

**WOOD COUNTY
COMMITTEE**

ON
Ageing

JUNE 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

Games for Grands

A Day of Fun Across Generations!

Join us for a heartwarming and fun-filled morning of Games for Grands, an outdoor event designed to bring grandparents and grandchildren together for a memorable time in the fresh air!

**Monday, June 30 Wooster Green,
100 S. Church St., BG 10 a.m. to 12 p.m.
(in case of rain we will be indoors at the
Wood County Senior Center)**



Spend quality time outdoors with your loved ones while enjoying a wide variety of activities for all ages. From classic lawn games and friendly competitions to creative crafts and delicious refreshments, there's something for every grand and grandkid to enjoy! **Activities**

to Include: Outdoor games like ring toss, cornhole, and more

- Craft stations to make keepsakes together
- Refreshments and snacks for a mid-day treat
- Photo opportunities to capture the memories

Whether you're making a bracelet or craft, playing a game of cornhole, or simply sharing a laugh, this event is all about strengthening bonds and making joyful memories. All ages welcome! Bring a picnic blanket, wear comfy shoes, and come ready for a great time. **Cost: \$5 per family.**

To register call 419.353.5661 or email programs@wccoa.net

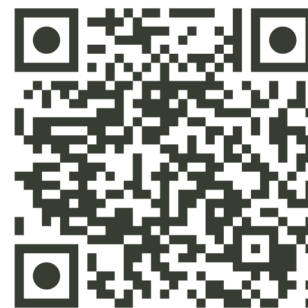


Call for Artists and Performers!

Friday, August 22 from 6 to 8 p.m.

Dress rehearsal on Friday, August 15 at 1 p.m.

Those interested in performing or displaying your art please see the Programs Department or register using the QR code.



This event strives to showcase various performance

and visual arts pursued by community members who are compelled to create or engage in the arts as vital and meaningful components of quality of life. Visual art contributions will also be displayed the week of August 15 prior to the with the public performance. Enjoy an evening of celebrating these local artists across all art forms, enjoy refreshments and more.

Inquiries can be directed to the Programs Department at 419.353.5661 or email 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, June 6 & June 20
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, June 11 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

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 You can learn more at:

UHCRenewActive.com

Clinics & Consultations

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

Clinic Site	Date	Time
Wood County Senior Center	June 18 July 23	1 to 3 p.m.
Pemberville Senior Center	Aug. 6	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, June 18, 2025

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

Location: Wood County Senior Center

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

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

Cholesterol Clinic Screenings

Cholesterol Clinic Screening

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

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

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: Call the Social Service Department at 419.353.5661 to schedule an appointment

Senior Legal

Provided by *Legal Aid of Western Ohio, Inc.*
 Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

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

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

Appointments are required.

Call your Senior Center to schedule

Clinic Site	Date	Time
Perrysburg	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
Wood County Senior Center	June 10	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	June 11	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	June 12	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	June 18	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	June 17	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	June 25	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	June 26	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, June 9 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, June 26 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
140 South Grove St., Bowling Green

Parkinson's Support

Thursday, June 5 at 5:45 p.m.

Location: Wood County Senior Center
140 S. Grove Street, Bowling Green

This support group is for you if you're newly diagnosed or you have been living with Parkinson's disease or Parkinson's-like symptoms for a while or if you're a Care Partner of someone who does. Contact WCCOA at 419.353.5661 or email programs@wcco.net to register for this group.

Grasping Your Grief

Wednesdays, June 4 & 18 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

National Alliance on Mental Illness (NAMI) Family Support

First & Third Tuesday of each month at 3 p.m.

Location: 1250 Ridgewood Dr., Bowling Green
This group is for families of those with mental illness.
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support

Wednesdays at noon

Location: 1250 Ridgewood Dr., Bowling Green
This group is for individuals with mental illness.
Contact: NAMI at 419.352.0626

Living Through Loss Grief Support

Third Monday of each month

Location: Blanchard Valley Hospital
1900 S. Main Street, Findlay
Contact: Bridge Home Health & Hospice for more information and to register at 419.423.5351

Grief Share

Faith-based weekly grief support group
Location: St. Mark's Lutheran Church, BG
Contact: Joan Staib 419.308.1134 or Jan Ruffner 419.308.4072 for more information.

Grandparents Raising Grandchildren

Offered by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools monthly. **Contact:** Sara Nidiffer for registration info at 419.409.2087 or snidiffer@wcesc.org

Alzheimer's Association

Caregiver Support Group
First Friday of the month at 12 p.m.

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

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

Spousal or Partner Loss Support

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

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

DaZy Aphasia Support Group

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

Fitness Classes

All of the classes below are held at the Wood County Senior Center in Bowling Green and are one hour long unless otherwise noted. Registration is required by contacting the Programs Dept. at 419.353.5661 or 800.367.4935 **Cash or check payment accepted. All checks can be made payable to: Wood County Committee on Aging.** Refer to 'Programs and Registration Guidelines' for our cancellation policy at www.wccoa.net ****Participants must bring in their own water bottles to all fitness classes.****

Dynamic Balance

Monday, June 2 to June 30 at 9 a.m.

(No Class June 23). Join this class to work on range of motion, strength, balance, movement, and fun! Participants may sit or stand *Tammy Starr, PT, Certified Instructor.*

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.*

Yoga

Cost: \$40 each class

Beginner: Monday, May 5 to June 23 at 10:30 a.m. (No Class May 26 & Jun 2) Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced: Tuesday, June 3 to July 8 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 26 at 11a.m. (No Class May 29 & Jun 19) 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

Cost: \$20 each class

*SilverSneakers is **FREE** for members.

VIRTUAL Classic: Wednesdays, June 11 to July 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): Wednesdays, May 28 to July 2 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, May 23 to June 27 at 9:30 a.m. Focuses on strengthening muscles & increasing range of movement for daily life activities. Register to receiver the zoom.

