

WOOD COUNTY COMMITTEE

ON
Ageing

AUGUST 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net



Journey Together! Invitation to Our Travel Program for 2026

We are thrilled to invite you to join our upcoming Senior Travel Program, designed especially for our adventurous community.

Whether you're rediscovering a passion for exploration or seeking new experiences, this is the perfect opportunity to travel with friends in comfort and joy!

Date: Wednesday, August 27 at 2 p.m.

Location: Wood County Senior Center

Why Travel With Us? **Comfort & Ease:** Group transportation, step-by-step itinerary, and assistance at every turn.

Social Fun: Enjoy each other's company—perfect for forging new friendships. Travel as a single, double or triple options are open for all types of travelers.

Fully Supported: Accessible options and staff assistance available; please let us know your needs.

Memorable Moments: From scenic stops to local dining, enrich your day with delightful experiences.

This event will feature all destinations for 2026. So stop in to learn more and register for these international, national and day trips with Shoreline, Collette and 1018 Travels with Stephanie. Enjoy refreshments and an opportunity to discuss travel plans for 2026!

These trip is for everyone—whether you've never traveled with a group before or you're a seasoned globe-trotter. Let's create lasting memories together!



Join us as we celebrate the Arts at our Arts Abound Event Friday, August 22 from 6 to 8 p.m.

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 18 prior to the with the public performance.

Enjoy an evening of celebrating these local artists across all art forms including singing, dancing, poetry reading, theatre, enjoy refreshments, desserts and much 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, August 1 and 15
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, August 13 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
Pemberville Senior Center	August 6	1 to 3 p.m.
Wood County Senior Center	August 20	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

Over the Phone Consultations

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 the Alzheimer's Association of NW Ohio at 419-537-1999

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

November dates to be announced

Perrysburg Area Senior Center

November dates to be announced.

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

Blood Pressure & Blood Sugar Screenings *Facilitated by Bridge Home Health and Hospice*

Clinic Site	Date	Time
Rossford Area Senior Center	August 5	11 a.m. to 12:30 p.m.
Wood County Senior Center	August 12	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	August 14	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	August 18	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	August 19	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	August 21	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, August 11 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, August 28 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, August 7 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, August 6 and 20 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, Aug. 19 to Sept. 23 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, 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, August 5 to September 9 (six weeks) at 10:30 a.m. at the Wood County Senior Center. (Min of 12)
Monday, August 4 to September 8 (six weeks) at 2:30 p.m. at the Perrysburg Senior Center. (Min of 12)
Sandy Hand, Certified Instructor.

SilverSneakers Cost: \$20 each class

*SilverSneakers is **FREE** for members.
VIRTUAL Classic: Wednesdays, August 6 to September 10 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 23 to August 27 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, July 25 to August 29 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, August 1 to September 5 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 30 to September 3 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 1:00 p.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

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

1018 Travels Trips 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, August 25 at 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@wccoa.net**

Technology Opportunities at Each Site

1:1 Technology Help:

Thursday, August 14 and 28 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



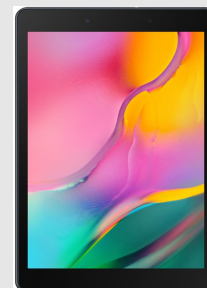
Hotspot Loans

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, August 1 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg, Wood County.*

Name That Tune: Wednesday, August 13 at 1:15 p.m. Join us as we guess the piano tune and try to name the title of the song and artist. *Facilitated by Marilyn Wilson. Zoom option call for the code.*

Dementia and Alzheimer's Disease:
Wednesday, August 20 at 11 a.m. This session will review the signs and symptoms of dementia and what is normal cognitive changes and what is not. Learn ways to recognize symptoms and where to seek assistance. *Presented by Mercy Family Medicine Residency Program.*

Bingo: Friday, August 22 at 1 p.m. Play 10 rounds Line, postage stamps or four corners and then a coverall. *Prize for the cover-all sponsored by Heritage Corner Health Care Campus.*

Lunch & Learn: Friday, August 29 at 11:30 a.m.
In-person option: Wood County Senior Center.
Evelyn is the author of the fantasy romance *The Worlds Apart* series, paranormal romance *Nightshade Saga*, urban fantasy *Rhabdos Blessing* series, and the science fiction romance *The Outer Worlds Passion series*. Learn more about her writing journey. Visit her website to sign up for her monthly newsletter: <http://www.evelynlederman.com>

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 6

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



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 begins 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 your 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



Free Will making....



