

WOOD COUNTY COMMITTEE

ON
Ageing

JULY 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

90s Plus Spectacular!

Celebrating Those 90 Years of Age and Over in Wood County

Monday, September 15, 2025

Doors open at 3:30 p.m. & event beings at 4 p.m.

Wood County Senior Center

The 90s Plus Spectacular recognized those who have reached the milestone of 90 years of age or older. Participants will be honored with a slide show, with awards presented by elected officials, entertainment and dinner for all to enjoy!

Registration for those 90+ is required by Friday August 1.

Visit our website or stop by you local Senior Center for a biography form. Each honoree will receive a free meal however they may bring one guest. Advanced payment of \$7 for their meal is required with registration. **Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net for more information.**

Send all honoree information including a biography form, picture(s) and guest payment to:

Wood County Senior Center,
140 S. Grove Street, Bowling Green, OH 43402

OR emailed to programs@wccoa.net.

Please submit JPEG photo by emailing it or include a printed photo with each application form.

Thank You to Our 2025 Sponsors:

Dinner: Bowling Green Manor, Manor of Perrysburg, Hanneman Family Funeral Homes

Framed Certificates: Wood Haven Health Care **Entertainment:** Ohio Living Home Health and Hospice

Photo Keepsake: Heritage Corner Health Care Campus **Boutonnieres:** The Willows of Bowling Green



Call for Artists and Performers! Friday, August 22 from 6 to 8 p.m. Dress rehearsal on Friday, August 8 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



Wood County Fair — Senior Day!

Tuesday, July 29, 2025 from 9 a.m. to 3 p.m.

Please see page 11 for more information and full itinerary of the day!



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, July 18
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, July 9 from 10 a.m. to 2 p.m.
*Support provided by Arista Home Care Solutions,
Kingston of Perrysburg & St. Timothy's Church*

Caregivers can call to register for this program at 419.353.5661 or email programs@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 the Program Department 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	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, July 16, 2025

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

Location: Wood County Senior Center

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

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

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	September 4	2 to 4 p.m.
Wood County Senior Center	September 11	4 to 6 p.m.

Cholesterol Clinic Screenings

Cholesterol Clinic Screening

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

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

Clinic Site Dates & Times

Wood County Senior Center

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

Perrysburg Area Senior Center

July 18 from 9 to 11 a.m.

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

Blood Pressure & Blood Sugar Screenings

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

WCCOA Support Groups

Caregiver Support Group

Monday, July 14 at 2:30 p.m.

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

Respite available for care recipients.

Please pre-register for respite.

Thursday, July 24 at 10 a.m.

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

Care Compass Project

Wednesday, September 3 at 11 a.m.

Topic: Dementia Support & Community

Resources

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.*

Parkinson's Support

Thursday, July 3 at 5:45 p.m.

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

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

Grasping Your Grief

Wednesdays, July 2 & 16 at 1 p.m.

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

This support group is for those who have experienced a loss within their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. *Facilitated by Lisa Myers, LISW-S, WCCOA. New attendees must pre-register; please call ahead at 419.353.5661 or 800.367.4935*

Other Local Support Groups

National Alliance on Mental Illness (NAMI) Family Support

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

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

NAMI Connections Recovery Support

Wednesdays at noon

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

Living Through Loss Grief Support

Third Monday of each month

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

Grief Share

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

Grandparents Raising Grandchildren

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

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.****

Yoga Cost: \$40 each class

Beginner: Monday, July 14 to Aug 25 at 10:30 a.m. (No Class July 28) Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced: Tuesday, July 1 to Aug. 12 at 10:30 a.m. (No class July 29) 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, July 17 to Sept. 4 at 11a.m. (No Class July 24 & 31) 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 Tari 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

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.

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 members.

VIRTUAL Classic: Wednesdays, July 30 to September 3 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, July 16 to August 20 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, July 18 to August 22 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, July 25 to August 29 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, 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 Cost: \$60

Wednesdays, July 23 to Augst 27 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, July 18 to August 22 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.

