

# WOOD COUNTY COMMITTEE

ON  
*Ageing*

May 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)



## Cars & Cookies Show

Parking Lot at the Wood County Senior Center on Friday, May 2 from 4 to 6 p.m.  
(Rain date Friday, May 9 from 4 to 6 p.m.)

Welcome to *Cars & Cookies*, the ultimate blend of speed and sweetness! This unique show brings together two of life's greatest pleasures: high-performance vehicles and delectable baked goods. Join us as we rev up the engines and get a behind-the-scenes look at some of the world's most incredible cars—everything from sleek sports cars to powerful muscle machines. Whether you're a car enthusiast, a baking lover, enjoy listening to a band, watching a dance group SILKI (Seriously Incredible Ladies Kickin' It! by Shelia Brown) eating from Toledo O'Henry BBQ Food Truck or just someone who enjoys good vibes, *Cars & Cookies* has something for everyone. Buckle up, and get ready for a ride full of fun, flavor, and fantastic wheels!

**To register your vehicle and your donation of cookies call Karla Davis-McGowan at 419.261.1385. Space is limited!**  
For other information call 419.353.5661 or email [programs@wccoa.net](mailto:programs@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 active and healthy lifestyles. Explore a variety of health focused booths, classes, and hands-on learning opportunities to enhance and enlighten your overall health journey, giveaways and more! **Vendors included but not limited to:** The Sight Center, Ohio Living, Wood Haven Health Care, Ohioans Home Health and Hospice, MemoryCare Lane Services, Wood County Hospital, Wood County Health Department, NAMI (National Alliance on Mental Illness), Alzheimer's Association of NWO, and more. For questions about this event call 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net).

### Featured educational sessions include:

- Pain management options
- 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

**Screenings:** Wood County Health Department's 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.

### Fitness Demonstrations

- Cardio Drumming
- Tai Chi
- Strength training
- Meditation and more.

This event is a collaboration of the following community partners:



WOOD COUNTY  
HOSPITAL



Wood County  
Health Department

WOOD COUNTY  
COMMITTEE

ON  
*Ageing*

# 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, May 2 & 16  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, May 14 from 10 a.m. to 2 p.m.  
*Support provided by Arista Home Care Solutions,  
Kingston of Perrysburg & St. Timothy's Church*

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

## Home Delivered Meals

**Monday - Friday**

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

## Medical Escort

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

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

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

*Northern part of the County:* 419.666.8494

*Southern part of the County:* 419.353.5661 or  
1.800.367.4935



## Volunteer Opportunities

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

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

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

## UnitedHealthcare Members

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

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

[UHCRenewActive.com](http://UHCRenewActive.com)

# Clinics & Consultations

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

Clinic Site	Date	Time
Wood County Senior Center	May 21	1 to 3 p.m.
Pemberville Senior Center	June 4	1 to 3 p.m.

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

## alzheimer's association Memory Chat

**Wednesday, May 21, 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@wccoa.net

## **Cholesterol Clinic Screenings**

### **Cholesterol Clinic Screening**

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

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

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

**Wood County Senior Center**

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@wccoa.net**

## **Senior Legal**

Provided by *Legal Aid of Western Ohio, Inc.*  
 Call 1.888.534.1432, or fill out their intake form online at [www.lawolaw.org](http://www.lawolaw.org)

## **Community Christian Legal Services**

Community Christian Legal Services is here to help you understand your rights under the law.

**Legal aid services include** assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits.

### **Appointments are required.**

Call your Senior Center to schedule

Clinic Site	Date	Time
Perrysburg	June 5	2 to 4 p.m.
Wood County Senior Center	June 12	4 to 6 p.m.

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

Clinic Site	Date	Time
Wayne Area Senior Center	May 8	11 a.m. to 12:30 p.m.
Wood County Senior Center	May 13	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	May 14	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	May 15	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	May 20	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	May 21	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	May 28	11 a.m. to 12:30 p.m.

# WCCOA Support Groups

## Caregiver Support Group

**Monday, May 12 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, May 22 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, May 1 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@wccoa.net](mailto:programs@wccoa.net) to register for this group.

## Grasping Your Grief

**Wednesdays, May 7 & 21 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.\*\***

## Yoga Cost: \$40 each class

**Beginner:** Monday, May 5 to June 16 at 10:30 a.m. (No Class May 26) 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, May 8 to June 12 at 11a.m. 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.*

## 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 Practice Cost: Free

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

## 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.*

## Cardio Drumming Cost: \$25

*Tuesday, June 10 to July 15 (six weeks) at 10:30 a.m.* Cardio drumming is a fun, full body workout that combines traditional aerobic movements with the rhythm of drumming. *Theresa Marchyok, Exercise Physiologist Wood County Hospital.*

## SilverSneakers Cost: \$20 each class

\*SilverSneakers is **FREE** for SilverSneakers Members.

**VIRTUAL Classic:** Wednesdays, April 30 to June 4 at 9:30 a.m. Focuses on strengthening muscles & increasing range of movement for daily life activities. Register to receive the zoom.

**Cardio & Tone (In-Person):** Wednesdays, April 16 to May 21 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

**VIRTUAL Classic:** Fridays, April 11 to May 16 at 9:30 a.m. Focuses on strengthening muscles & increasing range of movement for daily life activities. Register to receive the zoom.