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 Zanfardino.*

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

Veterans Coffee Social: Fridays at 10 a.m. This group will share stories, have speakers and decide on projects. *Donuts sponsored by BG Manor.*

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.

Happy Hour: Friday, August 1 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.

Dams and Mills of the Great Black Swamp: Monday, August 4 at 11 a.m. Learn about the history of mills in Wood County and their locations. *Facilitated by Mike McMaster, Wood County Museum.*

Know What's In Your Food: Monday, August 4 at 1 p.m. General overview of food packaging, where nutrition information can be found. *Laura Digby, OSU Extension Office.*

Eye Glass Repair: Monday, August 4 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Grand Rapids Calvary Church.*

Scrabble Open Play: Monday, August 4 at 1:15 p.m. Join this weekly meet up to play a friendly game of scrabble with someone new each week. Keep track of your scores to see who has the highest score at the end of the month. *Hosted by Rita Eckert.*

Sundae Bar: Tuesday, August 5 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings. *Sponsored by Care360 Hospice.*

Fabric Cutting Project: Tuesday, August 5 at 1 p.m. Assist us in cutting fabric to be used for dog and cat beds for homeless shelter. Bring your Fabric scissors or borrow a pair of ours. *Facilitated by Ramona Pupos.*

National Parks Series: Mesa Verde and

Ancient Settlements: Tuesday, August 5 at 4:30 p.m. This educational series will have you exploring these parks sharing their unique history and fabulous features. *Prerecorded Great Courses.*

BG Knitter's Guild: Wednesday, August 6 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. **August 7:** "The Phantom of the Open" (2021) The true 2021 golf comedy about how a non-golfer played his first round in the 1976 British Open, and many more times incognito. **14:** "National Treasure 2: Book of Secrets" (2007) The 2007 Sequel in which the team searches for El Dorado, the fabled Lost City of Gold. **21:** "Charade" (1963) The 1963 romantic comedy thriller in which a widow tries to locate a fortune left by her murdered husband. **28:** "Return to Me" (2000) The fabulous 2000 romantic comedy in which a man falls in love with the women who received his wife's heart donation. *Facilitated by Kris Eridon*

TV series: The Night Agent: Monday, August 11 & 25 at 1 p.m. **11:** S 2: Episode 1 & 2 **28:** S:2 E: 3 & 4

Literary Response & Workshop: Thursday, August 7 and August 21 at 10:30 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*

Nails: Monday, August 11 at 10:30 a.m. Appointments are 10 minutes. Registration required. *Facilitated by Wood Haven Health Care.*

Name That Tune BINGO: Tuesday, August 12 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, August 12 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Wood County Continued...

Dinner & Movie: Tuesday, August 12 at 3:30 p.m. **Movie: Queen Bees** Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love with newcomer Dan. Dinner reservations made by 2 p.m. on Tuesday, August 12.

1:1 Technology Help: Thursday, August 14 & 28 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.*

Karaoke: Wednesday, August 13 at 4 p.m. Sing-along with us to some favorite tunes.

Beat the Summer Heat as an Energy Saver: Thursday, August 14 at 11 a.m. Discover energy saving tips that will keep you cool at home and in the pocketbook. *Amy Carles, Ohio Consumer Council.*



Craft: Toilet Paper Apples Thursday, August 14 at 2 p.m. This decorative apples can be use for some great fall décor. Instruction and supplies will be provided. **Registration required.** *Facilitated by Bowling Green Manor.*

Docuseries: Thursday, August 14 & 28 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan** *prerecorded* **14:** The United California Bank Job **28:** The Museum of Natural History Heist

Lunch and Learn: Friday, August 15 at 11:30 a.m. Evelyn is the author of the fantasy romance *The Worlds Apart* series, paranormal romance *Nightshade Saga*, urban fantasy *Rhabdos Blessing* series, and the science fiction romance *The Outer World Passion* series are some of her publications. She initially explored the science fiction genre in the Young Adult *Zaratan Trilogy*. Her last YA series takes place at *Bishop Academy*, a secret institution for witches. Evelyn also writes in *The Worlds of S.E. Smith's Magic*, New Mexico. Her recent *Fury's Cats* has proven to be very popular. . Visit her website to sign up for her monthly newsletter: <http://www.evelynlederman.com> **Registration required.**

Brain Training: Tuesday, August 19 at 9 a.m. "Optimizing Brain Fitness" video.

