

WOOD COUNTY COMMITTEE

ON
Aging
SEPTEMBER 2025

IN THIS ISSUE:

Index	Page
Agency Services	2
Clinics & Consultations.....	3
Support Groups.....	4
Fitness Classes.....	5
Travel Opportunities	6-7
Technology Opportunities.....	8-9
Virtual Programming.....	9
Around the County.....	10-11
Site Programs.....	12-20
Lunch Menu.....	21
Dinner Menu.....	22
Donors.....	24

Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net



Celebrate 50 Years with the Wood County Committee on Aging!

*Join us in honoring five decades of service at the
50th Anniversary
Celebration of the Wood County Committee on Aging*

Friday, September 26

6 to 8 p.m.

Wood County Committee on Aging
140 South Grove Street

Enjoy an evening of sweet treats, live music, and memories in an open house-style setting. A special celebratory speech will begin at 7 p.m., reflecting on our history, impact, and bright future.

All are welcome—come share in the joy as we mark this incredible milestone together!

Cornhole Tournament!

Sunday, September 14, 2025

Wooster Green, 100 South Church St., BG

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 & BGSU*

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 and resin bags provided
- **Double Elimination Process with three divisions:**
- Businesses; Campus Life; Community—Trophy provided for 1st place in each division



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, September 5 and 19
from 10 to 2 p.m.

St. Timothy's Church
871 E. Boundary St., Perrysburg
Wednesday, September 10 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	September 24	1 to 3 p.m.
Pemberville Senior Center	October 8	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
 Perrysburg Area Senior Center**

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	September 2	11 a.m. to 12:30 p.m.
Wood County Senior Center	September 9	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	September 11	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	September 16	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	September 18	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	September 22	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, September 8 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, Thursday, September 25 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, September 4 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, September 3 & 17 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, Sept. 8 to Oct. 13 at 10:30 a.m. Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall and finishing with guided relaxation.

Advanced: Tuesday, Sept 30 to Nov. 4 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, Sept. 11 to Oct. 16 at 11 a.m. Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level. *Caroline Dickinson, Certified Instructor.*

Get Moving Classic **Cost: Free**

Mondays, Wednesdays & Fridays at 11:30 a.m. This class focuses on strengthening muscles and increasing range of motion for daily activities. Seated exercises or chair used for standing support. *Jenny Triggs or 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**

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, Sept. 23 to Oct. 28 (six weeks) at 10:30 a.m. at the Wood County Senior Center. (Min of 12)
Monday, Sept. 29 to Nov. 3 (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, September 17 to October 22 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, September 10 to October 15 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, Sept. 5 to October 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): Fridays, September 12 to October 17 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, Sept. 10 to November 12 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, Sept. 10 to Oct. 15 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, August 29 to October 3 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

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



ILLUMI Toronto “Largest Light Show in the World” November 19 to 21, 2025

2 Breakfasts, 2 Lunches & 2 Dinners, Activity Level 3

\$200 Deposit due at time of registration

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.



National Parks and Historic Trains of Colorado August 2 to 10, 2026

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

Vermont, New Hampshire (3 Historic Rail Excursion)

Modern Motorcoach Transportation, 7 Nights Lodging, 7 Breakfasts - 6 Lunches - 3 Dinners, Tour of Hildene Calvin Coolidge Historic Site, Quechee Gorge, Hope Cemetery, Loon Mountain Gondola, Evening Entertainment @ Indian Head Resort, Lake Winnepesaukee Cruise, 3 Historic Rail Excursions:

Winnepesaukee Scenic Rail, North Conway Scenic Rail, Mount Washington, Cog Rail, Teddy Roosevelt Inaugural Site, Frank Lloyd Wright's—Martin House, Scenic rail excursions, beautiful cruises, back road touring, great sightseeing and attractions, charming villages and New England's stunning fall colors combine to make this a trip you'll not want to miss!

To register for any Shoreline trip call the programs department at 419.353.5661 or email programs@wccoa.net All payments will be made through WCCOA however, checks MUST be made out to Shoreline Tours and Charters. Trips with less than 5 registered will require the participants to be responsible for their transportation to the departure location. WCCOA will share the information on the departure location about one month prior to the scheduled trip date.

Travel Opportunities

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



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 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.

Discover America's Cowboy Country

June 23 to June 30, 2026

8 Days • 10 Meals: 7 Breakfasts, 3 Dinners Activity Level 2

Reservations made after the seat reduction date of December 16, 2025 are based upon availability.

Final payment due by March 25, 2026.

Deposits are refundable up until December 23, 2025.

Highlights include: Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Jackson Hole, Grand Teton National Park Days 1 – 3 Alex Johnson Hotel, Rapid City, South Dakota; Day 4 Hampton Inn & Suites, Buffalo, Buffalo, Wyoming; Day 5 Buffalo Bill Village Holiday Inn and Cabins, Cody, Wyoming; Days 6, 7 The Lodge at Jackson Hole, Jackson, Wyoming



Explore Northern Italy

October 18 to October 16, 2026

9 Days • 11 Meals: 7 Breakfasts, 1 Lunch, 3 Dinners, Activity Level 3

Deposit Due April 01, 2026 are based upon availability.

