

**WOOD COUNTY  
COMMITTEE**

ON  
*Ageing*

**April 2025**

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# Your County Connection

**Explore, Enrich, Enjoy This Season of Life**

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

**Better Health, Better You Wellness Fair**

**Monday, May 12 from 1 to 4 p.m.**

**Wood County Senior Center**

**“Reimage Life by Focusing on Your Mind, Body and Spirit”**

In honor of **Older Americans Month** we are celebrating an active and healthy lifestyle. Explore a variety of health focused booths, classes, hands on learning opportunities to enhance and enlighten your overall health journey. Information, giveaways and more!

**Featured educational sessions include:**

- Pain management options including medical marijuana
- Medications marketed on your T.V. and it’s impact on your health
- Nutrition trends and fad diets
- Medical records a hands on learning approach to accessing your wood county hospital records
- Fall prevention tips and ways to get up off after a fall
- Tips on ways to maintain your cognitive health

**Fitness Demonstrations** including; Cardio Drumming, Tai Chi, Strength training, Meditation and more.

**Vendors included but not limited to:** from The Site Center, Ohio Living, Wood Haven Health Care, Ohioans Home Health and Hospice, MemoryCare Lane Services, Wood County Hospital, Wood County Health Department, NAMI, Alzheimer's Association of NWO, and more.

**Screenings:** Wood County Health Departments mobile unit will provide blood pressure, blood sugar, respiration and tobacco cessation information.

A schedule of sessions will be made available in the coming month. For questions about this event call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)

This event is a collaboration of the following community partners:



**WOOD COUNTY  
HOSPITAL**



**Wood County  
Health Department**

**WOOD COUNTY  
COMMITTEE**

ON  
*Ageing*

**Unlocking Artificial Intelligence (AI):**

Wednesdays, April 2, 9, 16 and 23 from 1 to 2 p.m. at the Wood County Senior Center

*Instructor Addyson Cortney Speiser, BGSU Education Major*

This 4-week course gives you an introduction to AI, covering what it is, how it works, and how you can use it to enhance your daily life. You'll also learn how to protect yourself by spotting AI-generated information and images. By the end, you'll have a solid understanding of AI and how to stay safe while using it.

**April 2:** What is AI? Understanding the Basics

**April 9:** AI in Everyday Life (and the Future of AI)

**April 16:** Staying Safe Online with AI

**April 23:** Exploring AI in Everyday Life (hands on session bring a device if you have one)

**To register for these classes call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

# Agency Services

## Lunch

**Monday - Friday, Hours Vary by Location**

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

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

## Dinner

**Tuesday - Thursday, Wood County Senior Center**

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

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

## Durable Medical Equipment Loans

Durable medical equipment is available for loan. If you would like to donate a new or gently used item to our closet, contact our Social Services Department at **419.353.5661 or 800.367.4935** for prior approval of need for the item/s. Financial donations are also accepted. Examples of available items include: wheelchairs, standard canes, quad canes, standard walkers, wheeled walkers, commodes, shower benches, toilet seat risers, bed and toilet rails, and bathtub transfer bars.

Items are to be picked up at the Wood County Senior Center 140 S. Grove St. Bowling Green, OH.

## Respite Programs

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

**Wood County Senior Center**  
140 S. Grove St, Bowling Green  
Friday, April 4 & 18  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, April 9 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](mailto: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](mailto:programs@wcco.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
Pemberville Senior Center	April 2	1 to 3 p.m.
Wood County Senior Center	April 16	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](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	June 5	2 to 4 p.m.
Wood County Senior Center	June 12	4 to 6 p.m.

## **alzheimer's association** **Memory Chat**

Wednesday, April 16, 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](mailto:programs@wcoa.net)

## **Cholesterol Clinic Screenings**

### **Cholesterol Clinic Screening**

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

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

### **Clinic Site Dates & Times**

**Wood County Senior Center**

July 11, July 23, July 31 from 9 to 11 a.m.

**Perrysburg Area Senior Center**

July 18 from 9 to 11 a.m.

*Facilitated by the Wood County Health Department*

**NOTE: Register in June for this clinic. Call the Social Service Department at 419.353.5661 or email [programs@wcoa.net](mailto:programs@wcoa.net)**

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

Clinic Site	Date	Time
Wood County Senior Center	April 8	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	April 9	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	April 10	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	April 15	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	April 16	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	April 17	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	April 30	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, April 14 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, April 24 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 24. Respite available for care recipients. Please pre-register for respite.*

**Location:** Wood County Senior Center

## Parkinson's Support

**Thursday, April 3 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](mailto:programs@wcoa.net) to register for this group.

## Grasping Your Grief

**Wednesdays, April 2 & 16 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, April 22 to May 20 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, April 23 to May 28 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** **Cost: Free**

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

## **Yoga** **Cost: \$40**

**Beginner:**  
*Monday, March 17 to April 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:**  
*Tuesday, April 22 to May 27 at 10:30 a.m.*  
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:**  
*Thursday, March 20 to May 1 at 11a.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, April 16 to May 21 at 10:15 a.m.*  
*Sheila Brown, Certified Instructor.* \*SilverSneakers is **FREE for SilverSneakers Members.**

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

*Fridays, April 18 to May 23 at 10:15 a.m.*  
*Sheila Brown, Certified Instructor.* \*SilverSneakers is **FREE for SilverSneakers Members.**

## **Cardio Drumming**

Stay tuned for class details starting in June!