Topic: Taking Advantage of Technology
Registration required by August 12 *Breakfast by Brookdale of Bowling Green and Materials by Wood Haven Health Care.*

Breakfast Club: Wednesday, August 20 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

Dementia and Alzheimer's Disease: Wednesday, August 20 at 11 a.m. Understand the differences and terminology associated with these progressive cognitive diseases. *Mercy Family Medicine Residency. Zoom option: Call for the code.*

Zoom Bingo: Friday, August 22 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.

Coffee & Coloring: Monday, August 25 at 10 a.m. Bring your own supplies or use the ones provided. *Sponsored by Wood Haven Health Care.*

Reader's Café: Tuesday, August 26 at 3 p.m. Compare books that have been turned into movies! **Feature: "Still Alice" by Lisa Genova. Books & audiobooks available by loan by July 22.** **Registration required.**

Card Bingo: Thursday, August 28 at 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Digital Café: Monday, August 25 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.**

SAVE THE DATE:
The Fringe "Fall Fashion Show"
Showcasing Intergenerational Fashion
Friday, October 31 from 2 to 3:30 p.m.
Wood County Senior Center

Interested models can contact the programs department at 419.353.5661 or email programs@wcoa.net.

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*

Happy Hour: Friday, August 1 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of May. **Registration required. Zoom option.**

Puzzlemania: Friday, August 1 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.**

Texas Hold'em Tournament: Monday, August 4 & 18 at 1 p.m.

Cardio Drumming: Monday, August 4 to September 8 at 2:30 p.m. Cost: \$25 Cardio drumming is a fun, full body workout that combines traditional aerobic movements with the rhythm of drumming. Minimum of 12. *Sandy Hand, Certified Instructor.*

Menu Talk Tuesday, August 5 at 12:15 p.m. Join Angie Bradford, Director of Food Service to discuss current menu choices and options for 2026.

Seminar Series: Bob Evans Wednesday, August 6 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.**

Veterans Coffee Hour: Thursday, August 7 at 10 a.m. This social hour is an opportunity for veterans to gather share stories and support each other. *Donuts sponsored by Care360 Hospice.*

Euchre: Thursday, August 7 at 12:45 p.m. **Registration required.**

Bunco: Friday, August 8 at 12:45 p.m. **Registration required.**

Back in the Day: Monday, August 11 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Pinochle: Monday, August 11 at 12:45 p.m.

Mystery Restaurant: Monday, August 11 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.***

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

Perrysburg Continued...

Coffee and Coloring: Thursday, August 14 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.

Where were You?: Thursday, August 14 at 12:30 p.m. Reminiscing discussion group will ask you where you were during historical events. **Topic:** President Nixon' Resignation. *Facilitated by Comfort Keepers.*

Beat the Summer Heat as an Energy Saver: Friday, August 15 at 11 a.m. Discover energy saving tips that will keep you cool at home and in the pocketbook. *Amy Carles, Ohio Consumer Council.*

Friends in Fellowship: Tuesday, August 19 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Dams and Mills of the Great Black Swamp: Tuesday, August 19 at 12:30 p.m. Learn about the history of mills in Wood County and their locations. *Presented by Mike McMaster, Wood County Historical Museum.*

Birthday Lunch: Wednesday, August 20 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg*

Blood Pressure and Blood Sugar Clinic: Thursday, August 21 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.*

Card Bingo: Friday, August 22 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, August 25 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, August 26 at 12:45 p.m.