Cardio & Tone (In-Person): Fridays, May 30 to July 11 (No Class July 4) at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

Sheila Brown, 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.

Exercise for Parkinson's

Cost: \$30

Wednesdays, July 2 to Sept 3 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 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

Break for Summer Tuesdays, Sept 2 to Oct 7 at 1:30 p.m. Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor.*

Tai Chi

Cost: \$60

Wednesdays, June 11 to July 16 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, May 30 to July 11 (No Class July 4) at 1:00p.m.

Designed to help individuals enhance bone strength, flexibility, and overall mobility. Through 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.*

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.

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

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

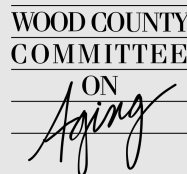
Wine and Ale Trail Tour

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:



National Parks and Historic Trains of Colorado August 2 to 10, 2026 Cost: \$4999 Single or \$5999 Double

Air Fare and Touring in a Motorcoach

Four Historic Rail Excursions, Historic Rail Excursions: Amtrak's California Zephyr, Durango Silverton Narrow Gauge Rail, Pike's Peak Cog Railway, Royal Gorge Railroad, Rocky Mountain National Park Mesa Verde National Park, Great Sand Dunes National Park, Bar D Old West Cowboy Music Show/ Chuckwagon Dinner, Garden of the Gods, Manitou's Springs, Royal Gorge Bridge & Park

Washington Cherry Blossoms and Williamsburg 2026

Modern Motorcoach Transportation, 2 Nights Washington D.C., 2 Nights Williamsburg 1 night Charlottesville, VA, 5 Breakfasts—1 Lunch—4 Dinners, Washington's Cherry Blossom Festival Sighting Tour and Monuments & Memorials, Evening Illumination Tour, George Washington's Mount Vernon Holocaust War Museum, "Nation Builder" - 1st Person Portrayal with Thomas Jefferson, Orientation Tour of Colonial Williamsburg, Colonial Williamsburg, Thomas Jefferson's Monticello



More trips to come for 2026 call the Programs Department for more information. Trips fill up on a first come first serve basis!

Travel Opportunities

Full itineraries for the below travel opportunities can be obtained from the WCCOA Programs Department. Pricing is available for single, double and triple occupancy. Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net 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



Digital Literacy Class  | **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.

Digital Café

Monday, June 16 from 9:30 to 10:30 a.m.
Lounge of the Wood County Senior Center

Bring your in your devices preferably tablets or phones or borrow one of ours to explore some screen time with your friends. This social hour will include coffee and refreshments all the while exploring an opportunity to game and use social apps within a supportive community. If you are bringing your own device please ensure you have access to your app store (know login and password) so we can download some free apps and play as a group.

To register or request more information call 419.353.5661 ask for the
Programs Department or email programs@wcoa.net

Technology Opportunities at Each Site

1:1 Technology Help:

Thursday, June 12 & 26 starting at 10 a.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 to gain access

Happy Hour: Friday, June 6 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.*

Managing Pain: Wednesday, June 18 at 11 a.m.
This session will review the important questions and necessary on how to manage pain and where the pain may stem from. Learn about alternative therapies to pain management. *Presented by Mercy Family Medicine Residency Program.*

Lunch & Learn: Tea Time Friday, June 27 at 11:30 a.m. Gather your tea cup and share tea with us! Learn about the creation of teas, their therapeutic uses and benefits. *Facilitated by Rebecca Jaessing, Educator*
In-person option: Wood County Senior Center.

Bingo: Friday, June 27 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 sponsored by Heritage Corner Health Care Campus. 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!

Exciting news for residents of Wood and Henry County! A special scholarship is now available for Adult Day Services at Memory Lane Care Services, offering financial support to help seniors access high-quality care and activities. This scholarship makes it easier for local seniors to enjoy the enriching programs and services at Memory Lane Care Services, enhancing their well-being and providing a fun, engaging environment.

Don't miss out on this wonderful opportunity to benefit from top-notch care!

We will be hosting an Open House on Tuesday June 3rd from 4-5:30 p.m., please join us for some light refreshments!

Lastly, A special highlight at Memory Lane Care Services is our monthly visit from Paws and Hooves, featuring adorable miniature horses! On the last Wednesday of every month, participants have the unique opportunity to interact with these gentle animals, which brings joy and smiles to everyone involved.

Come join us and experience the fun! For more Information call Izzy Alaniz at 419-270-5200.

We are still accepting New Participants, feel free to come check us out!

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, June 6 & June 20
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, June 11 from 10 a.m. to 2 p.m.
*Support provided by Arista Home Care Solutions,
Kingston of Perrysburg & St. Timothy's Church*

Programming includes: art, science, socialization, small group games, exercise, and meditation.

Register at least one week prior to each session

Contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net

Around the County, Events & Classes



Wood County Takes a Stand Against Elder Abuse

Friday, June 14 at 10 a.m.

Wood County Senior Center, 140 South Grove, Bowling Green

June is National Elder Abuse Awareness Month. In recognition, the Wood County Department of Job and Family Services and the Wood County Committee on Aging are partnering to hold a special event.

Join us around the flag pole at the Wood County Senior Center on Friday to hear the presentation. Attendees are encouraged to wear purple for Elder Abuse Awareness. Visit the booths for more information about local support services. Light refreshments will be served.

In Wood County there were 388 reports of elder abuse, neglect or exploitation in 2024.

Reports of elder abuse are on the rise as the population of those 60 years of age and over continues to grow. Some indicators of elder abuse may include an older adult appearing fearful, anxious or isolated. There may be physical injuries or it may appear that the person is neglecting his or her personal care. Other indicators might include missing possessions, financial transactions that are out of the ordinary or sudden changes to a will or property title. Risk of abuse can be mitigated by making certain financial, medical, and legal affairs are in

The "SILKI" (Seriously Incredible Ladies Kickin' It!) Dancers!