## 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, April 11 to May 16 at 9:30 a.m.*  
*Sheila Brown, Certified Instructor*



# Travel Opportunities

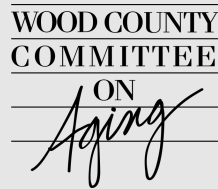
Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or

## Historical Malabar Farm & Blueberry Patch Experience Wednesday, July 9, 2025

ROUND TRIP TRANSPORTATION ON A 56 PASSENGER BUS

HOMESTYLE MEAL AT DER DUTCHMAN RESTAURANT WATER & SNACKS IN ROUTE

Tour at historic Malabar Farm—Wedding site of Humphrey Bogart & Lauren Bacall, Time to pick blueberries at the blue berry patch. Enjoy a glass of wine at 1285 Winery and enjoy shopping at their beautiful gift shop. For reservations call 1018 Travels, Stephanie Kozac at (419) 685-7058 Sponsored by:



## 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.

**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: Microsoft Office** Thursday, April 10 at 2 p.m. at the Wood County Senior Center. Microsoft Office is a very diverse office suit. Join this session to learn about Microsoft word, Microsoft excel, and Microsoft Powerpoint. *Presented by David Schuck.*

**1:1 Technology Help:** Thursday, April 17 starting at 2 p.m. at the Wood County Senior Center 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.*

### **Unlocking Artificial Intelligence (AI):**

Wednesdays, April 2, 9, 16 and 23 from 1 to 2 p.m. at the Wood County Senior Center  
*Instructor Addyson Cortney Speiser, BGSU Education Major*

This 4-week course gives you an introduction to AI, covering what it is, how it works, and how you can use it to enhance your daily life. You'll also learn how to protect yourself by spotting AI-generated information and images. By the end, you'll have a solid understanding of AI and how to stay safe while using it.

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**April 9:** AI in Everyday Life (and the Future of AI)

**April 16:** Staying Safe Online with AI

**April 23:** Exploring AI in Everyday Life (hands on session bring a device if you have one)

To register for these sessions call 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)

## 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, April 4 at 12:30 p.m.  
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more.  
*In-person option: Perrysburg, Wayne, Wood County.*

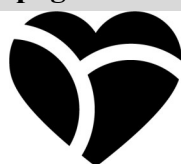
**Jeopardy:** Monday, April 14 at 12:30 p.m. Join us as we play a classic game of Jeopardy against the Wood County Senior Center. Play for pride not prize!  
*In person option in Wood County and Grand Rapids.*

**Parkinson's Disease:** Wednesday, April 16 at 11 a.m. This session will review the signs and symptoms of Parkinson's disease and will discuss treatment options for a healthier lifestyle.  
*Presented by Mercy Family Medicine Residency Program.*

**Lunch & Learn: The Art of Bee Keeping**  
Friday, April 25 at 11:30 a.m. Have you been thinking about taking up beekeeping as a hobby? Maybe you are just interested in honeybees? This is the program for you! We will explain what is involved with becoming a beekeeper, including the sticky parts and the sweet rewards.  
*Presented by Mike Soboleski, a 15 year Beekeeper.*  
*In-person option: Wood County Senior Center.*

**Bingo:** Friday, April 25 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

## 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, April 4 & April 18  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, April 9 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



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!**

## 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
Traditions or Superstitions? .....	Liliana Rossi, 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 II.....	Sharon Hanna, Toledo Museum of Art Docent
Introduction to Philosophy.....	Lou Katzner, Trustee Professor Emeritus of Philosophy
Adventures in Spanish Language I.....	Liliana Rossi, PhD. Spanish Literature
In the News: US Supreme Court .....	Joel Kuhlman, Judge at Wood County Court of Common Pleas
Reflecting on Mythology.....	Philip Seek PhD., Professor BGSU
Immigration Explained .....	Liliana Rossi, Ph.D Spanish Literature

# Around the County, Events & Classes

## Music Movers Class

Thursdays, 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](mailto: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.**



## 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 &

## 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. Call 419.353.5661 or 1.800.367.4935 or email [programs@wcoa.net](mailto:programs@wcoa.net)**

# Books & Bagels

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

Wood County Senior Center

*Sponsored by*



THE WILLOWS  
AT 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!

We need your Novels! Drop any gentle used recent novels to the Wood County Senior Center to support this project.

# Around the County, Events & Classes

## AARP Driver Safety Program

Friday, April 18 from 11 to 4 p.m. **Perrysburg Area Senior Center**



*The power to make it better.*

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. **To register for the Perrysburg Class call**



Use this QR code to register.

## AARP Driver Safety Program

Thursday, May 22 from 12:30 to 5 p.m. **Wood County Senior Center**



*The power to make it better.*

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.

**Registration is required by calling 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)**



Use this QR code to register.

## Veterans Trip to Liberty Aviation Museum!

**Friday, June 6 from 9:30 a.m. to 3:30 p.m.**

- Depart the Meijer in Bowling Green (2111 E Wooster St) at 9:30 a.m. and head towards the Perrysburg Meijer (10055 Olde, US-20 Rossford ) to pick up the second group by 9:50 a.m.
- At 10 a.m. depart for the Liberty Aviation Museum 3515 E State Rd., Port Clinton, Ohio 43452  
Arrive at Museum then Depart from Museum at 2 p.m.

**Cost: \$22 for veteran & spouse invited for this trip (lunch on own at the mess hall)** Tour included, bingo on bus, snacks, time in gift shop and lunch on own in the mess hall. Tour bus will take you to and from the museum. **To register call 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net). Payment required with registration.**

**About Liberty Aviation Museum:** The Liberty Aviation Museum was established on December 7th 1991 with a handful of dedicated volunteers to showcase WW2 aircraft. In 1994 we had the opportunity to put on a well received air show at the Erie-Ottawa International Airport in Port Clinton, Ohio. This very fortunate turn of events led us to formally announce in 1996 our intent to locate our museum at the Erie-Ottawa Regional Airport. Embracing the deep aviation heritage of the area we began to plan for a facility to include a hangar and museum along with a 1950's era themed Diner. **Thank you to our sponsors:**



# 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*.

**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.

**Sundae Bar:** Tuesday, April 1 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings *Sponsored by The Willows of Bowling Green*.

