

WOOD COUNTY COMMITTEE

ON
Ageing
OCTOBER 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net



Veterans Day Recognition on Monday, November 3 from 1 to 4 p.m.

Honoring veterans in their homes

In honor of Veterans Day, we will be recognizing Wood County veterans throughout Wood County in their homes on Monday, November 3.

Veterans who have registered for this program will receive a slice of pie, a yard sign and a poppy pin delivered to their home.

If you are an interested veteran or would like to thank a veteran please register by calling the Programs Department at 419.353.5661 or email programs@wccoa.net **by Friday, October 24.**

(NOTE: Submit veteran's name, address, branch of service, and phone number. Tell them they will need to be home on November 3 to be acknowledged.)

This event is sponsored by: *Hanneman Family Funeral Homes & Crematory, Amada Senior Care, Ohioans Home Health Care. Pies sponsored by Bowling Green Manor*

Golden Care Awards Monday, November 17 doors open at 5 p.m.

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

We will be hosting this year's **Golden Care Awards** to recognize the caregiving heroes in our communities.

This event will recognize Compassionate Caregivers in the following categories:

- 1. Medical or Professional Care Providers working in a facility or home care setting**
(physician, therapist, nurse, STNA, care navigator, social worker, etc.)
- 2. Support Staff working in a facility or home care setting**
(volunteer, companion caregiver, housekeeper, dietary, salon, activities, maintenance, etc.)
- 3. Community Caregiver**
(Someone caring for a spouse, adult child, other family member, friend, neighbor, etc.)

Community members can nominate as many caregivers as they see fit. Facilities can nominate up to four of their employees. The judges from BGSU will select three Golden Care winners for 2025. All nominees will be honored with a ceremony, certificate, and dinner.



To nominate a caregiver, please submit a nomination form and send a photo by October 18 to:

programs@wccoa.net **or** drop off or mail a form to:

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

For more information, contact WCCOA Programs Department
at 419.353.5661 or 1.800.367.4935 or email program@wccoa.net

This event is sponsored by: *Briar Hill Health Campus, Bridge Home Health & Hospice, Brookdale of Bowling Green, Bowling Green Manor and Manor at Perrysburg, The Willows of Bowling Green, Ohio Living Home Health and Hospice and Wood Haven Health Care.*

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. 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.

If you would like to borrow an item from our closet, contact our Social Services Department at **419.353.5661** or **800.367.4935** for prior approval of need for the loan. Items are picked up at the Wood County Senior Center, 140 S. Grove St. Bowling Green, OH.

New or gently used items can be donated to the center. Financial donations are also accepted.

Home Delivered Meals

Monday - Friday

Hot, nutritious meals are available for homebound Wood County seniors 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, on trips to physician, dental, or eye appointments up to three times per month per person..

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.

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.

Grandparents Raising Grandchildren Holiday Project



Job & Family Services
of Wood County, Ohio

Help us give back during the upcoming holiday season by supporting local grandparents who are raising their grandchildren.

Wood County Job & Family Services and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age). Interested grandparents in need are asked to complete an application. Pick up your application at any Wood County Senior Center or check the website at www.wccoa.net

NOTE: Applications will be available November 1 at the Wood County Committee on Aging, 140 S. Grove St. Bowling Green, Ohio. The application deadline is Monday, December 1, 2025.

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	October 8	1 to 3 p.m.
Wood County Senior Center	October 22	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

Cholesterol Clinic Screenings **Facilitated by Wood County Hospital**

Cholesterol Clinic Screening

Must be a resident of Wood County who is 25 years of age or older.

*Screening includes: Total Cholesterol, HDL, LDL Triglycerides, Total Cholesterol/HDL ratio and A1C. Results will be immediately available and discussed with clients by a Registered Nurse.

Cost: \$30 Registration is required.

Clinic Site Dates & Times

Wood County Senior Center

Wednesday, November 5 from 9 to 11 a.m.

Friday, November 7 from 9 to 11 a.m.

Tuesday, November 25 from 9 to 11 a.m.

Perrysburg Area Senior Center

Friday, November 14 from 9 to 11 a.m.

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

Senior Legal

Seniors have a right to live with independence and control over decisions that affect them. *Legal Aid of Western Ohio, Inc.* empowers and protects seniors and connects them to critical information and helpful resources.

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.

Clinic Site	Date	Time
Perrysburg	December 4	2 to 4 p.m.
Wood County Senior Center	December 11	4 to 6 p.m.

Blood Pressure & Blood Glucose **Facilitated by Bridge Home Health and Hospice**

Clinic Site	Date	Time
Rossford Area Senior Center	October 7	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	October 9	11 a.m. to 12:30 p.m.
Wood County Senior Center	October 14	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	October 16	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	October 20	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	October 21	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, October 13 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, October 23 at 10 a.m.

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

Care Compass Project

Wednesday, November 5 at 11 a.m.

The Care Compass is a quarterly network for caregivers. Care Compass is a place to gather and obtain resources to make the journey of caregiving less stressful. This series is designed for those who may share the journey of caregiving today or in the future. *See more information on page 24. Respite available for care recipients. Please pre-register for respite.* **Location:** Wood County Senior Center

Parkinson's Support

Thursday, October 2 at 5:45 p.m.

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

This support group is for both those who are newly diagnosed, those who have been living with Parkinson's disease or Parkinson's-like symptoms for a while, and for care partners of someone who does. Contact WCCOA at 419.353.5661 or email at programs@wcco.net to register for this group.