Final payment due by July 10, 2026.

Deposits are refundable up until April 08, 2026.

Highlights include: Treviso, Tiramisu-Making Demonstration, Verona, Glassblowing Demonstration, Venice, Asolo, Prosecco Winery, The Dolomites, Bassano del Grappa, Venetian Villa Visit



Journey through Spain: Madrid to Barcelona with Optional 4-Night Barcelona and Spanish Riviera Post Tour Extension

October 31 to November 10, 2026
11 Days, 14 Meals: 9 Breakfasts, 1 Lunch, 4 Dinners Activity Level 3
Reservations made after the seat reduction date of March 25, 2026 are based upon availability. Final payment due by August 02, 2026.
Deposits are refundable up until April 01, 2026.

Highlights: Madrid, Prado Museum, Córdoba, Mosque-Cathedral of Córdoba, Olive Oil Mill Tour, Seville Cathedral, Flamenco Show, Granada, The Alhambra, Valencia, Paella Experience, Barcelona, La Sagrada Familia



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 speaker Diana Waugh 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, September 29 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



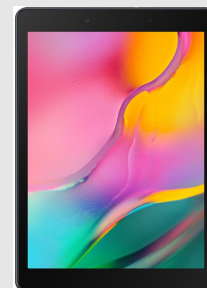
Hotspot Loans

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@wcco.net to gain access

Happy Hour: Friday, September 5 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg, Wood County.*

Cold and Flu Season: Wednesday, September 17 at 11 a.m. This session will review the signs and symptoms of a cold or the flu. Learn ways to recognize symptoms and when to seek assistance. *Presented by Mercy Family Medicine Residency Program.*

Lunch & Learn: Friday, September 19 at 11:30 a.m. **Fall Prevention: Staying Safe and Steady**
Join WCH physical therapist, Kasey McKanna for an informative session on fall prevention.
In-person option: Wood County Senior Center.

Spelling Bee: Monday, September 22 at 12:45 p.m. In person: *Wayne & Wood County*

Bingo: Friday, September 26 at 1 p.m. Play 10 rounds and then a coverall. *Prize 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

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. At our adult day program, everyday is filled with laughter, music, and meaningful moments-where friendships bloom, creativity flows, and joy is part of the routine.

We will be holding our next open house on Tuesday, September 2, from 4 to 5 p.m.
Check us out the 4th Wednesday of each month for some animal therapy with **Paws and Hooves!**
Come listen to **Ragtime Rick** on September 9, Day center doors will open at 1:30 p.m.



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

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

Perrysburg Area Senior Center

Cost: \$20 includes text book & relaxation CD

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

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

Key Activities: Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making. Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue. **Register TODAY! Class size is limited to 15.** Call 419.353.5661 or 800.367.4935 or email programs@wcco.net

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

Around the County, Events & Classes



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!**

Glass: From Ancient Craft to Everyday Choice.....*Bob Maltby, retired glass professional*

The Eightieth Anniversary of the Nuremberg Trials.....*Geoff Howes, Retired Professor of German Lan-*

Exploring BGSU's Biological Learning Lab.....*Matthew Partin, Marine Lab Curator*

Nutrition & You.....*Laura Brubaker, MFN, RDN, LD Assistant Clinical Professor*

The University of Findlay's Mazza Museum Tour.....*Vicki Knauerhase, Mazza Museum Docent*

Author Talk: No Fail Mission*Anthony Kopps, Author of "The No-Fail Mission"*

Modern Masters: Mid-Century Jewelry, Ceramics and Glass .*Fern Larking Kao, Antique Collector & Sales*

Hunting for Speed.....*Dr. Montana Miller, Associate Professor, Department of Popular Culture, BGSU*

LGBTQ + You*Dakota Morrison, LGBTQ+ Speaker and Activist*

Art Tells Stories*Sharon Hanna, Toledo Museum of Art Docent*

The World of Picture Books ..*Amanda Rzicznek & Elizabeth Loo Zemanski, Children's Literature specialists*

Undiscovered Worlds: The Search Beyond Our Sun*Dr Kate Dellenbusch, Planetarium director, BGSU*

Germany and Austria*Judy Pfaffenberger, retired English teacher, over 90 countries visited*

Europe A to Z*Judy Pfaffenberger, retired English teacher, over 90 countries visited*

Valued or Forgotten: Reexamining Identity, Family and Truth in a Changing Society.....*Robert Barr*

Judicial Ethics.....*Joel Kuhlman, Judge at Wood County Court of Common*

Gallery Group.....*Michael Coomes and Sally Dreier, Toledo Museum of Arts (TMA) docents*

Around the County, Events & Classes



ODI
Ohio Department
of Insurance

Medicare 101

A FREE service brought to you by the
Ohio Senior Health Insurance Information
Program (OSHIP) at the Ohio Department of Insurance.