**National Parks Series: Carving the Grand Canyon** Tuesday, April 1 at 4:45 p.m. *Prerecorded Great Courses*.

**BG Knitter's Guild:** Wednesday, April 2 at 4 p.m. *Hosted by Jackie Instone*.

**How to Avoid Utility Scams and Fraud:** Thursday, April 3 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*.

**Workshop: Writing and Illustrating Picture Books** Thursday, April 3, 10, 17 at 1 p.m. Cost: \$15 *Facilitated by Local Author/illustrator Bettie Boswell. See page 12 for details.*

**Thursday Theater:** Thursdays, at 1 p.m. April 3: "Mary Poppins" (1964) 10: "Casablanca" (1943) 17 "Jerry & Marge Go Large" (2022) 24 "Yesterday" (2019) *Host Kris Eridon*.

**Self-Defense Class:** Thursday, April 3 at 4 p.m. Crime against seniors is on the rise, however, it doesn't mean you have to be a victim! Join *Stacy Munday, Safety Educator*, for an informative class which offers tips and tricks for staying safe while at home, while out and about and when you return home! Be empowered, educated, and equipped! *Sponsored by Bowling Green Manor*

**Happy Hour:** Friday, April 4 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.*

**World War II Artifacts:** Monday, April 7 at 11 a.m. Learn about the World War II artifacts. *Presented by Mike McMaster, Wood County Museum*.

**Eye Glass Repair:** Monday, April 7 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*.

**Write Your Story:** Monday, April 7 & 21 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story. **Advanced registration required.**

**Name That Tune BINGO:** Tuesday, April 8 at 10:30 a.m. Name the song to cover a bingo space. *Prizes. Facilitated by Heritage Corner Health Care*.

**Blood Pressure & Glucose Screening:** Tuesday, April 8 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department*.

**Dinner & Movie:** Tuesday, April 8 at 3:30 p.m. **Movie:** The Queen (2006) Dinner reservations need to be made by 2 p.m. on Tuesday, April 8.

**Karaoke:** Wednesday, April 9 at 4 p.m.

**Technology Hot Topic: Microsoft Office** Thursday, April 10 at 2 p.m. Learn how to use Microsoft Word, Microsoft Excel, and Microsoft PowerPoint. *Presented by David Schuck*.

**Docuseries:** Thursday, April 10 and 24 at 3:30 p.m. Greatest Events of WWII in Color Topics: **10:** Battle of the Bulge **24:** Dresden Firestorm

**Piano Recital:** Thursday, April 10 at 6 p.m. *Students of Jeanyne Jakuowski*

**Craft: Coffee Filter Flowers** Monday, April 14 at 10 a.m. Instruction and supplies will be provided. **Registration required.** *Facilitated by The Willows of BG.*



**Nails:** Monday, April 14 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*



# Wood County Continued...

**Healthy Eating Patterns:** Monday, April 14 at 10:30 a.m. Identify ways to stretch food dollars and cook at home, Participants will identify ways to modify recipes for a more nutritious meal and Focus on meeting the food group recommendations with nutrient dense foods and beverages without exceeding the caloric limit. *Laura Digby, OSU Extension Office.*

**TV series: Designated Survivor:** Monday, April 14 & 28 at 1 p.m. **10:** Season 1: Episode 13 & 14, **24:** S:1 E: 15 & 16.

**Brain Training:** Tuesday, April 15 at 9 a.m. "Optimizing Brain Fitness" video. **Topic:** Putting Your Senses to Work. **Registration required by April 10.** *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*



## **Craft: Sheep Charms**

Tuesday, April 15 at 3 p.m. Make a decorative sheep for your home décor. All supplies and instruction will be provided. **Registration required as space is**

**limited to the first 12 participants.** *Facilitated by Stephanie Kosak, 1018 travels.*

**Sound Bath:** Tuesday, April 15 from 3 p.m. to 4 p.m. Experience the relaxing and stress reduction results of a sound bath. Cost:\$10 *Facilitated by Kim Post, RN.*

**Breakfast Club:** Wednesday, April 16 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

**Parkinson's Disease:** Wednesday, April 16 at 11 a.m. This session will review the signs and symptoms of this disease, current treatment plans and best practices. *By Mercy Family Medicine Residency*

**1:1 Technology Help:** Thursday, April 17 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.*

**Scams and Fraud Prevention Awareness:** Tuesday, April 22 at 10:45 a.m. This session will provide you with up to date information on current local and national scams. *Presented by Matt Robinson, Bowling Green Police Department.*

**Balance Screening:** Wednesday, April 23 from 1 p.m. to 2:30 p.m. Join Wood County Hospital Rehab Services for a free balance screening. A balance screening is a quick (10 min) assessment to check your stability, coordination, and risk of falling. Following the screening, receive personal recommendations on improving strength and coordination. **Appointments Required.** *Facilitated by Wood County Hospital.*

**Acrylic Painting:** Wednesday, April 23 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.* **Register by April 16.**



**Card Bingo:** Thursday, April 24 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.*

**Acoustic Night:** Thursday, April 24 at 5:30 to 6:30 p.m. Enjoy live music from musicians. Want to play a song register in advance. *Facilitated by the Guitar Circle.*

**Lunch and Learn: The Art of Bee Keeping** Friday, April 25 at 11:30 a.m. Have you been thinking about taking up beekeeping as a hobby? Maybe you are just interested in honeybees? This is the program for you! We will explain what is involved with becoming a beekeeper, including the sticky parts and the sweet rewards. *Presented by Mike Soboleski, a 15 year Beekeeper. Zoom option.*

**Zoom Bingo:** Friday, April 25 at 1 p.m. Play 10 rounds of bingo from the comfort of your home. *Cover-all prize awarded. Register to receive the code.*

**Coffee & Coloring:** Monday, April 28 at 10 a.m. Bring your own supplies or use the ones provided. *Sponsored by Wood Haven Health Care.*

**Reader's Café:** Tuesday, April 29 at 3 p.m. Compare books that have been turned into movies! **Feature: "Killers of the Flower Moon" by David Grann. Books & audiobooks available by loan by March 25. Registration required.**

**Bobcats Beat Singing Group:** Tuesday, April 29 at 5:30 p.m. Join us as we welcome students from Bowling Green Middle School as they perform several songs for us!

