

**WOOD COUNTY
COMMITTEE**

ON
Aging

March 2025

IN THIS ISSUE:

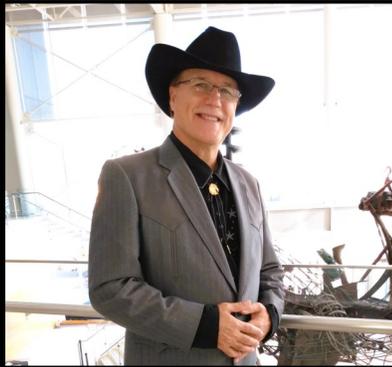
Index	Page
Agency Services	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
Travel Opportunities	6-7
Technology Opportunities.....	8-9
Virtual Programming.....	9
Around the County.....	10-13
Site Programs.....	14-23
Save the date events.....	24
Lunch Menu.....	25
Dinner Menu.....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

Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

As we welcome in March and the beginning of Spring we wanted to share an update from the Wood County Committee on Aging's Interim Executive Director, Nancy Orel. **Please turn to page 27** to learn more about the plans for WCCOA in 2025.



Concert Series featuring Andrew Dean

Tuesday, March 25
4:30 to 5:30 p.m.

Wood County Senior Center

Andrew Dean, Nashville Tennessee USA.
Multi-award-winning Andrew Dean

brings a fresh sound to the country scene, this talented artist combines introspective lyrics with catchy melodies. "My music has to have a catchy feel but be a reflection of who I am, which is why I write and record songs that are inspired by real life experiences. Recently Andrew Dean and The Farm Machine took home awards for Band of the Year, Music Video and Song of the Year at International Singer Songwriter Association's annual convention in Atlanta; Male Vocalist for the Academy of Western Artists and The Who's Hoo in Country Music, Humanitarian of the Year, and World Songwriting Award for Traditional Country songs.

Interested in staying for dinner make your reservation by 2 p.m. by calling 419.353.5661 or email programs@wccoa.net.



The power to make it better.

AARP Driver Safety Program

Friday, April 18 from 12:30 to 5 p.m. **Perrysburg Area Senior Center**

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

Our Smart Driver course will help you:

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

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available. For the Perrysburg Class call 419.874.0847

Registration is required by calling 419.353.5661 or email programs@wccoa.net



Use this QR code to register.



Tuesday, April 15 from 10 a.m. to 12:30 p.m.

Wood County Senior Center

Sponsored by The Willows of Bowling Green



Bring your gently used novels and exchange them for other gently used books. Genres can include; historical fiction, fiction, non fiction, biographies, romance, sci-fi, murder mystery, or mystery books. Receive a bagel for your exchange!

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, March 7 & 21
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, March 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@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	March 19	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.

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

alzheimer's association **Memory Chat**

Wednesday, March 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@wcoa.net

Clinic Site	Date	Time
Perrysburg	March 6	2 to 4 p.m.
Wood County Senior Center	March 13	4 to 6 p.m.

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@wcoa.net

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

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

WCCOA Support Groups

Caregiver Support Group

Monday, March 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, March 27 at 10 a.m.

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

Care Compass Project

Wednesday, June 4 at 11 a.m.

Topic: Conversations with Caregivers

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. Respite available for care recipients. Please pre-register for respite.* **Location:** Wood County Senior Center

Parkinson's Support

Thursday, March 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@wcoa.net to register for this group.

Grasping Your Grief

Wednesdays, March 5 & March 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

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, February 25 to April 1 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, March 19 to June 4 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. *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, March 5 to April 9 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: *Mon. Mar. 17 to Apr. 28 at 10:30 a.m. (No Class April 7)* Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced: *Tues. Mar. 4 to Apr. 15 at 10:30 a.m. (No Class April 8)* 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: *Thurs. Mar. 20 to May 1 at 11 a.m. (No Class April 3)* 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, Mar. 5 to Apr. 9 at 10:15 a.m.
Sheila Brown, Certified Instructor. *SilverSneakers is FREE for SilverSneakers Members.

SilverSneakers Cardio & Tone **Cost: \$20**

Fridays, Mar. 7 to Apr. 11 at 10:15 a.m.
Sheila Brown, Certified Instructor. *SilverSneakers is FREE for SilverSneakers Members.

Circuit Training **Cost: \$25**

Tuesday, March 4 to April 8 at 11:45 a.m.
Rotate through different exercises, typically targeting various muscle groups with minimal rest in between. The goal is to keep your heart rate up and challenge your body in different ways, improving strength and conditioning. *Instructor Theresa Marchyok, Certified Exercise Physiologist.*

Virtual Fitness Class on Zoom

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

SilverSneakers Classic **Cost \$20**

Wednesdays, March 19 to April 23 at 9:30 a.m.
Sheila Brown, Certified Instructor

SilverSneakers Classic **Cost \$20**

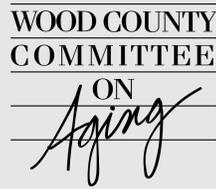
Fridays, February 28 to April 4 at 9:30 a.m.
Sheila Brown, Certified Instructor

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.

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

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



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.



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, 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, Colebrookdale Railroad Dinner Train, Johnstown Flood Museum, Gateway Clipper Dinner Cruise, Tour of Pittsburg, Duquesne Incline, and more.



ILLUMI Toronto "Largest Light Show in the World" November 19 -21, 2025

2 Breakfasts, 2 Lunches & 2 Dinners

Activity Level 3

\$200 Deposit due at time of registration

Balance due 60 days prior to departure

Trip highlights include: Greg Frewin Theatrical Center, Niagara Falls Festival of Lights, Sightseeing Tour of Niagara Falls, Famous People Players Lunch Show, ILLUMI Holiday Light Spectacular, Dundurn Castle.



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.