OSHIP
Answers to your
Medicare questions

Tuesday, September 23 at 1 p.m. at the Wood County Senior Center

Please note: This event is an educational presentation on Medicare. **No RSVP needed!**

- Learn about recent changes to Medicare, Find out how the Oct.15–Dec.7
- See how the Medicare Annual Coordinated Election Period can work for you
- Get tips on how to enroll for 2026 coverage in a Medicare Prescription drug plan (Part D) and/or a Medicare health plan

See if you qualify to SAVE an average of \$3,900 on your prescription drug costs.

Visit www.insurance.ohio.gov or call 1-800-686-1578 to learn more about this event & Medicare.



The Bob Ross Experience: Painting Class

Wednesday, October 22 at 2 p.m. to 5 p.m.

Wood County Senior Center

Cost: \$50 per person, Payment received upon registration.

Supplies included

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. With his gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for

beginners; you need no previous experience to attend. (As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.”) Only Certified Ross Instructors are trained to provide guidance you can count on. *Hosted by Nate Miller, CRI®.* **Advanced registration required by Wednesday, October 8. Class is limited to the first 9 registered.**

SAVE THE DATE

Menopause:

**CLAIM THE CHANGE,
FUEL THE COMMUNITY**

A special event created for women ages 40–60 wanting to learn more about the journey of menopause featuring dinner, a panel discussion, fitness demo, vendors, and more!

**Registration
Required:**

**Contact the Programs
Dept. at WCCOA
419-353-5661**

**programs@wcco.net
or
Scan the QR Code**



Mon., October 6, 2025

5:00 p.m. – 7:30 p.m.

**Wood County Committee on Aging
140 S. Grove St., Bowling Green**



WOOD COUNTY
COMMITTEE ON

Aging



Wood County
Health Department



WOOD COUNTY
HOSPITAL
Depend on us.

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.

Scrabble Open Play: Monday's, in September 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.*

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.

National Parks Series: The Colorado

Rockies Tuesday, September 2 at 4:30 p.m. This educational series will have you exploring these parks sharing their unique history and fabulous features. *Prerecorded Great Courses.*

Care Compass Project: Wednesday, September 3 from 11 to 1 p.m. This session covers cognition loss and is designed for those who are caregiver and those who will be caregivers. **Topic: Dementia Support and Community Resources.** Lunch provided by Brookdale of BG. **Registration required. See page 8 for details!**

BG Knitter's Guild: Wednesday, September 3 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, September 4 & September 18 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.*

Thursday Theater: Thursdays, at 1 p.m.

September 4: "'How Green Was My Valley" (1941) Walter Pidgeon, Maureen O'Hara **11:** "Elvis #1 Hit Performances" (2007) Elvis Presley **18:** "The Princess Bride" (1987) Cary Elwes, Mandy Patinkin, Robin Wright **25:** "Celtic Thunder - Storm" (2009) Original Celtic Thunder members. *Facilitated by Kris Eridon.*

Happy Hour: Friday, September 5 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.*

Nails: Monday, September 8 at 10:30 a.m. Appointments are 10 minutes. Registration required. *Facilitated by Wood Haven Health Care.*

Odds and End of Wood County 5: You meet the nicest people in Walbridge: Monday, September 8 at 11 a.m. Learn about a unique and rare artifact there. Learn about an oil artifact abandoned in a field. *Facilitated by Mike McMaster, Wood County Museum.*

TV series: The Night Agent: Monday, Sept. 8 & 22 at 1 p.m. **8:** S 2: Episode 5 & 6 **22:** S:2 E: 7 & 8

Eye Glass Repair: Monday, September 8 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Grand Rapids Calvary Church.*

Name That Tune BINGO: Tuesday, September 9 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, September 9 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Sundae Bar: Tuesday, September 9 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings *Sponsored by The Willows.*

Fabric Cutting Project: Tuesday, September 9 at 1 p.m. Assist us in cutting fabric to be used for dog and cat beds for a homeless shelter. Bring your Fabric scissors or borrow a pair of ours. *Facilitated by Ramona Pupos.*

Wood County Continued...

Dinner & Movie: Tuesday, September 9 at 3:30 p.m. **Movie: Wicked (2024)** Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. **Hosted by Judy Schlink.** Dinner reservations made by 2 p.m. on Tues., September 9.

Bone Density Screening: Wednesday, September 10 at 12:30 p.m. Measure the strength of your bones and risk of future fractures with this free health screening offered by the **Wood County Hospital.** Educational information on bone health will also be available. No appointment needed.

Karaoke: Wednesday, September 10 at 4 p.m.
Hosted by Woodlane Residential.

1:1 Technology Help: Thursday, September 11 & 25 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: Spider Wreath
Thursday, September 11 at 2 p.m. Instruction and supplies will be provided. **Registration required.**
Facilitated by Bowling Green Manor.