# 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*

**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:** April 17 to May 22 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*

**Housing in Wood County:** Tuesday, April 1 at 12:15 p.m. Learn about the work being done by the Wood County Housing and Homelessness Coalition. The coalition is looking to gather your input on current housing issues. *Presented by Caleb Johnson.*

**Housing Options:** Wednesday, April 2 at 12:30 p.m. In this session we will discuss when it is best to transition your care and the best housing options for your current needs. *Julie Roberts, Kingston of PB.*

**Euchre:** Thursday, April 3 at 12:45 p.m.  
**Registration required.**

**Veterans Coffee Hour:** Thursday, April 3 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.*

**Happy Hour:** Friday, April 4 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of April.  
**Registration required. Zoom option.**

**Puzzlemania:** Friday, April 4 at 12:45 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! Prize awarded to winning team. Five team limit per session. **Registration required.**

**Tornado Safety:** Monday, April 7 at 12:15 p.m. Having an emergency plan is the best way to stay safe during a tornado. Learn tips on how to stay safe during this time of year. *Presented by Wood County Emergency Management Agency*

**Texas Hold'em:** Monday, April 7 at 1 p.m.

**Breakfast Club:** Tuesday, April 8 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, April 8 at 12:45 p.m.  
*Facilitated by Waterford at Levis Commons.*

**Self-Defense Class:** Wednesday, April 9 at 12:30 p.m. Crime against seniors is on the rise, however, it doesn't mean you have to be a victim! Join *Stacy Munday, Safety Educator*, for an informative class which offers tips and tricks for staying safe while at home, while out and about and when you return home! Be empowered, educated, and equipped! *Sponsored by the Manor at Perrysburg.*

**Where were You?:** Thursday, April 10 at 12:30 p.m. Reminiscing discussion group will ask you where you were during historical events. **Topic:** Martin Luther King Assassination. *Facilitated by Comfort Keepers.*

**Bunco:** Friday, April 11 at 12:45 p.m.  
**Registration required.**

**Pinochle:** Monday, April 14 at 12:45 p.m.

# Perrysburg Continued...

**Back in the Day:** Monday, April 14 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

**Mystery Restaurant:** Monday, April 14 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.***

**Friends in Fellowship:** Tuesday, April 15 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

## **Lunch and Learn:**

### **Staying at Home, Know Your Options:**

Tuesday, April 15 at 12 p.m.  
Gain tips on understanding the healthcare journey and how to navigate insurances and other obstacles through knowledge and empowerment. *Catered lunch by Ohio Living.* **Registration required.**

**Birthday Lunch:** Wednesday, April 16 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg*

### **Blood Pressure and Blood Sugar Clinic:**

Thursday, April 17 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.*

### **How to Avoid Utility Scams and Fraud:**

Friday, April 18 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.*

**AARP Drivers Safety Course:** Friday, April 18 at 11a.m. to 4 p.m. *See page 13 for details!*

**Texas Hold'em:** Monday, April 21 at 1 p.m.

### **WW2 Artifacts at the Wood County**

**Museum:** Tuesday, April 22 at 12:35 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. Learn the story of Mike's favorite WW2 artifacts. *Presented by Mike McMaster, Wood County Museum.*

**Parkinson's Disease:** Wednesday, April 23 at 11:15 a.m. This session will review the signs and symptoms of this disease. It will share current treatment plans and best practices. *Presented by Mercy Family Medicine Residency Program.*

**Seminar Series: Exploring a Legacy from 1984 and before.** Wednesday, April 23 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Ford Motor Company.**

**Caregiver Support Group:** Thursday, April 24 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 at 419.353.5661 or 1.800.367.4935**

**Left, Right, Center Game:** Thursday, April 24 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Card Bingo:** Friday, April 25 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*

**Hand & Foot:** Monday, April 28 at 12:45 p.m. **Registered required**

### **Virtual Reality: Visit Argentina**

Monday, April 28 at 12:45 p.m. Virtual Reality travel from the comforts of the Senior Center. Place on the headsets and travel to a beautiful location. *Facilitated by Way Public Library.*

**Movie Day:** Tuesday, April 29 at 12:45 p.m.

**Feature: "Mona Lisa Smile" Synopsis:** A recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them. *Sponsored by Witzler-Shank-Walker Funeral Home.*

### **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.**



# North Baltimore

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

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.*

**Dominoes:** Thursday, April 3 at 12:30 p.m.

**Healthy Eating Patterns:** Friday, April 4 at 12:30 p.m. Identify ways to stretch food dollars and cook at home, Participants will identify ways to modify recipes for a more nutritious meal and Focus on meeting the food group recommendations with nutrient dense foods and beverages without exceeding the caloric limit. *Presented by Laura Digby, OSU extension office.*



## **Craft: Spring “Heart Shaped Container”**

Monday, April 7 at 10:30 a.m. Create a spring keep sake box by mod podging a spring napkin on to it. Learn more about what

the library has to offer during this program. *Sponsored by the North Baltimore Public Library.*

**Cards:** Monday, April 7 from 12:30 p.m. Enjoy a variety of card games. Games will be determined by the group.

**Breakfast Club:** Tuesday, April 8 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, April 9 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

**Card Bingo:** Thursday, April 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.*

**Class: Cookie and Cupcake Decoration:** Monday, April 14 at 10:30 a.m. Gain some valuable cookie and cupcake decorating techniques from Brenda. All supplies and instruction will be provided. Enjoy the results of your work or take home these treats for Easter.