**Cardio & Tone (In-Person):** Fridays, April 18 to May 23 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. *Sheila Brown, Certified Instructor.*

## 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.*

## 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.*

## Boosting Your Bone Health Cost: \$20

*Fridays, at 1:00 p.m.*

Designed to help individuals enhance bone strength, flexibility, and overall mobility. Through a series of safe, low-impact exercise, participants will focus on strengthening muscles that support bone health and improving balance to prevent falls. *Sam Beaver, Certified Instructor The Well.*

# Travel Opportunities

## Historical Malabar Farm & Blueberry Patch Experience

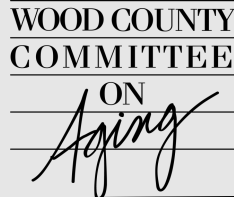
**Wednesday, July 9, 2025 Cost: \$95**

**ROUND TRIP TRANSPORTATION ON A 56 PASSENGER BUS**

**INCLUDES: 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 blueberry 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:**



## The Shawshank Trail

**Monday, August 18, 2025 Cost: \$109**

**ROUND TRIP TRANSPORTATION ON A 56 PASSENGER BUS**

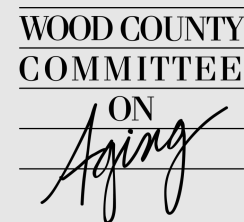
Six Movie Sites including:

Shawshank Prison (Private Tour); Bissman Building—Hotel where Brooks hung himself ; Pawn Shop Window from the movie; Movie Premiere Theatre (drive by) ; Brooks' Bench in Central Park; Food Way Grocery Store— Movie site

Lunch on your own—choice of several downtown Mansfield Restaurants

Docent lead tour at the Ohio State Reformatory tour is an hour and half long

**For reservations call 1018 Travels, Stephanie Kozac at (419) 685-7058 Sponsored by:**



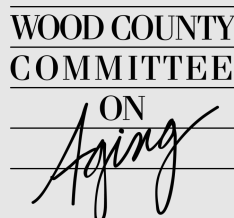
## Wine and Ale Trail Tour

**Thursday, October 9, 2025 Cost: \$69**

**ROUND TRIP TRANSPORTATION ON A 56 PASSENGER BUS**

Stops at four of Delaware's finest breweries and wineries. A flight of brew or a flight of wine included. Food available at each stop at the traveler's expense. Bus bingo in route and snacks and water bottles provided.

**For reservations call 1018 Travels, Stephanie Kozac at (419) 685-7058 Sponsored by:**



# Travel Opportunities

Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email [programs@wccoa.net](mailto:programs@wccoa.net) for more information.



## 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.



## Discover South Pacific Wonders March 4 to March 18, 2026

*15 days with 22 meals  
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.



## 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



AT&T

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: 3D Printing

Thursday, May 8 at 2 p.m. at the Wood County Senior Center.

Do you need a new hobby? Transform ideas into reality. Take a look at 3D printing. Technology marches on and more and more things are being created with 3D printers. It's another fun way to use a computer. Did you know that a 3D printer can print with stainless steel, aluminum, titanium, bronze or gold? We will only be using plastic, but you can watch a 3D printer create something and learn how it works.

*Presented by David Schuck.*

### 1:1 Technology Help:

Thursday, May 15 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.*

## 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, May 2 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.*

**Name That Tune:** Wednesday, May 14 at 1:15 p.m. Marilyn Wilson will play some piano tunes and we will try to guess the name of the song and the artist. Zoom option available. Call or email to get the code.

**Making the Most of Your Doctors Visit:** Wednesday, May 21 at 11 a.m. This session will review the important questions and necessary documents you should request at your doctors visits. *Presented by Mercy Family Medicine Residency*

**Lunch & Learn:** Friday, May 23 at 11:30 a.m. Great Lakes Environment Update. The Great Lakes hold 90% of the surface fresh water in North America and have vital economic, ecological, and cultural significance in our region. Dr. Sarah Emery, the new Director of the Center for Great Lakes and Watershed Studies (CGLWS) at Bowling Green State University, *Facilitated by Sarah Emery, BGSU*  
*In-person option: Wood County Senior Center.*

**Bingo:** Friday, May 23 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!

As winter is ending and Spring is finally upon us, join Memory Lane Care Services for our **next open house, Tuesday May 6<sup>th</sup> from 4-5:30!** Join us for light refreshments and take a tour of the day center.

We would like to share a common misconception when it comes to Adult Day Services:

"ADS is just 'daycare for old people'."

Adult Day Services (ADS) provide a homelike, supportive environment where older adults engage in age-appropriate activities that promote social connections, mental engagement, and physical well-being.

*If you are interested in more information on Memory Lane Care Services ADS program, Contact Izzy at 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, May 2 & May 16  
from 10 to 2 p.m.

**St. Timothy's Church**  
871 E. Boundary St., Perrysburg  
Wednesday, May 14 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

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

Tuesday, May 20 from 3 p.m. to 4 p.m. Wood County Senior Center

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

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

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

## AARP Driver Safety Program

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

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

### Our Smart Driver course will help you:

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

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.

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



*The power to make it better.*



Use this QR code to register.



## Lunch and Learn: Great Lakes Research Update

Friday, May 23 from 11:30 to 12:30 p.m. Wood County Senior Center

### Tackling environmental challenges in the Great Lakes through collaborative research

The Great Lakes hold 90% of the surface fresh water in North America and have vital economic, ecological, and cultural significance in our region. However, our Great Lakes are threatened by many problems such as nutrient pollution, climate change, contaminants, biodiversity loss and habitat fragmentation. Dr. Sarah Emery, the new Director of the Center

for Great Lakes and Watershed Studies (CGLWS) at Bowling Green State University, will provide an overview of current environmental problems in the Great Lakes region and highlight some of the collaborative, interdisciplinary research happening at the BGSU CGLWS to advance our understanding of Great Lakes systems.