Grasping Your Grief

Wednesdays, October 1 & 15 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 in 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, Oct. 23 to Dec. 4 at 11a.m.
Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. Aims to relax and facilitate openings in the body on a physical, mental & emotional level.
Caroline Dickinson, Certified Instructor.

Get Moving Classic Cost: Free

Mondays, Wednesdays & Fridays at 11:30 a.m.
This class focuses on strengthening muscles and increasing range of motion for daily activities. Seated exercises or chair used for standing support.
Jenny Triggs or 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, October 14 to November 18 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 24 to October 29 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, Oct 22 to Nov 26 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 17 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, Oct 24 to Dec 5 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

Mondays Sept. 9 to November 24 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, Oct. 15 to November 19 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, Oct 10 to Nov. 21 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.



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 April 7 to 12, 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) October 2 to 9, 2026

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 depart
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@wcco.net for more information.

Discover British Landscapes

May 7 to May 16, 2026

10 Days • 12 Meals: 8 Breakfasts, 4 Dinners Activity Level 2



Reservations made after the seat reduction date of November 1, 2025 are based upon availability. Final payment due by February 6, 2026. Deposits are refundable up until November 8, 2025.

Highlights include: Edinburgh, Scotland, Castles, York England via train, York Minister, Chester England exploring the old Victorian town, Conway Wales visiting castles, enjoy the cafes and markets, Menai Straits, visit Halen Mon the historic salt company, Stratford-upon-Avon ad Oxford London.

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 incude: 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



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, October 3 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg, Wood County.*

Managing Hypertension: Wednesday, October 15 at 11 a.m. This session will review the signs and symptoms of hypertension. Learn ways to recognize symptoms and when to seek assistance. *Presented by Mercy Family Medicine Residency Program.*

Lunch & Learn: Friday, October 17 at 11:30 a.m. The Be Better Foundation is a 501(c)(3) nonprofit based in Bowling Green, Ohio, dedicated to helping kids Be Better—at school, at home, and in life. Learn more about this foundation's work. *In-person option: Wood County Senior Center.*

Bingo: Friday, October 24 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

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, every day is filled with laughter, music, and meaningful moments—where friendships bloom, creativity flows, and joy is part of the routine.

It's a safe place where memories and people are celebrated!

Join us for an open house on Tuesday October 7th from 4:00-5:00 PM. Come and learn more about our services and tour the day center!

Upcoming specials at the Day Center:

10/7- Music Matt Richardson at 10 a.m., 10/20-Mike McMaster from the Wood County Historical Society at 1 p.m., 10/22 -Animal Therapy with Paws and Hooves at 2 p.m.

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. 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!



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

Mondays, October 6 to November 24, 2025
1 to 3 p.m.
Wood County 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 Tari Geer and Jenny Triggs

Around the County Events & Classes



Care Compass Project

Wednesday, November 5, 2025

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

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.

11 a.m. Session will cover Fall prevention tips for caregivers in a home setting. Participants will be able to assess their surrounding and learn preventative techniques to avoid costly falls in the home.

Lyn Lemon, VIP Therapy Services

Lunch is provided by Brookdale of Bowling Green for the first 20 participants.

12 p.m. Vision loss can impact caregiving and how individuals cope with their surrounding. This session will discuss vision impairments and ways to assist care recipients on how to navigate their surroundings.

Dr. Angela Jackson.

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.

A Place to Talk About Death and More

Tuesday October 14, 2025

1 to 2:30 p.m.

Wood County Senior Center

Facilitated by Taylor Harrison, Death Doula and Carol Kinsey, RN, Retired Hospice Nurse

This is a welcoming, non-judgmental space where people gather over coffee & refreshments to talk openly about death and dying. It's not a support group or a grief counseling session, but rather a chance to share thoughts, ask questions, and reflect on life in a relaxed, respectful environment. The goal is to help make the topic of death less taboo and to encourage meaningful conversations.

Registration is required; space is limited.

Please call Social Services at 419-353-5661 or 1-800-367-4935 to register.

Technology Loans



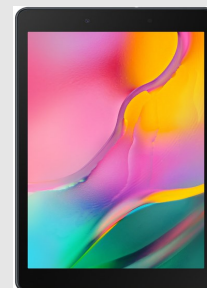
Hotspot Loans

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

Around the County, Events & Classes

Get your Flu Shot and COVID Booster at any one of our Centers!

The annual flu vaccination and COVID booster is an effective way to decrease flu illnesses, hospitalizations, and deaths.

The *Wood County Health Department* will provide these vaccines at our centers for everyone regardless of insurance status. They will bill Medicare/Medicaid or other insurance Providers if applicable. Older adults will need to notify their own health provider that they received the flu shot/COVID booster. For your flu shot/COVID booster attend the center where you will be receiving your vaccine. This clinic is open to the Community! Open to public of all ages. Flu shot is available at 6 month and older. Bring your insurance card and state ID.

Site	Date
Northeast	Friday, October 3 from 11 to 1 p.m.
North Baltimore	Wednesday, October 8 from 11 to 1 p.m.
Grand Rapids	Thursday, October 9 from 11 to 1 p.m.
Wayne	Friday, October 10 from 11 to 1 p.m.
Wood County	Wednesday, October 15 from 11 to 1 p.m.
Pemberville	Friday, October 17 from 11 to 1 p.m.
Perrysburg	Wednesday, October 29 from 11 to 1 p.m.
Rossford	Thursday, October 30 from 11 to 1 p.m.

