

WOOD COUNTY

COMMITTEE

ON

Aging

NOVEMBER 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

Holiday Parade Breakfast

Saturday, November 22 from 9 to 10 a.m.
Wood County Senior Center, 140 S. Grove Street, Bowling Green



Enjoy a **complimentary** breakfast including pancakes, sausage, fruit, and a muffin prior to the Bowling Green Holiday parade!

Tickets are required to attend the breakfast and will be available *starting Wednesday, November 1.*

Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. or enjoy the event with the parade streamed on the dining room TV! The parade is supported by the Bowling Green Chamber of Commerce. The event showcases many area businesses through floats, cars, bands, and much more!

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

The holiday parade breakfast is sponsored by:



Grandparents Raising Grandchildren Holiday Project

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

Wood County Job & Family Services, Bowling Green Kiwanis 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).

Are you a raising your grandchild/grandchildren and need some help this holiday season? Interested grandparents in need are asked to complete an application.

The application deadline is Monday, December 1, 2025.

Pick up your application at any Wood County Senior Center or check the website at www.wccoa.net

NOTE: Applications will be available Monday, Octboer 27 at the Wood County Committee on Aging, 140 S. Grove St. Bowling Green, Ohio.



Job & Family Services
of Wood County, Ohio

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 above, 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.



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. It's a safe place where memories are celebrated and smiles never go out of style!

We will be holding our next open house on Tuesday, November 4, from 4 to 5 p.m.

Check us out the 4th Wednesday of each month for some animal therapy with **Paws and Hooves!**

Caregiver support group meets on Thursdays at 2:00 p.m., If you are interested you can call or text Izzy at 419-270-5200.

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	November 26	1 to 3 p.m.
Pemberville Senior Center	December 10	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 or a Health Educator.

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	November 4	11 a.m. to 12:30 p.m.
Wood County Senior Center	November 11	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	November 12	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	November 17	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	November 18	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	November 20	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, November 10 at 2:30 p.m.

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

A opportunity to share resources and discuss the journey of caregiving in a safe environment.

Respite available for care recipients.

Please pre-register for respite.

Care Compass Project

Wednesday, November 5 at 11 a.m.

Location: Wood County Senior Center

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 9. Respite available for care recipients. Please pre-register for respite.*

Parkinson's Support

Thursday, November 6 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 their care partners as well. Care partners can include family members or friends. **Contact WCCOA at 419.353.5661 or email at programs@wcco.net to register for this group.**

Grasping Your Grief

Wednesdays, November 5 & 19 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

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 for 6 weeks

Beginner: Mondays, October 20 to November 24 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: Tuesdays, November 11 to December 16 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, October 30 to December 11 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 Instructors.*

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

Tuesday, January 6 to February 10, 2026 (6 weeks) 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, November 4 to December 9 (six weeks) at 10:30 a.m. Wood County Senior Center. (Min of 12) Monday, November 10 to December 15 (six weeks) at 2:30 p.m. at the Perrysburg Senior Center. (Min of 12) *Sandy Hand, Certified Instructor.*

SilverSneakers Cost: \$20 for 6 weeks

*SilverSneakers is **FREE** for members.

VIRTUAL Classic: Wednesdays, Oct 29 to Dec 3 at 10:15 a.m. 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 29 to Dec 3 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, Oct 31 to Dec 12 at 9:30 a.m. (no class Nov 28). **Register to receiver the zoom code**

Cardio & Tone (In-Person): Fridays, Oct 31 to Dec 12 at 10:15 a.m. (no class Nov. 28) 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.



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

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



Branson Holiday Tour Ozark Mountain Christmas 2026

Modern Motorcoach Transportation, 2 nights—St. Louis, 3 nights Branson, 5 breakfasts and 4 dinners, **5 Branson Shows:** Presley's Mountain Jubilee, Clay Cooper Country Music Express, Dean Z Ultimate Elvis, Haygood's Sight and Sound Theatre, Gateway Arch, Sightseeing Tour of Ozarks, Branson Landing, Route 66 Museum, Mississippi Riverboat Dinner Cruise.

Vermont, New Hampshire (3 Historic Rail Excursions) 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 at 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

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. Shoreline will share the information on the depart location about three weeks to 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 and 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 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, 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@wcco.net to gain access

Happy Hour: Friday, November 7 at 12:30 p.m.
Enjoy information on this month's famous birthdays, inventions, riddles, jokes and more. *In-person option: Perrysburg, Wood County.*

Spelling Bee: Tuesday, November 18 at 12:45 p.m.
Join us as we challenge the Wood County Senior Center and those at home to a spelling bee. We will use Zoom to interact with them. Call for the zoom code to join us from the comfort of your home.

Lunch & Learn: Friday, November 21 at 11:30 a.m. Getting your Ducks in a Row".
Mark Henderson, advanced funeral planning specialist.
In-person option: Wood County Senior Center

Bingo: Friday, November 21 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.