Tuesdays at 5:30 to 6:30 pm

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



Lunch and Learn: Tea Time

Friday, June 27 from 11:30 to 12:30 p.m. Wood County Senior Center or Zoom option

Lunch Sponsored by Hanneman Family Funeral Homes

Tea...a primer on the most consumed beverage after water! How did tea come to be? Tea is a plant... camellia sinensis. Black, Green, White and is an herbal really a tea? Tea besides being a world renowned beverage it is an experience! A time to relax, enjoy friends and meet new acquaintances. You will learn some history facts but no test!

Rebecca was most recently the founder and proprietor of Clara J's Tea Room and Neapolitan Gift Shop, which opened in 2005 in historic Uptown Maumee. She was inspired to open the business out of love for the idea of bringing people to a place of history, and to treasure good food and good conversation. She built a successful business with creative ideas, a loyal staff and teamwork, attentiveness to customers, and innovative programming. She sold the business in September 2018, and until February 2023 was a vital member of the team and mentor to the new owner.

To register call the programs department at 419.353.5661 or email programs@wcoa.net

Around the County, Events & Classes

Movie and Pizza Featuring: Indiana Jones and the Dial of Destiny PG 13

Friday, June 13 from 3 to 6 p.m. (2 hr. 37 min) at the Wood County Senior Center

Harrison Ford returns to the role of the legendary hero archaeologist for this highly anticipated final installment of the iconic franchise – a big, globe-trotting, rip-roaring cinematic adventure. Thrust again into a challenge that tests his strength, as well as his patience, Indiana Jones (Ford) risks everything to keep an ancient dial that could change the course of history from those who want the device for their own personal gain.

Pizza served at 5 p.m. Sponsored by:



Tuesday, July 8 from 10 a.m. to 12:30 p.m.

Wood County Senior Center

Sponsored by *The Willows of Bowling Green*



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

Cannot attend the event you are welcome to donate your gently used novels!

Cornhole Tournament

Sunday, September 14, 2025

Register by Saturday, September 7

Starts at 1 p.m. (est. Tournament time 6 hours) Wooster Green, 100 South Church St., Bowling Green

Supporting the "Grandparents Raising Grandchildren Project" in partnership with the Wood County Committee on Aging, Bowling Green Kiwanis and Bowling Green State University

Tournament details: \$25 donation for two member team; \$15 donation for single registrant and we will pair you up. **Note:** No rain date, fee is a donation

- Boards provided
- Double Elimination Process with three divisions:** Businesses; Campus Life; Community—Trophy provided for 1st place in each division, Stop by the Food trucks throughout the event
- To register, email BG Kiwanis at bgohkiwanis@gmail.com Or drop off registration and payment at WCCOA,

LivelyU
LIFELONG LEARNING ACADEMY

Fall 2025
SEPTEMBER—NOVEMBER

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 fall brochure will be released this summer! Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wcco.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!**

Around the County, Events &

Wood County Fair – Senior Day

Tuesday, July 29, 2025

Wood County Committee on Aging: www.wccoa.net

Find us on Facebook at facebook.com/wccoa



Entertainment Sponsored by:

*Ohioans Home Health and Hospice, Wood Haven Health Care,
Wood County Hospital, Hanneman Family Funeral Homes, State Bank*

9 – 9:50 a.m.

Matthew Ball “The Motor City Boogie Woogie Kid”

Swing Music from the 1930’s to 1960’s
Detroit, Michigan

Coffee & Donuts sponsored by Brookdale of Bowling Green

*First Come First Served—Participants will remain seated and WCCOA will
serve the donuts and coffee*

9:50 – 10 a.m.

Welcome & Opening Address
National Anthem

10 – 11 a.m.

Last Persuaders

Blues Music
Northwest, Ohio

11 – 11:10 a.m.

Door Prize Drawing (Must be present to win)

11:10 – 12:10 p.m.

Night Session Big Band

Northwest, Ohio & Southeast, Michigan

12:10 – 12:30 p.m.

Lunch Address

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

Stacked Turkey or Ham, cold beans, heritage coleslaw, melon salad, Rice
Krispie treat

Water sponsored by Heritage Corner Health Care Campus

12:45 – 1:45 p.m.

Andrew Dean

Country Music
Nashville, Tennessee

1:45 – 2:45 p.m.

Stevie Eyer

Rock, Folk, Country, Jazz, Soul, and R&B Styles.
Central, Ohio

3 p.m.

Door Prize Drawing (Must be present to win)

All events are held under the tent. Be sure to enter through **Gate B or C off of Poe Road.** Lunch reservations are required by Friday, July 18, 2025, and can be made by calling the Wood County Committee on Aging at **419.353.5661** or **800.367.4935** or by emailing programs@wccoa.net

Around the County, Events & Classes



**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

“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



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.

History Mystery Road Part III: Monday, June 2 at 11 a.m. Take a virtual field trip to a few lost historical places in Wood County. Mike McMaster, Wood County Museum.

Eye Glass Repair: Monday, June 2 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! Grand Rapids Calvary Church.

Sundae Bar: Tuesday, June 3 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings Sponsored by The Willows of Bowling Green.

National Parks Series: Bryce Canyon, Canyonland Arches: Tuesday, June 3 at 4:45 p.m. Prerecorded Great Courses.

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

Thursday Theater: Thursdays, at 1 p.m. June 5: "Tammy & the Bachelor" (1957) 12: "Summertime" (1955) 19: "42" (2013) 26: "The Rocketeer" (1991) Host Kris Eridon.

Happy Hour: Friday, June 6 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.**

Literary Response & Workshop: Thursday, June 5 & 12 at 9 a.m. Each session of this course will begin with a reading prompt. Participants will then engage in freewriting exercises in response to the reading, using it as a springboard for their own creative exploration. Continued.....