Feature: "Overboard"

Synopsis: After a spoiled, wealthy yacht owner is thrown overboard and loses his memory, a mistreated employee convinces him that he is her working-class husband. **Registration Required.** *Sponsored by Witzler-Shank-Walker Funeral Home.*

Dementia and Alzheimer's Disease: Wednesday, August 27 at 11:15 a.m. Understand the differences and terminology associated with these progressive cognitive diseases. *Presented by Mercy Family Medicine Residency.*

Left, Right, Center Game: Thursday, August 28 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Caregiver Support Group: Thursday, August 28 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**

Docuseries: Bizarre Food America Friday, August 29 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 Pittsburg. *Previously recorded.*

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.

Bingo: Monday, August 4 at 1 p.m.
Sponsored by Wood Haven Health Care.

Blood Pressure & Blood Glucose Screening:
Thursday, August 14 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional.
Facilitated by Bridge Home Health and Hospice.

Name that Tune Bingo: Tuesday, August 5 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, August 6 at 1 p.m.
Sponsored by Bridge Home Health & Hospice

Beat the Summer Heat as an Energy Saver:
Friday, August 8 at 11 a.m. Discover energy saving tips that will keep you cool at home and in the pocketbook. *Amy Carles, Ohio Consumer Council.*

Wood County Sheriff's Office Update:
Monday, August 11 at 12:30 p.m. This session will provide you with an update on county happenings and ways that you can remain safe. *Presented by Mark Wasylyshyn, Wood County Sheriff's Office.*

Breakfast Club: Thursday, August 21 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.**

Bingo: Tuesday, August 12 at 1 p.m. *Sponsored by St. Catherine's.*

Dams and Mills of the Great Black Swamp:
Thursday, August 14 at 12:15 p.m. Learn about the history of mills in Wood County and their locations. *Presented by Mike McMaster, Wood County Historical Museum.*

Rootbeer Float Friday: Friday, August 15 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

Birthday Celebration: Wednesday, August 20 at 12:30 p.m. *Cupcakes provided by The Willows office.*

Vascular Screenings: Thursday, August 21 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.*

Elmwood/Lakota Tailgate: Thursday, August 21 at 12:30 p.m. Come have lunch, play games, and get ready to cheer on the Elmwood or Lakota football team! Wear your favorite school's colors!
Registration required.

Seminar Series: Libby Glass Company
Tuesday, August 26 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 **Libby Glass Company**

Restaurant Night: Tuesday, August 26 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.

Happy Hour: Friday, August 1 at 12:30 p.m. This hour is filled with fun, trivia and riddles to start the month of right. *Join the Wood County Senior Center on Zoom.*

Coffee, Donuts and Coloring: Monday, August 4 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.

Blood Pressure & Glucose Screenings: Tuesday, August 5 at 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Fitness for Fall Prevention: Tuesday, August 5 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.**

Seminar Series: Ballreich Potato Chip Company Wednesday, August 6 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Ballreich Potato Company.**

Brain Health Trivia: Thursday, August 7 at 12:30 p.m. This session will involve an interactive trivia game all the while gaining valuable information on your brain health. *Present by Izzy Alaniz, RN, ADS Director of MemoryLane Care Services.*

Divas and Desserts: Friday, August 8 at 1 p.m. Enjoy some delicious desserts with a great group of ladies. Conversations and laughter will be had by all.
Sponsored by Heritage Corner Health Care Campus.

Word Search Challenge: Monday, August 11 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, August 11 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, August 12 at 9 a.m.
Location: Denny's (1122 Buck Road, Rossford)
Cost on own. Register with the Senior Center.

Dams and Mills of the Great Black Swamp: Tuesday, August 12 at 12:15 p.m. Learn about the history of mills in Wood County and their locations.
Presented by Mike McMaster, Wood County Museum.

Game Day: Thursday, August 14 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.*

Cards & Dominoes: Mon., Aug. 18 at 10:30 a.m.

Sundae Monday: Monday, August 18 at 12:30 p.m. Enjoy a ice cream sundae provided by *Care360 Hospice.*

Bunco: Monday, August 18 & 25 at 12:30 p.m.

Reminiscing Hour: Tuesday, August 19 at 12:30 p.m. Join us as we discuss a new topic each month. This month we will discuss back to school.
Facilitated by WCCOA.