Technology Loans

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



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for **four weeks** at a time to Wood County seniors.

AT&T Digital Literacy Class for Adult Learners

In collaboration with National Council on Aging, AT&T and The Public Library Association, a division of the American Library Association.

Internet Basics:

Monday, November 10 at 10 a.m. at the Wood County Senior Center
Learn about search engines, the internet and how to navigate websites. Materials and Instruction provided by WCCOA Registration required call 419.353.5661 or email programs@wcco.net

Cyber Security Basics:

Monday, November 17 at 10:30 a.m. at the Wood County Senior Center
Learn about account and password security, how to spot online scams and fraud, and tips to keep yourself and your information safe online. Materials and Instruction provided by WCCOA Registration required call 419.874.0847 or email programs@wcco.net

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. 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!



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*



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 progams@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.*

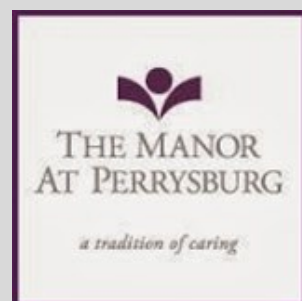
Around the County, Events & Classes

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. Either call or email your scores into the programs department.

The person with the most winning teams will receive a \$100 gift card.



New American Stories

Language is a drug, but a short story cannot be smoked. You can't inject it. Stories don't calm. You cannot have a story injected into you by a bearish old man. You have to stare down a story until it wobbles, yields, then catapults into your face. But as squirrely as they are to capture, stories are the ideal drifter. If they are well made, and you submit to them, they go in clean. Stories deliver their chemical disruption without the ashly hang-over, the blacking out, the poise. They trigger pleasure, fear, fascination, love, confusion, desire, repulsion. Drugs get flushed from our systems, but not the best stories. Once they take hold, you couldn't scrape them out with a knife. While working on this book, I started to think of it as a medicine chest, filled with beguiling, volatile material, designed by the most gifted technicians. The potent story writers, to me, are the ones who deploy language as a kind of contraband, pumping it into us until we collapse on the floor, writhing, overwhelmed with feeling.

Edited by Ben Marcus

Join us for a reading of American Short Stories

Instructed by Shay Cooper, BGSU Education major

Wednesday, October 29, November 5, 12, 19

from 1:30 to 2:30 p.m.

Wood County Senior Center

What to expect:

- An introductory presentation about author and reading
- Video reading of text with paper copies provided, to follow along
- Discussion with guided questions to follow

This program offers a welcoming space to explore literature, share ideas, and engage with others through thoughtful conversation. Registration required by calling 419.353.5661 or email programs@wccoa.net



The power to make it better.

AARP Driver Safety Program

Thursday, November 6, 2025

12:30 p.m. to 5 p.m.

Wood County Senior Center

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least on driving habit as a result of what they learned.

Our Smart Driver course will help you:

- Refresh your driving skill and your knowledge of the rules — and hazards — of the road, Reduce your chance of receiving a traffic violation or getting into an accident.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available.

ALL payments are made to the AARP Driver Safety Class. **Registration is required by calling 419.353.5661 or email programs@wccoa.net**



Golden Care Awards Monday, November 17 doors open at 5 p.m.
Wood County Senior Center, 140 S. Grove Street, Bowling Green

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

Around the County, Events & Classes

Stress Less, Live More

Tuesday, November 4, at 1 p.m. Wood County Senior Center

Enjoy dessert during this free educational session while you learn from licensed behavioral health providers about effective techniques for stress management. Attendees will discuss common causes and symptoms of stress and then learn coping strategies to Rethink, Relax, Release, Reduce, and Reorganize. Attendees will try several techniques during the session and leave with a packet of activities to try at home.

Registration required. Contact the Social Services Department to register call 419.353.5661.

Facilitated by Renee Groman, MSSA, LISW-S

& Amy Johnson, MSW, LSW from the Wood County Community Health Center.

One-on-one Counseling Sessions

Beginning November 21, 2025 at the Wood County Senior Center

Talking with a licensed behavioral health provider can help you to manage stress, feelings, and life challenges to support your emotional well-being, and help you to develop coping skills and strategies. A licensed behavioral health provider will be at the WCCOA Bowling Green Senior Center on **Tuesdays** or **Fridays**, starting November 21st. New patient appointments last 1.5 hours and follow-up appointments are 1 hour.

To schedule an appointment, call 419-354-9049 or reach out to WCCOA Social Services for more information at 419.353.5661.

NOTE: Insurance will be billed, and a sliding fee discount is available to help with out-of-pocket costs and for individuals without insurance coverage.

Behavioral health counseling is provided by Wood County Community Health Center.

Wonder Class

Thursdays November 6, 13, 20, from 3 to 4 p.m. Wood County Senior Center

Premise: Is there a question you've always wondered about? Something that is a mystery to you, or has been dismissed with a "just because" answer? Our world is continually evolving and there are fascinating questions and answers all around us. If you are interested in exploring some of these questions, come and wonder with us.