Sarah Emery is the new Director of the Center for Great Lakes and Watershed Studies at Bowling Green State University. She earned her B.S. from Denison University and her Ph.D. from Michigan State University, and was a faculty member at the University of Louisville (KY) from 2007-2024 before joining BGSU in January 2025. Sarah has more than 20 years of experience conducting research in the Great Lakes region, with work focused on understanding global change effects on sand dune plants. She has over 50 articles in peer-reviewed scientific journals and has taught a variety of courses in ecology and plant biology. She is excited to help foster new collaborative research and education opportunities in the region. In her personal time, Sarah enjoys hiking, gardening, crochet, occasionally defeating her husband in pickleball, learning to play mandolin and mountain dulcimer, and being a mom to two great kids. **Registration required.**

# Around the County, Events & Classes

## The Bob Ross Experience: Painting Class

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

Wood County Senior Center

**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.**



## Veterans Trip to Liberty Aviation Museum!

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

- Depart from 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@wccoa.net](mailto:programs@wccoa.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:**



## The "SILKI" (Seriously Incredible Ladies Kickin' It!) Dancers! Tuesdays at 5:30 to 6:30 pm Starting May 13, 2025

Wood County Senior Center

If you love to dance and perform, this is the team for you! The goal of this team is to promote fitness through the art of dance. Participants will learn a variety of line dances and will actively seek out opportunities to perform in community events throughout Wood County and beyond. All are welcome to participate in the weekly dance classes free of charge. Participants are not required to perform. *Team Leader: Sheila Brown, Certified Fitness Instructor.*

**Registration encouraged.**

# 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



## **“Better Health for a Better You” Chronic Disease Self-Management (CDSM) Workshop**

Wednesday, October 15 to November 19 from 9 to 11:30 p.m.

**Perrysburg Area Senior Center**

**Cost: \$20 includes text book & relaxation CD**

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family.

**This interactive program aims to increase:** Confidence, physical and psychological well-being, knowledge of ways to manage chronic conditions, motivation to manage challenges associated with chronic diseases.

**Key Activities:** Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making. Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

**Register TODAY! Class size is limited to 15.**

Call 419.353.5661 or 800.367.4935 or email [programs@wcco.net](mailto:programs@wcco.net)

*CDSM is developed at Stanford University and licensed by the Self-Management Resource*



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

Tuesdays, September 9 to October 28  
1 to 3 p.m.

**With the Wayne Area Senior Center**  
202 E. Main Street, Wayne, Ohio

**Cost: \$20**

Are you limiting your activities due to this fear? Are you becoming physically weak?

If you answered “yes” to either question then ‘A Matter of Balance’ is for you!

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

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

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

**Instructed by Kinsey Mazey & Danielle Brogley WCCOA**

## **Wood County 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

# 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.

**Thursday Theater:** Thursdays, at 1 p.m. May 1: "Amazing Grace" (2007) 8: "Mary Poppins Returns" (2018) 15 "The Reluctant Debutante" (1958) 22 "Celtic Thunder: The Show" (2008) 29: **Mrs. Miniver**" (1942) *Host Kris Eridon.*

**Happy Hour:** Friday, May 2 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, May 5 at 11 a.m. Learn about the World War II artifacts. *Presented by Mike McMaster, Wood County Museum.*

**Eye Glass Repair:** Monday, May 5 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.*

**TV series: Designated Survivor:** Monday, May 5 & 19 at 1 p.m. 5: Season 1: Episode 17 & 18, 19: S:1 E: 19 & 20

**Sundae Bar:** Tuesday, May 6 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings *Sponsored by The Willows of Bowling Green.*

**National Parks Series: Petrified Forest and Other Fossil Parks** Tuesday, May 6 at 4:45 p.m. *Prerecorded Great Courses.*

**Bobcats Beat Singing Group:** Tuesday, May 6 from 5 to 5:30 p.m. Join us as we welcome students from Bowling Green Middle School as they perform several songs for us!

**BG Knitter's Guild:** Wednesday, May 7 at 4 p.m. Knit or Crochet in a group setting for advanced and beginner needle workers. *Hosted by Jackie Instone.*

**Technology Hot Topic: 3D Printing** Thursday, May 8 at 2 p.m. Do you need a new hobby? Transform ideas into reality. Take a look at 3D printing. Technology marches on and more and more things are being created with 3D printers. It's another fun way to use a computer. Did you know that a 3D printer can print with stainless steel, aluminum, titanium, bronze or gold? We will only be using plastic, but you can watch a 3D printer create something and learn how it works. *Presented by David Schuck.*

**Docuseries:** Thursday, May 8 and 22 at 3:30 p.m. Greatest Events of WWII in Color Topics: 8: Liberation of Buchenwald 22: Hiroshima



**Craft: Mason Jar Lid Suncatchers**

Monday, May 12 at 10 a.m. Create these beautiful sun catchers to enjoy all summer long. Instruction and supplies will be provided. **Registration required.** *Facilitated by The Willows of BG.*

**Keep Your Portions Under Control :** Monday, May 12 at 10:30 a.m. Participants will identify the difference between a portion and a serving, and they will practice measuring out servings as a means for portion control. *Laura Digby, OSU Extension Office.*

**Nails:** Monday, May 12 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** *Facilitated by Wood Haven Health Care.*

**Better Health, Better You Wellness Fair:** Monday, May 12 from 1 to 4 p.m. In honor of **Older Americans Month** we are celebrating active and healthy lifestyles. Explore a variety of health focused booths, classes, hands on learning opportunities to enhance and enlighten your overall health journey. Information, giveaways and more! *See the front page for more!*

# Wood County Continued...

**Name That Tune BINGO:** Tuesday, May 13 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, May 13 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*



**Craft: Welcome Sign** Tuesday, May 13 at 10 a.m. Create a decorative wall signs for beginners and advanced crafters. Instruction and supplies will be provided. **Registration required.** *Facilitated by Bowling Green Manor.*

**Dinner & Movie:** Tuesday, May 13 at 3:30 p.m. **Movie:** Up (2006) Retired balloon salesman Carl Fredriksen and eight-year-old Russell fly toward adventure as they seek the famed Paradise Falls! Dinner reservations need to be made by 2 p.m. on Tuesday, May 13.