The second half of each class will be devoted to workshop these writings. Facilitated by Dr. Sandra Faulkner, BGSU

Craft: Coasters Monday, June 9 at 10 a.m. Create these adorable summer watermelon coasters for indoor or outdoor use. Instruction and supplies will be provided. **Registration required.** Facilitated by The Willows of BG.



Keep Your Portions Under Control : Monday, June 9 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, June 9 at 10:30 a.m. Appointments are 10 minutes. **Registration required.** Facilitated by Wood Haven Health Care.

TV series: The Reacher: Monday, June 9 & 23 at 1 p.m. 9: Season 3: Episode 1 & 2 19: S:3 E: 3 & 4.



Craft: Birthday Cards for June Tuesday, June 10 at 10 a.m. Instruction and supplies will be provided. **Registration required.** Facilitated by Bowling Green Manor.

Name That Tune BINGO: Tuesday, June 10 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, June 11 at 11 a.m. to 12:30 p.m. Facilitated by Wood County Health Department.

Dinner & Movie: Tuesday, June 10 at 3:30 p.m. **Movie:** Fried Green Tomatoes (1991) Dinner reservations made by 2 p.m. on Tuesday, June 10.

Karaoke: Wednesday, June 11 at 4 p.m.

Menu Talk: Thursday, June 12 at 11 a.m. Join Angie Bradford, Director of Food Service to discuss current menu choices and options for 2026.

Wood County Continued...

1:1 Technology Help: Thursday, June 12 & 26 starting at 10 a.m. Make an appointment to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. *Hosted by David Schuck.*

Docuseries: Thursday, June 12 and June 26 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan prerecorded 12: The Antwerp Diamond Heist**—An elite crew of Italian thieves targets the vault of the Antwerp Diamond Centre. **26: The Pierre Hotel Robbery**—A duo of highly skilled thieves who specialize in hotel jobs goes after the biggest target of their careers: New York's famed Pierre Hotel. With a plan timed down to the minute, the team takes over the 41-story hotel.

Digital Café: Monday, June 16 from 9:30 to 10:30 a.m. Bring your in your devices preferably tablets or phones or borrow one of ours to explore some screen time with your friends. This social hour will include coffee and refreshments all the while exploring an opportunity to game and use social apps within a supportive community. *See page 8 for details.* **Registration required.**

What is a Reverse Mortgage?: Monday, June 16 at 11 a.m. Join a HECM specialist, who will explain what a HECM is, why you might consider it and how it can benefit you if it is right for you. *Mark Kutscher, NMLS#2574346 Veterans Mortgage of America.*

Brain Training: Tuesday, June 17 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.*

Mind, Body, Spirit Connection: Tuesday, June 17 at 2 p.m. Learn more about the benefits of a health diet, sleep patterns and other habits that impact your ability to live healthy and happily. Gain some insight into some herbal and non medication tips used for a healthy lifestyle. *Presented by Kim Post, RN.*

Craft: Outdoor Glass Mosaic Ornament

Tuesday, June 17 at 3 p.m. Celebrate summer with this beautiful mosaic piece. All supplies and instruction will be provided. **Registration required space limited to 12.** *Stephanie Kosak, 1018 travels.*



Sound Bath: Tuesday, June 17 from 3 p.m. to 4 p.m. Experience the relaxing and stress reduction results of a sound bath using sound bowls and tuning forks to enhance wellness. Cost:\$10 **Minimum of 12 registered and paid for class to be a go.** *Facilitated by Kim Post, RN.*

Breakfast Club: Wednesday, June 18 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

Managing Pain: Wednesday, June 18 at 11 a.m. . Learn about the best approaches to manage pain and ways to talk with your physicians about it. *Mercy Family Medicine Residency.*

Mystery Restaurant: Friday, June 20 at arrive at 3:30 for a departure at 4 p.m. Ready for an adventure? Meet at the senior center. Take a little ride to an unknown restaurant. Carpooling encouraged. Cost: \$15.00 -\$25.00. **Registration required, limited to 10.**

Coffee & Coloring: Monday, June 23 at 10 a.m. Bring your own supplies or use the ones provided. *Sponsored by Wood Haven Health Care.*

Reader's Café: Tuesday, June 24 at 3 p.m. Compare books that have been turned into movies! **Feature: "12 Years a Slave" by David Wilson . Books & audiobooks available by loan by May 27.** **Registration required.**

Acrylic Painting: Wednesday, June 25 at 3 p.m. Class is open to all levels of experience. Instruction with techniques and all supplies provided. *Cost: \$10 Instructor Jackie Meir.* **Register by June 18.**



Card Bingo: Thursday, June 26 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Acoustic Night: Thursday, June 26 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: Tea Time Friday, June 27 at 11:30 a.m. Gather your tea cup and share tea with us! See page *Rebecca Jaessing, Educator Zoom option.* **Registration required.**

Zoom Bingo: Friday, June 27 at 1 p.m. Play 10 rounds of bingo from the comfort of your home. *Cover-all prize awarded by Heritage Corner Health Care Campus. Register to receive the code.*

Perrysburg

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

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

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

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

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

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: Break for Summer September 4 to October 9 at 11 a.m. Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor.* **Schaller Building Cost: \$20**

Needlework Group: Thursdays at 12:30 p.m.

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

Texas Hold'em Tournament: Monday, June 2 & June 16 at 1 p.m.