**Root Beer Floats:** Monday, April 14 at 12:30 p.m. Join us as we enjoy a root beer float and share stories and conversations about our adventures in Spring. *Sponsored by Wood Haven Health Care.*

**Name That Tune Bingo:** Tuesday, April 15 at 12:30 p.m. Name the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

**Birthday Celebration:** Wednesday, April 16 at 12:30 p.m. Celebrate your April birthday with us. Join us for cake and ice cream. *Cake sponsored by Elara Caring*

**Cooking with Herbs:** Thursday, April 17 at 12:30 p.m. Join us for an engaging presentation on the benefits of cooking with herbs! Herbs are rich in antioxidants, vitamins and natural compounds that support digestion and boost overall health! The presentation will cover the basics of cooking with herbs, including tips on how to use fresh and dried herbs into everyday cooking, storage methods, and simple recipes to try at home. Don’t miss this opportunity to explore new ways to cook with herbs! *Presented by the Wood County Health Department .*

**Trivia Battle:** Friday, April 18 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: Ballreich Potato Chip Company** Tuesday, April 22 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Ballreich Potato Chip Company.**

**Bingo:** Thursday, April 24 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.*

**Word Search Challenge:** Monday, April 28 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!*

# 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.

**Name that Tune Bingo:** Tuesday, April 1 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

**Chair Yoga:** Wednesday, April 2, 9, 16, 23, 30 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, April 2 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice.*

**Happy Hour:** Friday, April 4 at 12:30 p.m.  
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *Zoom option. If you plan on zooming in please register in advance to receive the code.*

**Bingo:** Monday, April 7 at 1 p.m.  
*Sponsored by Wood Haven Health Care.*

**Bingo:** Tuesday, April 8 at 1 p.m. *Sponsored by St. Catherines.*

**Blood Pressure & Blood Glucose Screening:** Thursday, April 10 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.*

**WW2 Artifacts: Mike's Favorite Things**

**Part 4:** Thursday, April 10 at 12:30 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. Learn the story of Mike's favorite WW2 artifacts. *Presented by Mike McMaster, Wood County Historical Society.*

**Reminiscing Day:** Monday, April 14 at 11 a.m.  
Participants are invited to bring their family photos and mementos for a fun reminiscing activity to share information about your lives with others.

**Healthy Eating Patterns:** Tuesday, April 15 at 12:30 p.m. Identify ways to stretch food dollars and cook at home, Participants will identify ways to modify recipes for a more nutritious meal and Focus on meeting the food group recommendations with nutrient dense foods and beverages without exceeding the caloric limit. *Laura Digby, OSU Extension Office*

**Birthday Celebration:** Wednesday, April 16 at 12:30 p.m. *Cupcakes provided by The Willows.*

**Breakfast Club:** Thursday, April 17 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, April 18 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.*

**Wayne Public Library Program:** Monday, April 21 at 12:30 p.m. Join us as we will explore different topics each month, play a game or complete a craft. Each month it varies.

**Seminar Series: Bob Evans Farms** Tuesday, April 22 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month will feature an exploration of the history **of Bob Evans Farms.**

**How to Avoid Utility Scams and Fraud:** Wednesday, April 23 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.*

**Cooking with Herbs:** Monday, April 28 at 12:30 p.m. Join us for an engaging presentation on the benefits of cooking with herbs! Herbs are rich in antioxidants, vitamins and natural compounds that support digestion and boost overall health! The presentation will cover the basics of cooking with herbs, including tips on how to use fresh and dried herbs into everyday cooking, storage methods, and simple recipes to try at home. Don't miss this opportunity to explore new ways to cook with herbs! *Presented by the Wood County Health Department*

**Restaurant Night:** Tuesday, April 29 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.**

# 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.*

**Fitness for Fall Prevention:** Tuesday, April 1 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.**



**Painting Class: Bee Planter** Thursday, April 3 at 12:30 p.m. **Create “A bee planter pot.”** All instruction and supplies will be provided for a 6 inch planter. No experience is necessary as techniques will be explained

and assisted as needed. A plant and soil will be provided so that you can take home a beautiful plant. **Registration Required** \$20 Fee *Instructor Tomi Huss-Shetler.*

**Coffee, Donuts and Coloring:** Monday, April 7 at 11 a.m. *Sponsored by Manor At Perrysburg.*

**WW2 Artifacts: Mike’s Favorite Things Part 4:** Tuesday, April 8 at 12:15 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. Learn the story of Mike’s favorite WW2 artifacts. *Presented by Mike McMaster, Wood County Historical Society.*

**Reminiscing Hour:** Wednesday, April 9 at 12:30 p.m. Join us as we discuss a new topic each month. This month we will discuss Old Time Radio. *Facilitated by WCCOA*

**Game Day:** Thursday, April 10 at 12:30 p.m. *Hosted by Kingston of Perrysburg.*

**Card Bingo:** Thursday, April 10 at 12:45 p.m. Use playing cards to play several rounds of bingo. Prizes awarded to winning bingo players. *Facilitated by Bridge Home Health & Hospice.*

**Divas and Desserts:** Friday, April 11 at 1 p.m. Enjoy some delicious desserts with a great group of ladies. Conversations and laughter will be had by all. *Sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Word Search Challenge:** Monday, April 14 at 11 a.m. Enjoy a cup of coffee all the while working your cognitive skills by completing a word search. Winner is the person who completes the puzzle first. Playing for pride not prize!

**Breakfast Club:** Tuesday, April 15 at 9 a.m. **Location:** American Table (580 Craig Dr., Suite 1, Perrysburg ) **Cost on own. Register with the Senior Center.**

**Birthday Lunch:** Wednesday, April 16 at 12 p.m. *Cake Sponsored by Ohioan's Home Health & Hospice.*

**Bingo:** Thursday, April 17 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Rossford Tea Party:** Friday, April 18 at 12:30 p.m. Participants are asks to bring in their special tea cup to share its story. Sample a variety of new teas to boost your health and wellbeing. Challenge yourself to some tea trivia.