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

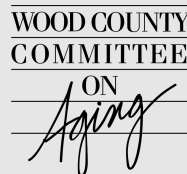
Wine and Ale Trail Tour

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.



Around the County Events & Classes



Care Compass Project

Wednesday, September 3, 2025

11 a.m. to 1 p.m. from Wood County Senior Center

Topic: Dementia Support & Community Resources

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

Respite available for care recipients by preregistering. This session will cover Dementia Friends Training and A Panel Discussion on Dementia Community Resources. *Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option.* The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Hospital, Optimal Aging Institute, Golden Care Partners, Ohio Living Home Health and Hospice.

Digital Café

Monday, July 28 from 9 to 10 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@wccoa.net**

Technology Opportunities at Each Site

1:1 Technology Help:

Thursday, July 10 & 24 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@wccoa.net to gain access

Happy Hour: Friday, July 11 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg, Wood County.*

Jeopardy: Monday, July 14 at 12:30 p.m. Join us to play the classic game Jeopardy as we play against the Bowling Green site on zoom. Play for pride not prize!
In person option: Wood County & Grand Rapids

Managing Pain: Wednesday, July 16 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: Friday, July 25 at 11:30 a.m.
Author Carol Rinehart will share her novel "When Troop Train Stopped in Fostoria" She will share stories and poems from interactions during this time of war.
In-person option: Wood County Senior Center.

Bingo: Friday, July 25 at 1 p.m. Play 10 rounds of bingo online. Line, postage stamps or four corners and then a coverall. *Prize for the cover-all sponsored by Heritage Corner Health Care Campus.*

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 has room!

MemoryLane Care Services still has availability and is currently offering a special scholarship opportunity for residents of Wood and Henry County! For a limited time, individuals can try our Day Center for free and experience our engaging activities, caring environment, and supportive community. In addition to fun and social programs, our experienced staff is trained to assist with personal care needs, and we have a nurse on-site to address medical concerns. We **will be holding our next open house on Tuesday, August 5, from 4 to 5 P.M.** Check us out the 4th Wednesday of each month for some animal therapy with Paws and Hooves!



"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@wccoa.net

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

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

Cornhole Tournament!

Sunday, September 14, 2025

Wooster Green, 100 South Church St., Bowling Green

Note: No rain date, fee is a donation

Register by Saturday, September 7

Starts at 1 p.m. (est. Tournament time 6 hours)

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.
- To register, email BG Kiwanis at bgohkiwanis@gmail.com or drop off registration and payment at WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis
- 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

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@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!**

Around the County, Events & Classes



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,
Safe Communities of Wood County, 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, coleslaw, mixed fruit, 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**

A free shuttle from the parking lot on Poe road to the Fairgrounds is provided via golf carts from the Wood County Sheriff's Office. When in the parking lot, call **419.352.8257** for your free ride into the fairgrounds on Senior Day.

Wood County

(Located in Bowling Green)

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

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

Guitar Circle: Wednesdays at 11:30 a.m.

For intermediate to advanced players. **Registration required.** *Assisted by John Zanfardino.*

Watercolor Art Group: Thursdays from 10 a.m. to noon. Bring (and take with you) all materials.

Veterans Coffee Social: Fridays at 10 a.m. This group will share stories, have speakers and decide on projects. July 18: Speaker Carol Reinhart on her book. *Donuts sponsored by The Willows of BG.*

Friday Flick Picks: Fridays at 1 p.m. Each week, an attendee will pick the following week's movie from a curated selection of films.