Cybersecurity: Monday, March 3 at 12 p.m. Northeast Area Senior Center; Friday, March 7 at 11:30 a.m. Pemberville Area Senior Center; Friday, March 14 at 11:30 a.m. North Baltimore Area Senior Center, This in-person or virtual workshop is for those who are interested in safety online and want to themselves from fraudsters and scams. It will build participants' confidence when they are visiting websites, creating passwords, and responding to email. **Register to attend by calling the specific sites to register.**

Internet Basics: Monday, March 31 at 11:30 a.m. at the Northeast Area Senior Center. Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA. **Register to attend by calling 567.249.4921**

Email Basics: Wednesday, March 25 at 11:30 a.m. at the North Baltimore 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. **Register by calling 419.257.3306**

Self -Paced Digital Modules are available during pre-scheduled appointment times through the week. Modules are offered at the Wood County Senior Center and the Perrysburg Area Senior Center. Topics for modules include Online Frauds, Scams, Accounts, and Passwords. Call to schedule your training times.

Technology Opportunities at Each Site

Technology Hot Topic: Photos Thursday, March 13 at 2 p.m. Learn how to backup and protect photos. This class will also talk about video editing and how to digitize your slides or photo collections. *Presented by David Schuck.*

1:1 Technology Help: Thursday, March 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 to gain access

Happy Hour: Friday, March 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.

Reducing the Risks of Falls: Wednesday, March 19 at 11 a.m. This session will review the importance of maintaining your balance and strength to prevent falls. Discover ways to maintain your overall health.
Presented by Mercy Family Medicine Residency Program.

Lunch & Learn: Friday, March 28 at 11:30 a.m.
This session will cover the way we can use technology to aid our ability to age well. Learn about the house in Bowling Green that is used for demonstration purposes of technology. The OT team at the Wood County Board of Developmental Disabilities is able to work with individuals and help find technology solutions to promote safety and independence. The OT team will be showing a virtual tour of the house and the technology within. *In-person option: Wood County Senior Center.*

Bingo: Friday, March 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. In person at the Pemberville Area Senior Center*

Interested in joining these online programs and you do not have access to the internet or a tablet. Take part in our technology loan program and we will teach ways to stay connected with us throughout the week. See more 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.



MemoryLane
CARE SERVICES

Presents:

2/4	Matt Richardson	10:00am
2/6	Guitar w. Kane Brenner	9:30am
2/11	Piano w. Mary Dick	1:00pm
2/18	Guitar Circle	1:00pm
2/26	PAWS and HOOVES	2:00pm



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, March 7 & March 21
from 10 to 2 p.m.

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

Around the County, Events & Classes



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!**

Spring 2025 Class List

Short Story Reading Club.....	Joe Elias, Graduate of BGSU
Short Story Writing Boot Camp.....	Joe Elias, Graduate of BGSU
Local History Through Historical Buildings.....	Geoff Howes, Retired Prof. German Language & Culture, BGSU
An Arabian Adventure.....	Barbara Laird, MA
Exploration of Xi'an	Barbara Laird, MA
Journey to Southeast Asia.....	Judy Pfaffenberger, Retired English Teacher
Journey to Norway.....	Judy Pfaffenberger, Retired English Teacher
Toledo Museum of Art Gallery Group	Michael Coomes & Sally Drier, Docent
Examining Rituals: Are They Traditions or Superstitions?	Liliana Rosi, PhD. Spanish Literature
Retirement Behind the Walls: An Exploration of Chinese Older adults	Bob Lee, PhD. Tourism Hospitality
Nutrition and You.....	Laura Brubaker, MFN, RDN, LD BGSU
The Art of Digital Scrapbooking.....	Amy Whitacre, Retired Teacher
Government Styles	Abhishek Bhati, Ph.D. Associate Professor of Political Science, BGSU
Art Tells Stories Part III.....	Sharon Hanna, Toledo Museum of Art Docent
Introduction to Philosophy.....	Lou Katzner, Trustee Professor Emeritus of Philosophy
Adventures in Spanish Language I.....	Liliana Rosi, PhD. Spanish Literature
In the News: US Supreme Court	Joel Kuhlman, Judge at Wood County Court of Common Pleas
Influence of Mythology.....	Philip Seek PhD., Professor BGSU
Immigration Explained	Liliana Rossi, Ph.D Spanish Literature

Around the County, Events & Classes

Music Movers Class

Thursdays, March 6, 13, 20, 27 & April 3 & 10 from 2 to 3 p.m.

Wood County Senior Center

Join us for an inspiring musical movement experience! This class invites you to explore movement in a relaxed, guided setting—no dancing required. Discover the joy of moving to music as **Dr. Sandra Coursey (Keytress)** leads six weeks of expressive, judgement free-sessions. Let go, connect with the music, and allow it to guide your movements naturally.

Each week's class will include a different musical theme: Classical Standards, Golden Oldies, Piano Reveries, Movie Soundtracks, Relaxation and Ambient, Potpourri: A Musical Mix! This class isn't about following set dance steps or "getting it right." It's about exploring movement freely, inspired by music that speaks to you. As adults, we rarely get the chance to let go and truly feel music in a way that is personal and uninhibited. **Music Movers** provides a space to reconnect with that innate sense of expression—free from judgement and full of possibility. **All abilities and mobility levels are welcome. Registration required by calling the Programs Department at 419.353.5661 or email programs@wcoa.net**



"Boosting Your Bone Health" Exercise Class

Friday, March 7 to April 11, 2025 (six weeks)

Wood County Senior Center

A class designed to help individuals enhance bone strength, flexibility, and overall mobility. Through a series of safe, low-impact exercises, participants will focus on strengthening muscles that support bone health and improving balance to prevent falls. This class combines functional movements with education on maintaining healthy bones as we age, empowering participants to take control of their health and live with greater independence. Whether you're looking to improve posture, increase strength, or simply feel more confident in your daily activities, this class is the perfect way to support your bone health in a fun and welcoming environment.

Instructed by:



THE WELL
HEALTH & FITNESS

Cost: \$20 Minimum of six required.