Call your local senior center to make your reservation. See the back of the newsletter for numbers.



Menopause:

**CLAIM THE CHANGE,
FUEL THE COMMUNITY**

A special event created for women ages 40-60 wanting to be in community while learning more about the journey of menopause.

**Monday
October 6, 2025
5 p.m. – 7:30 p.m.**

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





Event Schedule:

5 to 5:45 p.m.

5:45 to 6:30 p.m.

Mocktails by Heritage Corner, Boosting Bone Health class by The WellBG, Yoga class by Tammy Starr bring your yoga mat
Vendor Fair

Dinner includes, grilled chicken broccoli, salad and fresh fruit
Dinner sponsored by Brookdale of Bowling Green

Panelists:
Heidi Steenrod, MSN, RN, iRNPA Functional Health Strategist
The WellBG Personal Trainer; Carol Bolin, Naturopathic Doctor

7 p.m. Meditation and Closing

**Registration required by scanning the QR code, contacting the
Wood County Committee on Aging 419.353.5661 or
programs@wccoa.net**



WOOD COUNTY
COMMITTEE ON





Wood County
Health Department



WOOD COUNTY
HOSPITAL
Depend on us.

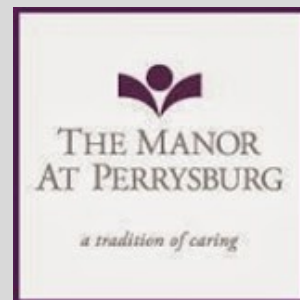
Around the County, Events & Classes



Football Pick ‘Em Challenge

October 4 to December 6, 2025

Participate in this friendly competition and guess the winners each week for the ten pre-selected football games (both NFL & NCAA). Register with the Programs Department to receive your weekly score sheets. The person with the most winning teams will receive a \$100 gift card.



Books & Bagels

Monday, October 20 from 10 a.m. to 12 p.m.

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

Receive a bagel for your exchange! Cannot attend the event you are welcome to donate your gently used novels! *Sponsored by The Willows of Bowling Green.*



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.**

The Fringe “Fall Fashion Show” Halloween Style Showcasing Intergenerational Fashion

Friday, October 31 from 2 to 3:30 p.m. We will highlight formal wear, evening wear and casual wear. The event will highlight models from BGSU and community members. Enjoy refreshments, music and have a chance to win a gift card. All guests are welcome to come adorning a mask to be entered into our halloween mask event to have a change to win a prize.

Any interested models can call the Programs Department to register for this great event. Email programs@wcco.net or call 419.353.5661 by October 10.



Save the Date:

Holiday Parade Breakfast Saturday, November 22 from 9 to 10 a.m.

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

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.

BG Knitter's Guild: Wednesday, October 1 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. .
2 "Grand Hotel" (1932) Greta Garbo, John Barrymore
9 "The Glenn Miller Story" (1954) James Stewart, June Allyson, 16 "The African Queen" (1951) Humphrey Bogart, Katherine Hepburn, 23 "Michael Flatley Returns as Lord of the Dance" (2011) Michael Flatley, 30 "The Wizard of Oz" (1939) Judy Garland, Frank Morgan. *Facilitated by Kris Eridon.*

Craft: Thursday, October 2 at 2 p.m. Instruction and supplies will be provided. **Registration required.** *Facilitated by Bowling Green Manor.*

Happy Hour: Friday, October 3 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.

The Influence of the Ancient World in Wood County: Monday, October 6 at 11 a.m. Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Bowling Green Fire and EMS Information Session: Friday, October 3 & Wednesday, October 15 at 11 a.m. The Bowling Green Fire Department and Local EMS will share information on their services as it pertains to the levy.

Eye Glass Repair: Monday, October 6 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Grand Rapids Calvary Church.*

Sundae Bar: Tuesday, October 7 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings
Sponsored by The Willows.

National Parks Series: Montana's Glacier and the Canadian Rockies Tuesday, October 7 at 4:30 p.m. This educational series will have you exploring these parks sharing their unique history and fabulous features. *Prerecorded Great Courses.*

Balance Screening: Wednesday, October 8 from 1 p.m. to 2:30 p.m. Join Wood County Hospital Rehab Services for a free balance screening. A balance screening is a quick (10 min) assessment to check your stability, coordination, and risk of falling. Following the screening, receive personal recommendations on improving strength and coordination. **Appointments Required.** *Facilitated by Wood County Hospital.*

Karaoke: Wednesday, October 8 at 4 p.m. Join us as we sing along to a variety of music in different genres.
Hosted by Woodlane Residential.

Literary Response & Workshop: Thursday, October 9 & October 23 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.*

1:1 Technology Help: Thursday, October 9 & 23 starting at 10 a.m. **Make an appointment** to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. Each appointment is 30 minutes and you will need to let us know what you need help with when registering.
Hosted by David Schuck.

Nails: Monday, October 13 at 10:30 a.m. Appointments are 10 minutes. Registration required.
Facilitated by Wood Haven Health Care.

TV series: The Night Agent & Designated Survivor: 13: Season 2 Episode 9 & 10 (The Night Agent) 27: Season 2 Episode 1, 2 & 3 (Designated Survivor)

Wood County Continued...