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

National Parks Series: Zion, Gunnison's Black Canyon, Capitol Reef: Tuesday, July 1 at 4:45 p.m. *Prerecorded Great Courses.*

BG Knitter's Guild: Wednesday, July 2 at 4 p.m. Knit or Crochet in a group setting for advanced and beginner needle workers. *Hosted by Jackie Instone.*

Literary Response & Workshop: Thursday, July 3 & 17 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. *Facilitated by Dr. Sandra Faulkner, BGSU*

Thursday Theater: Thursdays, at 1 p.m. **July 3:** "National Treasure" (2004) **10:** "Rome Adventure" (1962) **17:** "Pontiac Moon" (1994) **24:** "My Fair Lady, Part I" (1964) **31:** "My Fair Lady, Part II" (1964)

History Mystery Road Part 4: Monday, July 7 at 11 a.m. *Mike McMaster, Wood County Museum.*

Take a virtual field trip to a few lost historical places in Wood County. Do you know the rest of the story?

Eye Glass Repair: Monday, July 7 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Grand Rapids Calvary Church.*

Books and Bagels: Tuesday, July 8 from 10 a.m. to 12 p.m. 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! *Sponsored by The Willows of Bowling Green.*

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

Blood Pressure & Glucose Screening:

Tuesday, July 8 at 11 a.m. to 12:30 p.m. *Facilitated by Wood County Health Department.*

Dinner & Movie: Tuesday, July 8 at 3:30 p.m. **Movie:** Reagan (2024). This is a drama based on the life of Ronald Regan, from his childhood to his time in the oval office. Dinner reservations made by 2 p.m. on Tuesday, July 8.

Karaoke: Wednesday, July 9 at 4 p.m.

1:1 Technology Help: Thursday, July 10 & 24 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.*



Craft: Button Butterfly

Craft Thursday, July 10 at 2 p.m. Instruction and supplies will be provided.

Registration required.

Facilitated by Bowling Green Manor.

Docuseries: Thursday, July 10 & 24 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan** *prerecorded* **10: The Baker Street Bank Burglary**—When an amateur radio enthusiast intercepts their walkie-talkie chatter, they find themselves in a high-stakes cat-and-mouse game with Scotland Yard. **24: The Lufthansa Heist**—A mafia crew with insider knowledge attempts the most lucrative airline heist in history at JFK International Airport. Made famous by the film Goodfellas, its aftermath saw those associated with the crime disappearing--and dying.

Wood County Continued...

Happy Hour: Friday, July 11 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.



Craft: Fireworks in a Jar
Monday, July 14 at 10 a.m.
Instruction and supplies will be provided. **Registration required.** *Facilitated by The Willows of BG.*

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

Keep Your Portions Under Control :

Monday, July 14 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.*

TV series: The Reacher: Monday, July 14 & 28 at 1 p.m. **14:** S 3: Episode 5 & 6 **28:** S:3 E: 7 & 8.

Brain Training: Tuesday, July 15 at 9 a.m.
“Optimizing Brain Fitness” video. **Topic:** Practicing for Peak Performance. **Registration required by July 8** *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*

Sound Bath: Tuesday, July 15 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. Please register by Tuesday, July 8.** *Facilitated by Kim Post, RN.*

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

Heat and Summer Precautions: Wednesday, July 16 at 11 a.m. *Mercy Family Medicine Residency.*
Zoom option: Call for the code.

Balance Screening: Wednesday, July 16 from 1 p.m. to 2:30 p.m. Join Wood County Hospital Rehab Services for a free balance screening. A balance screening is a quick (10 min) assessment to check your stability, coordination, and risk of falling. Following the screening, receive personal recommendations on improving strength and coordination. **Appointments Required.** *Facilitated by Wood County Hospital.*

1:1 CarFit: Thursday, July 17 at 1 p.m. to 3 p.m.
call for an appointment. (20 minutes appointment in the parking lot near South Grove St.)

Fortunately, there are ways for drivers to adapt to their cars — and adjust their “fit” within them — in order to reduce their risk of injury during a crash. CarFit, program is created by the American Society on Aging and developed in collaboration with AARP and the American Occupational Therapy Association.

Smart DriverTEK: Monday, July 21 at 1 p.m.
The Smart DriverTEK Workshop is a free, interactive session that can be taken to learn more about forward-collision warnings, blind spot warnings, and adaptive cruise control. *Presented by Sandy Weichman, Safe Communities Wood County.*

Reader's Café: Tuesday, July 22 at 3 p.m.
Compare books that have been turned into movies!
Feature: “The Fault in Our Stars” by John Green.
Books & audiobooks available by loan by June 24.
Registration required.