To register call the Program Department at 419.353.5661 or the programs@wcoa.net

The Bob Ross Experience: Painting Class

Wednesday, May 28 at 2 p.m. to 5 p.m.

Wood County Senior Center

140 S. Grove St, Bowling Green

Cost: \$50 per person, supplies included

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. (As Bob Ross always said, "We don't make mistakes, we just have happy accidents.") Only Certified Ross Instructors are trained to provide guidance you can count on.

Hosted by Nate Miller, CRI®.

Advanced registration required by Wednesday, May 21.

Class is limited to the first 9 registered.



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

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@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



**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

Writing and Illustrating Picture Books

April 3, 10, & 17, 2025

1 to 2:30 p.m.

Wood County Senior Center



This series of workshops is for those who have ever considered writing or illustrating a children's picture book for their own enjoyment, as a gift to the younger generation, or publication.

NOTE: Participants do not need to be a professional artist to do this. Come, play, and learn. *Local author/illustrator Bettie Boswell* will share her experiences creating children's books and her journey to traditional publication. She will encourage participants to create stories and art of their own.

\$15 registration fee due at time a registration to secure your spot; all supplies included.

Limited to 16 participants. Wear your painting clothes!

Bettie has taught classes about music, art, and elementary classroom curriculum from preschool to college, mainly at Sylvania Schools and the University of Toledo. When she isn't creating her next book, Bettie is active in church activities, volunteers at the Mazza Museum in Findlay, enjoys BGSU's Silver Sneakers activities, and helps with the Bowling Green Schools elementary school choir. She has four novels and seven children's books in print. She's also been published in Guidepost true stories books and educational journals.

April 3: Bettie will share a presentation about her journey as an author/illustrator and basic information about picture book expectations. Participants will do activities involving art materials and idea generating exercises to come up with a character with a problem to solve during a story.

April 10 -Participants will explore settings and obstacles through a presentation, discussion, and art materials. Topics covered will be word count, theme, page turns, character essentials, background art in contrast to words, to rhyme or not, critiques, and more.

April 17 -Learn about creating a book dummy through a presentation and hands-on activities to create book mock-ups. Discussion/presentation topics include leaving room for the words, leaving room for the pictures, and working with limited page counts.

Registration Required by March 15, 2025. Call 419.353.5661 or 1.800.367.4935 or email programs@wcco.net

Wood County

(Located in Bowling Green)

Lunch Served Between 11:30 a.m. and 1 p.m.

Below you will find in-person programs scheduled for the WOOD COUNTY SENIOR CENTER. Please call the Wood County Senior Center at 419.353.5661 or 800.367.4935 to register or for more info.

Guitar Circle: Wednesdays at 11:30 a.m. For intermediate to advanced players. **Registration required.** 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.

Friday Flick Picks: Fridays at 1 p.m. Each week, an attendee will pick the following week's movie from a curated selection of films. It's the perfect way to unwind, socialize, and discover (or rediscover) cinematic gems in a fun and welcoming atmosphere.

World War II Artifacts: Monday, March 3 at 11 a.m. Learn about the World War II artifacts. Presented by Wood County Historical Society.

Eye Glass Repair: Monday, March 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.

Sundae Bar: Tuesday, March 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 Grand Canyon's 2-Billion-Year Staircase Tuesday, March 4 at 4:45 p.m. *Prerecorded Great Courses.*

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

Bowling Green High School Musical Performance: Wed., March 5 at 6 p.m.



Craft: Coffee Cup Planter Thursday, March 6 at 1 p.m. Each mug includes a combination of succulents, air plants, and accent elements that combine to make an easy-to-keep-alive terrarium that is perfect for small spaces. **Reg. required.** Instructed by Toledo Zoo.

Thursday Theater: Thursdays, at 1 p.m. March 6: James Last: "A World of Music" (2002) 13: "Charlotte's Web" (2006) 20 Beauty and the Beast (2017) 27 "Easter Parade" (1948) Host Kris Eridon.

Happy Hour: Friday, March 7 at 12:30 p.m. This hour is filled with fun, trivia and riddles to start the month of right. Snacks by Ohio Living. Zoom option available.



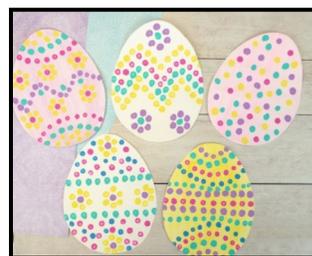
Craft: Carrot Wall Décor Monday, March 10 at 10 a.m. Create a fun and festive Easter wall décor. Instruction and supplies will be provided. **Registration required.** Facilitated by The Willows of Bowling Green.

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

Power Up with Proteins: Monday, March 10 at 10:30 a.m. Discussing the benefits of including non-meat protein foods in ones eating pattern. Naming at least three low cost non-meat choices, and ways to incorporate fish/seafood, eggs, lentils nuts soy and bean products. Laura Digby, OSU Extension Office.

TV series: Designated Survivor: Monday, March 10 & 24 at 1 p.m. 10: Season 1: Episode 9 & 10, 24: S:1 E: 11 & 12.

Write Your Story: Monday, March 10 and March 24 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story. **Registration Required.**



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

Name That Tune BINGO: Tuesday, March 11 at 10:30 a.m. Guess the name of the song to cover a bingo space. Prizes awarded. Facilitated by Heritage Corner Health Care.

Community Resources: Tuesday, March 11 at 11 a.m. This presentation will provide information on the following resources: Fair Housing, Housing Repairs, Home Purchasing, BG Transit. Presented by Matt Snow, City of Bowling Green.

Wood County Continued...

Blood Pressure & Glucose Screening:

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

Dinner & Movie: Tuesday, March 11 at 3:30 p.m.

Movie: To Kill a Mockingbird (1962) Dinner reservations need to be made by 2 p.m. on Tuesday, March 11.

Karaoke: Wednesday, March 12 at 4 p.m.