**Cards & Dominoes:** Mon., April 21 at 10:30 a.m. **Bunco:** Monday, April 21 & 28 at 12:30 p.m.

**Seminar Series: John Deere Company** Tuesday, April 22 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **John Deere Company.**

**Trivia Battle:** Thursday, April 24 at 12:15 p.m. Let’s test your trivia knowledge against other Wood County sites! *Rehabilitation Hospital of NWO.*

**Cooking with Herbs:** Friday, April 25 at 12:30 p.m. Join us for an engaging presentation on the benefits of cooking with herbs! Herbs are rich in antioxidants, vitamins and natural compounds that support digestion and boost overall health! The presentation will cover the basics of cooking with herbs, including tips on how to use fresh and dried herbs into everyday cooking, storage methods, and simple recipes to try at home. *Presented by the Wood County Health Department*

**Trivia Bingo:** Tuesday, April 29 at 12:15 p.m. *Prizes sponsored by Wood Haven Health Care.*

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

# Northeast

(Located in Walbridge)

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

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

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

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

**Take Control with Exercise:** Tuesdays at 10:30 a.m. prerecorded video.

**Walk in 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:** \$1.50 per donut.

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

**Bingo:** Tuesday, April 1 at 12:30 p.m. *Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, April 2 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.*

**Healthy Eating Patterns:** Thursday, April 3 at 12:30 p.m. Identify ways to stretch food dollars and cook at home, Participants will identify ways to modify recipes for a more nutritious meal and Focus on meeting the food group recommendations with nutrient dense foods and beverages without exceeding the caloric limit. *Laura Digby, OSU ext.*

**Mystery Game:** Friday, April 4 at 12:30 p.m. .  
*Facilitated by Kingston of Perrysburg.*

**Dominoes:** Tuesday, April 8 & 29 at 12:30 p.m.

**Cooking with Herbs:** Wednesday, April 9 at 12:30 p.m. Join us for an engaging presentation on the benefits of cooking with herbs! Herbs are rich in antioxidants, vitamins and natural compounds that support digestion and boost overall health! The presentation will cover the basics of cooking with herbs, including tips on how to use fresh and dried herbs into everyday cooking, storage methods, and simple recipes to try at home. Don't miss this opportunity to explore new ways to cook with herbs!  
*Presented by the Wood County Health Department*

**Walbridge Talk:** Thursday, April 10 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

**Game Time:** Friday, April 11 at 12:45 p.m. *Bridge Home Health and Hospice. Prizes awarded.*

**Monthly Trivia:** Monday, April 14 at 12:30 p.m. Challenge yourself or your table to some trivia for fun! Sheets provided.

**Knitting and Crocheting:** Monday, April 14 at 1p.m. Bring your own supplies.

**Craft: Coffee Filter**

**Flowers** Tuesday, April 15 at 12:30 p.m. Create decorative flowers with coffee filters. Limited to 12 participants.

**Registration is required.**  
*Facilitated by the Willows of Bowling Green.*



**Birthday Lunch:** Wednesday, April 16 at noon.  
*Cupcakes sponsored by Orchard Villa.*

**Blood Pressure & Glucose Screenings:** Wednesday, April 17 at 11 a.m. to 12:30 p.m.  
*Facilitated by the Wood County Health Department.*

**Game Time:** Thursday, April 17 12:45 p.m. .  
*Facilitated by Bridge Home Health & Hospice.*

**LRC Game:** Monday, April 21 at 12:30 p.m

**How to Avoid Utility Scams and Fraud:** Tuesday, April 22 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.*

**WW2 Artifacts: Mike's Favorite Things**

**Part 4:** Wednesday, April 23 at 12:30 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. Learn the story of Mike's favorite WW2 artifacts. *Presented by the Wood County Historical Center.*

**Wii Bowling:** Friday, April 25 at 12:30 p.m.

**Seminar Series: Spangler Candy Company** Wednesday, April 30 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Spangler Candy Company.**



# 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:** Thursday, April 1 at 12:30 p.m. Help us send card to residents of the Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes*

**WW2 Artifacts: Mike's Favorite Things**

**Part 4:** Tuesday, April 1 at 12:30 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. *Mike McMaster, Wood County Historical Society.*

**Learn How AI is Shaping Your World:**

Wednesday, April 2 at 12:30 p.m. This session will cover what is AI, How it impacts you and our future. *Presented by Clara Fiori, WCCOA*

**Senior Center is Closed due to a Blood Drive: Thursday, April 3**

**Bingo:** Friday, April 4 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**Monthly Guessing Game:** Monday, April 7 at 12:30 p.m. Guess the number of items in a jar and win the prize.

**Breakfast Club:** Tuesday, April 8 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*

**Donut Bingo:** Wednesday, April 9 at 10:30 a.m. Join us for a different version of bingo. Instead of prizes we will be playing for donuts! *Facilitated by Wood Haven Health Care.*



**Canvas Art Party:**

Wednesday, April 9 at 12:30 p.m.

Paint with us a decorative Easter bunny! No experience needed, all materials and instruction provided.