Virtual Reality Trip: Venice: Tuesday, June 3 at 12:30 p.m. Enjoy the sights and culture of Venice today all within the comfort of the senior center using VR headset technology! Registration required. *Facilitated by Way Library.*

BINGO at the Northeast Area Senior

Center: Tuesday, June 3 at 12:30 p.m. Travel to our Northeast site to play BINGO. Register for lunch with the NE center. *Facilitated by Walker Funeral Home.*

Seminar Series: John Deere Company

Wednesday, June 4 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.**

Veterans Coffee Hour: Thursday, June 5 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.*

Brain Health Trivia: Thursday, June 5 at 12:15 p.m. Learn more about your brain health through a fun trivia game. *Facilitated by Izzy Alaniz R.N. MemoryLane Care Services.*

Euchre: Thursday, June 5 at 12:45 p.m. **Registration required.**

Happy Hour: Friday, June 6 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of May. **Registration required. Zoom option.**

Puzzlemania: Friday, June 6 at 1 p.m. Do you enjoy a good jigsaw puzzle? We are hosting Puzzlemania, where teams of two to four people will compete to complete a 250 piece puzzle the quickest! Prize awarded to winning team. Five team limit per session. **Registration required.**

Back in the Day: Monday, June 9 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Pinochle: Monday, June 9 at 12:45 p.m.

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

Where were You?: Thursday, June 12 at 12:30 p.m. Reminiscing discussion group will ask you where you were during historical events.
Topic: Watergate Scandal.
Facilitated by Comfort Keepers.

Bunco: Friday, June 13 at 12:45 p.m.
Registration required.

Father's Day Floats: Monday, June 16 at 12:30 p.m. Celebrate Dad's today with themed trivia and root beer floats! *Sponsored by Kingston of Perrysburg.*

Friends in Fellowship: Tuesday, June 17 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

History Mystery Road Trip: Tuesday, June 17 at 12:30 p.m. Take a virtual field trip to a few forgotten historical locations in Wood County. Do you know the rest of the story? *Presented by Mike McMaster, Wood County Museum.*

Blood Pressure and Blood Sugar Clinic: Wednesday, June 18 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.*

Birthday Lunch: Wednesday, June 18 at 12 p.m.
Cupcakes sponsored by Manor at Perrysburg

Automated External Defibrillator (AED) 101 Class: Friday, June 20 at 12:15 p.m. An Automated External Defibrillator (AED) is a portable medical device used to treat sudden cardiac arrest by delivering an electric shock to the heart to restore a normal rhythm. Learn more about its use and how to use one. *Presented by Valorie Mahas, R.N. Partners in Home Care.*

What is a Reverse Mortgage? Monday, June 23 at 12:30 p.m. Join *Mark Kutscher, HECM specialist*, who will explain what a HECM is and is it right for you. *Mark Kutscher, NMLS#2574346 Veterans Mortgage of America.*

Hand & Foot: Monday, June 23 at 12:45 p.m. Hand and Foot is a two- or three-team card game where players aim to discard all their cards by melding them into sets or runs. The game is played in rounds. **Registered required.**

Movie Day: Tuesday, June 24 at 12:45 p.m.
Feature: "Heaven is For Real"
Synopsis: A small-town father must find the courage and conviction to share his son's extraordinary, lifechanging experience with the world. **Registration required** *Sponsored by Witzler-Shank-Walker Funeral Home.*

Managing Pain: Wednesday, June 25 at 11:15 a.m. This session will review the important signs and symptoms of chronic pain. Learn about the best approach to take to help with pain management. *Presented by Mercy Family Medicine Residency.*

Caregiver Support Group: Thursday, June 26 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, June 26 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, June 27 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.*

Docuseries: Food Files Monday, June 30 at 12:30 p.m. This episode evaluates regional old wives' tales to differentiate fact or fiction.

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: Mondays at 10:30 a.m. Get your blood flowing with a new exercise video each week. *Prerecorded.*

Keep Your Portions Under Control : Friday, June 6 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.*

Root Beer Floats: Monday, June 9 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, June 10 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, June 11 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, June 12 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*

“World War II Artifacts of the Wood

County Museum: Friday, June 13 at 12:15 p.m. Learn the stories about WW II artifacts and the WW II exhibit at the Wood County Museum. *Facilitated by Mike McMaster, Wood County Educational Society.*

Celebrating Father's Day: Friday, June 13 at 12:30 p.m. Enjoy a slice of pie and celebrate the fathers in our lives by sharing stories and memories. **Advance registration required.** *Sponsored by Heritage Corner Health Care Campus.*

Birthday Celebration: Wednesday, June 18 at 12:30 p.m. Celebrate your April birthday with us. Join us for cake and ice cream. *Cake sponsored by Elara Caring.*



Craft: Uncle Sam Door Hanger: Wednesday, June 18 at 12:30 p.m. Project to make the Uncle Sam door hanging. It is approximately 20 inches tall by 7 ½ inches wide. All supplies and instruction is provided. *Facilitated by the North Baltimore Public Library. Advanced registration call 419.257.3306.*

Trivia Battle: Friday, June 20 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: Libby Glass Company Wednesday, June 25 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.**

Word Search Challenge: Tuesday, June 24 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!*

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

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.

Chair Yoga: Wednesdays 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 Games: Thursdays from 11 a.m. to 2 p.m.

Bingo: Monday, June 2 at 1 p.m.
Sponsored by Wood Haven Health Care.

Name that Tune Bingo: Tuesday, June 3 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Card Bingo: Wednesday, June 4 at 1 p.m.
Sponsored by Bridge Home Health & Hospice

Reminiscing Day: Monday, June 9 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.

Bingo: Tuesday, June 10 at 1 p.m. *Sponsored by St. Catherine's.*

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

History Mystery Road Trip Part 1: Thursday, June 12 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.*

Desserts for Dad: Friday, June 13 at 12:30 p.m.
Enjoy a variety of desserts to honor the fathers in our lives. Share memories and stories as we enjoy a sweet treat.