*****We will not be able to unpack all of the questions submitted, but a certain number will be selected and the goal is to explore a variety of topics and answer as many questions as possible.***

Instructed by Kennedy Gillogly, BGSU education major student. **Registration required by calling 419.353.5661 or email programs@wccoa.net**

Recycle & Reconnect

Fridays November 7, 14, and 21, from 2 to 3 p.m. Wood County Senior Center

Premise: In this series, we will explore the concept of upcycling and creating sustainable art through 4 crafting experiences. If you have an interest in bringing yesterday to tomorrow through a creative outlet, then this is the class for you!

11/7: Cardboard Collages 11/14: Blackout poetry 11/21: Recycled fabric weaving

Instructed by Kennedy Gillogly, BGSU education major student. **Registration required by calling 419.353.5661 or email programs@wccoa.net**



Upcoming events! Holiday Dinner: Tuesday, December 9 at 5:30 p.m.

Wood County Senior Center, 140 South Grove St., Bowling Green.

Reservations required. Entertainment at 4:45 to 5:30 p.m. by the Guitar Circle.

Holiday Lunch: Thursday, December 11 at all Wood County Committee on Aging locations. Lunch times vary based on Senior Center locations. Visit the site pages in the December newsletter to determine lunch times.

Reservations required by calling the site of your choice.

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 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.

Reading of American Short Stories: Wednesday, October 29, November 5, 12, 19 from 1:30 to 2:30 p.m. *Instructed by Shay Cooper, BGSU See page 10 for details.*

Another Look at the Science and Religion of Spiritualism in Wood County: Talking to the Dead Monday, November 3 at 11 a.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Facilitated by Mike McMaster, Wood County Museum.*

Eye Glass Repair: Monday, November 3 at 1 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Sponsored by Grand Rapids Calvary Church.*

Sundae Bar: Tuesday, November 4 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings. *Sponsored by The Willows.*

National Parks Series: Big Bend on the Rio Grande and Saguaro Tuesday, November 4 at 4:30 p.m. This educational series will have you exploring these parks sharing their unique history and fabulous features. *Prerecorded Great Courses.*

BG Knitter's Guild: Wednesday, November 5 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, November 6 & 13 at 10:30 a.m. Each session of this course will begin with a reading prompt.

Con't... 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.*

AARP Driver Safety Program: Thursday, November 6 from 12:30 to 5 p.m. *Page 10 for details.*

Thursday Theater: Thursdays, at 1 p.m. November 6 "Cavalcade" (1933) 13 "The Homecoming: a Christmas Story" (1971) 20 "Celtic Thunder Christmas" (2010) *Facilitated by Kris Eridon.*

Wonder Class: Thursdays November 6, 13, 20, from 3 to 4 p.m. Is there a question you've always wondered about? Our world is continually evolving and there are fascinating questions and answers all around us. **Registration required.** *Instructed by Kennedy Gillogly, BGSU See page 11 for details!*

Recycle & Reconnect: Fridays, November 7, 14, and 21, from 2 to 3 p.m. In this series, we will explore the concept of upcycling and creating sustainable art through 4 crafting experiences. If you have an interest in bringing yesterday to tomorrow through a creative outlet, then this is the class for you! 11/7: Cardboard Collages 11/14: Blackout poetry 11/21: Recycled fabric weaving. *Instructed by Kennedy Gillogly, BGSU education major student. **Registration required by calling 419.353.5661 or email programs@wccoa.net***

Happy Hour: Friday, November 7 at 12:30 p.m. This hour is filled with fun, trivia and riddles to start the month off right. *Snacks by Ohio Living. Zoom option.*

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

TV series: Designated Survivor: November 10: Season 2 Episode 4, 5 & 6 November 24: Season 2 Episode 7, 8 & 9

Name That Tune BINGO: Tuesday, November 11 at 10:30 a.m. Name the song to cover a bingo space. *Prizes. Facilitated by Heritage Corner Health Care.*

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

Wood County Continued...

Thanksgiving Dinner: Tuesday, November 11 at 5:30 p.m. Celebration Thanksgiving with us! **Reservations required by Friday, November 7.**

Fabric Cutting Project: Tuesday, November 11 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, November 11 at 3:30 p.m. **Movie: All Quiet on the Western Front (2022)** Dinner reservations made by 2 p.m. on Tues., November 11.

Karaoke: Wednesday, November 12 at 4 p.m. Join us as we sing along to a variety of music in different genres. *Hosted by Woodlane Residential.*

1:1 Technology Help: Thursday, November 13 starting at 10 a.m. **Make an appointment** to have your technology questions answered pertaining to laptops, tablets, printers, cell phone. Each appointment is 30 minutes and you will need to let us know what you need help with when registering. *Hosted by David Schuck.*

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us! **Reservations required by Monday, November 11.**



Craft: Thursday, November 13 at 2 p.m. Create a fun holiday ornament that you can give as a gift or keep for your own tree. All instruction and supplies will be provided.

