: Season 1: Episode 5 & 6, 24: S:1 E: 7 & 8.

**NEW Acrylic Painting:** Monday, February 10 at 3:30 p.m. Instruction and supplies provided **Cost: \$15 due at time of registration.** **Register by February 3.** **Min. of 5 needed.**

*Facilitated by Bailey Taylor, Awakening Minds Art.*





# Wood County Continued...



**Craft: Spring Wreath** Tuesday, February 11 at 10 a.m. Instruction and supplies will be provided. **Limited to 12 participants. Registration required by February 7.** *Facilitated by Bowling Green Manor.*

**Name That Tune BINGO:** Tuesday, February 11 at 10:30 a.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

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

**Dinner & Movie:** Tuesday, February 11 at 3:30 p.m. **Movie:** Letters to Juliet (2010) Dinner reservations need to be made by 2 p.m. on Tuesday, February 11.

**Technology Hot Topic: Internet Providers** Thursday, February 13 at 2 p.m. The internet has become a utility like electric, gas, and water. Join this class to gain more insight on internet providers. *Presented by David Schuck.*

**Docuseries:** Thursday, February 13 and 27 at 3:30 p.m. Greatest Events of WWII in Color: Emmy winner Derek Jacobi narrates this expansive docuseries that focuses on the key figures and events that defined WWII. Topics: **13:** Pearl Harbor **27:** Battle of Midway

**Brain Training:** Tuesday, February 18 at 9 a.m. "Optimizing Brain Fitness" video *The Great Courses.* **Topic:** Exercising Your Working Memory. **Registration required by January 14** *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*

**Sound Bath:** Tuesday, February 18 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, February 18 at 3 p.m. We will be making "Snowman Candles" A great edition to your winter décor. All supplies and instruction will be provided. **Registration required.** *Facilitated by Stephanie Kosak, 1018 travels.*

**Managing Blood Pressure:** Wednesday, February 19 at 11 a.m. This session will review the importance of managing your blood pressure for your overall health. *Mercy Family Medicine Residency.*

**Breakfast Club:** Wednesday, February 19 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

**1:1 Technology Help:** Thursday, February 20 starting at 2 p.m. **Make an appointment** for a 30 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. *Hosted by David Schuck.*

**Coffee & Coloring:** Monday, February 24 at 10 a.m. *Sponsored by Wood Haven Health Care.*

**Reader's Café:** Tuesday, February 25 at 3 p.m. Compare books that have been turned into movies! **Feature: "The Secret of Life of Bees" by Sue Monk.** *Books & audiobooks available by loan by Jan 28. Registration required.*

**Emergency Disaster Preparedness:** Wednesday, February 26 at 11 a.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 Agency.*

**Card Bingo:** Thursday, February 26 at 1 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Facilitated by Bridge Home Health & Hospice.*

**Acrylic Painting:** Wednesday, February 26 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 February 19.**



**Karaoke:** Wednesday, February 26 at 4 p.m.

**Lunch and Learn:** Friday, February 28 at 11:30 a.m. "Words of a Woodworker" Life lessons learned from woodworking. In thought, experience, humor and transition. A book review by Michael J. Shertzer. *Zoom option.*

**Zoom Bingo:** Friday, February 28 at 1 p.m. Play 10 rounds of bingo from the comfort of your home. *Cover-all prize awarded. Register to receive the code.*

# Perrysburg

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

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

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

**Bingo:** Tuesdays, & Fridays at 9:15 a.m. to 11:30 a.m. Play multiple cards. Prizes 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* Practice the movements of Tai Chi in a group setting with support to create a healthy way to move.