Acrylic Painting: Wednesday, July 23 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 July 16.**

Card Bingo: Thursday, July 24 at 1 p.m.
Facilitated by Bridge Home Health & Hospice.

Acoustic Night: Thursday, July 24 at 5:30 to 6:30 p.m. Want to play a song register in advance.
Facilitated by the Guitar Circle.

Lunch and Learn: Friday, July 25 at 11:30 a.m.
Author Carol Rinehart will share her novel “When Troop Train Stopped in Fostoria” **Registration required.**

Zoom Bingo: Friday, July 25 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.*

Digital Café: Monday, July 28 from 9 to 10 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.

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

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*

Importance of Hydration: Tuesday, July 1 at 12:30 p.m. This session will share options on how to make drinking enough fluid a priority for your overall health. Learn the important ways to increase your hydration levels. *Presented by the Wood County Health Department.*

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

Veterans Coffee Hour: Thursday, July 3 at 10 a.m. This social hour is an opportunity for veterans to gather share stories and support each other. *Donuts sponsored by Care360 Hospice.*

Texas Hold'em Tournament: Monday, July 7 & 21 at 1 p.m.

Breakfast Club: Tuesday, July 8 at 9 a.m.
Location: American Table (580 Craig Dr., Suite 1, Perrysburg) *Hosted by Judy Schlink.* **Cost on own. Register with the Senior Center.**

Bingo: Tuesday, July 8 at 12:45 p.m.
Facilitated by Waterford at Levis Commons.

Where were You?: Thursday, July 10 at 12:30 p.m. Reminiscing discussion group will ask you where you were during historical events. **Topic:** Apollo-11 Moon Landing. *Facilitated by Comfort Keepers.*

Happy Hour: Friday, July 11 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of May.
Registration required. Zoom option.

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

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

Pinochle: Monday, July 14 at 12:45 p.m.

Mystery Restaurant: Monday, July 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 encouraged. Distance is 30 miles round trip. ***Space limited (8) registered.***

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

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

Blood Pressure and Blood Sugar Clinic:
Wednesday, July 17 at 11 a.m. to 1 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Mercy Health.*

Perrysburg Continued...

Cholesterol Screening: Friday, July 18 at 9 a.m. to 11 a.m. Appointment and pretest instructions required. To schedule an appointment, please call the Social Services Department at 419.353.5661 or 800.367.4935. Must be a resident of Wood County & 25 years of age or older. Cost: \$20 for 60+; \$25 for ages 25-59 **Includes: Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglycerides, Total Cholesterol/HDL ratio and a blood glucose level. Results will be immediately available and discussed with clients by a Registered Nurse.

Puzzlemania: Friday, July 18 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.

History Mystery Road Trip Part 2: Tuesday, July 22 at 12:45 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.*

Movie Day: Tuesday, July 22 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.*

Heat and Sumer Precautions: Wednesday, July 23 at 11:15 a.m. Learn new ways to manage heat and the hot summer sun. *Presented by Mercy Family Medicine Residency.*

Docuseries: Bizarre Food America
Wednesday, July 23 at 12:30 p.m. Chef, writer and culinary explorer Andrew Zimmern is expanding his quest for unique foods in the USA. As always, he's seeking out the region's most iconic foods and introducing us to the colorful characters who add the real flavor to every place he visits! This episode covers some unique food finds in Detroit. *Previously recorded.*

Caregiver Support Group: Thursday, July 24 at 10 a.m. This group meets monthly. Topics and discussions vary. It is designed to provide a supportive framework for caregivers as they navigate the new and ever changing role of caregiving. To register call Caleb Johnson at 419.353.5661 or 1.800.367.4935

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

Card Bingo: Friday, July 25 at 12:30 p.m. Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided. *Facilitated by Bridge Home Health & Hospice.*

Hand & Foot: Monday, July 28 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.