Registration required.

Facilitated by Bowling Green Manor.

Brain Training: Tuesday, November 18 at 9 a.m. "The Power of Mind Over Body." **Topic:** How to train your Immune System. **Registration required by November 11.** *Breakfast by Brookdale of Bowling Green Materials by Wood Haven Health Care.*



Craft: Wooden Holiday Decor Tuesday, November 18 at 3 p.m. Create these adorable wooden tree decor items. All instruction and supplies provided.

Registration required.

Facilitated by 1018 Travels.

Breakfast Club: Wednesday, November 19 at 9 a.m. **Location:** Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advance registration encouraged.**

Lunch & Learn: Friday, November 21 at 11:30 a.m. "Getting your Ducks in a Row". *Mark Henderson, advanced funeral planning specialist.* Mark has been assisting families for 15 + years in planning for the inevitable and takes great pride and personal satisfaction in guiding families for their final arrangements. He will discuss the necessary and important steps that need to be taken, the advantages of planning ahead, traditional funeral and cremation options, and the 4 steps of advanced funeral planning. Space is limited; **First 25 will have lunch sponsored by Hanneman Family Funeral Homes.** *In-person option: Wood County Senior Center.*

Zoom Bingo: Friday, November 21 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, November 24 from 9:30 to 10:30 a.m. Play some fun interactive video games with us. **Registration required.**

Coffee & Coloring: Monday, November 24 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.

Scrabble Open Play: Friday, November 24 at 1:15 p.m. *Hosted by Rita Eckert.*

Reader's Café: Tuesday, November 25 at 3 p.m. Compare books that have been turned into movies! **Feature:** "All the Light We Cannot See" by Anthony Doerr. **Books & audiobooks available by loan by Octoer 30. Registration required.**



Acrylic Painting

Class: Wednesday, November 26 at 3 p.m.

Instruction with techniques and all supplies will be provided.

Cost: \$10

Instructor Jackie Meir.

Registration required by November 24.

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, November 10 through December 15 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 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:

Texas Hold'em Tournament: Tuesday, November 3 & Monday, November 17 at 12:45 p.m. **Registration required.**

Coffee and Coloring: Thursday, November 4 at 10:30 a.m. Enjoy the relaxing benefits of coloring while enjoying a cup of coffee and conversation. This session is bound to be full of talk and laughter.

Another Look at the Science and Religion of Spiritualism in Wood County: Talking to the Dead: Wednesday, November 5 at 12:30 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Facilitated by Mike McMaster, Wood County Museum.*

Euchre: Thursday, November 6 at 12:45 p.m.

Veterans Coffee Hour: Thursday, November 6 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.*

Happy Hour: Friday, November 7 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of November. **Registration required.** **Zoom option.**

Puzzlemania: Friday, November 7 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.

Back in the Day: Monday, November 10 at 12:30 pm. Guess what year specific events in history took place. *Facilitated by Manor at Perrysburg*

Pinochle: Monday, November 10 at 12:45 p.m.

Mystery Restaurant: Monday, November 10 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.**

Veterans Day Recognition: Tuesday, November 11 at 12:15 p.m. Join us as we honor our local veterans. **Register in advance if you are a veteran.** *Sponsored by Care360 Hospice.*

Bingo: Tuesday, November 11 at 12:30 p.m. *Facilitated by Waterford at Levis Commons.*

Perrysburg Continued...

Docuseries: The Greats Wednesday, November 12 at 12:30 p.m. Celebrate the world's most notable people. This month's episode explores Queen Elizabeth II, Babe Ruth, Oprah Winfrey, Ernest Shackleton, and Barbara Streisand. *Previously recorded.*

Breakfast Club: Thursday, November 13 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.**

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us! **Reservations required by Monday, November 11.**

Where Were You?: Thursday, November 13 at 12:30 p.m. This discussion will ask you to remember where you were on historical events. This month's topic: Kennedy Assassination *Facilitated by Comfort Keepers.*

Cholesterol Clinic: Friday, November 14 from 9 to 11 a.m. 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 or a Health Educator.

Cost: \$30 **Registration is required.** *Facilitated by an RN or Health Educator from the Wood County Hospital* **Registration required.**

Hands Only CPR Class: Friday, November 14 at 12:30 p.m. Learn life saving measures with Compression only CPR. *Facilitated by the American Red Cross.*

Friends in Fellowship: Tuesday, November 18 at 10:30 a.m. Join us for conversations, laughter and encouragement. *Sponsored by Ohio Living.*

Left, Right, Center Game: Thursday, November 18 at 12:30 p.m. *Prizes sponsored by Kingston of Perrysburg.*

Birthday Lunch: Wednesday, November 19 at 12 p.m. *Sponsored by Manor at Perrysburg.*

Blood Pressure & Blood Sugar Screening: Thursday, November 20 at 11 a.m. to 1 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Mercy Health.*

Card Bingo: Friday, November 21 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.*



Craft: Holiday Ornament Friday, November 22 at 11:15 a.m. Create a fun holiday ornament that you can give as a gift or keep for your own tree. All instruction and supplies will be provided.