Name That Tune BINGO: Tuesday, October 14 at 10:30 a.m. Name the song to cover a bingo space. *Prizes. Facilitated by Heritage Corner Health Care.*

Blood Pressure & A1C Tuesday, October 14 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Fabric Cutting Project: Tuesday, October 14 at 1 p.m. Assist us in cutting fabric to be used for dog and cat beds for a homeless shelter. *Facilitated by Ramona Pupos.*

Dinner & Movie: Tuesday, October 14 at 3:30 p.m. **Movie: Five Flights Up (2014)** Dinner reservations made by 2 p.m. on Tues., October 14

Breakfast Club: Wednesday, October 15 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Registration Req.**

Vaccine Clinic: Flu and COVID shots: Wednesday, October 15 from 11 to 1 p.m. *Hosted by the Wood County Health Department.* Accepting most insurance companies and vaccines are available for those uninsured. **Registration required.**

Managing Hypertension: Wednesday, October 15 at 11 a.m. *Mercy Family Medicine Residency.* **Zoom option: Call for the code.**

Medication Review: Friday, October 17 from 11 to 1 p.m. *Hosted by the Wood County Hospital pharmacy team,* one-on-one review of your current medications, to identify potential interactions or duplications, and receive guidance on proper dosage and timing. **Please bring all your medications**—including prescriptions, over-the-counter drugs, vitamins, and supplements with you to the event.

Lunch & Learn: Friday, October 17 at 11:30 a.m. The Be Better Foundation is a 501(c)(3) nonprofit based in Bowling Green, Ohio, dedicated to helping kids Be Better—at school, at home, and in life. Learn more about their work. **First 25 will have lunch sponsored by Hanneman Family Funeral Homes.** *In-person option: Wood County Senior Center.*

Scrabble Open Play: Friday, October 17 at 1:15 p.m. *Hosted by Rita Eckert.*

Brain Training: Tuesday, October 21 at 9 a.m. “The Power of Mind Over Body.” **Topic:** Harnessing the Placebo Effect. **Registration required by October 14** *Breakfast by Brookdale of Bowling Green Materials by Wood Haven Health Care.*



Craft: Pinecone Turkeys Tuesday, October 21 at 3 p.m. Create these adorable pine cone turkeys all instruction and supplies provided. **Registration required.**

Facilitated by 1018 Travels.

Bob Ross Experience Class: Wednesday, October 22 at 2 p.m. to 5 p.m. Cost: \$50 Facilitated by Instructor Nate Miller. **Advanced registration and payment required.** *See page 11.*

Card Bingo: Thursday, October 23 1 p.m. *Facilitated by Bridge Home Health & Hospice.*

Zoom Bingo: Friday, October 24 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, October 27 from 9:30 to 10:30 a.m. Play some fun interactive video games with us. **Registration required.**

Coffee & Coloring: Monday, October 27 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.

Reader's Café: Tuesday, October 28 at 3 p.m.

Compare books that have been turned into movies! **Feature:** “The Green Mile” by Stephen King. ***Books & audiobooks available by loan by September 30.*** **Registration required.**



Acrylic Painting

Class: Wednesday, October 29 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 October 22.**

The Fringe “Fall Fashion Show” Halloween Style Showcasing Intergenerational Fashion Friday, October 31 from 2 to 3:30 p.m. We will highlight formal wear, evening wear and casual wear. The event will highlight models from BGSU and community members. Enjoy refreshments, music and dress in your best costume to have a chance to win a

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.

Weekly activities:

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.*

Cardio Drumming: Monday, September 29 through November 3 at 2:30 p.m. Cost: \$25 Cardio drumming is a full body workout combining aerobic movements with the rhythm of drumming. **Cost: \$25.** Minimum of 12. *Sandy Hand, Certified Instructor.* **Registration required.**

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 guidance in 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.

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

Daily Schedules:

Veterans Coffee Hour: Thursday, October 2 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.*

Oktoberfest: Friday, October 3 at 12:30 p.m. Celebrate this festivity with themed games and prizes. *Sponsored by Brookdale of BG.*

Gentle Yoga: Thursday, October 16 to November 20 at 11 a.m. Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor.*

Location Schaller Building **Cost: \$20**

Menu Talk: Thursday, October 2 at 12:15 p.m. Angie Bradford, WCCOA, will review the current menu and discuss menu options for 2026.

Euchre: Thursday, October 2 at 12:45 p.m.

Happy Hour: Friday, October 3 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of September. **Registration required.** **Zoom option.**

Texas Hold'em Tournament: Tuesday, Oct. 6 & Monday, Oct. 20 at 12:45 p.m. **Registration required.**

Good Deeds Program: Tuesday, October 7 at 12:15 p.m. The Good Deeds Program is a FREE informational program designed to help owners understand titling real and personal property to assist with its transfer upon death or otherwise, as well as additional information for property owners. The session helps you understand how to ensure your property is passed on in a way that reduces stress and confusion for your loved ones. *Facilitated by the Wood County Auditors Office.*

Seminar Series: Ballreich Potato Company Wednesday, October 8 at 12:30 p.m. This 9-month series will explore famous businesses and their impact on our communities, families and lives. This month's topic is the *Ballreich Potato Company.*

Breakfast Club: Thursday, October 9 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.**

Where Were You?: Thursday, October 9 at 12:30 p.m. This reminiscing discussion will ask you to remember where were you on historical events. This months topic: Restaurants of Toledo's Past *Facilitated by Comfort Keepers.*

Bunco: Friday, October 10 at 12:45 p.m. **Cost: \$1.** **Registration required.**

Perrysburg Continued...

Back in the Day: Monday, October 13 at 12:30 p.m. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Pinochle: Monday, October 13 at 12:45 p.m.