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

**Blast From the Past: Grand Rapids:**

Friday, April 11 at 12:30 p.m. Join us for a brief history of Grand Rapids and a look into Grand Rapids High School photos of the past. Information and photos from the Grand Rapids Library website and people within the community. *Presented by Grand Rapids Public Library.*

**Jeopardy:** Monday, April 14 at 12:30 p.m. Join us as we play a classic game of Jeopardy against the Wood County Senior Center. Play for pride not prize! *Zoom option. Register to receive the code.*

**Blood Pressure & Blood Glucose Screening:**

Tuesday, April 15 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

**Birthday Lunch:** Wednesday, April 16 at noon. *Cake sponsored by Bowling Green Manor*

**Trivia Battle:** Friday, April 18 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:**

Tuesday, April 22 at 12:15 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.*

**Seminar Series: Libby Company** Wednesday, April 23 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Libby Company.**

**Glasses Repair:** Friday, April 25 from 11 to 12 p.m. Missing a screw or a nose piece to your glasses? Get them fixed for free! *Sponsored by Grand Rapids Calvary Church.*



**Craft: Porcelain Tile Leaf**

Monday, April 28 at 12:30 p.m. Create a beautiful tile leaf for your home décor or to give as a gift.

**Registration required.**

*Facilitated by Wood Haven Health Care.*

# 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.*

**WW2 Artifacts: Mike's Favorite Things**

**4:** Wednesday, April 2 at 12:30 p.m. Mike explores the ongoing construction of the NEW WW2 Exhibit at the Wood County Museum. Learn the story of Mike's favorite WW2 artifacts. *Presented by Wood County Historical Society.*

**Bingo:** Thursday, April 3 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!

**Minutes with the Mayor:** Monday, April 7 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.

**Donuts & Discussion:** Tuesday, April 8 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

**Back In the Day:** Wednesday, April 9 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

**Mystery Restaurant:** Wednesday, April 9 at 4 p.m. Meet at the center to receive your special instructions on the location of dinner. Cost on own (price range \$15 to \$25) Car pooling is encouraged.  
**Space limited to the first 8 registered.**

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

**How to Avoid Utility Scams and Fraud:**  
Friday, April 11 at 12:15 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.*

**Puzzlemania:** Monday, April 14 at 10:30 a.m.  
We are hosting Puzzlemania, where teams of two to four people will compete to complete a 250 piece puzzle the quickest! **Registration required.**

**Cooking with Herbs:** Monday, April 14 at 12:30 p.m. Herbs are rich in antioxidants, vitamins and natural compounds that support digestion and boost overall health! The presentation will cover the basics of cooking with herbs, including tips on how to use fresh and dried herbs into everyday cooking, storage methods, and simple recipes to try at home.  
*Presented by the Wood County Health Department.*

**Birthday Lunch:** Wednesday, April 16 at noon. *Sponsored by Wood Haven Health Care.*

**Blood Pressure & Blood Glucose Clinic:**  
Thursday, April 17 from 11 a.m. to 12:30 p.m.  
*Facilitated by Wood County Health Department.*

**Trivia Battle:** Thursday, April 17 at 12:15 p.m.  
Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of NWO.*

**Card Bingo:** Monday, April 21 at 12:45 p.m.  
Enjoy several rounds of card bingo with prizes awarded. *Sponsored by Bridge Home Health and Hospice.*

**Name That Tune Bingo:** Tuesday, April 22 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

**Balance Screening:** Wednesday, April 23 at 12:30 p.m. Each screening will last 10 mins. Maximum 15. **Register in Advance.** *Provided by Med1Care.*

**Movie Day:** Thursday, April 24 at 12:45 p.m.  
**Feature:** Wine Country **Synopsis:** When longtime friends get together for a Birthday trip to Napa Valley. *Snacks by Wood Haven Health Care.*

**Mystery Game:** Monday, April 28 at 12:45 p.m. .  
*Facilitated by Kingston of Perrysburg.*

**Library Talks & Crafts:** Tuesday, April 29 at 12:30 p.m. Learn about the programs and events at the Pemberville Library and then join us in making a spring craft. **Register by April 10.**

**Seminar Series: Hirzel Canning and Farms**  
Wednesday, April 30 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Hirzel Canning and Farms.**

# 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](mailto: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](mailto: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:*



### ◆ Senior Day at the Wood County Fair Tuesday, July 29, 2025

Wood County Fair Grounds from 9 to 3 p.m.

*Entertainment Sponsored by Hanneman Family Funeral Homes, Wood Haven Health Care, Wood County Hospital, Ohioans Home Health Care*

*Lunch Sponsored by Bridge Home Health and Hospice, The Willows of Bowling Green, Heritage Corner Health Care Campus, Provision Living at Findlay*

*Donuts and Coffee by Brookdale of Bowling Green*

Sponsorship Opportunities available email [programs@wcco.net](mailto:programs@wcco.net)

### ◆ 90 Plus Spectacular Monday, September 15 from

4 to 6 p.m. at the Wood County Senior Center

◆ *Sponsored by Bowling Green Manor, Manor at Perrysburg, Hanneman Family*

◆ *Funeral Homes, Wood Haven Health Care, Heritage Corner Health Care Campus, and*