**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*

**Texas Hold'em Tournament:** Monday, February 3 at 1 p.m.

**Balance Screenings:** Tuesday, February 4 from 11 to 1 p.m. 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. *Facilitated by MED1Care*

**Seminar Series: History of Ancient Egypt:** Wednesday, February 5 at 12:30 p.m. **Prehistoric Egypt:** In this lesson, we will see just how old "old" is. The basic divisions of prehistory will be discussed, and each case will be defined and its specific characteristics delineated. Once these categories are clear, we will discuss the difficulties of studying a prehistoric civilization. ***Prerecorded.***

**Veterans Coffee Hour:** Thursday, February 6 at 10 a.m. This social hour is an opportunity for veterans to gather share stories and support each other. *Donuts sponsored by Care360 Hospice.*

**Euchre:** Thursday, February 6 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, February 7 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of February. **Registration required.** ***Zoom option.***

**Puzzlemania:** Friday, February 7 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, February 10 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

**Pinocle:** Monday, February 10 at 12:45 p.m.

**Mystery Restaurant:** Monday, February 10 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, February 11 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, February 11 at 12:45 p.m. *Facilitated by Waterford at Levis Commons*

# Perrysburg Continued...

**Email Basics:** Wednesday, February 12 at 1 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 by WCCOA Registration required call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

**Where were You?:** Thursday, February 13 at 12:30 p.m. Reminiscing discussion group will ask you where you were on historical events. This months topic: The Day the Music Died. *Facilitated by Comfort Keepers.*

**Bunco:** Friday, February 14 at 12:45 p.m.  
**Registration required.**

**Friends in Fellowship:** Tuesday, February 18 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

**Black Swamp Stories Part III:** Tuesday, February 18 at 12:45 p.m. This program discovers the location of the mysterious Dutchmen's Deadening, the gift of Johnny Chapman, and the origins of the most iconic barn in all of Wood County. *Mike McMaster, Wood County Museum.*

**Texas Hold'em Tournament:** Tuesday, February 18 at 1 p.m.

**Birthday Lunch:** Wednesday, February 19 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

**Blood Pressure and Blood Sugar Clinic:** Thursday, February 20 at 11 a.m. to 1 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Mercy Health.*

**Lunch and Learn:**

**Not Your Mama's Hospice**

Friday, February 21 at 12:15 p.m. Attend today's presentation to be educated on modern day hospice services. Learn about the common myths, philosophy and the three C's of hospice care. Registration required. *Desserts and presentation sponsored by Care360 Hospice.*

**Hand & Foot:** Monday, February 24 at 12:45 p.m.  
**Registered required**

**Stereoscopic Expeditions: Switzerland**

Monday, February 24 at 12:45 p.m. Virtual Reality travel to Switzerland 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 Public Library.*

**Movie Day:** Tuesday, February 25 at 12:45 p.m.

**Feature: "Learning to Love Again"**

**Synopsis:** After breaking up with her boyfriend and losing her job, Jane reluctantly heads home to the small town she grew up in. But on her way there, she stops to help a stranger who shows her how to believe in love once again. *Sponsored by Witzler-Shank-Walker Funeral Home.*

**Managing Blood Pressure:** Wednesday, February 26 at 11:15 a.m. This session will review the importance of managing your blood pressure for your overall health. *Presented by Mercy Family Medicine Residency Program.*

**Caregiver Support Group:** Thursday, February 27 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**



**Craft: Spring Wreath**

Thursday, February 27 at 11:15 a.m. We will be making a "Spring Wreath" with ribbon, flowers and more. All supplies and instruction will be provided.  
**Registration required.**  
*Facilitated by Manor at Perrysburg.*

**Left, Right, Center Game:** Thursday, February 27 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Card Bingo:** Friday, February 28 at 12:30 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided.

## 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@wccoa.net](mailto:sspencer@wccoa.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.



Attend our reopened  
North Baltimore Area Senior Center in February!

**Where:** North Baltimore Area Senior Center  
(St. Luke's Lutheran Church)

215 N. 2<sup>nd</sup> 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@wcco.net](mailto:bbishop@wcco.net)

**Open House:** Monday, February 3 at 10 a.m. Enjoy some cookies, coffee and a nice welcome as we reopen the North Baltimore Area Senior Center. Stop in to check out all the programs and services we have to offer.

**Emergency Disaster Preparedness:** Monday, February 3 at 11 a.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.*

**Eating More Fruits and Vegetables:** Friday, February 7 at 12:30 p.m. "Eating a Rainbow." Discussing the health benefits associated with each color category of fruits and vegetables. Naming at least two benefits of eating a variety of fruits and vegetables. *Laura Digby, OSU Extension Office.*

**Blood Pressure & Blood Glucose Screening:** Wednesday, February 12 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.*

**Cards:** Wednesday, February 12 from 11 to 12:30 p.m. Enjoy a variety of card games. Games will be determined by the group.