Balance Screening: Wednesday, July 30 at 11:15 a.m. to 1 p.m. Screening will evaluate balance and postural stability, helping to identify potential fall risks and underlying balance problems, takes approximately 7 minutes. Registration required. *Facilitated by Med1Care*

Coffee and Coloring: Friday, July 31 at 10:30 a.m. Enjoy a nice cup of coffee and coloring your stress away with friends. This session is bound to be full of conversations and laughter.

Seminar Series: Spangler Candy Company
Thursday, July 31 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.

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.

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.

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

Card Bingo: Wednesday, July 2 at 1 p.m.
Sponsored by Bridge Home Health & Hospice

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

Bingo: Tuesday, July 8 at 1 p.m. *Sponsored by Bowling Green Manor.*

Blood Pressure & Blood Glucose Screening: Thursday, July 10 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

History Mystery Road Trip Part 2: Thursday, July 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? *Presented by Mike McMaster, Wood County Museum.*

Nature Walk: Friday, July 11, 18 and 25 at 9 a.m. Meet at Bradner Nature Preserve (11491 N Fostoria Rd, Bradner) Wear proper walking foot wear and bring a water bottle.

Memory Care in Wood County: Monday, July 14 at 12:30 p.m. This presentation will inform you about the support that can be provided for yourself or a loved one by Memory Lane Care Services. *Presented by Izzy Alaniz RN, ADS Director*

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

Breakfast Club: Thursday, July 17 at 9:30 a.m.
Location: Country Farmhouse (117 E Main St., Wayne) **Cost: on own.** Join us as we gather to enjoy a meal with good food, great conversations. Everyone is welcome to join us! **Register with the Center.**

Trivia Battle: Friday, July 18 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Rootbeer Float Friday: Friday, July 18 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

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

Restaurant Night: Tuesday, July 29 at 5 p.m. We will travel to a restaurant to enjoy dinner, and great conversations. Cost on own (price range \$15 to \$25) Car pooling is encouraged. **Registration required.**

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.

Fitness for Fall Prevention: Tuesday, July 1 at 12:30 p.m. This thirty minute session will focus on balance, strength and range of motion movements for you to stay safe in the winter months. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

Rossford Public Library: Thursday July 3 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.*

Coffee, Donuts and Coloring: Monday, July 7 at 11 a.m. Enjoy a morning of coffee, donuts and relaxation while coloring. Coloring and conversations and be a major stress relief. *Sponsored by Manor At Perrysburg.*

History Mystery Road Trip Part 4: Tuesday, July 8 at 12:30 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*

Game Day: Thursday, July 10 at 12:30 p.m. Join us as we select a fun game to play. Each month a different game is selected. *Hosted by Kingston of Perrysburg.*

Pies for Guys: Friday, July 11 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.*

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

Card Bingo: Monday, July 14 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.*

Breakfast Club: Tuesday, July 15 at 9 a.m.
Location: Denny's (1122 Buck Road, Rossford)
Cost on own. Register with the Senior Center.

Reminiscing Hour: Tuesday, July 15 at 12:30 p.m. Join us as we discuss a new topic each month. This month we will discuss summer vacations. *Facilitated by WCCOA.*

Birthday Lunch: Wednesday, July 16 at 12 p.m. Cake *Sponsored by Ohioan's Home Health & Hospice*
Entertainment: Guitarist Dan Caderat will perform from 12:30 to 1:15 p.m.

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

Sundaes on Mondays: Monday, July 21 at 12:30 p.m. Stop in to enjoy a cool summer treat. You will savor a cool summer treat by creating an ice cream sundae with all the toppings. *Event sponsored by Care360 Hospice.*

Cards & Dominoes: Mon., July 21 at 10:30 a.m.

Bunco: Monday, July 21 & 28 at 12:30 p.m.

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

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

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



Painting Class: Thursday, July 31 at 12:30 p.m. 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.