Mystery Restaurant: Monday, October 13 at 4 p.m. Meet at the center to receive instructions on the location of dinner. Car pooling encouraged. Distance is 30 miles round trip. **Cost on own** (price range \$15 to \$25). **Registration required.** **Space limited to 8 participants.**

Bingo: Tuesday, October 14 at 12:30 p.m. *Facilitated by Waterford at Levis Commons.*

Birthday Lunch: Wednesday, October 15 at 12 p.m. *Cupcakes sponsored by Manor at Perrysburg.*

Blood Pressure & Blood Sugar Screening: Thursday, October 16 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.*

Puzzlemania: Friday, October 17 at 1 p.m. We are hosting Puzzlemania, where teams of two to four people will compete to finish 250 piece puzzles! Prize awarded to winning team.

Registration required. Limit to five teams.

Friends in Fellowship: Tuesday, October 21 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

The Influence of the Ancient World in Wood County: Thursday, October 21 at 12:30 p.m. Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Managing Hypertension: Wednesday, October 22 at 11:15 a.m. This session will share tips on how to detect hypertension and way to prevent its symptoms. *Presented by Mercy Family Medicine Residency.*

Caregiver Support Group: Thursday, October 23 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, WCCOA at 419.353.5661 or 1.800.367.4935**

Left, Right, Center Game: Thursday, October 23 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Card Bingo: Friday, October 24 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, October 27 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, October 28 at 12:45 p.m.

Feature: "Oliver's Ghost"

Synopsis: When his family moves into a new house, a young boy sees the ghost (Martin Mull) of the previous owner and forms an unlikely friendship.

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

Vaccine Clinic: Flu and COVID shots:

Wednesday, October 29 from 11 to 1 p.m. *Hosted by the Wood County Health Department.* Accepting most insurance companies and vaccines are available for those uninsured. **Registration required.**

Docuseries: The Greats Wednesday, October 29 at 12:30 p.m. Celebrate the worlds most notable people. This months episode explores Marilyn Monroe, Rupert Murdoch, The Beatles and Margaret Thatcher. *Previously recorded.*

Coffee and Coloring: Thursday, October 30 at 10:30 a.m. Enjoy the relaxing benefits of coloring which enjoying a cup of coffee and conversation. This session is bound to be full of talk and laughter.

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.

Weekly activities:

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.

Daily Schedules:

Blood Pressure & Blood Glucose

Screening: Wednesday, October 1 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: Wednesday, October 1 at 1 p.m. *Sponsored by Bridge Home Health & Hospice.*

The Influence of the Ancient World in

Wood County: Thursday, October 2 at 12:15 p.m. Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Presented by Mike McMaster, Wood County Historical Museum.*

Bingo: Monday, October 6 at 12:30 p.m. *Sponsored by Wood Haven Health Care.*

Tissue and Eye Donations: Wednesday, October 8 at 12:30 p.m. Learn about the process of tissue donations. One donor can save up to 125 lives. *Presented by Regan Grine, Tissue Recovery Coordinator, Solvita.*

Bingo: Thursday, October 9 at 1 p.m. *Sponsored by St. Catherine's.*

Vaccine Clinic: Flu and COVID shots:

Friday, October 10 from 11 to 1 p.m. *Hosted by the Wood County Health Department.* Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

Birthday Celebration: Wednesday, October 15 at 12:30 p.m. *Cupcakes by The Willows.*

Breakfast Club: Thursday, October 16 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 and great conversations. **Register with the Center.**

Rootbeer Float Friday: Friday, October 17 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Friday, October 17 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.*

Ghost Sightings in Ohio: Monday, October 20 at 12:30 p.m. Join us as we explore the history of ghost sightings in Ohio presented by *the Wayne Public Library.*

Name that Tune Bingo: Wednesday, October 22 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Board Game Day: Friday, October 24 at 10:30 a.m. Play a new game or a familiar one and spend some time with some great company.

Good Deeds Program: Friday, October 24 at 12:15 p.m. The Good Deeds Program is a FREE informational program designed to help owners understand titling real and personal property to assist with its transfer upon death or otherwise, as well as additional information for property owners. The session helps you understand how to ensure your property is passed on in a way that reduces stress and confusion for your loved ones. *Facilitated by the Wood County Auditors Office.*

Seminar Series: Spangler Candy Company Monday, October 27 at 12:30 p.m. This 9-month series will explore famous businesses and their impact on our communities, families and lives. This month's topic is the **Spangler Candy Company.**

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

Halloween Party: Friday, October 31 at 11 a.m. Wear your Halloween costumes or Halloween spirit wear and join us for Halloween themed games and treats. *Sponsored by Wood Haven Health Care.*

North Baltimore Area Senior Center

**Lunch Served at 12 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.

Vaccine Clinic: Flu and COVID shots: Wednesday, October 8 from 11 to 1 p.m. *Hosted by the Wood County Health Department.* Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

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**

Donors & Donations

Kitchen Fund Donations:

Walbridge VFW Post 9963,
Walbridge VFW Post 9963 Auxiliary

Capital Campaign Donors:

Alice & John Calderonello
Geoff Howes
Wood County PERI



*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 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).*

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.