Registration required. *Facilitated by Manor at Perrysburg*

Hand & Foot: Monday, November 24 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, November 25 at 12:45 p.m. **Feature: "The Bounty Hunter"**

Synopsis: Originally hired to track down his bail-jumping ex-wife (Jennifer Aniston) a bounty hunter (Gerard Butler) soon finds himself on the run for his life. **Registration Required.** *Sponsored by Witzler-Shank Walker Funeral Home.*

Stroke Risks in Older Adults: Wednesday, November 26 at 11:15 a.m. This session will share tips on how to detect when you are having a stroke and what to do to lessen the impacts of a stroke. *Presented by Mercy Family Medicine Residency.*

Gentle Yoga: *New session* Thursday, Thursday, January 8 to February 12 (6 weeks) **Cost \$20 Location: Schaller Building Registration required.** Engage your breath, practice sensory awareness, and enjoy the movement of the body. *JoAnn Weislak, Certified Instructor.*

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:

Bingo: Monday, November 3 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

Name that Tune Bingo: Tuesday, November 4 at 12:30 p.m. Guess the name of the song to cover a bingo space. Prizes awarded. *Facilitated by Heritage Corner Health Care.*

Another Look at the Science and Religion of Spiritualism in Wood County: Talking to the Dead: Thursday, November 6 at 12:15 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Presented by Mike McMaster, Wood County Historical Museum.*

Board Game Day: Monday, November 10 at 11 a.m. Enjoy modern and Classic Games with friends.

Veterans Day Brunch: Tuesday, November 11 at 10 a.m. Veterans are invited to register for breakfast and coffee in appreciation of their service. *Sponsored by Bowling Green Manor.*

Bingo: Tuesday, November 11 at 1 p.m.
Sponsored by Bowling Green Manor.

Blood Pressure & Blood Glucose

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

Bingo: Wednesday, November 12 at 1 p.m.
Sponsored by Bridge Home Health & Hospice.

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us!
Reservations required by Monday, November 11.

The History of Native People in Ohio:

Monday, November 17 at 12:30 p.m. Learn more about the lives and traditions of those who came before us. *Presented by the Wayne Public Library.*

Birthday Celebration: Wednesday, November 19 at 12:30 p.m. *Cupcakes by The Willows.*

Spelling Bee: Tuesday, November 18 at 12:45 p.m. Join us as we challenge the Wood County Senior Center and those at home to a spelling bee. We will use Zoom to interact with them. Call for the zoom code to join us from the comfort of your home.

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

Rootbeer Float Friday: Friday, November 21 at 12:30 p.m. Enjoy a delicious treat and some fellowship. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Friday, November 21 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.*

Restaurant Night: Tuesday, November 25 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.

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

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.

Exercise: Wednesday's in November at 10:30 a.m. Maintaining your overall health and strength, mobility and balance by taking part in these fitness classes.

Make and Take It Craft: Wednesday, November 5 at 12:30 p.m. Enjoy created a keepsake craft with step by step instructions. *Facilitated by North Baltimore Public Library.*

Root Beer Float: Monday, November 10 at 12:30 p.m. Enjoy a delicious treat provided by *Wood Haven Health Care.*

Breakfast Club: Tuesday, November 11 at 9:30 a.m. at McDonald's (12776 Deshler Rd., North Baltimore. Call the Senior Center to register in advance.

Card Bingo: Thursday, November 13 at 12:30 p.m. Enjoy a fun way to play bingo using playing cards. *Prizes sponsored by Bridge Home Health Hospice.*

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us!
Reservations required by Monday, November 11.

Lunch with Sheriff Mark Wasylyshyn:

Friday, November 14 at 12 p.m. Enjoy lunch learning more about what is happening around Wood County.

Decorative Soup Can: Tuesday, November 18 at 12:30 p.m. Decorate a can to hold pencils, pens, paintbrushes or even make a bouquet. *All items will be provided.*

Birthday Celebration: Wednesday, November 19 at 12:30 p.m. *Cake provided by Elara Caring.*

Trivia Battle: Friday, November 21 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.*

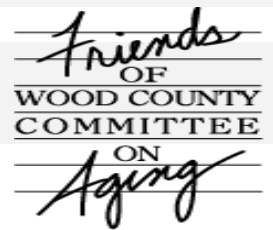
Discover us on YouTube by searching:



Wood County Committee on Aging, Inc.