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, July 1 at 12:30 p.m. *Sponsored by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, July 2 at 12:45 p.m. This session you will learn techniques on ways to stay strong and prevent falls.
Facilitated by Partners in Home Care. Registration and waivers required.

Left, Right, Center Game: Tuesday, July 8 at 12:30 p.m.

History Mystery Road Trip 3: Wednesday, July 9 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.*

Walbridge Talk: Thursday, July 10 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Join us as the Mayor updates us on local happenings, scams and much more.

Mystery Restaurant: Thursday, July 10 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, July 11 at 12:30 p.m. .
Facilitated by Kingston of Perrysburg.

Everybody Knows Game: Monday, July 14 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.
Facilitated by Marketia Phillips.



Craft: Fireworks in a Jar Tuesday, July 15 at 12:30 p.m. Limited to 12 participants. All supplies and instructions are provided.
Registration required.
Facilitated by The Willows of Bowling Green

Blood Pressure & Glucose Screenings:

Tuesday, July 15 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, July 16 at noon.
Cupcakes sponsored by Orchard Villa.

Card Bingo: Thursday, July 17 at 12:45 p.m.
Prizes awarded to winning bingo players. *Facilitated by Bridge Home Health & Hospice.*

Left, Right, Center Game: Monday, July 21 at 12:30 p.m.

Bunco: Tuesday, July 22 at 12:30 p.m. Join us as we play several rounds of this game. New players always welcome!

Seminar Series: Ballreich Potato Chip

Company Wednesday, July 23 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives.

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

Healthy Living for Your Brain & Body:

Monday, July 28 at 12:30 p.m. This session will share ideas on food, physical activity and health aspects that can work to improve your overall health.
Presented by Jen Hill, Alzheimer's Association.

Mystery Movie: Monday, June 21 at 12:30 p.m.
May be a mystery, comedy, romance, drama. Will have to come and find out.

Trip: Millbury Classic Car & Truck

Museum Thursday, June 24 at 26929 Cummings Rd. Millbury OH. **Cost \$8.00** 3 hours to tour the whole museum. Leave the center at 1 p.m. and tour the museum and then go have a sweet treat at one of the local ice cream shops. *Carpooling is encouraged. Registration required.*

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: Tuesday, July 1 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 4: Tuesday, July 1 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.*

Mad Libs: Wednesday, July 2 at 12:30 p.m.

4th of July Celebration: Wednesday, July 3 at 12:30 p.m. Celebrate by wearing your red, white and blue and enjoy chip tasting and trivia. *Sponsored by Heritage Corner Health Care Campus.*

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

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



Canvas Art Party: Lighthouse

Wednesday, July 9 at 12:30 p.m. No experience needed, all materials and instruction provided.

Registration is limited to 6 people.

Instructor Lori Lawton, ATR

Trivia Battle: Friday, July 11 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Bingo: Friday, July 11 at 10:30 a.m.
Sponsored by Bridge Home Health and Hospice.



Craft: Flower Book

Monday, July 12 at 12:30 p.m.
All instruction and supplies are provided. Maximum number of registrants 12.

Registration required.
Facilitated by Wood Haven Healthcare.

Monthly Guessing Game: Monday, July 14 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Jeopardy: Monday, July 14 at 12:30 p.m. Join us to play against the Bowling Green site on zoom. Play for pride not prize! *Zoom option call for the code.*

Blood Pressure & Blood Glucose Screening: Tuesday, July 15 at 11 a.m. to 12:30 p.m. .
Facilitated by Wood County Health Department.

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

Menu Talk: Friday, July 18 at 12:15 p.m. *Join Angie Bradford, Director of Food Service to discuss current menu choices and options for 2026.*

Trip: Ice Cream: Tuesday, July 22 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) **Registration required.** *Sponsored by Bowling Green Manor.*

Seminar Series: Bob Evans Company
Wednesday, July 23 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives.