BINGO: Wednesday, March 12 at 6 p.m.
Sponsored by Woodlane

Technology Hot Topic: Photos Thursday, March 13 at 2 p.m. Learn how to backup and save your digital photos. *Presented by David Schuck.*

Docuseries: Thursday, March 13 and 27 at 3:30 p.m. Greatest Events of WWII in ColorTopics: **13:** Siege of Stalingrad **27:** D-Day.



Craft: Shamrock Quilted Style on Canvas Friday,

March 14 at 1 p.m. This class is open to all levels. Instruction with techniques and all supplies will be provided. *Cost: \$20 Instructor Mary Soneson Reg. Required by March 7.*

Movie and Pizza: Monday, March 17 at 2:30 p.m.

Feature: CODA The child of deaf adults (CODA) and only hearing member of her family, who attempts to help her family's struggling fishing business while pursuing her aspirations to become a singer. *Sponsored by The Willows of BG. Registration required.*

Brain Training: Tuesday, March 18 at 9 a.m.

“Optimizing Brain Fitness” video. **Topic:** Exercising Your Working Memory. **Registration required by March 14** *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*

Sound Bath: Tuesday, March 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: Easter Basket

Tuesday, March 18 at 3 p.m. Make a festive easter décor basket. All supplies and instruction will be provided. **Registration required.** *Facilitated by Stephanie Kosak, 1018 travels.*

Breakfast Club: Wednesday, March 19 at 9 a.m.

Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) *Cost on your own. Registration Req.*

Reducing the Risks of Fall: Wednesday, March 19 at 11 a.m.

This session will review the importance of keeping your balance and overall health. *Mercy Family Medicine Residency.*

1:1 Technology Help: Thursday, March 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, March 24 at 10 a.m.

Sponsored by Wood Haven Health Care.

Reader's Café: Tuesday, March 25 at 3 p.m.

Compare books that have been turned into movies! **Feature: “Breakfast at Tiffany’s” by Truman Capote. Books & audiobooks available by loan by February 28. Registration required.**

Understanding Care Options: Wednesday,

March 26 at 11 a.m. This session will share information on which living option is best suited for your health. *Julie Roberts, Kingston of PB.*

Acrylic Painting:

Wednesday, March 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.*



Card Bingo: Thursday, March 27 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.*

Lunch and Learn: Assistive Technology and Aging Friday, March 28 at 11:30 a.m.

Learn about the house in BG that is used for demonstration purposes of technology. The OT team at the Wood County Board of Developmental Disabilities is able to work with individuals and help find technology solutions to promote safety and independence. *Zoom option.*

Zoom Bingo: Friday, March 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, March 6 to April 10 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: Monday, March 3 at 1 p.m.

Seminar Series: History of Ancient Egypt: Thursday, March 5 at 12:30 p.m. **Ancient Egyptian Thought:** In this lesson we will explore ancient Egyptian mythology and philosophy and try to answer the “big ones” that science cannot answer. *Prerecorded.*

Veterans Coffee Hour: Thursday, March 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, March 6 at 12:45 p.m. **Registration required.**

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

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

Pinocle: Monday, March 10 at 12:45 p.m.

Mystery Restaurant: Monday, March 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, March 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, March 11 at 12:45 p.m. Participants from Northeast Area Senior Center will be joining us. *Facilitated by Waterford at Levis Commons*

Android Basics: Wednesday, March 12 at 12:15 p.m. Learn the features and functions of Android mobile devices and how to use and navigate apps Materials and Instruction provided by *WCCOA*

Where were You?: Thursday, March 13 at 12:30 p.m. Reminiscing discussion group will ask you where you were on historical events. This months topic: Ronald Raegan assassination attempts. *Facilitated by Comfort Keepers.*

Perrysburg Continued...

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

Virtual Reality: Visit China Friday, March 14 at 12:45 p.m. Virtual Reality travel to China 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.*

Texas Hold'em: Monday, March 17 at 1 p.m.

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

Black Swamp Stories Part IV: Tuesday, March 18 at 12:45 p.m. Learn the history of the last Indian War fought in Wood County... or was it? A retelling of the accounts that caused panic on the frontier! *Mike McMaster, Wood County Historical Center.*

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

Craft: Coffee Cup Planter:

Thursday, March 20 at 10:30 a.m. . Take the "terror" out of "terrarium" with these charming table-top coffee cup planters. Each mug includes a combination of succulents, air plants, and accent elements that combine to make



an easy-to-keep-alive terrarium that is perfect for small spaces. All materials and supplies will be provided. **Registration required.** *Facilitated by The Toledo Zoo Staff*

Blood Pressure and Blood Sugar Clinic:

Thursday, March 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.*

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

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

Feature: "The Bucket List"

Synopsis: Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Starring Morgan Freeman and Jack Nicholson. *Sponsored by Witzler-Shank-Walker Funeral Home.*

Reducing Risk of Falls: Wednesday, March 26 at 11:15 a.m. Learn tips on how to reduce the risk of falls through home modifications and lifestyle changes. *Presented by Mercy Family Medicine Residency Program.*

Caregiver Support Group: Thursday, March 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

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

Card Bingo: Friday, March 28 at 12:30 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Facilitated by Bridge Home Health & Hospice.*

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. Modules include training on Online Frauds and Scams and Accounts and Passwords. Training time is estimated at 32 minutes per module.

Call to schedule your training times.

Volunteer Opportunities

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

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

Exercise Video: Wednesdays, at 10:30 a.m. Get your blood flowing with a new exercise video each week. *Prerecorded.*

Open House & Read Across America:

Monday, March 3 at 12:30 p.m. Join us as we read to preschools and celebrate the world of reading! Cookies and refreshments will be served.



Craft: Driftwood Sculpture

Tuesday, March 4 at 10:30 a.m. You will be provided with the materials and guidance to create living sculptures out of driftwood and various

species of air plants (Tillandsia). These easy-to-care-for creations are sure to give you a boost of green-thumb confidence! **Registration required.** *Facilitated by The Toledo Zoo.*

Mardi Gras Party: Tuesday, March 4 at 1 p.m. Celebrate this event in style, enjoy the music, festivities and king cake. When your gold, purple and green colors.