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

Donors & Donations



WCCOA Friends Donation

John & Alice Calderonello, Geoffrey Howes, Gaylyn & Janice Finn

Kitchen Fund Sandra Gerety, Walbridge VFW Post 9963, Walbridge VFW Post 9963 Auxiliary

In Honor of 50th Anniversary

Catherine Cassara, Karmen Concannon, Janet DeLong, Sue Donaldson, Brooke Harrison, Lou & Linda Katzner, Tom & Allison Mackin, Rick & Jackie Metz, Tim McCarthy, Tom & Jane Milbrodt, Terri Gillen & Brenda Murphy, Eric Myers, Nancy Orel, Darlene Petkwitz, Danny Pool, Jan Schneider, Maureen Veit

In Memory of Carl Heffernan Jr. Rick & Jackie Metz

In Memory of Denise C. Niese John R. Blinn, Charlie Harper, Heidi Kopec

In Honor of Jean Smith/In Memory of Denise C. Niese, Emmy Hann

In Memory of Judy Smiczek Tom Smiczek

In Memory of Cindy Stockwell Joe Stockwell

In Memory of Harry VonKaenel Carol VonKaenel

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/>**

Rossford

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

Below you will find programs scheduled for the ROSSFORD AREA SENIOR CENTER.
Please call the Rossford Area Senior Center at 419.666.8494 to register or for more information.

Coffee, Donuts and Coloring: Monday, November 3 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Blood Pressure & Glucose Screenings: Tuesday, November 4 from 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Fitness for Fall Prevention: Tuesday, November 4 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.

Happy Hour: Friday, November 7 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, November 10 at 11 a.m. Enjoy a cup of coffee while working your cognitive skills at word search. Winner completes the puzzle first. Playing for pride not prize!

Tissue and Eye Donations: Wednesday, November 12 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.*

Breakfast Club: Thursday, November 13 at 9 a.m. **Location:** American Table, 580 Craig Dr., Perrysburg. **Cost on own. Register with the Senior Center.**

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us!
Reservations required by Monday, November 11.

Game Day: Thursday, November 13 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.*

Pies for Guys: Friday, November 14 at 1 p.m. Enjoy some delicious pie with a great group of gentlemen. *Sponsored by Partner's Home Care.*

Cards & Dominoes: Monday, November 17 at 10:30 a.m.

Bunco: Monday, November 17 & November 24 at 12:30 p.m.

Balance Screenings: Tuesday, November 18 at 11:15 a.m. Screenings will evaluate balance and postural stability, helping to identify potential fall risks and underlying balance problems, takes approximately 7 minutes. Advanced **registration required.** *Facilitated by Med1Care.*

Another Look at the Science and Religion of Spiritualism in Wood County: Talking to the Dead: Tuesday, November 18 at 12:15 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Facilitated by Mike McMaster, Wood County Museum.*

Birthday Lunch: Wednesday, November 19 at 12 p.m. Cake *Sponsored by Ohioan's. Entertainment by Jake Pilewski, Guitarist*

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

Blood Pressure & Blood Glucose Screening: Friday, November 21 at 11 a.m. to 12:30 p.m. This clinic is an opportunity to have your blood pressure and blood glucose monitored by a health professional. *Facilitated by Bridge Home Health and Hospice.*

Ladderball: Monday, November 24 at 12:30 p.m. in the Recreation center. *Host: Bob Counterman.*

Trivia Bingo: Tuesday, November 25 at 12:30 p.m. *Facilitated by Wood Haven Health Care.*

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

Northeast

(Located in Walbridge)

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

Below you will find programs scheduled for the NORTHEAST AREA SENIOR CENTER.

Please call the Northeast Area Senior Center at 567.249.4921 to register or for more info.

Breakfast Club: Mondays at 9:30 a.m. Meet at Woodville Diner, 1949 Woodville Rd., Oregon, Oh
Cost on own. 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.

Bingo: Tuesday, November 4 at 12:30 p.m.
Registration required. *Facilitated by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, November 5 at 12:45 p.m. You will learn techniques to stay strong and prevent falls. *Facilitated by Partners in Home Care.* **Registration and waivers required.**



Crushed Class with a Rustic Frame Holiday Craft

Thursday, November 6 at 12:30 p.m. Join us as we used pieces of crushed glass to create a beautiful 8 by 10 piece of art. All materials and instruction provided.

Registration is limited to 10 people. Cost: \$35
Instructor Lori Lawton, ATR

Mystery Restaurant: Thursday, November 6 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.
Registration required, limited to 10.

Bingo: Friday, November 7 at 12:30 p.m.
Registration required. *Facilitated by Kingston of Perrysburg.*

Everybody Knows Game: Monday, November 10 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, November 11 at 12:30 p.m.

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

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us!
Reservations required by Monday, November 11.

Game Day: Thursday, November 13 at 12:30 p.m.

Left, Right, Center Game: Tuesday, November 18 at 12:30 p.m.