Seminar Series: Libby Glass Company

Wednesday, October 1 at 12:30 p.m. This 9-month series will explore famous business and their impact on our communities, families and lives. This month we are exploring the **Libby Glass Company.**

Happy Hour: Friday, October 3 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, October 6 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Menu Talk: Monday, October 6 at 12:15 p.m. Join Angie Bradford, WCCOA, as she shares current menu choices and discusses menu options for 2026

Blood Pressure & Glucose Screenings:

Tuesday, October 7 from 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Fitness for Fall Prevention: Tuesday, October 7 at 12:30 p.m. This thirty minute session will focus on balance, strength and range of motion movements to help you stay safe in the winter months. *Facilitated by Partners in Home Care.* **Registration and waivers required.**

Hands only CPR: Wednesday, October 8 at 12:30 p.m. Learn life saving compressions only CPR. *Presented by the American Red Cross.*

Breakfast Club: Thursday, October 9 at 9 a.m.

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

Game Day: Thursday, October 9 at 12:30 p.m. Join us as we select a fun game to play. Each month a different game is featured. *Hosted by Kingston of Perrysburg.*

Divas and Desserts: Friday, October 10 at 1 p.m. Enjoy some delicious pie with a great group of ladies. *Sponsored by Heritage Corner Health Care Campus.*

Word Search Challenge: Monday, October 13 at 11 a.m. Enjoy a cup of coffee while working your cognitive skills a word search. Winner completes the puzzle first. Playing for pride not prize!

Card Bingo: Monday, October 13 at 12:45 p.m. Prizes awarded to winning bingo players. *Facilitated by Bridge Home Health & Hospice.*

The Influence of the Ancient World in

Wood County: Tuesday, October 14 at 12:15 p.m.

Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Good Deeds Program: Wednesday, October 15 at 12:15 p.m. The Good Deeds Program is a FREE informational program designed to help owners understand titling real estate and personal property to assist with its transfer upon death or otherwise, as well as additional information for property owners. The session helps you understand how to ensure your property is passed on in a way that reduces stress and confusion for your loved ones. *Facilitated by the Wood County Auditors Office.*

Birthday Lunch: Wednesday, October 15 at 12 p.m. Cake *Sponsored by Ohioan's. Entertainment by Ben Rosales, Saxophonist*

Bingo: Thursday, Oct. 16 at 1 p.m. *Sponsored by Waterford at Levis Commons & Heritage Home Health.*

Cards & Dominoes: Mon., Oct. 20 at 10:30 a.m.

Bunco: Monday, Oct. 20 & Oct. 27 at 12:30 p.m

Trivia Battle: Friday, October 23 at 12:15 p.m. Let's test your trivia knowledge against other Wood County sites! *Sponsored by Rehab. Hospital of NWO.*

Cornhole: Monday, October 27 at 12:30 p.m. in the Recreation center. *Host: Bob Countermand.*

Trivia Bingo: Tuesday, October 28 at 12:30 p.m. *Facilitated by Wood Haven Health Care.*

Blood Pressure & Blood Glucose Screening: Wed. Oct. 29 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.*

Vaccine Clinic: Flu and COVID shots:

Thursday, October 30 from 11 to 1 p.m. Hosted by the Wood County Health Department. Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

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. Advanced 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 our laps to improve our fitness and overall health. It is always fun to walk in a group setting and to 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.

Fitness for Fall Prevention: Wednesday, October 1 at 12:45 p.m. This session you will learn techniques to stay strong and prevent falls.
Facilitated by Partners in Home Care. Registration and waivers required.

Mystery Restaurant: Thursday, October 2 at 4 p.m. Ready for an adventure? Meet at the senior center. Take a little ride to an unknown restaurant, make new friends and share a laugh or two. **Cost on own (\$15.00 -\$25.00).** Carpooling is encouraged. **Sign up is required, limited to 10.**

Vaccine Clinic: Flu and COVID shots: Friday, October 3 from 11 to 1 p.m. Hosted by the Wood County Health Department. Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

Bingo: Friday, October 3 at 12:30 p.m.
Registration required. *Facilitated by Kingston of Perrysburg.*

Bingo: Tuesday, October 7 at 12:30 p.m.
Registration required. *Facilitated by Walker Funeral Homes.*

Walbridge Talk: Thursday, October 9 at 12:15 p.m. *featuring Mayor Ed Kolanko.* Join us as the Mayor updates us on local happenings, scams and much more.

Everybody Knows Game: Monday, October 13 at 12:30 p.m. Test your mind to see how fast you can answer questions. *Facilitated by Marketia Phillips.*

Left, Right, Center Game: Tuesday, October 14 9 at 12:30 p.m.

Birthday Lunch: Wednesday, October 15 at noon. *Cupcakes sponsored by Orchard Villa.*

Good Deeds Program: Wednesday, October 15 at 10:30 a.m. The session helps you understand how to ensure your property is passed on in a way that reduces stress and confusion for your loved ones.
Facilitated by the Wood County Auditors Office.

Missionary from Macau: Wednesday, October 15 at 12:15 p.m. Join us as Jen Blandin share her interesting experiences in Macau.

Blood Pressure & Glucose Screenings: Thursday, October 16 at 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Card Bingo: Thursday, October 16 at 12:45 p.m.
Facilitated by Bridge Home Health & Hospice.

Left, Right, Center Game: Monday, October 20 at 12:30 p.m.

The Influence of the Ancient World in Wood County: Wednesday, October 22 at 12:15 p.m. Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Game Day: Thursday, October 23 at 12:30 p.m.
Come play a familiar game or learn a new one.

Carfit 1:1 Tuesday, October 28 at 12:30 p.m. As winter approaches it's time to think about some safe driving tips. *Sandy Wiechman, Safe Communities of Wood County, and Becky Rosebrook* will review your vehicle and make it safer for you.