Power Up with Protein: Friday, March 7 at 12:30 p.m. "Discussing the benefits of including non-meat protein foods in ones eating pattern. Naming at least three low cost non-meat choices, and ways to incorporate fish/seafood, eggs, lentils nuts soy and bean products. *Laura Digby, OSU Extension Office.*

Root Beer Floats: Monday, March 10 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Breakfast Club: Tuesday, March 11 at 9:30 a.m.. Meet at McDonald's (12776 Deshler Rd. North Baltimore) enjoy breakfast with friends. Cost on own.

Blood Pressure & Blood Glucose

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

Card Bingo: Thursday, March 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.*

Cybersecurity: Friday, March 14 at 11:30 a.m. This in-person or virtual workshop is for those who are interested in safety online and want to themselves from fraudsters and scams. It will build participants' confidence when they are visiting websites, creating passwords, and responding to email.

St. Patrick's Day Party: Monday, March 17 at 1 p.m. Wear your green and celebrate with us!

Name That Tune Bingo: Tuesday, March 18 at 12:30 p.m. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Bingo: Thursday, March 20 at 12:30 p.m. Prizes awarded. *Facilitated by Bridge Home Health and Hospice*

Birthday Celebration: Wednesday, March 19 at 12:30 p.m. *Cake sponsored by Elara Caring.*

Trivia Battle: Friday, March 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.*

How to Avoid Utility Scams and Fraud: Monday, March 24 at 12:30 p.m. Scams targeting consumers are a widespread problem. There are hundreds of known scams, and new ones are always emerging. The Office of the Ohio Consumers' Counsel (OCC) has developed this session to help you avoid common utility scams. *Presented by Amy Carles, Ohio Consumer Council.*

Email Basics: Wednesday, March 26 at 11:30 a.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.

Bingo: Thursday, March 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.

Card Games: Thursdays from 11 a.m. to 2 p.m.

Book Exchange: Monday, March 3 from 10 to 1 p.m. A book exchange is a way to share and acquire books without much money involved. Bring in the books you have finished reading and you can swap them for some new ones.

Bingo: Monday, March 3 at 1 p.m. *Sponsored by Wood Haven Health Care.*

Name that Tune Bingo: Tuesday, March 4 at 10:30 a.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

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

Card Bingo: Wednesday, March 5 at 1 p.m. *Sponsored by Bridge Home Health & Hospice*

Bone Density Screening: Thursday, March 6 at 12:30 p.m. Measure the strength of your bones and risk future fractures with this free health screening offered by *the Wood County Hospital.* Educational information on bone health will also be available.

Seminar Series: The Surveillance State, Big Data and Freedom Friday, March 7 at 12:30 p.m.
Topic: Surveillance in America. See what measures the American government took during the Cold War to prevent our devolution into a Stasi-like state. While the CIA and the FBI had several unauthorized surveillance programs in the 1950s and 1960s, Congress and the Supreme Court stepped in to oversee the intelligence world with several powerful measures in the 1970s. *Prerecorded.*

Cyber Security: Monday, March 10 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*

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

Mike's Favorite Things Part VI: Thursday, March 13 at 12:30 p.m. Mike will share some of the most interesting artifacts of World War II. *Presented by Wood County Historical Society.*

Blood Pressure & Blood Glucose

Screening: Thursday, March 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.*

St. Patrick's Day: Monday, March 17 at 12:30 p.m. Wear your green and celebrate with games, prizes, and treats. *Sponsored by the Wayne Public Library and Wood Haven Health Care.*

Power UP with Protein: Tuesday, March 18 at 12:30 p.m. Discussing the benefits of including non-meat protein food in ones eating pattern. Naming at least three low cost non-meat choices, and ways to incorporate fish/seafood, eggs, lentils, nuts, soy, and bean proteins. *Laura Digby, OSU Extension Office.*

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

Breakfast Club: Thursday, March 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, March 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.*

Restaurant Night: Tuesday, March 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.**

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

Boost Your Brain Bingo: Thursday, March 28 at 12:30 p.m. This game will include information on the types of Alzheimer's disease, types of dementia and warning signs. *Presented by OSU extension.*

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. . Free class. *Instructor Pat Sloan.*

Coffee, Donuts and Coloring: Monday, March 3 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Fitness for Fall Prevention: Tuesday, March 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.**

Digital Library Services: Wednesday, March 5 at 12:30 p.m. The Rossford Library will share how to set up the library app to access free streaming. BRING in the devices you would like to use for streaming along with your library card/number and PIN number. Call the library ahead to get your number and pin (419) 666.0924. *Leigh Yenrick, Rossford Public Library*



Painting Class: Thursday, March 6 12:30 p.m. **Create a “Lavender Painting.”** All instruction and supplies will be provided. **Registration Required** \$20 *Instructor Tomi Huss-Shetler.*

Word Search Challenge: Friday, March 7 at 11 a.m. Enjoy a cup of coffee all the while working your cognitive skills by completing a word search. Playing for pride not prize!

Card Bingo: Monday, March 10 at 12:45 p.m. *Facilitated by Bridge Home Health & Hospice.*



Craft: Driftwood Sculpture Monday, March 10 at 10:30 a.m. Brighten your home with a handmade piece of living art?! Materials and guidance to create living sculptures out of driftwood

and various species of air plants (Tillandsia). Easy-to-care-for creations are sure to give you a boost of green-thumb confidence! **Registration required.** *By The Toledo Zoo.*

Wood County History Part IV: Tuesday, March 11 at 12:30 p.m. *Presented by Mike McMaster, Wood County Historical Society.*

Understanding Care Options: Wednesday, March 12 at 12:30 p.m. Learn more about care options to be armed with information about housing options. *Julie Roberts, Kingston of Perrysburg*

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

Pies for Guys: Friday, March 14 at 1 p.m. *Sponsored by Partners in Home Care.*

Cards: Monday, March 17 at 10:30 a.m.