**Karaoke:** Wednesday, May 14 at 4 p.m.

**1:1 Technology Help:** Thursday, May 15 starting at 2 p.m. **Make an appointment** for a 30 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. *Hosted by David Schuck.*

**Coffee & Coloring:** Monday, May 19 at 10 a.m. Bring your own supplies or use the ones provided. *Sponsored by Wood Haven Health Care.*

**Write Your Story:** Monday, May 19 from 4 to 5 p.m. Bring your own paper and pen or laptop to write your own story. *Prompts provided by Dr. Sandra Faulkner, BGSU.*

**Brain Training:** Tuesday, May 20 at 9 a.m. "Optimizing Brain Fitness" video. **Topic:** Enlisting Your Emotional Memory. **Registration required by May 15.** *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*



**Craft: Spring Bird Décor** Tuesday, May 20 at 3 p.m. Create these adorable yarn creations to use as home décor or to share with a friend. All supplies and instruction will be provided. **Registration required as space is limited to 12.**

**Sound Bath:** Tuesday, May 20 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, May 21 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

**Making the Most Out of Your Doctors Visit:** Wednesday, May 21 at 11 a.m. This session will review the important questions and necessary documents you should request at your doctors visits. Learn about the best approach to take with your physicians. *By Mercy Family Medicine Residency*



**Acrylic Painting:** Wednesday, May 21 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 May 14.**

**AARP Driver's Safety Course:** Thursday, May 22 at 12:30 p.m. to 5 p.m. Fee for AARP members: \$20; non-members: \$25. Members should have their member number available. **Registration is required. See page 10.**

**Card Bingo:** Thursday, May 22 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

**Acoustic Night:** Thursday, May 22 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: Great Lakes Environment Update** Friday, May 23 at 11:30 a.m. *Facilitated by Sarah Emery, BGSU. Zoom option. **Registration required.***

**Zoom Bingo:** Friday, May 23 at 1 p.m. Play 10 rounds of bingo from the comfort of your home. *Cover-all prize awarded. Register to receive the code.*

**Musical Performance by Andrew Varney** Tuesday, May 27 at 10:45 a.m. Enjoy a variety of musical tunes that you can sing along to!

**Reader's Café:** Tuesday, May 27 at 3 p.m. Compare books that have been turned into movies! **Feature: "It Ends With Us" by Colleen Hoover. Books & audiobooks available by loan by April 29. **Registration required.****



# Perrysburg

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

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

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

**Bingo:** Tuesdays, & Fridays at 9:15 a.m. to 11:30 a.m. Play multiple cards. Prizes supplied by group.

**Line Dancing:** Tuesdays at 10 a.m. **Schaller Building** (130 W. Indiana Ave.) *Peer-led*

**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*

**Veterans Coffee Hour:** Thursday, May 1 at 10 a.m. This social hour is an opportunity for veterans to gather share stories and support each other. *Donuts sponsored by Care360 Hospice.*

**Euchre:** Thursday, May 1 at 12:45 p.m. **Registration required.**

**Happy Hour:** Friday, May 2 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of May. **Registration required. Zoom option.**

**Puzzlemania:** Friday, May 2 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.**

**Texas Hold'em:** Monday, May 5 at 1 p.m.

**Cooking with Herbs:** Tuesday, May 6 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.*

**Where were You?:** Thursday, May 8 at 12:30 p.m. Reminiscing discussion group will ask you where you were during historical events. **Topic:** Martin Lutheran King Assassination. *Facilitated by Comfort Keepers.*

**Manicures for Moms:** Friday, May 9 from 11 to 1 p.m. It is pamper time for all of the ladies. Enjoy a manicure with a fresh coat of nail polish. **Appointments required. Call to schedule your appointment.** *Sponsored by Heritage Corner Health Care Campus.*

**Bunco:** Friday, May 9 at 12:45 p.m. **Registration required.**

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

**Pinochle:** Monday, May 12 at 12:45 p.m.

**Mystery Restaurant:** Monday, May 12 at 4 p.m. Meet at the center to receive your special instructions on the location of dinner. Cost on own (price range \$15 to \$25) Car pooling is encouraged. Distance is 30 miles round trip. This is a great way to enjoy an evening meal in the company of good people. ***Space limited to the first 8 registered.***

**Breakfast Club:** Tuesday, May 13 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.**



# Perrysburg Continued...

**Bingo:** Tuesday, May 13 at 12:45 p.m.  
*Facilitated by Waterford at Levis Commons.*

**Blood Pressure and Blood Sugar Clinic:**  
Thursday, May 15 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.*

**Docuseries: Food Files** Friday, May 16 at 12:30 p.m. This episode asks whether we have sacrificed nutrition and flavor to meet the needs of extreme horticulture and supermarket shelf-life, and see whether organic is better than normal fruit and vegetables.

**Texas Hold'em:** Monday, May 19 at 1 p.m.

**Friends in Fellowship:** Tuesday, May 20 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

**Black Swamp Stories Part 4:** Tuesday, May 20 at 12:30 p.m. Learn about the forgotten 1832 War in Wood County. *Presented by Mike McMaster, Wood County Museum.*

**Birthday Lunch:** Wednesday, May 21 at 12 p.m.  
*Cupcakes sponsored by Manor at Perrysburg*

**Caregiver Support Group:** Thursday, May 22 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**



**Craft:** Thursday, May 22 at 11:15 a.m.  
Create a decorative wall signs for beginners and advanced crafters. Instruction and supplies will be provided. **Registration required.** *Sponsored by Manor at Perrysburg*

**Left, Right, Center Game:** Thursday, May 22 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

**Card Bingo:** Friday, May 23 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:** Tuesday, May 27 at 12:45 p.m.  
**Registered required.**

**Movie Day:** Tuesday, May 27 at 12:45 p.m.  
**Feature: "Humor Me"** **Synopsis:** With an interminable case of writer's block and a personal family crisis, playwright Nate is forced to move into his father's retirement community. **Registration required** *Sponsored by Witzler-Shank-Walker Funeral Home.*

**Making The Most Out of your Doctors Visits:** Wednesday, May 28 at 11:15 a.m. This session will review the important questions and necessary documents you should request at your doctor visits. Learn about the best approach to take with your physicians.. *Presented by Mercy Family Medicine Residency Program.*

**Seminar Series: Libby Glass Company**  
Thursday, May 29 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 Glass Company**

**Virtual Reality: Visit Barcelona**  
Friday, May 30 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.*

**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.**

## **Pen Pal Program**

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

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

# 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, May 1 at 12:30 p.m.

**Kentucky Derby Party:** Friday, May 2 at 10:30 to 11:30 a.m. Wear your derby hats and join in the horse races. I bet you will have a great time!