Birthday Lunch: Wednesday, August 20 at 12 p.m. Cake *Sponsored by Ohioan's Home Health & Hospice.* ***Entertainment at 12:30 p.m. by: Guitarist Jack Schilb.***

Bingo: Thursday, August 21 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Trivia Bingo: Tuesday, August 26 at 12:30 p.m. Prizes awarded. *Facilitated by Wood Haven Health Care.*



Painting Class: Thursday, August 28 at 12:30 p.m. All instruction and supplies will be provided.
Advanced registration required. \$20 Fee
Instructor Tomi Huss-Shetler.

Trivia Battle: Friday, August 29 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.
Join us as we count the laps we do to improve our fitness and overall health. It is always fun to walk in a group setting and avoid the heat and rain.

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.

Mystery Game: Friday, August 1 at 12:30 p.m. .
Facilitated by Kingston of Perrysburg.

Beat the Summer Heat as an Energy

Saver: Monday, August 4 at 12:30 p.m. Discover energy saving tips that will keep you cool at home and in the pocketbook. *Amy Carles, Ohio Consumer Council.*

Bingo: Tuesday, August 5 at 12:30 p.m. *Sponsored by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, August 6 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.*

Mystery Restaurant: Thursday, August 7 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.**

Everybody Knows Game: Monday, August 11 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.*

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

Dams and Mills of the Great Black

Swamp: Wednesday, August 13 at 12:15 p.m.
Learn about the history of mills in Wood County and their locations. *Presented by Mike McMaster, Wood County Historical Museum.*

Walbridge Talk: Thursday, August 14 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Join us as the Mayor updates us on local happenings, scams and much more.

Left, Right, Center Game: Monday, August 18 at 12:30 p.m.

Menu Talk Tuesday, August 19 at 12:15 p.m.
Join Angie Bradford, Director of Food Service to discuss current menu choices and options for 2026.

Birthday Lunch: Wednesday, August 20 at noon.
Cupcakes sponsored by HealthCare Advocates.

Blood Pressure & Glucose Screenings:

Thursday, August 21 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Bridge Home Health and Hospice.*

Card Bingo: Thursday, August 21 at 12:45 p.m.
Prizes awarded to winning bingo players. *Facilitated by Bridge Home Health & Hospice.*

Bunco: Tuesday, August 26 at 12:30 p.m. Join us as we play several rounds of this game. New players always welcome!

Seminar Series: Ford Motor Company

Wednesday, August 27 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives.

Wii 100 Pin Bowling: Friday, July 25 at 12:30 p.m.



*Discover us on
YouTube
by searching:*

Wood County Committee on Aging, Inc.

View our over 300 educational videos
archived for your viewing convenience.

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.

Bingo: Friday, August 1 at 10:30 a.m.
Sponsored by Bridge Home Health and Hospice.

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

Walk the Parking Lot: Monday, August 4, 11, 18, 25 at 11 a.m. Join us as we walk the parking lot to get some fresh air, strength and exercise. Keep track of your laps and we will draw a prize for the winning laps at the end of the month.

TED Talk: Adam Driver: “My Journey From Marine to Actor” Monday, August 4 at 12:30 p.m. You may know Adam Driver from Star Wars, BlacKkKlansman, or Marriage Story, but did you know he used to be a marine? In this popular TED talk—great for kids and adults alike—the actor explains his incredible journey across careers and why he started his nonprofit organization, Arts in the Armed Forces.

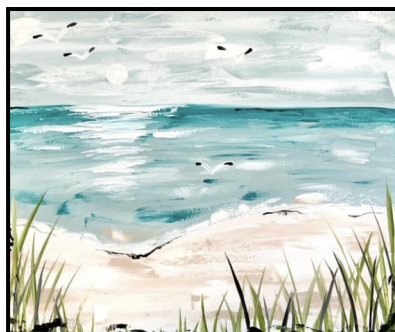
Dams and Mills of the Great Black Swamp: Tuesday, August 5 at 12:15 p.m. Learn about the history of mills in Wood County and their locations. *Presented by Mike McMaster, Wood County Historical Museum.*

Mad Libs: Wednesday, August 6 at 12:30 p.m. Join us as we play a game of mad libs. Who will have the funniest adjectives, verbs and nouns.