A Rainbow of Benefits: Monday, September 15 at 1 p.m. *Laura Digby, OSU extension Office*
This lesson presents the specific health benefits associated with the different color groups of fruits and vegetables. We will be a tasting rice & bean salad.

Brain Training: Tuesday, September 16 at 9 a.m. This new series we will explore “The Power of Mind Over Body.” Dive into the science behind the brain and body connection. To understand our moods, mental states, and how it impact us both in sickness and health. **Topic:** How Your Mind Influences Your Body. **Registration required by September 9**
Breakfast by Brookdale of Bowling Green Materials by Wood Haven Health Care.



Craft: Yarn Pumpkins
Tuesday, September 16 at 3 p.m. Instruction and supplies provided. **Registration required.**
Facilitated by 1018 Travels.

Breakfast Club: Wednesday, September 17 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own.

Registration Req.

Flu and Cold Season: Wednesday, September 17 at 11 a.m. This session will review the signs and symptoms of a cold or the flu. Learn ways to recognize symptoms and when to seek assistance.
Mercy Family Medicine Residency. Zoom option: Call for the code.

Lunch & Learn: Friday, September 19 at 11:30 a.m. **Fall Prevention: Staying Safe and Steady**
Kasey McKanna for an informative session on fall prevention. The session will emphasize the importance of regular exercise—such as strength training and balance activities—and offer tips for creating a safer home environment. ***First 25 will have lunch sponsored by Hanneman Family Funeral Homes.***
In-person option: Wood County Senior Center.

Coffee & Coloring: Monday, September 22 at 10 a.m. Enjoy the mindfulness of meditative coloring, coffee and donuts. *Donuts provided by Wood Haven Health Care* Bring your own supplies or use ours.

Medicare 101: Tuesday, September 23 at 1 p.m. see page 11 for details.

Reader's Café: Tuesday, September 23 at 3 p.m. Compare books that have been turned into movies!
Feature: “A River Runs Through It” by Norman Maclean. Books & audiobooks available by loan by August 26. Registration required.

Acrylic Painting Class: Wednesday, September 24 at 3 p.m. This class is open to all levels of experience. Instruction with techniques and all supplies will be provided. Cost: \$10 *Instructor Jackie Meir.* Registration required by Sept. 17

Card Bingo: Thursday, September 25 at 1 p.m.
Facilitated by Bridge Home Health & Hospice.

Docuseries: Thursday, September 25 at 3:30 p.m. **History's Greatest Heists with Pierce Brosnan prerecorded 25: The Gardner Museum Heist**

Zoom Bingo: Friday, September 26 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, September 29 from 9:30 to 10:30 a.m. See page 8 for details. **Registration required.**

Perrysburg

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

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

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

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

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

Bridge: Tuesdays at 1 p.m. *Facilitated by Dan Bartels.*

Club F.I.T. Wednesdays at 10 a.m. **Schaller Building** (130 W. Indiana Ave.) This *Fitness Interactive Teaching* program will provide you with strengthening exercises and stretching tips to keep you active and independent. *Facilitated by various local therapy departments.* **Cost: FREE. Register by calling 419.353.5661**

Bingo: Wednesdays at 1:30 p.m. to 3:30 pm. Play multiple cards. Prizes determined by group.

Tai Chi: Thursdays at 9:30 a.m. **Schaller Building** (130 W. Indiana Ave., Perrysburg) *Peer-led*
Practice the movements of Tai Chi in a group setting with support to create a healthy way to move.

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

Texas Hold'em Tournament: Tuesday, September 2 & Monday, September 15 at 12:45 p.m.

Veterans Coffee Hour: Thursday, September 4 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.*

Gentle Yoga: Thursday, 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**

Euchre: Thursday, September 4 at 12:45 p.m. **Registration required.**

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

Happy Hour: Friday, September 5 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of September. **Registration required.** *Zoom option.*

Puzzlemania: Friday, September 5 at 12:45 p.m. Do you enjoy a good jigsaw puzzle? We are hosting Puzzlemania, where teams of two to four people will compete to complete a 250 piece puzzle the quickest! Prize awarded to winning team. Five team limit per session. **Registration required.**

Back in the Day: Monday, September 8 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Pinochle: Monday, September 8 at 12:45 p.m.

Mystery Restaurant: Monday, September 8 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.***

Bingo: Tuesday, September 9 at 12:45 p.m. Welcome our Northeast Senior Center players today. *Facilitated by Waterford at Levis Commons*

Seminar Series: Hirzel Canning Company and Farm Wednesday, September 10 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 *Hirzel Canning Co.*

Breakfast Club: Tuesday, September 11 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.**

Docuseries: Bizarre Food America Thursday, September 11 at 12:30 p.m. Chef, writer and culinary explorer Andrew Zimmern is expanding his quest for unique foods in the USA. This episode covers some unique food finds in Cleveland, OH. *Previously recorded.*

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

Perrysburg Continued...