**It's all about the Date:** Friday, May 2 at 12:30 p.m. Participants will list 3 main types of dates that can be found on food products, explain the difference between a "sell by" date and a "Best if used by" date, and will be able to name 2 ways to extend the shelf life of food beyond its food package date.  
*Presented by Laura Digby, OSU extension office.*

**Cinco De Mayo Party:** Monday, May 5 at 12:30 p.m. Sample a few Mexican treats and learn more about this cultural celebration.

**Cards:** Monday, May 5 at 10:30 a.m.  
Enjoy a variety of card games. Games will be determined by the group.

**Gardening Series Session One:** Tuesday, May 6 at 12:30 p.m. This session will provide you with an opportunity to learn about various planting techniques and find ways to enhance your gardening skills.

**Card Bingo:** Thursday, May 8 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*

**Mother's Day Tea:** Friday, May 9 at 10:30 a.m.  
Participants should bring their own tea cup and enjoy a variety of teas. Enjoy conversations and share memories of our mothers.

**Root Beer Floats:** Monday, May 12 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.*

**Breakfast Club:** Tuesday, May 13 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, May 14 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

**Trivia Battle:** Friday, May 16 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*

**Name That Tune Bingo:** Tuesday, May 20 at 12:30 p.m. Name the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

**Birthday Celebration:** Wednesday, May 21 at 12:30 p.m. Celebrate your April birthday with us. Join us for cake and ice cream. *Cake sponsored by Elara Caring.*

**Seminar Series: Ford Motor Company**  
Thursday, May 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 **Ford Motor Company.**

**Word Search Challenge:** Tuesday, May 27 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!*

**Bingo:** Thursday, May 29 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.*

## **Volunteer Opportunities at all Locations**

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

Ask for the Volunteer Coordinator at 419.353.5661 or 1.800.367.4935 or email [sspencer@wcco.net](mailto:sspencer@wcco.net)

# Wayne

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

Below you will find programs scheduled for the WAYNE AREA SENIOR CENTER.  
Please call the Wayne Area Senior Center at 419.288.2896 to register or for more information.

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

**Bingo:** Monday, May 5 at 1 p.m.  
*Sponsored by Wood Haven Health Care.*

**Name that Tune Bingo:** Tuesday, May 6 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, May 7, 14, 21, 28 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, May 7 at 1 p.m.  
*Sponsored by Bridge Home Health & Hospice*

**Blood Pressure & Blood Glucose Screening:** Thursday, May 8 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

**History Mystery Road Trip Part 1:** Thursday, May 8 at 12:15 p.m. Take a virtual field trip to a few lost historical places in Wood County. Do you know the rest of the story? *Presented by Mike McMaster, Wood County Museum.*

**Mother's Day Manicures:** Friday, May 9 at 12:30 p.m. Mother's pamper yourself with a manicure and receive a small Mother's Day gift. *Sponsored by Wood Haven Health care and Barndt Funeral Home.*

**Reminiscing Day:** Monday, May 12 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.

**Seminar Series: Hirzel Canning Company & Farm** Monday, May 12 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 Hirzel Canning Company & Farm.

**Bingo:** Tuesday, May 13 at 1 p.m. *Sponsored by Bowling Green Manor.*

**Breakfast Club:** Thursday, May 15 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, May 16 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

**Rootbeer Float Friday:** Friday, May 16 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

**Wayne Public Library Program:** Monday, May 19 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.

**It's all about the Date:** Tuesday, May 20 at 12:30 p.m. Participants will list 3 main types of dates that can be found on food products, explain the difference between a "sell by" date and a "Best if used by" date, and will be able to name 2 ways to extend the shelf life of food beyond its food package date. *Presented by Laura Digby, OSU extension office.*

**Birthday Celebration:** Wednesday, May 21 at 12:30 p.m. *Cupcakes provided by The Willows.*

**End of Life Planning:** Friday, May 23 at 12:30 p.m. This presentation covers the steps for preparing for the end of life, including advance directives, funeral planning, burial or cremation options, and how to ease the burden on loved ones by making arrangements in advance. *Presented by Dannielle Sidle of Barndt Funeral Home*

**Restaurant Night:** Tuesday, May 27 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.

**Word Search Challenge:** Friday, May 2 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!

**Coffee, Donuts and Coloring:** Monday, May 5 at 11 a.m. *Sponsored by Manor At Perrysburg.*

**Fitness for Fall Prevention:** Tuesday, May 6 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.**

**Reminiscing Hour:** Wednesday, May 7 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, May 8 at 12:30 p.m. *Hosted by Kingston of Perrysburg.*

**Mother's Day Tribute:** Friday, May 9 at 12:30 p.m. We will be celebrating the ladies in our lives. Help us give back by donating items to Mom's House. Bring in the following items: Bottled Water, Snacks: pretzels, cereal (Multigrain Cheerios, Kix, Rice Krispies), tortilla chips, pita chips, Chex Mix, Diapers (sizes 4, 5, & 6) Baby Wipes, Paper towels, Garbage bags (all sizes) Copy Paper, Batteries (all sizes), Laundry Pods Facial Tissues, Canned Vegetables, Canned Fruit (in 100% fruit juice). We will read quotes about our moms and then receive a flower for your donation.