**Card Bingo:** Thursday, February 13 at 12:45 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Facilitated by Bridge Home Health & Hospice.*

**Birthday Celebration:** Wednesday, February 19 at 12:30 p.m. Enjoy birthday cake and ice cream to celebrate all of our January birthdays. *Cake sponsored by Elara Caring.*

**Dominoes:** Wednesday, February 19 at 12:30 p.m. Enjoy a game of dominoes following our cake and ice cream.

**Trivia Battle:** Friday, February 21 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.*

**Bingo:** Thursday, February 27 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.*

# 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.

**Book Exchange:** Monday, February 3 from 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.

**Card Bingo:** Wednesday, February 5 at 1 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Sponsored by Bridge Home Health & Hospice*

**Chair Yoga:** Wednesday, February 5, 12, 19, 26 from 12:45 to 1:45 p.m. This gentle yoga session will allow you to maintain to your strength, flexibility and functional mobility. *Recorded video.*

**Zoom: Spelling Bee:** February 10 at 1 p.m. Challenge yourself to a interactive spelling bee. We will be competing against the Wood County Senior Center. *In person option.*

**Bingo:** Tuesday, February 11 at 1 p.m. *Sponsored by Bowling Green Manor.*

**Blood Pressure & Blood Glucose Screening:** Thursday, February 13 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 Bowling Green POW Camp WWII:** Thursday, February 13 at 12:30 p.m. Learn some additional details, and dispels some legends, about the WWII era Prisoner of War Camp that was within the city limits of Bowling Green. *Presented by Mike McMaster, Wood County Historical Society Education Coordinator.*

**Valentine's Day Party:** Friday, February 14 at 11 a.m. Celebrate friendship, fun and our senior center with a card exchange, hot cocoa bar, and then play a fun game that will test your romantic comedy movie trivia.

**Game Day:** Tuesday, February 18 at 12:30 p.m. Enjoy some fun interactive games. Play for pride not for prize. *Sponsored by Wayne United Methodist Church.*

**Eating More Fruits and Vegetables:**

Tuesday, February 18 at 12:30 p.m. "Eating a Rainbow." Discussing the health benefits associated with each color category of fruits and vegetables. Naming at least two benefits of eating a variety of fruits and vegetables. *Laura Digby, OSU Extension Office.*

**Birthday Celebration:** Wednesday, February 19 at 12:30 p.m. *Cupcakes provided by The Willows.*

**Breakfast Club:** Thursday, February 20 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, February 21 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Email Basics:** Monday, February 24 at 12:30 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 by *WCCOA Registration required call 419.353.5661*

**Wayne Library:** Tuesday, February 25 at 12:30 p.m. *Sponsored by Wayne Public Library.*

**Restaurant Night:** Tuesday, February 25 at 5 p.m. We will travel to a restaurant to enjoy dinner, and great conversations. Cost on own (price range \$15 to \$25) Car pooling is encouraged. **Registration required.**

**Seminar Series: The Surveillance State, Big Data and Freedom** Friday, February 28 at 12:30 p.m. **Topic:** The Charlie Hebdo Tragedy. In the wake of the attacks in France, citizens wondered whether their state was taking enough security measures to protect them or doing too much of the wrong thing. Case studies of the Osama Bin Laden raid and U.S. airport screening show the tension between security and transparency. ***Prerecorded.***

**Bingo:** Thursday, February 27 at 12:30 p.m. *Sponsored by Bowling Green Manor.*

# 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, February 3 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, February 4 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.*

**Word Search Challenge:** Friday, February 7 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!

**Card Bingo:** Monday, February 10 at 12:45 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Facilitated by Bridge Home Health & Hospice.*

**Seminar Series: Brain Myths Exploded:** Wednesday, February 12 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:** "Are Bigger Brains Smarter?" When it comes to brains, size doesn't matter as much as you think. Here, explore concepts including the Encephalization quotient (which compares brain mass to body mass), the g" factor (a long-sought-after standard of cognitive ability), and the lessons scientists have learned from studying the brain of Albert Einstein." *Prerecorded.*

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

**Divas and Dessert:** Friday, February 14 at 1 p.m. Enjoy some desserts with your friends. *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Bunco:** Monday, February 17 at 12:30 p.m.