Tai Chi Demonstration: Friday, August 8 at 12:30 p.m. Take part in this fitness demonstration to learn more about Tai Chi. You will have an opportunity to learn the benefits of these movements including strength, balance and flexibility. *Facilitated by Bud Dauterman.*

Monthly Guessing Game: Monday, August 11 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Breakfast Club: Tuesday, August 12 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*



Instructor Lori Lawton, ATR

Canvas Art Party: Wednesday, August 13 at 12:30 p.m. Join us as we paint a beautiful seascape. No experience needed, all materials and instruction provided. **Registration is limited to 6 people.**

Trivia Battle: Friday, August 15 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.*

Blood Pressure & Blood Glucose Screening: Tuesday, August 19 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 Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, August 20 at noon. *Cake sponsored by Bowling Green Manor*



Craft: Apple Toilet Paper Thursday, August 21 at 12:30 p.m. All instruction and supplies are provided. Maximum number of registrants 12. ***Registration required.*** *Facilitated by Bowling Green Manor.*

Seminar Series: Hirzel Canning & Farm Wednesday, August 27 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, August 29 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 by Video: Tuesdays (except 2nd Tuesday) at 11 a.m. **Club FIT:** Second Tuesday of each month at 11 a.m. *Lindsay Riegle, Wood Haven Health Care.*

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, August 4 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.

Dams and Mills of the Great Black Swamp: Wednesday, August 6 at 12:15 p.m. Learn about the history of mills in Wood County and their locations. *Presented by Mike McMaster, Wood County Historical Museum.*

Bingo: Thursday, August 7 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!

Discussion on Physical Therapy: Friday, August 8 at 12:30 p.m. This session will explore the benefits of physical therapy and how to access it. *Presented by Chad Fairbanks, Functional Pathways.*

Movie Day: Monday, August 11 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.*

Donuts & Discussion with Coloring: Tuesday, August 12 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.*

Back In the Day: Wednesday, August 13 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.*

Name That Tune: Wednesday, August 13 at 1:15 p.m. Join us as we guess the piano tune and try to name the title of the song and artist. *Facilitated by Marilyn Wilson. Zoom option call for the code.*

Mystery Restaurant: Wednesday, August 13 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, August 14 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Blood Pressure & Blood Glucose Clinic: Monday, August 18 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 Bridge Home Health and Hospice.*

Card Bingo: Monday, August 18 at 12:45 p.m. . *Sponsored by Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, August 20 at noon. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Wednesday, August 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.*

Library Talks: Wednesday, August 20 at 12:30 p.m. Join us for lunch and get an update on what's happening at the Pemberville Library this summer. We will also be conducting a craft as a group.

Mystery Game: Monday, August 25 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.*

Name That Tune Bingo: Tuesday, August 26 at 12:30 p.m. Guess the name of the song to cover a bingo space. *Facilitated by Heritage Corner Health Care.*

Wood County Sherriff's Office Update: Wednesday, August 27 at 12:30 p.m. This session will provide you with an update on county happenings and ways that you can remain safe. *Presented by Mark Wasylyshyn, Wood County Sherriff's Office.*

Seminar Series: John Deere Wednesday, August 28 at 12:30 p.m. This month we are exploring the **John Deere.** Learn more about this company and its rich history.

Served Monday through Friday

*Menu is subject to change. * Check your location's page for meal time and reservation requirements.
There is a \$2 suggested donation for those 60 and over, and a \$5 fee for those under 60.