**Pies for Guys:** Friday, May 9 at 1 p.m. Enjoy some delicious desserts with a great group of guys. Conversations and laughter will be had by all. *Sponsored by Partners in Home Care.*

**Card Bingo:** Thursday, May 12 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.*

**History Mystery Road Trip Part 2:** Tuesday, May 13 at 12:15 p.m. Take a virtual field trip to a few lost historical places in Wood County. Do you know the rest of the story? *Facilitated by Mike McMaster, Wood County Museum*

**Bingo:** Thursday, May 15 at 1 p.m.  
*Sponsored by Waterford at Levis Commons & Heritage Home Health.*

**Seminar Series: Spangler Candy Company** Friday, May 16 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**

**Cards & Dominoes:** Mon., May 19 at 10:30 a.m.

**Bunco:** Monday, May 19 & May 26 at 12:30 p.m.

**Breakfast Club:** Tuesday, May 20 at 9 a.m.  
**Location:** American Table (580 Craig Dr., Suite 1, Perrysburg ) **Cost on own. Register with the Senior Center.**

**Birthday Lunch:** Wednesday, May 21 at 12 p.m.  
*Cake Sponsored by Ohioan's Home Health & Hospice*

**Trivia Battle:** Thursday, May 22 at 12:15 p.m.  
Let's test your trivia knowledge against other Wood County sites! *Rehabilitation Hospital of NWO.*

**Trivia Bingo:** Tuesday, May 27 at 12:15 p.m.  
*Prizes sponsored by Wood Haven Health Care.*

**Blood Pressure & Glucose Screenings:** Wednesday, May 28 at 11 a.m. to 12:30 p.m.  
*Facilitated by the Wood County Health Department.*



## **Painting Class: Birdhouse**

Thursday, May 29 at 12:30 p.m. **Create "Birdhouse."** All instruction and supplies will be provided. No experience is necessary as techniques will be explained and assisted as needed.

**Advanced registration required.** \$20 Fee  
*Instructor Tomi Huss-Shetler.*



# Northeast

(Located in Walbridge)

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

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

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

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

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

**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.

**It's all about the Date:** Thursday, May 1 at 12:30 p.m. Participants will list 3 main types of dates that can be found on food products, explain the difference between a "sell by" date and a "Best if used by" date, and will be able to name 2 ways to extend the shelf life of food beyond its food package date. *Laura Digby, OSU Extension Office.*

**Mystery Game:** Friday, May 2 at 12:30 p.m. .  
*Facilitated by Kingston of Perrysburg.*

**Bingo:** Tuesday, May 6 at 12:30 p.m. *Sponsored by Walker Funeral Homes.*

**Fitness for Fall Prevention:** Wednesday, May 7 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls. *Facilitated by Partners in Home Care. Registration and waivers required.*

**Walbridge Talk:** Thursday, May 8 at 12:15 p.m.  
*featuring Mayor Ed Kolanko*

**Mother's Day Tea:** Friday, May 9 at 12:30 p.m. Bring in your special tea cup and sample a variety of teas. Learn about the therapeutic properties of tea. Test your tea trivia knowledge.

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

**Knitting and Crocheting:** Monday, May 12 at 1p.m. Bring your own supplies.

**Dominoes:** Tuesday, May 13 & 27 at 12:30 p.m.

**Mike's Favorite Museum Artifacts:**

Wednesday, May 14 at 12:15 p.m. Learn about a few of Mike's favorite museum artifacts and the stories behind them. *Presented by Mike McMaster, Wood County Museum.*

**Left, Right, Center Game:** Monday, May 19 at 12:30 p.m.

**Assistance for Low Vision Concerns:**

Tuesday, May 20 at 12:30 p.m. The Sight Center of Northwest Ohio provides a unique blend of programs and services that help people of all ages work, learn, play and live independently with vision loss. Learn about their low vision clinic, daily living adaptations, orientation and mobility, assistive technology, and home safety enhancements that can help you! *Presented by Tim Tegge, Executive Director of the Sight Center.*

**Blood Pressure & Glucose Screenings:**

Wednesday, May 21 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by the Wood County Health Department*

**Birthday Lunch:** Wednesday, May 21 at noon.  
*Cupcakes sponsored by HealthCare Advocates.*

**Card Bingo:** Thursday, May 22 at 12:30 p.m. Use playing cards to play several rounds of bingo. Prizes awarded to winning bingo players. *Facilitated by Bridge Home Health & Hospice.*

**Bunco:** Tuesday, May 27 at 12:30 p.m. Join us as we play several rounds of this game. New players always welcome!

**Seminar Series: Bob Evans Farms**

Wednesday, May 28 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 **Bob Evans Farms.**

**Wii Bowling 100 Pin:** Friday, May 30 at 12:30 p.m.

# Grand Rapids

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

Below you will find programs scheduled for the GRAND RAPIDS AREA SENIOR CENTER.  
Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

**Puzzle Mania:** Daily. Take or trade puzzles.

**Bingo:** Tuesdays & Fridays at 10:30 a.m.

**SilverSneakers Classic:** Wednesday at 10 a.m. via zoom. *Sheila Brown, Certified Instructor.*  
**Cost \$20** per session or **FREE** for SilverSneakers members. **Register with the Programs Dept. at 419-353-5661.**

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

**Bingo:** Friday, May 2 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

**History Mystery Road Trip Part 2:** Tuesday, May 6 at 12:15 p.m. Take a virtual field trip to a few lost historical places in Wood County. Do you know the rest of the story? *Presented by Mike McMaster, Wood County Historical Museum.*

**Mother's Day Celebration:** Friday, May 9 at 12:30 p.m. Join us as we celebrate the women in our lives. We will honor all mother's with a flower and goodie bag. *Sponsored by Hanneman Family Funeral Homes.*

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

**Breakfast Club:** Tuesday, May 13 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink.* **Cost on own.**

**Donut Bingo:** Wednesday, May 14 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, May 14 at 12:30 p.m. Paint with us a beautiful floral arrangement! No experience needed, all materials and instruction provided.