**Breakfast Club:** Tuesday, February 18 at 9 a.m.  
**Location:** American Table (580 Craig Dr., Suite 1, Perrysburg ) *We will visiting with the Perrysburg Area Senior Center. Cost on own. Register with the Senior Center.*

**Emergency Disaster Preparedness:** Tuesday, February 18 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.*

**Birthday Lunch:** Wednesday, Feb. 19 at 12 p.m.

**Bingo:** Thursday, February 20 at 1 p.m.  
*Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Wood County Historical Round Table:** Friday, February 21 at 10 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, February 24 at 12:30 p.m.

**Cards & Dominoes:** Monday, February 24 at 10:30 a.m.

**Trivia Bingo:** Tuesday, February 25 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, February 26 at 11 a.m. to 12:30 p.m. . . . *Facilitated by the Wood County Health Department.*

**Trivia Battle:** Thursday, February 27 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.*

**Painting Class:** Thursday, January 30 at 12:30 p.m.



**Create "A Heartfelt Painting."** 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. prerecorded video.

**Take a Walk around the Gym:** Tuesdays at 10 to 12 p.m. Enjoying indoor walking in a safe and warm environment. Walk for your health and talk with friends.

**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.

**Bingo:** Tuesday, February 4 at 12:30 p.m.  
*Participants must bring their own place holders.  
Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, February 5 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.*

**Eating More Fruits and Vegetables:**  
Thursday, February 6 at 12:30 p.m. Discussing the health benefits associated with each color category of fruits and vegetables. Naming at least two benefits of eating a variety of fruits and vegetables. *Laura Digby, OSU Extension Office.*

**Kingston Derby:** Friday, February 7 at 12:30 p.m. Horse races while wagering a fun bet.  
*Facilitated by Kingston of Perrysburg.*

**Monthly Trivia:** Monday, February 10 at 12:30 p.m. Challenge yourself or your table to some trivia for fun! Sheets provided.

**Knitting and Crocheting:** Monday, February 10 at 1 p.m. Bring your own supplies.

**Dominoes:** Tuesday, February 11 at 12:30 p.m.

**The Bowling Green POW Camp World War II:** Wednesday, February 12 at 12:30 p.m.  
Learn some additional details, and dispel some legends, about the World War II era Prisoner of War Camp that was within the city limits of Bowling Green. *Presented by the Museum Education.*

**Walbridge Talk:** Thursday, February 13 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

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

**Blood Pressure & Glucose Screenings:**  
Wednesday, February 19 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, February 19 at noon. *Cupcakes sponsored by Orchard Villa.*

**Card Bingo:** Thursday, February 20 at 12:45 p.m.  
Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided.  
*Facilitated by Bridge Home Health & Hospice.*

**LRC Game:** Monday, February 24 at 12:30 p.m.

**Bunco:** Tuesday, February 25 at 12:30 p.m.

**Word Search Challenge:** Wednesday, February 26 at 11:30 a.m. Enjoy a cup of coffee all the while working on your cognitive skills by completing a word search. Playing for pride not prize!

**Seminar Series: Real History of Secret Societies “Bolsheviks, Masons & Russian Revolution”** Thursday, February 27 at 12:30 p.m. .  
Were the Bolsheviks a political movement or a secret society? Dive into this question as you survey the rich history of governmental secret societies who combated revolutionary conspiracies with their own conspiracies. *Prerecorded.*

**Wii 100 pin Bowling:** Friday, February 28 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.**

**Birthday Acknowledgements:** Monday, February 3 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*

**It Takes A Village: A Community-Oriented Approach to Fighting Fraud:** Monday, February 3 at 12:30 p.m. Join us to talk about how all people in our community should come together to fight fraud. *Article by Chief Postal Inspector Guy Cottrell.*

**History Trivia Road Trip:** Tuesday, February 4 at 12:30 p.m. Take a virtual road trip through Wood County. Can you identify these historical sites? *Presented by Mike McMaster, Wood County Historical Society.*

**Dad Jokes:** Wednesday, February 5 at 11:45 a.m. McKenna Durst will share some classic jokes to make you giggle or your eyes roll!