Friends in Fellowship: Tuesday, September 16 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Birthday Lunch: Wednesday, September 17 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Blood Pressure and Blood Sugar Clinic: Thursday, September 18 at 11 a.m. to 1 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Mercy Health.*

Hand & Foot: Monday, September 22 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.**

Odds and End of Wood County 5: You meet the nicest people in Walbridge: Tuesday, September 30 at 12:30 p.m. Learn about a unique and rare artifact there. Learn about an oil artifact abandoned in a field. *Facilitated by Mike McMaster, Wood County Museum.*

Cold and Flu Season: Wednesday, September 24 at 11:15 a.m. Start preparing your self now. Gain valuable tips on how to prevent and manage symptoms of cold and flu. *Presented by Mercy Family Medicine Residency.*

Everything Apple Celebration: Wednesday, September 24 at 12:30 p.m. Embrace apple season with special treats and themed trivia! *Sponsored by Kingston of Perrysburg*

Unlock the Smart Way to Buy Your Next Home at 62+ – Reverse Mortgage for Purchase: Wednesday, September 24 at 12:30 p.m. This informative program is designed specifically for seniors aged 62 and older who are looking to right-size, relocate, or purchase their dream retirement home — without the burden of monthly mortgage payments. *Mark Kutscher, Veterans Mortgage of America.*

Caregiver Support Group: Thursday, September 25 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, September 25 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, September 26 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.*

Cardio Drumming: Monday, September 29 through November 3 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. Registration required.*

Coffee and Coloring: Thursday, September 30 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.

Movie Day: Tuesday, September 30 at 12:45 p.m.

Feature: “Arthurs Whisky”

Synopsis: A charming, feel-good comedy about living in the moment. When Joan's (Patricia Hodge) husband dies, she discovers he had invented an anti-aging elixir that literally takes the years off. Sharing it with her two friends Linda (Diane Keaton) and Susan (Lulu), the three rejuvenated women waste no time in painting the town red, but they soon realize it's a very different world to the one they remember.

Registration Required. *Sponsored by Witzler-Shank Walker Funeral Home.*

NCOA Digital Literacy Self Paced Modules

are available during office hours. Office Hours will take place at the Wood County Senior Center and the Perrysburg Area Senior Center with scheduled appointments. Modules include training on Online Frauds and Scams and Accounts and Passwords. Training time is estimated at 32 minutes per module.

Call to schedule your training times.

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, September 2 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Bingo: Wednesday, September 3 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Picnic in the Park: Friday, September 5 from 11 to 2 p.m. Join us and the Pemberville Area Senior Center at Henry Harrison Park in the Shelter house for a collaborative event. We will engage in games, lunch, and crafts. The center will be closed for lunch visit us at the park. **Registration required.**

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

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

Wayne Public Library Program: Monday, September 15 at 12:30 p.m. This program will provide updates on library programs and we may play a game or take part in a craft.

Birthday Celebration: Wednesday, September 17 at 12:30 p.m. *Cupcakes by The Willows.*

Breakfast Club: Thursday, September 18 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.**

Rootbeer Float Friday: Friday, September 19 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Friday, September 19 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.*

Spelling Bee: Monday, September 22 at 12:45 p.m. Join us in person at Wayne or the Wood County Senior Center for a interactive spelling bee. Others can join via Zoom to play along. Call to acquire the zoom code.

Seminar Series: John Deere Tuesday, September 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 will feature an exploration of the history of **John Deere.**

Bingo: Friday, September 26 at 1 p.m.
Sponsored by Wood Haven Health Care.

Restaurant Night: Tuesday, September 30 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.**

North Baltimore Area Senior Center

Lunch Served Between 12 p.m. and 1 p.m.

Below you will find in-person programs scheduled for the NORTH BALTIMORE AREA SENIOR CENTER.
Please call the North Baltimore Senior Center at 419.257.3306 to register or for more info.

Stay updated on the opening of the North Baltimore Area Senior Center.

Visit our Facebook page at Wood County Committee on Aging or our website at www.wccoa.net

Site hours are Monday through Friday from 10 a.m. to 2 p.m.

Call 419.257.3306 or email Scott Gross

North Baltimore Area Senior Center Site Manager at sgross@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.

Blood Pressure & Glucose Screenings:

Tuesday, September 2 from 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Fitness for Fall Prevention:

Tuesday, September 2 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.

Balance Screenings: Wednesday, September 3 at 11:15 a.m. to 12:15 (10 min appointments)

Facilitated by Med1Care Registration required.

Meet Me At Rossford Library:

Thursday, September 4 at 1 p.m. Come to the library today to view the local history mural and how Rossford has changed over the years. Carpooling encouraged.
Registration required.

Happy Hour:

Friday, September 5 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.*

Word Search Challenge:

Monday, September 8 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, September 8 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.*

AED 101...