Bunco: Monday, March 17 & 24 at 12:30 p.m.

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

Birthday Lunch: Wednesday, March 19 at 12 p.m. *Cake Sponsored by Ohioan's Home Health & Hospice.*

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

Seminar Series: Brain Myths Exploded: Friday, March 21 at 12:30 p.m. **Topic:** “Is Mental Illness Just a Chemical Imbalance?” The focus of this lecture is an intriguing exploration of two disorders: schizophrenia and depression. *Prerecorded.*

Historical Round Table: Tuesday, March 25 at 10 a.m. Join us as we sit with *Wood County Historical Educator, Mike McMaster* to discuss local history.

Trivia Bingo: Tuesday, March 25 at 12:15 p.m. *Prizes sponsored by Wood Haven Health Care.*

Blood Pressure & Glucose Screenings: Wednesday, March 26 at 11 a.m. to 12:30 p.m. . *Facilitated by the Wood County Health Department.*

Trivia Battle: Thursday, March 27 at 12:15 p.m. Let’s test your trivia knowledge against other Wood County sites! *Rehabilitation Hospital of NWO.*

How to Avoid Utility Scams and Fraud: Monday, March 24 at 12:30 p.m. Office of the Ohio Consumers’ Counsel (OCC) will present ways to help you avoid common utility scams. *Presented by Amy Carles, Ohio Consumer Council.*

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.

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

Fitness for Fall Prevention: Wednesday, March 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.

Power UP with Protein: Thursday, March 6 at 12:30 p.m. Discussing the benefits of including non-meat protein food in ones eating pattern. Naming at least three low cost non-meat choices, and ways to incorporate fish/seafood, eggs, lentils, nuts, soy, and bean proteins. *Laura Digby, OSU Extension Office.*

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

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

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

Dominoes: Tuesday, March 11 at 12:30 p.m.

Mike's Favorite Things Part VI: Wednesday, March 12 at 12:30 p.m. *Presented Wood County Historical Society.*

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

LRC Game: Monday, March 17 at 12:30 p.m

Role of Emergency Medical Technicians:

Thursday, March 18 at 12:30 p.m. Learn more about the professional skills of an EMT and how they can keep you safe. *Presented by Becky Rosenbrock, Lake Township Fire and EMT*

Birthday Lunch: Wednesday, March 19 at noon.
Cupcakes sponsored by Walker Funeral Homes.

Understanding the Difference Between Alzheimer's Disease and Dementia:

Wednesday, March 19 at 12:30 p.m. Learn ways to recognize the signs and when you should seek additional health care advice. *Presented by Alzheimer's Association of NWO.*



Craft: Flower Arranging

Wednesday, March 19 at 10:30 a.m. Usher in spring than by making custom bud vase arrangements! The perfect gift for someone you love (or a little treat for yourself) no previous experience. Leave with something lovely!

Registration required.

Instructed by The Toledo Zoo.

Blood Pressure & Glucose Screenings:

Wednesday, March 19 at 11 a.m. to 12:30 p.m.
Facilitated by the Wood County Health Department.

Card Bingo: Thursday, March 20 at 12:45 p.m. .
Facilitated by Bridge Home Health & Hospice.

Mystery Movie: Monday, March 24 at 12:30 p.m.
Watch a comedy with us! We will reveal the movie just before the viewing.

Word Search Challenge: Wednesday, March 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: Secret Societies "Adolf Hitler and the Thule Society" Thursday, March 27 at 12:30 p.m. Explore the role that secret societies, in Hitler's rise; how they influenced his beliefs. *Prerecorded.*

Wii Bowling: Friday, March 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, March 3 at 12:30 p.m. Help us send card to residents of the Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes*

Healthy Cooking Demonstration: Baked Apples: Monday, March 3 at 12:30 p.m. Try an easy, and healthy recipe you can use at home.

World War II Artifacts: Tuesday, March 4 at 12:30 p.m. *Mike McMaster, Wood County Historical Society.*



Craft: Flower Arranging
Wednesday, March 5 at 10:30 a.m. Usher in spring by making custom bud vase arrangements! The perfect gift for someone you love (or a little treat for yourself) no previous experience is necessary. **Registration required.** Instructed by *The Toledo Zoo.*

Dad Jokes: Thurs. Mar. 5, 13, 20, 27 at 11:45 a.m.

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

Monthly Guessing Game: Monday, March 10 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Breakfast Club: Tuesday, March 11 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*



Ceramic Mushrooms
Wednesday, March 12 at 12:30 p.m. Paint on ceramic with us! No experience needed, all materials and instruction provided. **Registration is limited to 6 people.** *Instructor Lori Lawton, ATR*

Emergency Disaster Preparedness: Friday, March 14 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. *Wood County Emergency Management Agency.*

St. Patrick's Day Blindfolded Drawing Contest: Monday, March 17 at 12:30 p.m. A four-leaf clover is kind of a funky shape, but it's an important symbol of luck, especially for the Irish. We challenge you to draw one blindfolded! See how close you can get to the actual shape when they can't see where their marker or pen is going. Whoever is the closest will receive a small prize!

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



Craft: Carrot Wall Décor for Easter Tuesday, March 18 at 12:30 p.m. All supplies and instruction will be provided. **Registration required.** *Facilitated by The Willows of Bowling Green*

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

Trivia Battle: Friday, March 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.*

Internet Basics: Tuesday, March 25 at 12:30 p.m. This in-person workshop is for those who are new to the internet or want to build more confidence in finding information online and navigating websites. Learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online.

Seminar Series: Herbs for Health
Wednesday, March 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 Mint. *McKenna Durst, WCCOA.*

Glasses Repair: Friday, March 28 from 11 to 12 p.m. Missing a screw or a nose piece to your glasses? Get them 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.*

Minutes with the Mayor: Monday, March 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 VI: Wednesday, March 5 at 12:15 p.m. Learn more about some of Mike's favorite museum artifacts from World War II. *Presented by Wood County Historical Society.*

Bingo: Thursday, March 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!