Movie: Wednesday, October 29 at 12:30 p.m. Featuring "Hocus Pocus 2" PG13. Three young women bring the Sanderson sisters back to Salem.

Seminar Series: John Deere Thursday, October 30 at 12:30 p.m. Discussion & presentation.

Halloween Party: Friday, October 31 at 12:30 p.m. Dress up it you want to come in a costume. Play Halloween bingo, enjoy goodie bags, and treats from al to enjoy. **Registration is required.** *Sponsored by Compass Care and Kingston of Perrysburg.*

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.

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



Craft: Pumpkin Décor

Monday, October 6 at 12:30 p.m.
Create a decorative pumpkin for your home décor. All supplies and instruction will be provided.

Sponsored by Wood Haven Health Care. **Registration required. Maximum 10.**

The Influence of the Ancient World in

Wood County: Tuesday, October 7 at 12:15 p.m.
Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Donut Bingo: Wednesday, October 8 at 10:30 a.m. Join us for a different version of bingo. Instead of prizes we will be playing for donuts! *Facilitated by Wood Haven Health Care.*

Canvas Art Party:

Wednesday, October 8 at 12:30 p.m. Join us as we paint a stack of pumpkins. No experience needed, all materials and instruction provided.

Registration is limited to 6 people.

Instructor Lori Lawton, ATR



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

Vaccine Clinic: Flu and COVID shots:

Thursday, October 9 from 11 to 1 p.m. *Hosted by the Wood County Health Department.* Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

Monthly Guessing Game: Monday, October 13 at 12:30 p.m. Guess the number of items in a jar and win the prize.

Jeopardy: Monday, October 13 at 12:30 p.m. Join us as we play a friendly game of jeopardy against the Wood County Senior Center. We are playing for pride not prize! **Zoom program.**

Birthday Lunch: Wednesday, October 15 at 12 p.m.. *Cake sponsored by Bowling Green Manor.*

CLASS: Hands only CPR: Thursday, October 16 at 12:30 p.m. Learn life saving compressions only CPR. *Presented by the American Red Cross.*

Trivia Battle: Friday, October 17 at 12:30 p.m.
Let's test our brains with a trivia competition against other Wood County sites!

TED Talk: What makes a good life? Lessons from the longest study on happiness. Monday, October 20 at 12:30 p.m. In this talk, he shares three important lessons learned from the 75-year study.

Bingo: Tuesday, October 21 at 10:30 a.m.
Sponsored by Bridge Home Health and Hospice.

Blood Pressure & Blood Glucose Screening: Tuesday, October 21 at 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Seminar Series: Ford Motor Company

Wednesday, October 22 at 12:30 p.m. This month's focus is the Ford Motor Company.

Good Deeds Program: Thursday, October 23 at 12:15 p.m. The session helps you understand how to ensure your property is passed on in a way that reduces stress and confusion for your loved ones.
Facilitated by the Wood County Auditors Office.

Eye Glass Repair: Friday, October 31 from 11 to 12 p.m. Missing a screw or a nose piece? We will fix them for free! Sponsored by *Grand Rapids Calvary Church.*

Vascular Screenings: Thursday, November 6 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.*

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.*

The Influence of the Ancient World in Wood County: Wednesday, October 1 at 12:15 p.m. Although ancient Egyptians and Greeks did not inhabit the Great Black Swamp, they did leave a mark, which is barely visible today. *Facilitated by Mike McMaster, Wood County Museum.*

Household Bingo: Thursday, October 2 at 12:30 p.m. Play 10 rounds of bingo for fun! *Prizes sponsored by Otterbein Portage Valley.*

Minutes with the Mayor: Monday, October 6 at 12:30 p.m. Pemberville mayor Carol Bailey will share updates on events taking place in the village and will provide safety updates.

Back In the Day: Wednesday, October 8 at 12:30 p.m. You will hear about 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, October 8 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. **Registration required.** *Space limited to 8.*

Bingo: Thursday, October 9 at 12:45 p.m. *Sponsored by Wood Haven Health Care.*

Therapy Talks: Friday, October 10 at 12:30 p.m. Join us a representative from *Functional Pathways* shares tips on ways to maintain your physical health and overall wellbeing.

Movie Day: Monday, October 13 at 12:45 p.m. **Feature:** 3 Bed, 3 Bath and 1 Ghost **Synopsis:** A ghost from the 1920's finds the residence she resides in up for sale and she won't go away! *Snacks by Wood Haven Health Care.*

Donuts & Discussion with Coloring:

Tuesday, October 14 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. Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Birthday Lunch: Wednesday, October 15 at noon. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Wednesday, October 15 at 12:15 p.m. *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Vaccine Clinic: Flu and COVID shots: Friday, October 17 from 11 to 1 p.m. Hosted by the Wood County Health Department. Accepting most insurance companies and vaccines are available for those who are uninsured. **Registration required.**

Blood Pressure & Blood Glucose Clinic: Monday, October 20 from 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Card Bingo: Monday, October 20 at 12:45 p.m. *Sponsored by Bridge Home Health and Hospice.*

Winter Weather: Wednesday, October 22 at 12:30 p.m. Winter Storms can bring power outages, icy roads and extreme cold...are you prepared? *Presented by the American Red Cross.*

Seminar Series: Bob Evans Thursday, October 23 at 12:30 p.m. This month we are exploring the **Bob Evans.** Learn more about this company and its rich history.