Tuesday, September 9 at 12:15 p.m. Learn what an AED is and witness a demonstration of how it is used. *Valorie Mahas, RN, Partners in Home Care.*

Seminar Series: Ford Motor Company

Wednesday, September 10 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the Ford Motor Company.

Breakfast Club:

Thursday, September 11 at 9 a.m. **Location:** American Table, 580 Craig Dr., Perrysburg **Cost on own. Register with the Senior Center.**

Game Day:

Thursday, September 11 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, September 12 at 1 p.m. Enjoy some delicious pie with a great group of gentlemen. *Sponsored by Partners in Home Care.*

Cards & Dominoes:

Mon., Sept. 15 at 10:30 a.m.

Bunco:

Monday, September 15 and 22 at 12:30 p.m.

Sundae Monday: Monday, September 15 at 12:30 p.m. Enjoy ice cream sundae with friends. *Sponsored by Care360.*

Reminiscing Hour:

Tuesday, September 16 at 12:30 p.m. Join us as we discuss a new topic each month. **Topic: Favorite fall pastimes.** *Facilitated by Heritage Corner Health Care Campus.*

Birthday Lunch:

Wednesday, September 17 at 12 p.m. Cake *Sponsored by Ohioan's.*

Bingo:

Thursday, September 18 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Coffee, Donuts and Coloring:

Monday, September 22 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Ladderball:

Monday, September 22 at 12:30 p.m. in the Recreation center. *Host: Bob Counterman.*

Blood Pressure & Blood Glucose Screening:

Wed. Sept. 24 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Odds and End of Wood County 5: You meet the nicest people in Walbridge:

Thursday, September 25 at 12:15 p.m. *Presented by Mike McMaster, Wood County Museum.*

Trivia Battle:

Friday, September 26 at 12:15 p.m. Let's test your trivia knowledge against other Wood County sites! *Sponsored by Rehab. Hospital of NWO.*

Music Therapy:

Monday, September 29 at 12:15 p.m. Learn about benefits of music therapy and sing along with us. *Maddie May, Care360 Hospice*

Trivia Bingo:

Tuesday, September 30 at 12:30 p.m. Prizes awarded. *Facilitated by Wood Haven Health Care.*

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.

Bingo: Tuesday, September 2 at 12:30 p.m.
Sponsored by Walker Funeral Homes.

Fitness for Fall Prevention: Wednesday, September 3 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, September 4 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.**

Bingo with Kingston: Friday, September 5 at 12:30 p.m. Come play BINGO with us. Grab a card or two to win some prizes. You may even get a special treat today. (apple pie and ice cream)
Registration required. *Facilitated by Kingston of Perrysburg.*

Everybody Knows Game: Monday, September 8 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, September 9 at 12:30 p.m.

Walbridge Talk: Thursday, September 11 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, September 15 at 12:30 p.m.

Birthday Lunch: Wednesday, September 17 at noon. *Cupcakes sponsored by Walker Funeral Homes.*

Entertainment: Wednesday, September 17 at 12:30 to 1:15 p.m. Enjoy a musical performance by Dan Cadaret. Dan Cadaret will be joining us to provide live music. Dan performs a variety of music, including pop, country, rock, and jazz with vocals and guitar.

Blood Pressure & Glucose Screenings: Thursday, September 18 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Bridge Home Health and Hospice.*

Card Bingo: Thursday, September 18 at 12:45 p.m. Prizes awarded to winning bingo players.
Facilitated by Bridge Home Health & Hospice.

Bunco: Tuesday, September 23 at 12:30 p.m. Join us as we play several rounds of this game. New players always welcome!

Odds and End of Wood County 5: You meet the nicest people in Walbridge: Wednesday, September 24 at 12:15 p.m. Learn about a unique and rare artifact there. Learn about an oil artifact abandoned in a field. *Facilitated by Mike McMaster, Wood County Museum.*

Seminar Series: Libby Glass Wednesday, September 25 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, September 26 at 12:30 p.m.

Grand Rapids

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

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

Puzzle Mania: Daily. Take or trade puzzles.

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

Odds and End of Wood County 5: You meet the nicest people in Walbridge:

Tuesday, September 2 at 12:15 p.m. Learn about a unique and rare artifact there. Learn about an oil artifact abandoned in a field. *Facilitated by Mike McMaster, Wood County Museum.*

Mad Libs: Wednesday, September 3 at 12:30 p.m. Join us as we play a game of mad libs. Who will have the funniest adjectives, verbs and nouns.

Closed for Blood Drive: Thursday, September 4

Birthday Acknowledgements: Friday, September 5 at 12:30 p.m. Help us send card to residents of the Grand Rapids Care Center. *Sponsored by Hanneman Family Funeral Homes*

Bingo: Friday, September 5 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Walk the Parking Lot: Monday, September 8, 15, 22 and 29 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.