Cybersecurity: Friday, March 7 at 11:30 a.m. This in-person or virtual workshop is for those who are interested in safety online and want to themselves from fraudsters and scams. It will build participants' confidence when they are visiting websites, creating passwords, and responding to email.

Movie: Monday, March 10 at 12:45 p.m.

Feature: "Twisters" (2024) **Synopsis:** Competing teams of storm chasers find themselves in a fight for their lives as multiple systems converge over central Oklahoma. *Snacks by Wood Haven Health Care*

Donuts & Discussion: Tuesday, March 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, March 12 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Mystery Restaurant: Wednesday, March 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. **Space limited to the first 8 registered.**

Bingo: Thursday, March 13 at 12:30 p.m. Play 10 rounds of bingo for fun! *Sponsored by Wood Haven Health Care.*

Trivia: Monday, March 17 at 12:30 p.m. Enjoy several rounds of trivia with prizes awarded. *Sponsored by Bridge Home Health and Hospice.*

Name That Tune: Wednesday, March 18 at 1 p.m. Marilyn will play some piano tune and have you aiming to guess the song. Play along for some fun and challenge your memory skills. *Marilyn Wilson, Pianist.*

Birthday Lunch: Wednesday, March 19 at noon. *Sponsored by Wood Haven Health Care.*

Blood Pressure & Blood Glucose Clinic: Thursday, March 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.*

Trivia Battle: Thursday, March 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.*

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

Name That Tune Bingo: Tuesday, March 25 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Seminar Series: Forensic History Crimes, Fraud Scandals Wednesday, March 26 at 12:45 p.m. *Great Courses Series Topic: How Reliable is the Eye Witness Testimony.* Faulty eyewitness identification is the most common source of wrongful convictions in the legal system. Here, take a closer look at some real-world instances of wrongful identification; discover how DNA testing has helped exonerate hundreds; and learn what specific reforms can help prevent these horrible mistakes in the future.

Word Formation: Thursday, March 27 starting at 11 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.

Bingo: Friday, March 28 at 1 p.m. Play several rounds of bingo with Wood County Senior Center over Zoom.

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, June 4, 2025

11 a.m. to 1 p.m.

Wood County Senior Center

Topic: Conversations with Caregivers

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. Respite available for care recipients by preregistering. *Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option*

11 a.m. This session will cover **general questions about care and care needs**. A panelist will discuss respite care options, general care choices, palliative care, hospice and much more. *Presented Community Health Care Professionals.*

12 p.m. The second session will cover The National Family Caregiver Support Program, implemented as a part of the Older Americans Act of 2000 recognizes the monumental role caregivers play in caring for older family members. Under this program five basic services are available: information to caregivers about available services; assistance to caregivers in gaining access to services; counseling, support groups, and caregiver training; respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities; and supplemental services, to complement the care provided by family caregivers. Learn more about how to gain access to these resources, how you qualify and what over assistance is available in our communities. *Presented by Jennifer Forshey, Area Office on Aging*

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

Lunch Menu

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.

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Coconut Curry Chicken 3 OR Swedish Meatballs brown rice, brussel sprouts, peaches & pears, fruit punch	Hamburger Pie OR 4 Chicken Lasagna riviera blend, Texas caviar bean salad, orange, lemon bar	Ham OR Lemon 5 Pepper Cod long grain rice, winter blend, tropical fruit, peach crisp	Grilled Chicken 6 Breast OR Liver & Onions redskin mashed potatoes, carrots, rosy applesauce, pineapple upside down cake	Chef Salad w/Ham, 7 Cheese. Egg OR Tuna Salad on a bed of lettuce potato salad, cranberry jello salad, blueberry muffin
Chipped Beef OR 10 Creamed Chicken biscuit, mashed potatoes, orange juice, baked apples	Hamloaf OR 11 Vegetable Lasagna corn, Caesar salad, ambrosia	Smoked Sausage OR 12 Honey Mustard Chicken Breast squash, emerald pears, strawberries & blueberries, angel food cake	Roast Beef OR 13 Almondine Pollock stewed tomatoes, sauerkraut salad, cinnamon applesauce, graham crackers	Cream of Potato 14 Soup OR Vegetable Soup egg salad, celery sticks & peanut butter, orange sections
Reuben Casserole OR 17 Chicken Breast mixed vegetables, fruited jello, green apple, brownie	Beef Hoagie OR 18 Turkey Meatball Sub green beans, potato salad, apricots	Birthday Lunch! 19 Chicken & Dumplings cooked carrots, coleslaw, peaches, cake & ice cream	Turkey Pot Roast 20 OR Meat & Bean Chili cornbread, broccoli salad, banana, fruit sorbet	Scalloped Potatoes 21 & Ham OR Cheese Manicotti sicilian blend, cucumber salad, cherry crisp
Hamburger OR 24 Hot Dog. wedge fries, citrus slaw, rosy applesauce	Sliced Ham OR 25 Chicken Salad baked bean salad, coleslaw, orange sections, cookies	Calico Beans OR 26 Chicken Tenders nantucket blend, spinach salad, berry blend w/ yogurt, granola	King Ranch 27 Chicken Casserole OR Pork Chop italian green beans, cauliflower & peanut salad, grapes, frozen yogurt	Italian Lasagna OR 28 Salmon Loaf peas & carrots, three bean salad, mandarin oranges & jello
Chicken Cordon Bleu 31 OR Liver & Onions small whole potatoes, mixed fruit, pineapple juice, gingerbread				