Mystery Game: Monday, October 27 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

Name That Tune Bingo: Tuesday, October 28 at 12:30 p.m. Guess the name of the song to cover a bingo space. *Facilitated by Heritage Corner Health Care.*

Trick & Treating with the Preschoolers: Wednesday, October 29 at 12:45 p.m. Stop in to have lunch and bring a bag of candy to give to preschoolers, who off their costumes. Dress up to join in the Halloween fun!

Halloween Party: Friday, October 31 at 12:30 p.m. Enjoy a Halloween game, craft and treat bag. *Sponsored by Wood Haven Health Care*

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.

Lunch Menu

October 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chipped Turkey or Bologna Salad , baked bean salad, coleslaw, peaches, cookie	2 Black Eyed Peas Hash or Turkey Tetrazzini , Sicilian blend vegetables, berry blend with yogurt and granola, apple	3 Macaroni & Cheese with Ham or Chicken Dumpling , stewed tomatoes, three bean salad, mandarin oranges in jell-o
6 Chipped Beef or Creamed Chicken , mashed potatoes, sugar snap peas, mandarin orange salad, biscuit, pudding	7 Calico Beans or Chicken Wings , carrots, broccoli salad, banana	8 Stuffed Green Pepper or Reuben Casserole , riviera blend vegetables, pineapple with cottage cheese, fruit sorbet	9 Vegetable Soup or Broccoli Soup , chicken Salad sandwich, celery with peanut butter, orange sections	10 Meatloaf or Chicken Kiev , mixed vegetables, spinach salad with oranges, grapes and pears, graham crackers
13 Country Fried Steak or BBQ Chicken Breast , scalloped potatoes, citrus slaw, tropical fruit	14 Hamloaf or Chicken & Noodles , corn, orange, peachy fine dessert	15 Birthday Lunch! Beef Lasagna , green beans, marinated vegetable salad, fruit salad, cake and ice cream	16 Bratwurst or Turkey Burger , sauerkraut, mashed potatoes, apricots, brownie	17 Hamburger Pie or Pecan Crusted Tilapia , scandinavian blend vegetables, pickled beets, cantaloupe and grapes
20 Tuscan Chicken or Liver and Onions , mashed potatoes, blacked eyed Susan salad, carrot sticks	21 Chicken Tenders or Pork Chop , squash, tossed salad, apple, Rice Krispy Treat	22 Beef Spanish Rice or Chicken Lasagna , Kyoto vegetables, peaches, apple crisp	23 Chicken Paprikash or Baked Ham , noodles, tomatoes & Zucchini, Texas caviar bean salad	24 Meatloaf or Shrimp Poppers , corn, cabbage, apple, raisin salad, grapes
27 Beef Philly or Turkey Meatball Sub , potato wedge, cucumber salad, oranges, cookies	28 Pork Ribette or Honey Mustard Chicken Breast , baked sweet potatoes, cauliflower peanut salad, emerald pears	29 Hamloaf or Chicken Chimichunga , succoatish, fruit Juice, potato Salad, brownie	30 Spaghetti and Meatsauce or Lemon Pepper Pollock , noodles, peas and mushrooms, tossed salad, gazed bananas and strawberries, vanilla wafers	31 Hamburger or Hot Dog , baked beans, coleslaw, apple

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.

October 2025		
Tuesday	Wednesday	Thursday
	1 Sweet and Sour Chicken , rice, oriental vegetables, pea salad, cantaloupe	2 Smoked Sausage , baked sweet potatoes, Cauliflower salad, pineapple, pudding
7 Country Fried Steak , mashed potatoes, European blend vegetables, citrus sections, spice cake	8 Chef Salad, beef, egg with cheese , three bean salad, strawberries, angel food cake	9 Chicken Cordon Bleu , rice pilaf, broccoli, mandarin orange salad, peach cobbler
14 Birthday Dinner! Baked Ham, sweet potatoes, corn relish, grapes and pears, cake and ice	15 Hamburger, French fries, broccoli salad, cinnamon applesauce, brownie	16 White Chicken Chili , carrot & celery sticks, cauliflower peanut salad, fresh fruit, gingerbread pudding
21 BBQ Ribs Cheesy potato bake, tossed salad, ambrosia salad	22 Seafood Alfredo , green beans, tomato zucchini salad, banana, cake	23 Corned Beef , boiled potatoes, cooked cabbage & Carrots, orange sections, ice cream
28 Grilled Chicken Breast , baked potato, carrots, mandarin orange salad, sherbet	29 Salisbury Steak , European blend vegetables, redskin mashed potatoes, peaches, cookies	30 Pecan Crusted Tilapia , nantucket vegetable blend, broccoli salad, grapes, cherry fluff

BG Knitters Guild: Wednesday, October 1 at 4 p.m. Hosted by Jackie Instone.

National Parks Series: Montana's Glacier and the Canadian Rockies on Tuesday, October 7 at 4:45 p.m. *Prerecorded Great Courses.*

Karaoke: Wednesday, October 8 at 4 p.m. *Hosted by Woodlane Residential*

Dinner & Movie: Tuesday, October 14 at 3:30 p.m. Movie: Five Flights Up (2014) Dinner reservations need to be made by 2 p.m. on Tuesday, Oct 14. Host Judy Schlink

Reader's Café: Tuesday, September 23 at 3 p.m. Compare books that have been turned into movies! **Feature: "The Green Mile" by Steven King. Books & audiobooks available by loan by September 28. Registration required.**

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

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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WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center