Keep Your Portions Under Control: Tuesday, June 17 at 12:30 p.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. *Presented by Laura Digby, OSU extension*

Birthday Celebration: Wednesday, June 18 at 12:30 p.m. *Cupcakes provided by The Willows office.*

Breakfast Club: Friday, June 20 at 9:30 a.m.
Location: Country Farmhouse (117 E Main St., Wayne) **Cost: on own.** Join us as we gather to enjoy a meal with good food, great conversations. Everyone is welcome to join us! **Register with the Center.**

Trivia Battle: Friday, June 20 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Rootbeer Float Friday: Friday, June 20 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

Seminar Series: Ballreich Potato Chip Company: Tuesday, June 24 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 **Ballreich Potato Chip Company.**

Restaurant Night: Tuesday, June 24 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.**

Menu Talk: Thursday, June 26 at 12:30 p.m. This session will discuss menu options and suggestions as we plan for 2026. *Presented by Angie Bradford, Director of Food Services, WCCOA.*

Matter of Balance Class: Tuesdays, September 9 to October 28 from 1 to 3 p.m., Wayne Area Senior Center 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*
Registration required call 419.353.5661 or email programs@wccoa.net

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.

Coffee, Donuts and Coloring: Monday, June 2 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Fitness for Fall Prevention: Tuesday, June 3 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.**

Rossford Public Library: Thursday June 5 at 12:30 p.m. The library will share summer program opportunities such as the book club, concert series and what trending books, funding and other changes are happening. *Present by Kristine Goldsmith, Rossford Public Library.*

Word Search Challenge: Monday, June 9 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!

Card Bingo: Monday, June 9 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 III: Tuesday, June 10 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*

Reminiscing Hour: Wednesday, June 11 at 12:30 p.m. Join us as we discuss a new topic each month. This month we will discuss Dads. *Facilitated by WCCOA*

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

Divas & Desserts: Friday, June 13 at 1 p.m. Enjoy some delicious desserts with a great group of gals. Conversations and laughter will be had by all. *Sponsored by Partners in Home Care.*

Cards & Dominoes: Mon., June 16 at 10:30 a.m.

Bunco: Monday, June 16 & 23 at 12:30 p.m.

Seminar Series: Bob Evans Farm

Tuesday, June 17 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 Farm.**

Breakfast Club: Tuesday, June 17 at 9 a.m.

Location: American Table (580 Craig Dr., Suite 1, Perrysburg) **Cost on own. Register with the Senior Center.**

Birthday Lunch: Wednesday, June 18 at 12 p.m. *Cake Sponsored by Ohioan's Home Health & Hospice*

Bingo: Thursday, June 19 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Trivia Bingo: Tuesday, June 24 at 12:15 p.m. *Prizes sponsored by Wood Haven Health Care.*

Blood Pressure & Glucose Screenings: Wednesday, June 25 at 11 a.m. to 12:30 p.m. *Facilitated by the Wood County Health Department.*



Painting Class:

ModPodge Mason Jar Candle Holders

Thursday, June 26 at 12:30 p.m. Create a keepsake and decorative holder that can eliminate a table or night stand while being decorative. All instruction and supplies will be provided. No experience is necessary as techniques will be explained and assisted as needed. **Advanced registration required.** \$15 Fee *Instructor Tomi Huss-Shetler.*

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

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.

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, June 3 at 12:30 p.m. *Sponsored by Walker Funeral Homes. Join us as participants from the Perrysburg Area Senior Center will be attending.*

Fitness for Fall Prevention: Wednesday, June 4 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.*

Keep Your Portions Under Control: Thursday, June 5 at 12:30 p.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.*

Mystery Restaurant: Thursday, June 5 at 4 p.m. Ready for an adventure? Meet at the senior center. Take a little ride to an unknown restaurant. This is a great time to make new friends and share a laugh or two. Carpooling is encouraged. The cost will be between \$15.00 - \$25.00. **Sign up is required, limited to 10.**

Mystery Game: Friday, June 6 at 12:30 p.m. .
Facilitated by Kingston of Perrysburg.

Everybody Knows Game: Monday, June 9 at 12:30 p.m. This game is to test your mind and see how fast you can answer the questions. These questions are designed to be things everyone knows.

Left, Right, Center Game: Monday, June 10 & June 16 at 12:30 p.m.

Mike's Favorite Things Part II: Wednesday, June 11 at 12:15 p.m. Learn about a mystery object unearthed in 1885 and where it is located today. *Presented by Mike McMaster, Wood County Museum.*

Walbridge Talk: Thursday, June 12 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Join us as the Mayor updates us on local happenings, scams and much more.

Fathers Day Celebration: Friday, June 13 at 12:30 p.m. Celebrate with us by enjoying root beer floats.

Seminar Series: Hirzel Canning Company and Farm Tuesday, June 17 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 Company.

Blood Pressure & Glucose Screenings: Wednesday, June 18 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, June 18 at noon. *Cupcakes sponsored by Walker Funeral Homes.*

Card Bingo: Monday, June 23 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, June 24 at 12:30 p.m. Join us as we play several rounds of this game. New players always welcome!

Staying Hydrated in Warmer Weather: Wednesday, June 25 at 12:30 p.m. With warmer weather up on us, we sometimes forget to drink more water. Learn some tips on how to stay hydrated along with ways to avoid heat strokes. *Presented by Becky Rosebrook with the Lake Township Fire Department.*

Wii Bowling 100 Pin: Friday, June 27 at 12:30 p.m.

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles.
Bingo: Tuesdays & Fridays at 10:30 a.m.

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

Birthday Acknowledgements: Monday, June 2 12:30 p.m. Help us send card to residents of the Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes*

History Mystery Road Trip Part III: Tuesday, June 3 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.*

Senior Center Closed June 5 Blood Drive.