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

March 2025		
Tuesday	Wednesday	Thursday
Beef Vegetable Soup cauliflower peanut salad, peaches & cottage cheese, cherry crisp	4 Tilapia corn, coleslaw, ambrosia, graham crackers	5 Chef Salad w/Chicken 6 Strips, Cheese & Egg potato salad, grapes, cookies
Birthday Dinner! 11 Roast Beef baked potato, brussel sprouts, grape juice, cake & ice cream	11 Stuffed Chicken Breast rice pilaf, capri blend vegetables, melon, peach cobbler	13 Corned Beef boiled potatoes, cooked cabbage & carrots, emerald pears, irish crème cheesecake
Baked Ham 18 potato cheese bake, lima beans, mandarin oranges & grapes, lemon bar	18 Sausage Links 19 hash browns w/onions, pancakes, citrus sections, baked apples	20 Coconut Curry Chicken wild rice, peas, marinated vegetable salad, cantaloupe, brownie
Bratwurst 25 mashed potatoes, sauerkraut, strawberries, pound cake	25 BBQ Beef Sandwich 26 ranch fries, coleslaw, orange, pudding	27 Chicken Lasagna 27 carrots, tossed salad, peach crunch

Bowling Green High School Students Musical Performance: Wed., March 5 at 6 p.m.

Write Your Story: Monday, March 10 and March 24 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story. Registration Required.

Concert Series: featuring Andrew Dean Tuesday, March 11 at 4:30 to 5:30 p.m.

Dinner & Movie: Tuesday March 11 at 3:30 p.m. **Movie:** To Kill a Mocking bird (1962) Dinner reservations need to be made by 2 p.m. on Tuesday, March 11.

Karaoke: Wednesday, March 12 at 4 p.m.

Bingo: Wednesday, March 12 at 6 p.m. *Facilitated by Woodlane*

Docuseries: Thursday, March 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:** Siege of Stalingrad **27:** D-Day

Piano Recital: Tuesday, March 18 at 4 p.m. *Students of Vicki Hoehner*

Reader's Café: Tuesday, March 25 at 3 p.m. Compare books that have been turned into movies! **Feature: "Breakfast at Tiffany's" by Truman Capote. Books & audiobooks available by loan by March 25. 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

Message from Nancy Orel, Interim Executive Director

Dear Wood County Residents,

In December, the Wood County Committee on Aging's Governing Board of Directors appointed me as the Interim Executive Director after the untimely passing of the former Director, Denise Niese. The search for a new Executive Director has been ongoing since the beginning of December and we hope to have the new Director start on March 1, 2025. As my interim position comes to an end, I want to express my sincere gratitude to all of you for the incredible support you have given me I would personally like to thank the WCCOA staff and volunteers. Due to your efforts, you have continued to provide the programs and services that make a tremendous difference for older adults, their families and the community. Through the programs and services at our eight sites (e.g., Grand Rapids, North Baltimore, Northeast, Pemberville, Perrysburg, Rossford, Wayne, and Wood County), you have delivered resources and tools to those in need and advocated for programs that we all rely on as we age including Medicare, Medicaid, and Social Security. Together, we're creating brighter futures and stronger communities.

I especially want to commend the WCCOA staff for their hard work and dedication. They have worked diligently to provide our programs and services. Similar to many other organizations and businesses, WCCOA has had to work through staffing issues such as retirement, medical leave, or losing valued employees for other employment opportunities. WCCOA has cross-trained all employees so that every employee can step in wherever and whenever they may be needed. This has enabled WCCOA to continue to provide the needed programs and services.

Many new opportunities are awaiting WCCOA. Through innovative and creative programming, we will be able to build upon our core mission and vision. Given the mission of WCCOA and the growing needs of older adults in Wood County, in 2023, the WCCOA Governing Board of Directors embarked upon the strategic planning process. This process aims at strengthening the programs and services offered by WCCOA and to meet the future needs of its participants. The 2024-2026 strategic plan was developed after incorporating feedback from all stakeholders (e.g., current governing board members, staff, participants, and community members of WCCOA). The strategic planning process was directed with the guidance of Dr. Abhishek Bhati, Assistant Professor of Political Science at Bowling Green State University.

The following objectives emerged from the strategic planning process:

- to attract, recruit, and retain WCCOA staff members, volunteers, and interns who are dedicated, well-trained, caring, and committed to providing excellent programs and services to older adults in Wood County.
- to strengthen public relationships, increase visibility and support for WCCOA, and advocate for older adults of Wood County.
- to expand programs and services that sustain and engage existing and new participants while continuing to adapt and innovate to meet the changing needs of older adults in Wood County.
- to upgrade and integrate technology for all sites more fully at all levels of operation at WCCOA to ensure and broaden access to programs and services for older adults of Wood County.
- to sustain and strengthen the financial stability of WCCOA to ensure and broaden access to programs, services, and resources for older adults in Wood County.

I would like to express my gratitude to all who have financially supported our programs and services with their generous donations to WCCOA. In particular, I would like to acknowledge those who made donations in memory of Denise Niese:

James and Libby Adams; Karin Amburgey; John Blinn; Becky Bhaer; Doris Christensen; Susan Clanton; Beverly Cope; Dick and Nadine Edwards; Janice Elzey; David and Betty Goodman; Mike and Patricia Gory; Mary Hansen; Kathleen Helm; William and Beverly Hirzel; Cindy and Andrew Hofner; Andrew Kalmar; Richard and Heidi Kopec; Marty Krock; Robert and Mary Mack; Rick and Jackie Metz; Barbara Miller; Jason Miller; Justin Moor; Dale Niese; Roger and Jo Niese; Nancy Orel; Darlene Petkwitz; Keith and Jennifer Robeson; Elgen Rogers; Fred Schnable; Keven and Pamela Schroeder; Michael Shertzer; Michael Sibberson; Betty Sidle-Parrish; Jim and Elaine Stainbrook; Sheila Thurairatnam; Ruth Walker; Elizabeth Wineland; and Cathy Zwyer. These donations will help to finance the renovations in the basement – a project that was a top priority for Denise. As a community, we will work together and move forward with our mission to ensure that the legacy of Denise Niese continues.

**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

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WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 215 N. 2nd Street, North Baltimore, Ohio 45872 Monday through Friday 9:30 a.m. to 2:30 p.m.	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