Glasses Repair: Friday, July 25 from 11 to 12 p.m. Missing a screw or a nose piece? WE will fix them for free! *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.

History Mystery Road Part 4: Wednesday, July 2 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.*

4th of July Celebration: Wednesday, July 2 at 12:30 p.m. Celebrate the 4th of July with us! Wear your red, white and blue and enjoy some trivia and desserts. *Sponsored by Wood Haven Health Care.*

Bingo: Thursday, July 3 at 12:30 p.m. Everyone bring a household item to play and it will be used as a prize. Play 10 rounds of bingo for fun!

Minutes with the Mayor: Monday, July 7 at 12:30 p.m. *Pemberville Mayor Carol Bailey* will keep us apprised of the town's events and needs as well as what Pemberville has to offer.

Coloring, Donuts & Discussion: Tuesday, July 8 at 10 a.m. Friendly discussion on hot topics or trends along with an opportunity to enjoy coffee, donuts and relax by coloring. *Sponsored by Wood Haven Health Care.*

Aging in Place: Tuesday, July 8 at 12:00 p.m. This session will cover tips and tools to remain safely in your home. *Presented by Med1 Care.*

Mystery Restaurant: Wednesday, July 9 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, July 10 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

Importance of Hydration: Monday, July 14 at 12:30 p.m. This session will share options on how to make drinking enough fluid a priority for your overall health.

Menu Talk: Tuesday, July 15 at 12:15 p.m. Join Angie Bradford, Director of Food Service to discuss current menu choices and options for 2026.

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

Trivia Battle: Wednesday, July 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.*

Library Talks: Wednesday, July 16 at 12:30 p.m. Join us for lunch and get an update on what's happening at the Pemberville Library this summer.

Back In the Day: Friday, July 18 at 12:30 p.m. You will hear a variety of historic events and then you have the opportunity to guess what year specific events in history happened. *Facilitated by Bowling Green Manor.*

Card Bingo: Monday, July 21 at 12:45 p.m. .
Sponsored by Bridge Home Health and Hospice.

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

Seminar Series: Libby Glass Company
Wednesday, July 23 at 12:30 p.m. This month we are exploring the **Libby Glass Company.** Learn more about this company and its rich history.

Blood Pressure & Blood Glucose Clinic:
Thursday, July 24 from 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Wood County Health Department.*

Movie Day: Thursday, July 24 at 12:45 p.m.
Feature: Soul Surfer **Synopsis:** Based on a true story, young surfer Bethany Hamilton (Robb) summons the courage to return to the ocean after losing an arm in a shark attack.
Snacks by Wood Haven Health Care.

Mystery Game: Monday, July 28 at 12:45 p.m. Enjoy a fun and interactive game with prizes. The game is always a mystery but could include trivia, bingo and more. *Facilitated by Kingston of Perrysburg.*