**Cyber Security:** Wednesday, February 5 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

**Bone Density Screening:** Wednesday, February 5 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.

**Senior Center** closed on Thursday, February 6

**Dad Jokes:** Thursday's in February at 11:45 a.m.

**Bingo:** Friday, February 7 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**Monthly Guessing Game:** Monday, February 10 at 12:30 p.m. Guess how many items are in a jar and win the prize.

**Breakfast Club:** Tuesday, February 11 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, February 12 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*

**Valentine's Chocolate Tasting:** Friday, February 14 at 12:30 p.m. Join us as we taste test a variety of chocolates. Share your favorite one with your friends.

**Blood Pressure & Blood Glucose Screening:** Tuesday, February 18 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

**Birthday Lunch:** Wednesday, February 19 at noon. *Cake sponsored by Bowling Green Manor*



**Craft: Spring Wreath** Thursday, February 20 at 11:15 a.m. "Spring Wreath" with ribbon, flowers and more. All supplies and instruction will be provided. **Registration required.** *Facilitated by Manor at Perrysburg.*

**Trivia Battle:** Friday, February 21 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.*

**Seminar Series: Herbs for Health**

Wednesday, February 26 at 12:30 p.m. Learn how herbs can support your health, ease common ailments, and enhance your well-being. This month's featured herb is Lavender. *McKenna Durst, WCCOA.*

**Glasses Repair:** Friday, February 28 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.

**Minutes with the Mayor:** Monday, February 3 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.

**Mike's Favorite Things Part III:** Wednesday, February 5 at 12:15 p.m. Learn more about some of Mike's favorite museum artifacts. *Presented by Mike McMaster, Wood County Historical Society.*

**Bingo:** Thursday, February 6 at 12:30 p.m. Everyone bring a household item to play and it will be used as a prize. Play 10 rounds of bingo for fun!

**Movie:** Monday, February 10 at 12:45 p.m.  
**Feature:** "Queen Bees" (2021) **Synopsis:** While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." *Snacks sponsored by Wood Haven Health Care*

**Donuts & Discussion:** Tuesday, February 11 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

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

**Mystery Restaurant:** Wednesday, February 12 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.**

**Valentine's Party:** Friday, February 14 at 12:30 p.m. Celebrate friendship in a fun and exciting way. Enjoy games and cookie decorating this afternoon. Prizes will be awarded. *Sponsored by Bowling Green Manor.*

## **Craft: St. Patrick's Cupcake Liner Trees**

Tuesday, February 18 at 12:30 p.m. Create a fun and festive St. Patrick's Day décor. Instruction and supplies will be provided.

**Registration required.**

*Facilitated by The Willows of Bowling Green.*



**Birthday Lunch:** Wednesday, February 19 at noon. *Sponsored by Otterbein Pemberville.*

**Card Bingo:** Friday, February 19 at 1:30 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Sponsored by Bridge Home Health & Hospice.*

**Trivia Battle:** Tuesday, February 20 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.*

**Blood Pressure & Blood Glucose Clinic:** Thursday, February 20 from 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.*

**Seminar Series: Forensic History Crimes, Fraud Scandals** Thursday, February 20 12:45 p.m. *Great Courses Series Topic: Investigating Incredible Bank Heist.* What does it take to successfully pull off a bank burglary, such as the 1972 United California Bank heist that, in its day, was the largest in U.S. history? How do law enforcement officials go about following the clues left behind to bring the robbers to justice? Professor Murray provides the (sometimes startling) answers right here.

**Mystery Game:** Monday, February 24 at 12:45 p.m. Join us as we play a different game each month. *Facilitated by Kingston of Perrysburg.*

**Word Formation:** Wednesday, February 26 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.



# SAVE THE DATE:

Below you will find programs scheduled for the upcoming months.