Birthday Lunch: Wednesday, November 19 at noon. *Cupcakes sponsored by Health Care Advocates.*

Movie Day: Wednesday, November 19 at 12:30 p.m. Movie may be a comedy, mystery, romance or documentary.

Blood Pressure & Glucose Screenings:
Thursday, November 20 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, November 20 at 12:45 p.m. *Facilitated by Bridge Home Health & Hospice.*

Another Look at the Science and Religion of Spiritualism in Wood County: Talking to the Dead: Wednesday, November 26 at 12:15 p.m.
Learn about the origins of modern spiritualism and how this movement affected Wood County.
Facilitated by Mike McMaster, Wood County Museum.

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.

Card Games: Wednesdays at 1 p.m.

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

Gentle Yoga: Monday at 10:30 we are starting gentle yoga. join us for a "do it at your own pace" approach to exercise. chair yoga. *All are welcome. video led.*

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

TED Talk: Three ways Community Creates a Healthy Life. Monday, November 3 at 12:30 p.m. Oliva Affuso's talks about the importance in achieving and maintain a healthy lifestyle, particularly in the face of systemic challenges.

Another Look at the Science and Religion of Spiritualism in Wood County:

Talking to the Dead: Tuesday, November 4 at 12:15 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Facilitated by Mike McMaster, Wood County Museum.*

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.*

Lunch with Otsego Schools

Superintendent: Tuesday, November 11 at 12:15 p.m. Join us as Otsego Schools Superintendent Kevin Shea discusses the school's goals and future plans on ways to support the schools.

Donut Bingo: Wednesday, November 12 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, November 12 at 12:30 p.m. Join us as we paint a fall scene. No experience needed, all materials and instruction provided.

Registration is limited to 6 people.

Instructor Lori Lawton, ATR

Card Games: Wednesday, November 12 at 1 p.m. Open to all a variety of card games will be played based on your interest.

Breakfast Club: Thursday, November 13 at 9 a.m. Meet at American Table, 580 Craig Drive, Suite 1 Perrysburg. *Host: Judy Schlink. Cost on own.*

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us!
Reservations required by Monday, November 11.



Craft: Holiday Ornament

Thursday, November 13 at 12:30 p.m.

All materials and instruction will be supplied. Limited to the first 10 participants. **Registration required.**

Eye Glass Repair: Friday, November 14 from 11 to 12 p.m. Missing a screw or a nose piece? They will fix them for free! Sponsored by *Grand Rapids Calvary Church.*

Bingo: Tuesday, November 18 at 10:30 a.m.
Sponsored by Bridge Home Health and Hospice.

Blood Pressure & Blood Glucose Screening: Tuesday, November 18 at 11 a.m. to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Birthday Lunch: Wednesday, November 19 at 12 p.m.. *Cake sponsored by Bowling Green Manor. Entertainment by Dan Cadaret, Guitarist.*

Trivia Battle: Friday, November 21 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

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 Rieggle, Wood Haven Health Care.*

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

Minutes with the Mayor: Monday, November 3 at 12:30 p.m. Pemberville mayor Carol Bailey will share updates on events taking place in the village and will provide safety updates.

Tissue and Eye Donations: Wednesday, November 5 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.*

Household Bingo: Thursday, November 6 at 12:30 p.m. Play 10 rounds of bingo for fun! *Prizes sponsored by Otterbein Portage Valley.*

Movie Day: Monday, November 10 at 12:45 p.m. **Feature:** "Five Flights Up" (2014) **Synopsis:** A long-time married couple live together in the same New York apartment. But when they plan to move away they became overwhelmed by personal and real estate-related issues. *Snacks by Wood Haven Health Care.*

Donuts & Discussion with Coloring: Tuesday, November 11 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, November 12 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.*

Zoom Name that Tune: Wednesday, November 12 at 12:15 p.m. Join us as Marilyn Wilson will play some familiar piano tunes and we will guess the name of the song and the artist. Join in person in Pemberville or on Zoom. Call for the Zoom code.

Mystery Restaurant: Wednesday, November 12 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.**

Thanksgiving Lunch: Thursday, November 13 at 12 p.m. Celebration Thanksgiving with us! **Reservations required by Monday, November 11.**

Bingo: Thursday, November 13 at 12:45 p.m. *Sponsored by Wood Haven Health Care.*

Therapy Talks: Friday, November 14 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, November 17 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, November 17 at 12:45 p.m. *Sponsored by Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, November 19 at noon. *Sponsored by Wood Haven Health Care.*

Trivia Battle: Wednesday, November 19 at 12:15 p.m. As a group you will work together to answer trivia questions. The site with the highest points at the end of the quarter will win a donut party. *Quarterly prize sponsored by Rehabilitation Hospital of Northwest Ohio.*

Library Talks and Crafts: Wednesday, November 19 at 12:30 p.m. This session we will cover new programs offered at the library and recommended books. Participants will have a chance to complete a craft as well. *Facilitated by the Pemberville Public Library.*