Monthly Guessing Game: Monday, September 8 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Donut Bingo: Wednesday, September 10 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.*

Breakfast Club: Thursday, September 11 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*

TED Talk: Kasley Killam “Why Social Health is Key to Happiness and Longevity”

Monday, September 15 at 12:30 p.m. You know it's important to take care of your physical and mental health. But what about your social health? Social scientist Kasley Killam shows how feeling a sense of belonging and connection has concrete benefits to your overall health — and explains why it may be the missing key to living a longer and happier life.

Blood Pressure & Blood Glucose Screening:

Tuesday, September 16 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, September 17 at 12 p.m.. *Cake sponsored by Bowling Green Manor.*

Trivia Battle: Friday, September 19 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Seminar Series: Ballreich Potato Chips

Wednesday, September 24 at 12:30 p.m. This 9 month series will explore famous business and their impact on our communities, families and lives.

Eye Glass Repair: Friday, September 26 from 11 to 12 p.m. Missing a screw or a nose piece? We will fix them for free! *Grand Rapids Calvary Church.*



Canvas Art Party:

Wednesday, September 10 at 12:30 p.m. Join us as we paint a beautiful butterfly.

No experience needed, all materials and instruction provided.

Registration is limited to 6 people.

Instructor Lori Lawton, ATR

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@wcco.net.

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.*

Bingo: Thursday, September 4 at 12:30 p.m. Play 10 rounds of bingo for fun! *Prizes sponsored by Otterbein Portage Valley.*

Picnic in the Park: Friday, September 5 from 11 to 2 p.m. Join us and the Wayne Area Senior Center at Henry Harrison Park in the Shelter house for a collaborative event with the Pemberville Area Senior Centers. We will engage in games, lunch, and crafts. The center will be closed for lunch visit us at the park. **Registration required.**

Movie Day: Monday, September 8 at 12:45 p.m.

Feature: Secondhand Lions (2003) **Synopsis:** Tells the story of an introverted young boy who is sent to live with his eccentric great uncles on a farm in Texas. *Snacks by Wood Haven Health Care.*

Donuts & Discussion with Coloring:

Tuesday, September 12 at 10 a.m. Friendly discussion on hot topics along with an opportunity to enjoy coffee, donuts and relax by coloring. *Sponsored by Wood Haven Health Care.*

Back In the Day: Wednesday, September 10 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.*

Mystery Restaurant: Wednesday, September 10 at 4:30 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, September 11 at 12:45 p.m. *Sponsored by Wood Haven Health Care.*

Therapy Talks: Friday, September 12 at 12:30 p.m. Join us a representative from *Functional Pathways* shares tips on ways to maintain your physical health and overall wellbeing.

Blood Pressure & Blood Glucose Clinic:

Monday, September 15 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, September 15 at 12:45 p.m. *Sponsored by Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, September 17 at noon. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Wednesday, September 17 at 12:15 p.m. Let's test our brains with a trivia competition against other Wood County sites! *Quarterly prize sponsored by Rehab. Hospital of Northwest Ohio.*

Library Talks: Wednesday, September 17 at 12:30 p.m. Join us for lunch and get an update on what's happening at the Pemberville Library. We will also be conducting a craft as a group.

Family Feud: Friday, September 19 at 12:30 p.m. Join us for a card game based on the popular show Family Feud. Give the popular answer to a variety of survey questions to win.

Mystery Game: Monday, September 22 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.*

Odds and End of Wood County 5: You meet the nicest people in Walbridge:

Tuesday, September 23 at 12:15 p.m. Learn about a unique and rare artifact there. Learn about an oil artifact abandoned in a field. *Facilitated by Mike McMaster, Wood County Museum.*

Name That Tune Bingo: Tuesday, September 23 at 12:30 p.m. Guess the name of the song to cover a bingo space. *Facilitated by Heritage Corner Health Care.*

Walk the Town: Wednesday, September 24 at 1:30 p.m. Join us as we walk downtown after lunch.

Seminar Series: Spangler Candy Wednesday, September 25 at 12:30 p.m. This month we are exploring the **Spangler candy.** 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.