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

| February 2025  |   |  |  |   |
|--|---|--|--|---|
| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
| <b>Hamburger OR Hot Dog</b><br>wedge fries, citrus slaw, rosy applesauce   | <b>Italian Lasagna OR Salmon Loaf</b><br>peas & carrots, three bean salad, mandarin oranges & jello         | <b>Calico Beans OR Chicken Tenders</b><br>nantucket blend, spinach salad, berry blend with yogurt, granola   | <b>King Ranch Chicken Casserole OR Pork Chop</b><br>italian green beans, cauliflower & peanut salad, grapes, frozen yogurt | <b>Sliced Ham OR Tuna Salad</b><br>baked bean salad, coleslaw, orange sections, cookies                             |
| <b>Grilled Chicken Breast OR Liver &amp; Onions</b><br>small whole potatoes, mixed fruit, pineapple juice, gingerbread | <b>Goulash OR Pecan Crusted Tilapia</b><br>broccoli, peaches, cottage cheese, sidekick slushie              | <b>Pepper Steak OR Chicken Teriyaki Breast</b><br>rice, lima beans, tossed salad, mandarin oranges & bananas | <b>Hamloaf OR Turkey Tetrazzini</b><br>stewed tomatoes, carrots, pears with jello  | <b>Cube Steak OR Chicken Cordon Bleu</b><br>peas & onions, redskin mashed potatoes, ambrosia salad, pound cake      |
| <b>All Sites Closed for Presidents Day.</b>  | <b>Pulled Pork OR Salmon Patty Sandwich</b><br>cheesy potato casserole, creamy coleslaw, red apple, brownie | <b>Birthday Lunch! Meatloaf</b><br>carrots, corn relish, grape juice, cake & ice cream                       | <b>Chicken Wings OR Pork Cutlet</b><br>cauliflower, apricots, cherry crisp   | <b>Beef Stew OR Tuna &amp; Noodles</b><br>cornbread, green beans, broccoli salad, fruited jello                     |
| <b>Country Fried Steak OR Stuffed Chicken Breast</b><br>mashed potatoes, tomato juice, peaches, pudding                | <b>Beef Fajita Strips Or Turkey Taco</b><br>black beans & tomatoes, lettuce & tomatoes, pears               | <b>Spaghetti &amp; Meatballs OR Chicken Alfredo</b><br>noodles, midori vegetables, heritage slaw, banana     | <b>Cube Steak OR Turkey</b><br>baked potato, carrot salad, mandarin oranges & grapes                                       | <b>Sloppy Joe OR Grilled Chicken</b><br>roasted sweet potatoes, three bean salad, fruit cocktail, rice krispy treat |

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.

| February 2025  |   |   |
|--|---|---|
| Tuesday  | Wednesday   | Thursday  |
| <b>Macaroni &amp; Cheese w/Ham</b> 4<br>stewed tomatoes, tossed salad, pears, pudding                      | <b>Open Faced Roast Beef</b> 5<br>mashed potatoes, brussel sprouts, fruit juice, pie              | <b>Stuffed Green Pepper</b> 6<br>corn, macaroni salad, grapes & melon, cherry crisp |
| <b>Birthday Dinner! Roast Pork</b> 11<br>scalloped potatoes, cooked cabbage, grape juice, cake & ice cream | <b>Cube Steak</b> 12<br>small whole potatoes, carrots, mandarin orange salad, chocolate cream pie | <b>Chicken Lasagna</b> 13<br>broccoli, peaches, cottage cheese, cherry crunch       |
| <b>Chef Salad w/Chicken Tenders, Cheese, &amp; Egg</b> 18<br>pea salad, ambrosia, blueberry muffin         | <b>Baked Ham</b> 19<br>baked sweet potato, broccoli salad, pears, coconut cream pie               | <b>Turkey Pot Roast Stew</b> 20<br>Caesar salad, cantaloupe & grapes, cookies       |
| <b>Sweet &amp; Sour Chicken</b> 25<br>rice, oriental blend vegetables, fresh fruit cup, blueberry crisp    | <b>Vegetable Lasagna</b> 26<br>mixed vegetables, tossed salad, berry blend, pound cake            | <b>Beef &amp; Noodles</b> 27<br>harvard beets, cucumber salad, pineapple. sherbet   |

**NEW\* Write Your Story:** Monday, February 3 and February 24 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story. Registration Required.