August 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
				Chipped Beef or Creamed Chicken, 1 Midori blend vegetables, apricots, mashed potatoes, biscuit
Country Fried Steak or Chicken & Noodles mixed vegetables, heritage slaw, orange	Chef Salad w/ Diced Ham, Cheese, and egg or Tuna Salad on a bed of lettuce potato salad, mixed fruit, banana nut muffin	Spaghetti with Meatsauce or Chicken Alfredo noodles, corn, cucumber salad, apple juice	Pork Roast or Teriyaki Chicken sweet potatoes, spinach salad, melon	Pepper Steak or Catfish 8 Wild rice, broccoli, pineapple, cherry crisp
Meat & Bean Chili or Ham & Potato Soup pea salad, fruited jell-o, apricots, cornbread	Chicken A LA King or Swedish Meatballs rice, succotash, carrot raisin salad, rosy applesauce	Egg Casserole with sausage & cheese or Turkey sausage links redskins potatoes, biscuit, baked apples, orange juice	Meatloaf or Pecan Crusted Tilapia Sicilian blend vegetables, tossed salad, pineapple	Calico beans or Chicken and Dumplings 15 Brussel sprouts, potato salad, pears
Pulled Pork or Shredded Chicken potato wedges, coleslaw, peaches & pears, cookie	Chicken Lasagna or Veal Patty Italian blend vegetables, mandarin orange salad, blueberry crisp	Birthday Lunch! Roast Beef peas, au gratin potatoes, strawberries, cake and ice cream	Chicken Pot Pie or Cabbage Roll green beans, macaroni salad, cinnamon applesauce, sidekick slushie	Cube Steak or Tuna & Noodles 22 buttered beets, tomato zucchini salad, ambrosia salad, graham crackers
Smoked Sausage or Turkey Meatball Sub sweet potato fries, corn relish, orange juice, brownie	Hamloaf or Chicken Tenders creamed corn, broccoli salad, tropical fruit	Turkey Taco or Beef Fajita Taco lettuce and tomatoes, black beans & rice, fruited jell-o	Hamburger pie or Vegetable Lasagna Scandinavian blend vegetables, baby carrots, glazed strawberries & bananas, pound cake	Baked Ham or Chicken Wings 29 Cauliflower, mandarin oranges & grapes, three bean salad

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.

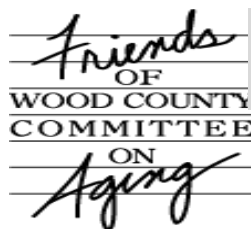
When making your reservation, a chicken breast can be requested instead of the listed entrée.

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.

August 2025			
Tuesday	Wednesday	Thursday	
Chicken Parmesan noodles, broccoli, cinnamon applesauce, peach crisp, garlic bread	Turkey mashed potatoes, carrots, cranberry fruited jell-o, pumpkin pie	Chef Salad w/ ham, egg, and cheese corn relish, apricots, cookies	National Parks Series: Mesa Verde and Ancient Settlements Tuesday, August 5 at 4:45 p.m. <i>Prerecorded Great Courses.</i> BG Knitters Guild: Wednesday, August 6 at 4 p.m. Hosted by Jackie Instone. Dinner & Movie: Tuesday, August 12 at 3:30 p.m. Movie Queen Bees Dinner reservations need to be made by 2 p.m. on Tuesday, August 12 Karaoke: Wednesday, August 13 at 4 p.m. Docuseries: Thursday, August 14 & 28 at 3:30 p.m. History's Greatest Heists with Pierce Brosnan prerecorded 14: The United California Bank Job 28: The Museum of Natural History Heist Reader's Café: Tuesday, August 26 at 3 p.m. Compare books that have been turned into movies! Feature: "Still Alice" by Lisa Genova . Books & audiobooks available by loan by May27. Registration required.
Birthday Dinner! Ground Beef Baked Ziti winter blend vegetables, Caesar salad, orange, cake and ice cream	Hot Dog French fries, peaches, apple crisps, cranberry juice	Sausage Tot Casserole broccoli salad, grapes, graham crackers, breadstick	
Roast Beef baked potato, lima beans, apple juice, cherry pie	Chicken Tacos black beans & rice, banana, strawberries, shortcake	Ground Beef Chili heritage coleslaw, pears, side kick slushie, corn muffin	
Stuffed Pepper corn, cauliflower/pea salad, grapes and cantaloupe, ice cream	Ham sweet potatoes, brussel sprouts, pineapple rings, apple strudel bites	Cube Steak mashed potatoes, broccoli, citrus sections, lemon bar	

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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:

John Calderonello
Marilyn Waite,
John Calderonello,
Geoffrey Howes,
Brette Hartman,
Nancy Paulette,
Rhoda Cook,

Orrin Zirbel, Marcus and Agnes Jensen (In Memory of Pat Coffman),
League of Women Voters,
Sharon Conrad and Clyde Lippincott (In Honor of Mike Cranker, HDM Driver)

Kitchen Fund Donations:

Walbridge VFW Post 9963,
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
archived for your viewing convenience.

WOOD COUNTY
COMMITTEE



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

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To register for programs & events: programs@wccoa.net

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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