Mystery Game: Monday, November 24 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

Name That Tune Bingo: Tuesday, November 25 at 12:30 p.m. Guess the name of the song to cover a bingo space. *Facilitated by Heritage Corner.*

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

November 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Veal Picatta or Chicken Stir Fry, rice, Asian blend vegetables, apricots, fruity fine desserts	4 Roast Pork or Vegetable Lasagna , key west blend vegetables, zucchini & tomato salad, peaches	5 Goulash or Almandine Pollock , Scandinavian blend vegetables, Caesar salad, pineapple, ice cream	6 Ham and Potato Soup or Turkey Stew , heritage slaw, cornbread, grapes, apple juice	7 Beef Potato Bake or Tuna and Noodles , lima beans, cauliflower pea salad, citrus sections, graham crackers
10 Sloppy Joe or Shredded Chicken , sweet potato fries, corn relish, tropical fruit, pudding	11 Chef salad with ham & cheese, egg or Tuna salad , pickled beets, cantaloupe and grapes, blueberry muffin	12 Honey Mustard Chicken Breast or Liver & Onions , au gratin potatoes, pea salad, mandarin orange salad	13 Thanksgiving by reservation: Turkey , mashed potatoes, green beans, cranberry fruited Jell-O, pumpkin pie	14 Stuffed Green Pepper Soup or White Chicken Chili , broccoli salad, banana, bran muffin, apple crisp
17 Chipped Turkey or Bologna Salad , coleslaw, peaches, cookie	18 Pepper Steak or Teriyaki Chicken , rice, oriental vegetables, Asian salad, rosy applesauce	19 Birthday Lunch: Chicken & Dumplings , stewed tomatoes, three bean salad, mandarin oranges in Jell-O, cake and ice cream	20 Black Eyed Peas Hash and Hash or Turkey Tetrazzini , Sicilian blend vegetables, apple, yogurt, berry blend, granola	21 Roast Beef or Pecan Crusted Tilapia , brussel sprouts, grapefruit sections, cherry crisp
24 Chipped Beef or Creamed Chicken , mashed potatoes, sugar snap peas, mandarin orange salad, pudding	25 Calico Beans or Chicken Wings , carrots, broccoli salad, banana	26 Stuffed Green Pepper or Reuben Casserole , riviera blend vegetables, pineapple cottage cheese, fruit sorbet	27 Closed for Thanksgiving	28 Closed for Day after Thanksgiving

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

November 2025			
Tuesday	Wednesday	Thursday	
4 Bratwurst , small potatoes, sauerkraut oranges and apples	5 Chicken salad , cream of broccoli soup, carrot sticks, melon, cookies	6 Cabbage Roll , pasta salad, capri blend vegetables, banana, fruit juice, cheesecake	
11 Thanksgiving/Birthday Dinner Turkey, Mashed potatoes, stuffing, green beans, cranberry Jell-O salad, pumpkin pie	12 Teriyaki Chicken Breast , rice, oriental blend vegetables, apple, peach crisp	13 Goulash , corn, tossed salad, strawberries & grapes, lemon bars,	
18 Hotdog , baked beans, potato salad, orange, brownie	19 Chicken Supreme , Rice Pilaf, prince Charles blend vegetables, pineapple and cottage cheese, heritage slaw, orange fluff	20 Spaghetti & Meat Sauce , winter blend vegetables, wilted lettuce, blueberry crisp	
25 Chicken Tenders , French fries, broccoli salad, rosy applesauce, cake	26 NO evening Meal	27 Closed for Thanksgiving	

BG Knitters Guild: Wednesday, November 5 at 4 p.m. Hosted by Jackie Instone.

National Parks Series: Big Bend on the Rio Grande and Saguaro on Tuesday, November 4 at 4:45 p.m. *Prerecorded Great Courses.*

Thanksgiving Dinner: Tuesday, November 11 at 5:30 p.m. Celebration Thanksgiving with us! **Reservations required by Friday, November 7.**

Karaoke: Wednesday, November 12 at 4 p.m. *Hosted by Woodlane Residential*

Dinner & Movie: Tuesday, November 11 at 3:30 p.m. **Movie: All Quiet on the Western Front (2022)** Dinner reservations need to be made by 2 p.m. on Tuesday, Oct 14. Host Judy Schlink

Reader's Café: Tuesday, November 25 at 3 p.m. Compare books that have been turned into movies! **Feature:** "All the Light We Cannot See" by Anthony Doerr. **Books & audiobooks available by loan by Octoer 28. Registration required.**

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WOOD COUNTY
COMMITTEE



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

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

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



BLOGSPOT

woodcountycommitteeonaging.blogspot.com/



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

All Senior Centers will be closed on Thursday,
November 28 and Friday November 29 in
observance of Thanksgiving!

Newsletter Subscriptions

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

WCCOA SENIOR CENTER LOCATIONS

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

Ohio's First Nationally Accredited Senior Center