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



**Craft: Welcome Sign** Thursday, May 15 at 12:30 p.m. Create a decorative wall signs for beginners and advanced crafters. Instruction and supplies will be provided.

**Registration required.** *Facilitated by Bowling Green Manor.*

**Blood Pressure & Blood Glucose Screening:** Tuesday, May 20 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

**Birthday Lunch:** Wednesday, May 21 at noon. *Cake sponsored by Bowling Green Manor*

**Trivia Battle:** Friday, May 23 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.*

**Assistance for Low Vision Concerns:** Tuesday, May 27 at 12:30 p.m. The Sight Center of Northwest Ohio provides a unique blend of programs and services that help people of all ages work, learn, play and live independently with vision loss. Learn about their low vision clinic, daily living adaptations, orientation and mobility, assistive technology, and home safety enhancements that can help you! *Presented by Tim Tegge, Executive Director of the Sight Center.*

**Seminar Series: John Deere** Wednesday, May 28 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.**

**Glasses Repair:** Friday, May 30 from 11 to 12 p.m. Missing a screw or a nose piece to your glasses? Get them fix them for free! *Sponsored by Grand Rapids Calvary Church.*

# Pemberville

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

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

**Cards:** Daily before and after lunch. Join us!

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

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

**Bingo:** Thursday, May 1 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, May 5 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.

**Puzzlemania:** Monday, May 7 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.**

## **The Great Controversy: Wood County**

**1858:** Wednesday, May 7 at 12:15 p.m. Learn about the events that led to a miracle occurring in Wood County in 1858. A historical study of the 1850's and Wood County. *Presented by Mike McMaster, Wood County Historical Museum.*

**Bingo:** Thursday, May 8 at 12:30 p.m.  
*Sponsored by Wood Haven Health Care.*

**Mother's Day Celebration:** Friday, May 9 at 12:30 p.m. Ladies will participate in making a bracelet and will receive a carnation. **Registration required.** *Sponsored by Ohio Living.*

**Library Talks & Crafts:** Monday, May 12 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 May 8.**

**Coloring, Donuts & Discussion:** Tuesday, May 13 at 10 a.m. Friendly discussion on hot topics or the latest trends. *Sponsored by Wood Haven Health Care.*

**Name That Tune:** Wednesday, May 14 at 1:15 p.m. Marilyn Wilson will play some piano tunes so we can try to name the song and the artist. *Zoom option available. Call or email to get the code.*

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

## **Blood Pressure & Blood Glucose Clinic:**

Thursday, May 15 from 11 a.m. to 12:30 p.m.  
*Facilitated by Wood County Health Department.*

**Back In the Day:** Friday, May 16 at 12:30 p.m.  
Guess what year specific events in history happened.  
*Facilitated by Bowling Green Manor.*

**Card Bingo:** Monday, May 19 at 12:45 p.m.  
Enjoy several rounds of card bingo with prizes awarded. *Sponsored by Bridge Home Health and Hospice.*



## **Craft: Mason Jar Lid Suncatchers**

Tuesday, May 20 at 12:30 p.m. Create these beautiful sun catchers to enjoy all summer long. Instruction and supplies will be provided.

**Registration required.** *Facilitated The Willows of BG.*

**Birthday Lunch:** Wednesday, May 21 at noon. *Sponsored by Wood Haven Health Care.*

**Trivia Battle:** Wednesday, May 21 at 12:15 p.m.  
Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of NWO.*

**Wii Bowling:** Friday, May 23 at 10 a.m.

**Name That Tune Bingo:** Tuesday, May 27 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

**Movie Day:** Thursday, May 22 at 12:45 p.m.  
**Feature: Wicked Synopsis:** Misunderstood because of her green skin, a young woman named Elphaba forgoes an unlikely but profound friendship with Glinda a student with an unflinching desire for popularity. *Snacks by Wood Haven Health Care.*

**Seminar Series: Ballreich Potato Company**  
Wednesday, May 28 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 Company.**



# SAVE THE DATE:

Below you will find programs scheduled for the upcoming months.

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



## Care Compass Project

Wednesday, 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@wccoa.net](mailto:programs@wccoa.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, State Bank

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



## Served Monday through Friday

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

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Hamloaf OR Buffalo</b> <b>Chicken Mac</b> riverside blend, watermelon, apple crunch	<b>Scalloped Potatoes &amp; Ham OR Roasted Vegetable Lasagna</b> winter blend, citrus slaw, grapes, banana bread
<b>Chipped Beef OR Creamed Chicken</b> biscuit, mashed potatoes, orange juice, baked apples	<b>Goulash OR Teriyaki Chicken Breast</b> carrots, potato salad, mandarin orange salad	<b>Ground Bologna OR Chipped Turkey</b> baked bean salad, tomato zucchini salad, tropical fruit, cookies	<b>Chicken Alfredo OR Cubed Steak</b> noodles, green beans, tossed salad, fruit cocktail	<b>Pork Cutlet OR Catfish</b> rice pilaf, italian blend vegetables, celery sticks with peanut butter, melon
<b>Mac &amp; Cheese w/Ham OR Tuscan Chicken</b> key west blend, peaches, cherry crisp	<b>Chicken Salad OR Chef Salad w/Diced Ham, Cheese &amp; Egg</b> redskin potato salad, watermelon & grapes, banana nut muffin	<b>Turkey OR Liver &amp; Onions</b> mashed potatoes, carrots & chickpea salad, emerald pears, graham crackers	<b>Stuffed Green Pepper Soup OR White Chicken Chili</b> marinated vegetable salad, tropical fruit, banana	<b>Beef Lasagna OR Tuna &amp; Noodles</b> lima beans, cauliflower pea salad, pineapple- orange juice, fruit pie
<b>Beef &amp; Bean Chili OR Ham &amp; Potato Soup</b> cornbread, cucumber salad, peaches & pears, sidekick fruit slushie	<b>Spaghetti &amp; Meatballs OR Mushroom Chicken Breast</b> noodles, italian green beans, tossed salad, pineapple	<b>Birthday Lunch! Cabbage Roll</b> mashed potatoes, carrot raisin pineapple salad, cinnamon applesauce, cake & ice cream	<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>All sites Closed in observance of Memorial Day!</b> 26	<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 Suey</b> brown rice, cauliflower, Caesar salad, apricots	<b>Hamloaf OR Shrimp Poppers</b> baked potato, orange, granola, peaches & cream

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.