Bingo: Friday, June 6 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Monthly Guessing Game: Monday, June 9 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Breakfast Club: Tuesday, June 10 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*



Canvas Art Party: Wooden Gnome Sign
Wednesday, June 11 at 12:30 p.m. No experience needed, all materials and instruction provided. **Registration is limited to 6 people.** *Instructor Lori Lawton, ATR*

Fathers Day Celebration:

Friday, June 13 at 12:30 p.m. Join us to celebrate at of the fathers! Each father will receive a piece of pie and a goodie bag. *Sponsored by Deck Hanneman.*

Donut Bingo: Monday, June 16 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.*

Blood Pressure & Blood Glucose Screening: Tuesday, June 17 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*



Craft: Coasters Tuesday June 17 at 12:30 p.m. Create these adorable watermelon coasters for indoor or outdoor use. Instruction and supplies will be provided. **Registration required.** *Facilitated by The Willows of Bowling Green.*

Birthday Lunch: Wednesday, June 18 at noon. *Cake sponsored by Bowling Green Manor*

Trivia Battle: Friday, June 20 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.*

Craft: Mosaic Stepping Stone
Monday June 23 at 12:30 p.m. Create a mosaic style stone to decorate your house for the summer. Instruction and supplies will be provided. **Registration required by June 10. Limited to 12 participants.**



Facilitated by Wood Haven Health Care

Trip: Ice Cream: Tuesday, June 24 at 1 p.m. Join us in Downtown Grand Rapids for a ice cream treat on the house! Dawn's Delights (24030 Front Street, Grand Rapids) *Sponsored by BG Manor*

Seminar Series: Spangler Candy Company
Wednesday, June 25 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.**

Glasses Repair: Friday, June 27 from 11 to 12 p.m. Missing a screw or a nose piece to your glasses? Get them fix them for free! *Sponsored by Grand Rapids Calvary Church.*

Pemberville

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

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

Cards: Daily before and after lunch. Join us!

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

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

Minutes with the Mayor: Monday, June 2 at 12:30 p.m. *Pemberville Mayor Carol Bailey*

Trip: Walk Downtown: Tuesday, June 3 at 1:15 p.m. After lunch take a walk with us to Beeker's Store for ice cream. Cost on own.

Bingo: Thursday, June 5 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!

History Mystery Road Part III: Wednesday, June 4 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.*

Family Feud: Friday, June 6 at 12:30 p.m. Card Game based on the popular TV show Family Feud give the most popular answer to a variety of survey questions to win.

Puzzlemania: Monday, June 9 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.**

Piano Recital Monday, June 9 at 12:30 p.m. Enjoy the sounds of piano students from Eastwood Schools. Director: Carlo Slater

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

Brain Health Trivia: Wednesday, June 11 at 12:45 p.m. *Facilitated by Izzy Alaniz R.N. MemoryLane Care Services.*

Mystery Restaurant: Wednesday, June 11 at 4 p.m. Meet at the center for instructions on the location of dinner. Cost on own (price range \$15 to \$25) Car pooling is encouraged. **Space limited to 8.**

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

Mystery Game: Friday, June 13 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

Father's Day Pies: Friday, June 13 at 12:15 p.m. Enjoy a slice of pie and ice cream. Enjoy some fond stories about the fathers in our lives. *Sponsored by Ohio Living Home Health and Hospice.*

Card Bingo: Monday, June 16 at 12:45 p.m. *Sponsored by Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, June 18 at noon. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Wednesday, June 18 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites!

Library Talks: Wednesday, June 18 at 12:30 p.m. Join us for lunch and get an update on what's happening at the Pemberville Library.

Movie Day: Tuesday, June 17 at 12:45 p.m. **Feature:** *The Help Snacks by Wood Haven Health Care.*

Back In the Day: Friday, June 20 at 12:30 p.m. Guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Seminar Series: Ford Motor Company Wednesday, June 23 at 12:30 p.m. This month we are exploring the **Ford Motor Company.**

Name That Tune Bingo: Tuesday, June 24 at 12:30 p.m. Guess the name of the song to cover a bingo space. *By Heritage Corner Health Care.*

Vascular Screenings: Wednesday, June 25 at 12:30 p.m. Vascular screenings check the health of your blood vessels and are designed to detect early signs of vascular diseases, which can lead to serious conditions like heart attacks, strokes, and aneurysms. Those with risk factors like smoking, diabetes, high blood pressure, high cholesterol, or a family history of cardiovascular disease should consider this screening. **Free screening but registration is required.** (min. 5 per site) *Wood County Hospital.*

Blood Pressure & Blood Glucose Clinic: Thursday, June 26 from 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Wii Bowling: Friday, June 27 at 10 a.m.

Wood County Parks: Monday, June 30 at 12:30 p.m. Join the Pemberville Senior Center and find out what is new at the Wood County Parks: *Presented by Jim Witter of the Wood County Parks District*

SAVE THE DATE:

Below you will find programs scheduled for the upcoming months.

Please call the Programs Department for more information or to register for a program or class 419.353.5661 or email programs@wcco.net



Care Compass Project

Wednesday, June 4, 2025

11 a.m. to 1 p.m.

Wood County Senior Center

Topic: Conversations with Caregivers

The Care Compass Project is free and open to all current and future caregivers.

Registration is required by calling the Programs

Department at 800.367.4935 or 419.353.5661 or by emailing programs@wcco.net. Respite available for care recipients by preregistering. *Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option*

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

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

The Care Compass Project is brought to the community by:



◆ 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@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