September 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
Closed in observance of Labor Day.	1 Stuffed Pepper or Chicken Cordon Bleu riviera blend vegetables, macaroni salad, mixed fruit cup, pineapple-orange juice	2 Beef Stroganoff or Terriyaki Salmon, squash, noodles, tossed salad, melon	3 Goulash or Pecan Crusted Tilapia, far east blend vegetables, banana, peaches and cream with granola	4 Chipped Ham or Chicken Salad on a whole wheat bun, baked bean salad, celery with peanut butter, mandarin orange salad, ice cream
8 Bratwurst or Grilled Chicken, mashed potatoes, Sauerkraut, pineapple with cottage cheese, Rice Krispy Treat	9 Beef Lasagna or Chicken Chimichanga, lima beans, Caesar salad, grapes & pears,	10 Turkey Stew or Ham & Bean Soup, heritage coleslaw, cornbread, rosy applesauce, fruit sorbet	11 Chicken Paprikash or Meatloaf, noodles, mixed vegetables, cauliflowerer peanut salad, peaches	12 Scalloped Potatoes & Ham or Lemon Pepper Tilapia, kyoto blend vegetables, pickled beets, grape juice, pudding
15 Country Fried Steak or Chicken & Noodles, mixed vegetables, heritage coleslaw, orange.	16 Chef Salad with Ham or Tuna Salad on a bed of lettuce, potato salad, mixed fruit, banana nut muffin	17 Birthday Lunch! Pork Chop, sweet potato, cucumber salad, melon, cake and ice cream	18 Spaghetti with Meatsauce, noodles. Corn spinach salad, apple juice	19 Pepper Steak or Catfish, wild rice, broccoli, pineapple, cherry crisp
22 Sweet and Sour Chicken or Pork Cutlet, wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange Jell-O	23 Pulled Pork or Salmon Patty, roasted sweet potatoes, Texas caviar, rosy applesauce, cookies	24 Turkey or Liver and Onions, au gratin potatoes, celery sticks, orange sections	25 Hot Dog or Hamburger, baked beans, banana, peach crisp, cranberry juice	26 Chipped Beef or Creamed Chicken, mashed potatoes, biscuit, midori blend vegetables, apricots
29 Meat & Bean Chili or Potato Soup, cornbread pea salad, fruited Jell-O, apricots	30 Chicken A LA King or Swedish Meatballs, rice, succotash, carrot, raisin salad, rosy applesauce	27	28	29

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.

September 2025		
Tuesday	Wednesday	Thursday
2 Turkey Tetrazzini , mixed vegetables, rosy applesauce, blueberry crisp	3 Mushroom Steak au gratin potatoes, broccoli, peaches & pears, cookies	4 Pork Chop spinach, 3-bean salad, orange, cream pie
9 Birthday Dinner! Roast beef, cheese potato bake, Scandinavian blend vegetables, grape juice, cake & ice cream	10 BBQ Salmon rice, apple, sweet potato bake, heritage coleslaw, ambrosia salad	11 Chicken Alfredo , noodles, green beans, Caesar salad, peaches Eclair cake
16 Meat Lasagna , roasted cauliflower, spinach salad with oranges, apple, pudding	17 Salad with Chicken Tenders , Citrus sections, pea salad, coconut muffin crackers, lemon bar	18 Pepper Steak , rice, oriental vegetables, coleslaw, strawberries with pound cake
23 BBQ Ribs green beans, corn relish, fruited Jell-O, cherry strudel bites	24 Grilled Chicken Breast Sandwich , Sweet potato fries, marinated vegetable salad, grapes, cookies	25 Bacon, Egg & Cheese Bake , Hash browns, biscuits, orange juice, spiced apples
30 Ground Beef Tacos Black beans & rice, apple, pie		

National Parks Series: The Colorado

Rockies Tuesday, September 2 at 4:45 p.m.
Prerecorded Great Courses.

BG Knitters Guild: Wednesday, September 3 at 4 p.m. Hosted by Jackie Instone.

Dinner & Movie: Tuesday, September 9 at 3:30 p.m. Movie: *Wicked (2024)* Dinner reservations need to be made by 2 p.m. on Tuesday, Sept. 9 Host Judy Schlink

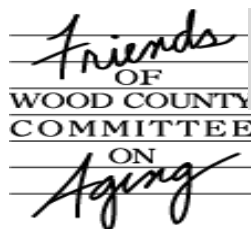
Karaoke: Wednesday, September 10 at 4 p.m.
Hosted by Woodlane Residential

Reader's Café: Tuesday, September 23 at 3 p.m. Compare books that have been turned into movies!
Feature: "A River Runs Through It" by Norman Maclean. Books & audiobooks available by loan by August 26. Registration required.

Docuseries: Thursday, September 25 at 3:30 p.m.
History's Greatest Heists with Pierce Brosnan
prerecorded 25: The Gardner Museum Heist

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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:

Lanny Milligan - In Memory of Gary Pfotenbauer
John & Alice Calderonello
Geoffrey Howes
Wesley Long
Marvin Scheer
Roberta Vermaaten

Kitchen Fund Donations:

Walbridge VFW Post 9963,
Walbridge VFW Post 9963 Auxiliary

Volunteer Opportunities:

Delivering meals to homebound older adults: Time commitment is 1 hour. Current locations in need of assistance are the Rossford Area Senior Center from 11:30 to 12:30 p.m. and the Bowling Green location 11:30 to 12:30 p.m. You are welcome to just be a sub or commit to one day a week. We have flexible options for you!

Assist during lunch or dinner in Bowling Green: help serve, help with the dishes, clean and wipe tables the option is yours. 11 to 1:30 p.m. for lunch (flexible time options) and for dinner 5:30 to 7 p.m. help serve, clean dishes, wipe tables options are yours.

**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
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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.
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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