**BG Knitter's Guild:** Wed., February 5 at 4 p.m. Hosted by Jackie Instone.

**NEW\* Acrylic Painting:** Monday, February 10 at 3:30 p.m. Instruction and supplies provided **Cost: \$15 due at time of registration. Registration required by February 3. Minimum of 5 for the class to take place.** *Facilitated by Bailey Taylor, Awakening Minds Art.*

**Dinner & Movie:** Tuesday February 11 at 3:30 p.m. **Movie:** Letters to Juliet (2010) Dinner reservations need to be made by 2 p.m. on Tuesday, February 11.

**Docuseries:** Thursday, February 13 and 27 at 3:30 p.m. Greatest Events of WWII in Color: Emmy winner Derek Jacobi narrates this expansive docuseries that focuses on the key figures and events that defined WWII. Topics: **13:** Pearl Harbor **27:** Battle of Midway

**Karaoke:** Wednesday, February 26 at 4 p.m.

**Reader's Café:** Tuesday, February 25 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 Jan 28. 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. **Visit our website at <http://friendsofwccoa.com/>**

## Kitchen Fund Donations:

Walbridge VFW Post 9963,  
Walbridge VFW Post 9963 Auxiliary

## Capital Campaign Donations:

Don & Mary Genalo, Gary Dindal, Carol Croley, Jay Kirkbride in memory of Brenda Kirkbride, Jerry & Jill Hartwell in memory of Edgar & Margaret Dieman & Gerald & Beth Hartwell, Connie Ducat in memory of Marshall Ducat, Sue Bernardo, Dr. Kasra & Judith Amirjahed in memory of Emory Reamsnyder, Eve Blass, Sean & Sondra Williams, Greg Gray, Donald Kline, Greg Simpson & Susan Clanton in memory of Denise Niese, Patricia Limes, Nicholas & Colleen Schroeder in memory of Richard Gonyer, Paula Miklovic, Thomas & Diana Zuchowski, Sandra Fischer, Betty Sidle-Parrish in memory of Denise Niese, Kristal Lockwood & Mary Trader, Ronald Graber, Timothy & Janice Brown in memory of Denise Niese, Carl & Jacqueline Metz - in memory of Alanna Lohman, Range Resources Corp. in memory of Marie Francis, Darlene Petkowitz, Edgar Thompson, Judy Miller, Patricia & Charles Smith in memory of Mark/Matthew Mulkey, Paul & Roberta Vermaaten, Dorothy Smith in memory of Jay Smith, Lois Elston in memory of David Ziems, 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**WOOD COUNTY  
COMMITTEE**



Wood County Committee on Aging, Inc.  
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419.353.5661 or 1.800.367.4935

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Wood County Committee on Aging, Inc.

All sites will be closed on February 17  
in observance of the holiday.

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## WCCOA SENIOR CENTER LOCATIONS

|  |                              |
|--|------------------------------|
| <b>Grand Rapids Area Senior Center</b> , 23019 Kellogg Road, Grand Rapids, Ohio 43522<br>Monday through Friday 10 a.m. to 2 p.m.   | 419.601.1896                 |
| <b>North Baltimore Area Senior Center</b> , 215 N. 2nd Street, North Baltimore, Ohio 45872<br>Temporarily closed   | 419.257.3306                 |
| <b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465<br>Monday through Friday 9:30 a.m. to 2:30 p.m.  | 567.249.4921                 |
| <b>Pemberville Area Senior Center</b> , 220 Cedar Street, Pemberville, Ohio 43450<br>Monday through Friday 10 a.m. to 2 p.m.   | 419.287.4109                 |
| <b>Perrysburg Area Senior Center</b> , 140 W. Indiana Avenue, Perrysburg, Ohio 43551<br>Monday through Friday 8:30 a.m. to 4:30 p.m.   | 419.874.0847                 |
| <b>Rossford Area Senior Center</b> , 400 Dixie Highway, Rossford, Ohio 43460<br>Monday through Friday 9:30 a.m. to 2:30 p.m.   | 419.666.8494                 |
| <b>Wayne Area Senior Center</b> , 202 E. Main Street, Wayne, Ohio 43466<br>Monday through Friday 10 a.m. to 2 p.m.   | 419.288.2896                 |
| <b>Wood County Senior Center</b> , 140 S. Grove Street, Bowling Green, Ohio 43402<br>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<br>800.367.4935 |

*Ohio's First Nationally Accredited Senior Center*