Served Monday through Friday

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

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Stuffed Pepper OR Turkey Stuffing Casserole mixed vegetables, pasta salad, peaches, grape juice	Pork Ribette OR Chicken Tenders sweet potatoes, broccoli salad, pears, graham crackers	Hot Dog OR Hamburger baked beans, cole slaw, rosy applesauce, brownie	Meatloaf OR Chicken Paprikash noodles, lima beans, Betty's salad, citrus	Chef Salad w/Diced Turkey, Cheese & Egg OR Tuna Salad on a bed of lettuce, potato salad, cantaloupe & grapes, blueberry muffin
Swedish Meatballs OR Veal Patty noodles, oriental vegetables, tomato juice, pineapple	Baked Ham OR Tuscan Chicken french green beans, pickles beets, citrus sections, frozen yogurt	Ham & Bean Soup OR Turkey Pot Roast cornbread, heritage slaw, peaches, cherry crunch	Pork Chop OR Broccoli Stuffed Chicken Breast baked potato, corn relish, berry blend w/yogurt, granola	Pepper Steak OR Lemon Pepper Pollock rice, stewed tomatoes, cabbage apple raisin salad, tropical fruit
Chipped Beef OR Creamed Chicken biscuit, mashed potatoes, orange juice, baked apples	Goulash OR Teriyaki Chicken Breast carrots, potato salad, mandarin orange salad	Birthday Lunch! Cubed Steak green beans, broccoli slaw, fruit cocktail, cake & ice cream	All sites Closed for Juneteenth!	Ground Bologna OR Chipped Turkey baked bean salad, tomato zucchini salad, tropical fruit, cookies
Cream of Broccoli Soup OR Vegetable Soup egg salad sandwich, celery and peanut butter orange sections	Beef Tacos OR Fajita Chicken Strips refried beans, lettuce & tomatoes, mixed fruit, cookies	Chicken Patty OR Sausage Patty hashbrown casserole, three bean salad, fruit sorbet	Chicken Salad OR Chef Salad w/Diced Ham, Cheese & Egg on a bed of lettuce, redskin potato salad, watermelon & grapes, banana nut muffin	Scalloped Potatoes & Ham OR Roasted Vegetable Lasagna winter blend, citrus slaw, grapes, banana bread
Mac & Cheese w/Ham OR Tuscan Chicken key west blend, peaches, cherry crisp				

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

Served Tuesday through Thursday, 5:30 to 6:30 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day. (Menu is subject to change.)

There is a \$4 suggested donation those over 60 and \$7 fee for those under 60 years of age.
When making your reservation, a chicken breast can be requested instead of the listed entrée.

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room is available.

June 2025		
Tuesday	Wednesday	Thursday
Lemon Pepper Cod 3 baked potato, mandarin oranges & grapes, cherry cobbler	Sweet & Sour Chicken 4 rice, oriental vegetables, pickled beets, orange, lemon bar	Veal Patty 5 capri blend, mashed potatoes, pasta salad, peach crunch
Birthday Dinner! Beef Stroganoff 10 carrots, coleslaw, mixed fruit, cake & ice cream	Corned Beef 11 boiled potatoes, cooked cabbage & carrots, strawberries, shortcake	Chef Salad w/Turkey, Ham, Cheese & Egg 12 marinated vegetables salad, oranges & grapes, blueberry muffin
Beef Fajita Tacos 17 corn casserole, lettuce & tomato, fruit juice, brownies	Breaded Chicken Sandwich 18 french fries, cabbage apple raisin salad, crumb topped peaches	All Sites Closed for Juneteenth. 19
Hamloaf 24 baked sweet potato, riviera vegetables blend, cranberry jello salad, chocolate cake	Turkey 25 mashed potatoes, bread dressing, green beans, mandarin orange salad, pumpkin pie	Goulash 26 brussel sprouts, tossed salad, sidekick fruit slushie

National Parks Series: Bryce Canyon, Canyonland Arches: Tuesday, June 3 at 4:45 p.m. *Prerecorded Great Courses.*

BG Knitters Guild: Wednesday, June 4 at 4 p.m. Hosted by Jackie Instone.

Dinner & Movie: Tuesday, June 10 at 3:30 p.m. **Movie:** Fried Green Tomatoes (1991) Dinner reservations need to be made by 2 p.m. on Tuesday, June 10.

Karaoke: Wednesday, June 11 at 4 p.m.

Docuseries: Thursday, June 12 and June 26 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan** *prerecorded* 12: **The Antwerp Diamond Heist** 26: **The Pierre Hotel Robbery**

Reader's Café: Tuesday, June 24 at 3 p.m. Compare books that have been turned into movies! **Feature: "12 Years a Slave" by David Wilson . Books & audiobooks available by loan by May27. Registration required.**

Acoustic Night: Thursday, June 26 at 5:30 to 6:30 p.m. Enjoy live music from musicians. *Facilitated by the Guitar Circle.*

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:

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Kitchen Fund Donations:

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

Wood County Committee on Aging.

Visit: www.krogercommunityrewards.com
and register or re-enroll today.

You need to re-enroll every year.

Our organization number is: **VB952**

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

Program & Service Scholarship Fund

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

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



*Discover us on YouTube
by searching:*

Wood County Committee on Aging, Inc.

View our over 300 educational videos
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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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To register for programs & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



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

All sites will be closed on Thursday, June 19 in observance of Juneteenth.

Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center , 23019 Kellogg Road, Grand Rapids, Ohio 43522 Monday through Friday 10 a.m. to 2 p.m.	419.601.1896
North Baltimore Area Senior Center , 215 N. 2nd Street, North Baltimore, Ohio 45872 Monday through Friday 10 a.m. to 2 p.m.	419.257.3306
Northeast Area Senior Center , 705 N. Main Street, Walbridge, Ohio 43465 Monday through Friday 10 a.m. to 2 p.m.	567.249.4921
Pemberville Area Senior Center , 220 Cedar Street, Pemberville, Ohio 43450 Monday through Friday 10 a.m. to 2 p.m.	419.287.4109
Perrysburg Area Senior Center , 140 W. Indiana Avenue, Perrysburg, Ohio 43551 Monday through Friday 8:30 a.m. to 4:30 p.m.	419.874.0847
Rossford Area Senior Center , 400 Dixie Highway, Rossford, Ohio 43460 Monday through Friday 10 a.m. to 2 p.m.	419.666.8494
Wayne Area Senior Center , 202 E. Main Street, Wayne, Ohio 43466 Monday through Friday 10 a.m. to 2 p.m.	419.288.2896
Wood County Senior Center , 140 S. Grove Street, Bowling Green, Ohio 43402 Monday 8 a.m. to 5 p.m., Tuesday through Thursday 8 a.m. to 7 p.m., Friday 8 a.m. to 4 p.m.	419.353.5661 800.367.4935

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