◆ *Ohio Living Home Health and Hospice*

# 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.

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Country Fried Steak OR Cabbage Roll</b> mashed potatoes, carrot raisin pineapple salad, cinnamon applesauce, lemon bar	<b>Beef &amp; Bean Chili OR Ham &amp; Potato Soup</b> cornbread, cucumber salad, peaches & pears, sidekick fruit slushie	<b>Chicken Wings OR Smoked Sausage</b> squash, cauliflower peanut salad, banana	<b>Roast Beef OR Pecan Crusted Tilapia</b> normandy blend, au gratin potatoes, cranberry fruited jello
<b>Pork Chop OR Chicken &amp; Dumplings</b> Tomato zucchini blend, oranges & grapes, blueberry crisp	<b>BBQ Beef OR Turkey Burger</b> sweet potato fries, sauerkraut salad, mixed fruit, fig cookie	<b>Grilled Chicken Breast OR Liver &amp; Onions</b> small whole potatoes, Texas caviar bean salad, apple juice, lemon pie	<b>Sweet &amp; Sour Chicken OR Pork Chop</b> brown rice, cauliflower, Caesar salad, apricots	<b>Hamloaf OR Shrimp Poppers</b> baked potato, orange, granola, peaches & cream
<b>Stuffed Pepper OR Turkey Stuffing Casserole</b> mixed vegetables, pasta salad, grape juice, peaches	<b>Pork Ribette OR Chicken Tenders</b> sweet potatoes, broccoli salad, pears, graham crackers	<b>Birthday Lunch! Meatloaf</b> lima beans, redskin potato salad, citrus, cake & ice cream	<b>Hot Dog OR Hamburger</b> baked beans, coleslaw, rosy applesauce, brownie	<b>Ham OR Lemon Pepper Cod</b> long grain rice, winter blend, tropical fruit, peach crisp
<b>Swedish Meatballs OR Veal Patty</b> noodles, oriental vegetables, tomato juice, pineapple	<b>Beef Stew OR Tuscan Chicken</b> french green beans, pickled beets, citrus sections, frozen yogurt	<b>Ham &amp; Bean Soup OR Turkey Pot Roast</b> cornbread, heritage slaw, peaches, cherry crunch	<b>Pork Chop OR Broccoli Stuffed Chicken Breast</b> baked potato, corn relish, granola, berry blend with yogurt	<b>Chef Salad w/Diced Turkey, Cheese &amp; Egg OR Tuna Salad</b> on a bed of lettuce, potato salad, cantaloupe & grapes, blueberry muffin
<b>Cream of Broccoli Soup OR Vegetable Soup</b> egg salad, celery sticks & peanut butter, orange sections	<b>Beef Tacos OR Fajita Chicken Strips</b> refried beans, lettuce & tomatoes, mixed fruit, cookies	<b>Shredded Chicken OR Sausage Patty</b> hashbrown casserole, three bean salad, fruit sorbet		

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.

April 2025		
Tuesday	Wednesday	Thursday
<b>BQ Pork Chop</b> au gratin potatoes, grapes & mandarin oranges, cherry crisp	<b>Calico Beans</b> carrots, wilted lettuce salad, fruit jello	<b>Teriyaki Chicken Breast</b> sweet potatoes, broccoli salad, peaches, bread pudding
<b>Birthday Dinner! Chicken Alfredo</b> green beans, Caesar salad, apple juice, cake & ice cream	<b>Fish Sandwich</b> tater tots, coleslaw, orange sherbet	<b>Mushroom Steak</b> cheese potato bake, peas, melon, cherry cheesecake
<b>Sweet &amp; Sour Pork</b> rice, mydori blend vegetables, spinach salad, tropical fruit, lemon bar	<b>Turkey Burger</b> french fries, coleslaw, grapes, peach pie	<b>Meatloaf</b> mashed potatoes, green beans, orange sections, gingerbread pudding
<b>Pork Chop</b> small whole potatoes, nantucket blend vegetables, cranberry jello salad, sherbet	<b>Chicken Parmesan</b> noodles, roasted cauliflower, tossed salad, ambrosia salad	<b>Meat &amp; Bean Chili</b> cornbread muffin, potato salad, banana, strawberries & blueberries, pound cake
<b>Salmon Burger</b> redskin potatoes, corn relish, peaches & pears, cookies	<b>Chicken &amp; Dumplings</b> carrots, cucumber salad, ambrosia, pound cake	

**BG Knitters Guild:** Wednesday, April 2 at 4 p.m. Hosted by Jackie Instone.

**Self-Defense Class:** Thursday, April 3 at 4 p.m.

**Write Your Story:** Monday, April 7 and April 21 at 4 p.m. Bring your pen and paper or laptop and join Dr. Sandra Faulkner, BGSU to write your story.  
**Registration Required.**

**Dinner & Movie:** Tuesday, April 8 at 3:30 p.m.

**Movie:** The Queen Dinner Make reservations by 2 p.m. on Tuesday, April 8.

**Karaoke:** Wednesday, April 9 at 4 p.m.

**Docuseries:** Thursday, April 10 & 24 at 3:30 p.m. Greatest Events of WWII in Color: Derek Jacobi narrates this expansive docuseries that focuses on the key figures and events that defined WWII. Topics: **10:** Battle of the Bulge **24:** Dresden Firestorm

**Piano Recital:** Thursday, April 10 at 6 p.m. *Students of Jeanyne Jakuowski*

**Acoustic Night:** Thursday, April 24 at 5:30 to 6:30 p.m. Enjoy live music from musicians. *Facilitated by the Guitar Circle.*

**Reader's Café:** Tuesday, April 29 at 3 p.m. Compare books that have been turned into movies! **Feature: "Flowers of the Killer Moon" by David Grann. Books & audiobooks available by loan by March 25. Registration required.**

**Bobcat Beats:** Tuesday, April 29 at 5:30 p.m. Junior High School singers will perform for you!

*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://friendsofwcoa.com/>**

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Donations to the Wood County Committee on Aging are used to support the expansion of our congregate and home delivered meal programs. Additionally, donations support services and programs for older adults throughout Wood County. The generosity of donors is what gives our most experienced population the resources and support they need.



## Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the

Wood County Committee on Aging.

**Visit:** [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and register or re-enroll today.

**You need to re-enroll every year.**

Our organization number is: **VB952**

If you have any questions, please contact us at 419.353.5661 or 800.367.4935

## Program & Service Scholarship Fund

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

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



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**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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We're on the Web!

[www.wccoa.net](http://www.wccoa.net)



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## Newsletter Subscriptions

If you receive your newsletter in the mail, you will see a date printed at the bottom of your address label above. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County. *Free access to the newsletter is also available by email and on the WCCOA website.*

## WCCOA SENIOR CENTER LOCATIONS

<b>Grand Rapids Area Senior Center</b> , 23019 Kellogg Road, Grand Rapids, Ohio 43522 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 Monday through Friday 9:30 a.m. to 2:30 p.m.	419.257.3306
<b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465 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 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 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 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 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 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*