Served Monday through Friday

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

July 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Lasagna OR Veal Patty Italian blend, mandarin orange salad, blueberry crisp	Chicken Pot Pie OR Cabbage Roll green beans, macaroni salad, cinnamon applesauce, sidekick slushie	Pulled Pork OR Shredded Chicken potato wedges, coleslaw, peaches & pears, cookies	All Sites Closed. Happy 4th of July!
Smoked Sausage OR Turkey Meatball Sub sweet potato fries, corn relish, orange juice, brownies	Hamloaf OR Chicken Tenders creamed corn, broccoli salad, tropical fruit	Turkey Taco OR Beef Fajita Taco lettuce & tomato, black beans & rice, fruited Jell-o	Hamburger Pie OR Vegetable Lasagna Scandinavian blend, baby carrots, glazed strawberries & bananas, pound cake	Baked Ham OR Chicken Wings cauliflower, redskin potato salad, mandarin oranges & grapes
Stuffed Pepper OR Chicken Cordon Bleu riviera blend, Greek pasta salad, mixed fruit, pineapple orange juice	Pork Chop OR King Ranch Chicken Casserole tomato zucchini blend, pears, cherry crunch	Birthday Lunch! Beef Stroganoff noodles, squash, three bean salad, melon, cake & ice cream	Chipped Ham OR Chicken Salad baked bean salad, celery w/peanut butter, mandarin orange salad, ice cream	Goulash OR Pecan Crusted Tilapia far east blend, banana, peaches & cream, granola
Bratwurst OR Grilled Chicken mashed potatoes, sauerkraut, pineapple & cottage cheese, rice krispy treat	Beef Lasagna OR Chicken Chimichanga w/Cheese lima beans, Caesar salad, grapes & pears	Turkey Stew OR Ham & Bean Soup cornbread, heritage slaw, rosy applesauce, fruit sorbet	Chicken Paprikash OR Meatloaf noodles, mixed vegetables, cauliflower peanut salad, peaches	Scalloped Potatoes & Ham OR Lemon Pepper Tilapia Kyoto blend vegetables, pickled beets, grape juice, pudding
Sweet & Sour Chicken OR Pork Cutlet wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jello	Fair Day! Stacked Ham OR Stacked Turkey baked bean salad, coleslaw, mixed fruit, Rice Krispy treat	Pulled Pork OR Salmon Patty roasted sweet potatoes, Texas caviar, rosy applesauce, fig cookies	Turkey OR Liver & Onions au gratin potatoes, celery sticks, orange sections	

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.

July 2025			
Tuesday	Wednesday	Thursday	
Bacon Wrapped Chicken Breast 1 rice pilaf, italian blend vegetables, Caesar salad, grapes, vanilla pudding	Teriyaki Salmon 2 mashed potatoes, green beans, ambrosia salad	BBQ Chicken 3 corn, coleslaw, watermelon, apple pie	
Birthday Dinner! BBQ Ribs 8 scalloped potatoes, tomato zucchini salad, pineapple, cake & ice cream	Sausage Links 9 french toast, hash browns, orange sections, baked apples	Chicken Salad Sandwich 10 redskin potato salad, pickled beets, melon, cookies	
Cheeseburger 15 baked beans, cauliflower salad, fresh fruit, brownie	Mushroom & Swiss Chicken Breast 16 wild rice, nantucket blend vegetables, banana, fruit juice, lemon pie	Pork Chop 17 small whole potatoes, three bean salad, fruited jello, bread pudding	
Cabbage Roll 22 mashed potatoes, spinach salad, strawberries, angel food cake	Smoked Sausage 23 baked potato, riviera blend vegetables, apples & oranges, cracker pudding	Tuna Salad 24 on a bed of lettuce, carrot & celery sticks, cantaloupe & grapes, muffin	
Fair Day. No Evening Meal. 29	Spaghetti w/Meatsauce 30 noodles, mixed vegetables, tossed salad, mandarin orange salad	Chicken Cordon Bleu 31 asparagus, Texas caviar bean salad, fruit juice, pie	

National Parks Series: Zion, Gunnison's, Black Canyon, Capital Reef Tuesday, July 1 at 4:45 p.m. *Prerecorded Great Courses.*

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

Dinner & Movie: Tuesday, July 8 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, July 9 at 4 p.m.

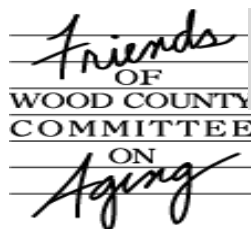
Docuseries: Thursday, July 10 and July 24 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan** *prerecorded 10: The Baker Street Bank Burglary 24: The Lufthansa Heist*

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.*

Acoustic Night: Thursday, July 24 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.

Dinner Menu



Donors & Donations

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

Capital Campaign Donors:

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Kitchen Fund Donations:

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Walbridge VFW Post 9963 Auxiliary, Barbara Miller in Memory of Lavonne Eckert

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@wccoa.net



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
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
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Discover us on YouTube by searching:
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All sites will be closed on Friday, July 4 in
observance of Independence 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

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. <i>Temporarily Closed</i>	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

Ohio's First Nationally Accredited Senior Center