May 2025			
Tuesday	Wednesday	Thursday	
		<b>Taco Salad w/Beef &amp; Cheese</b> 1	lettuce, tomato, & onion, cauliflower salad, apple slices, pudding
<b>Macaroni &amp; Cheese</b> 6 stewed tomatoes, celery sticks with peanut butter, cherry crisp	<b>Italian Chicken Breast</b> 7 Prince Charles blend, pickled beets, strawberries, angel food cake	<b>Lemon Pepper Cod</b> 8 rice pilaf, peas & onions, heritage slaw, watermelon & grapes, sherbet	
<b>Birthday Dinner! Hamloaf</b> 13 brussel sprouts, cheese potato bake, grape juice, cake & ice cream	<b>Roast Pork</b> 14 green beans, mashed sweet potatoes, mandarin oranges & grapes, cheesecake	<b>Chicken Salad Croissant</b> 15 carrot sticks, pea salad, citrus sections, graham crackers	
<b>Coconut Curry Chicken</b> 20 wild rice, prince charles blend, tossed salad, pineapple, carrot cake	<b>Sausage Links</b> 21 hash browns, french toast, orange juice, baked apples	<b>Hot Dog</b> 22 french fries, coleslaw, blueberry crisp	
<b>Baked Lasagna</b> 27 european blend, Caesar salad, fruit slushie	<b>Ham</b> 28 baked potato, corn, melon & grapes, apple strudel bites	<b>Chicken Pot Pie</b> 29 three bean salad, pineapple w/cottage cheese, strawberry pie	

**Bobcats Beat Singing Group:** Tuesday, May 6 from 5 to 5:30 p.m. Join us as we welcome students from Bowling Green Middle School as they perform several songs for us!

**BG Knitters Guild:** Wednesday, May 7 at 4 p.m. Hosted by Jackie Instone.

**Dinner & Movie:** Tuesday, May 13 at 3:30 p.m.  
**Movie:** "Up" Make reservations by 2 p.m. on Tuesday, May 13.

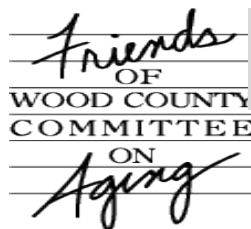
**Karaoke:** Wednesday, May 14 at 4 p.m.

**Docuseries:** Thursday, May 8 & 22 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: 8: Liberator of Buchenwald 22: Hiroshima

**Acoustic Night:** Thursday, May 22 at 5:30 to 6:30 p.m. Enjoy live music from musicians. *Facilitated by the Guitar Circle.*

**Reader's Café:** Tuesday, May 27 at 3 p.m. Compare books that have been turned into movies! **Feature: "It Ends with Us" by Colleen Hoover. Books & audiobooks available by loan by April 29 Registration required.**

*No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. Nutrition and ingredient information is available upon request.*



# Donors & Donations

WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services. **Visit our website at <http://friendsofwccoa.com/>**

## Capital Campaign Donors:

Roger Noblit, Glenn Juergens, Nancy and Mark Kolodziejski, Judith Remele, Orrin Zirbel, Sandra Brown, Mary Hogan, Donna Magrum, Keith Ladd, Eleanore Overmann, Frank and Brenda Jennings, Jeffrey and Cathy Hall, John Calderonello, Mona Moses Taylor, Geoffrey Howes, Cheryl Elser (in memory of Denise C. Niese), Josephine Whittaker, Gail Layden, Annette Reazin, Craig and Tamara Premo, Rita Adams, James and Mary Zeigler, Carol Yates, Reynold Yates, Patricia Erickson, Jerry and Cherie Orlans-Greiner (in memory of Martha Konecny), Richard and Mary Ellen Arend (in memory of Martha Konecny), Joseph and Cathy Froelich (in memory of Martha Konecny), Tammy Beauprez (in memory of Martha Konecny) James and Nancy Kiefer (in memory of Martha Konecny), Robert and Dorothy Beauprez (in memory of Martha Konecny), Janice Minich, Lois Sheline, Cynthia Lutzmann, Carol Jones, Marie Standerling, Donna Magrum, Robin Mancuso, Carol and Charles Grizzard, Charles Kokomoor, Anne Collins, Linda Crawford, Deanna Brubaker, Nancy Maglothin, Keith Ladd, Marilyn Perrine, Louis Katzner, Glenn Juergens, Edwin and Betty Kern, Agnes Vedra.

## Kitchen Fund Donations:

Walbridge VFW Post 9963,  
Walbridge VFW Post 9963 Auxiliary



### **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.



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

**WOOD COUNTY  
COMMITTEE**



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

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To contact WCCOA: [wccoa@wccoa.net](mailto:wccoa@wccoa.net)  
To register for programs & events: [programs@wccoa.net](mailto:programs@wccoa.net)

We're on the Web!

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



[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



[woodcountycouncilonaging.blogspot.com/](http://woodcountycouncilonaging.blogspot.com/)



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

All sites will be closed on Monday, May 26 in observance of Memorial Day.

## 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 10 a.m. to 2 p.m.	419.257.3306
<b>Northeast Area Senior Center</b> , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 10 a.m. to 2 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 10 a.m. to 2 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*