

WOOD COUNTY
COMMITTEE
ON
Ageing
DECEMBER 2025

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Your County Connection

Explore, Enrich, Enjoy This Season of Life

This edition is also available at www.wccoa.net

Better Than Ever Area Artists Over 50

February 3 to February 27, 2025 Wood County Senior Center

Exhibition call for artists

Anyone age 50+ living within 100 miles of Wood County is eligible to participate. Individual artists may submit up to two (2) original works in any two-dimensional medium. BGAC members may submit up to three (3) artworks. You may join BGAC at BGArtsCouncil.com. Work previously exhibited at a BGAC show is not eligible. BGAC reserves the right to reject any work. Size limit is 4' Height and Width.

Registration Fees: All entry fee information will be available on the BGArtsCouncil.com website. Each artist is entitled to enter one or two of their own works (BGAC members may enter three). Group entries are not permitted.

Registration Procedures: Eligible artists who meet the above eligibility requirements may complete the online form until January 15 on the Bowling Green Arts Council website, BGArtsCouncil.com and mail your check to the address below by January 15. You may also mail or drop off the entry form with your check for \$20 with payment to BGAC to the Senior Center by January 15.

Opening Reception on Monday, February 2 from 5 to 7 p.m.
Wood County Senior Center Open to the public

Mail or drop off your application to BG Arts Council c/o
Wood County Senior Center, 140 S Grove St.,
Bowling Green, OH 43402 (Note name of artist in the check memo section)
Registration Fees/Forms must be postmarked / delivered



Dessert for Dinner, Dancing and DJ T-Town

Celebrate friendship and love with us! Bring your guy and gal friends to enjoy a delightful afternoon at our "Desserts for Dinner" event, where sweet treats take center stage!

Celebrate Valentine's Day in style with an array of delicious desserts at various station, from decadent cakes to mouthwatering pastries. The desserts and pastries are sponsored by various businesses. Indulge your sweet tooth while enjoying a vibrant atmosphere featuring a live music from DJ T-Town. Enjoy his spinning romantic and upbeat tracks.

Friday, February 13, 2025 from 2 to 4 p.m.
Wood County Senior Center Cost: \$5



Whether you're celebrating with a partner, friends, or treating yourself, this event promises a fun and festive way to enjoy the holiday. Don't miss out on the perfect blend of sweets and music—reserve your spot today!

Call to register 419.353.5661 or email programs@wccoa.net

Agency Services

Lunch

Monday - Friday, Hours Vary by Location

Hot lunches are available. *See your location's page for meal time and reservation requirements.*

Suggested donation:

\$2 for those 60+

(\$5 fee for those under 60)

Dinner

Tuesday - Thursday, Wood County Senior Center

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room will be available.

Reservations are required by 2 p.m. the day you wish to attend by calling 419.353.5661 or 800.367.4935.

Suggested donation:

\$4 for those 60+

(\$7 fee for those under 60)

Durable Medical Equipment Loans

Durable medical equipment is available for loan. 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.**

In January, we are kicking off the New Year with Soup Month! We will be trying our hand at homemade soup and homemade noodles! Join us for musicians Tim Oehlers (1/6) and Ragtime Rick (1/13), as well as your very own Silvertones. 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
Pemberville Senior Center	December 10	1 to 3 p.m.
Wood County Senior Center	January 7	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
 3/10, 3/13, 3/19
 Pemberville Area Senior Center
 3/24

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
Wayne Area Senior Center	December 3	11 a.m. to 12:30 p.m.
Wood County Senior Center	December 9	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	December 15	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	December 16	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	December 18	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	December 23	11 a.m. to 12:30 p.m.

WCCOA Support Groups

Caregiver Support Group

Monday, December 8 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, February 4 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, December 4 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, December 3 & 17 at 1 p.m.

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

This support group is for those who have experienced a loss 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, January 5 to February 2 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, January 6 to February 3 at 10:30 a.m. Incorporates breathing techniques, warm-up postures to help open the body. Moving into different standing, balancing postures and postures on the floor guided relaxation.

Intermediate: Thursday, January 8 to February 5 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, 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.*

Open Window Dance Promotional Class

Wed. Dec. 3, 10, 17 at 5:45p.m. Open to 50 and over. A modern/contemporary dance format, no prior dance experience needed. Mobilize, stretch, and create in full-body exercises to cultivate strength, balance, mental vitality, and connection. *Tammy Starr, PT*

Cardio Drumming Cost: \$13

Tuesday, December 3, 10, & 17 (3 weeks) at 2 p.m. Wood County Senior Center. (Min of 12) For strength, range of motion and endurance. *Certified Instructor Sally Hand.*

SilverSneakers Cost: \$20 for 6 weeks

*SilverSneakers is **FREE** for members.

VIRTUAL Classic: Wednesdays, Jan. 7 to February 10 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, Jan. 7 to Feb. 10 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Fridays, Jan. 9 to Feb. 13 at 9:30 a.m. (no class Nov 28). **Register to receive the zoom code**

Cardio & Tone (In-Person): Fridays, Jan. 9 to Feb. 13 at 10:15 a.m. (no class Nov. 28) Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. *Sheila Brwn, Certified Instructor.*

Exercise for Parkinson's Cost: \$30

Mondays Jan. 5 to April 6 (no class Jan 19 & Feb. 16) 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, November 26 to January 14 **No class December 24 & 31** 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, December 5, 12, 19 & January 2, 9 at 1p.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. *Certified Instructor, The Well, Bowling Green.*

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



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 River-

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@wcco.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@wccoa.net to gain access

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

Lunch & Learn: Friday, December 19 at 11:30 a.m. This sessions would be **held at WBGU for a** tour of the station and presentation on the history of the public television station. Learn about their programming and how the station has evolved over

years. Registration required.

In-person option: Wood County Senior Center

Bingo: Friday, December 26 at 1 p.m. Play 10 rounds and then a coverall. *Prize sponsored by Heritage Corner Health Care Campus.*

Interested in joining these online programs and you do not have access to the internet or a tablet. Take part in our technology loan program and we will teach ways to stay connected with us throughout the week. See more information on page 8.

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
OR email programs@wccoa.net



Hotspot Loans

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

1:1 Technology Help: Thursday, December 11 starting at 10 a.m. to 1 p.m. Register for a 30 minute session to have your technology questions answered pertaining to laptops, tablets, printers, cell phone questions. **Appointments required. Call the Programs Department at 419-353-5661 to schedule.**
Hosted by David Schuck.

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.

IOS (Apple) Basics:

Thursday, December 18 at 2 p.m. at the Wood County Senior Center
Participants learn the features and functions of tablets and iOs mobile devices and how to use and navigate apps on your Ipad or phone. Materials and Instruction provided by *WCCOA*

Registration required call 419.353.5661 or email programs@wccoa.net

Around the County Events & Classes



Spring 2026
MARCH TO MAY

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 at the end of January. **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!**

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.



Care Compass Project on Wednesday, February 4, 2026

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. This session will cover care planning for current caregiver on how to navigate the caregiving journey with support, education and a network of professionals at your side. *Lunch is provided by Brookdale of Bowling Green for the first 20 participants.*

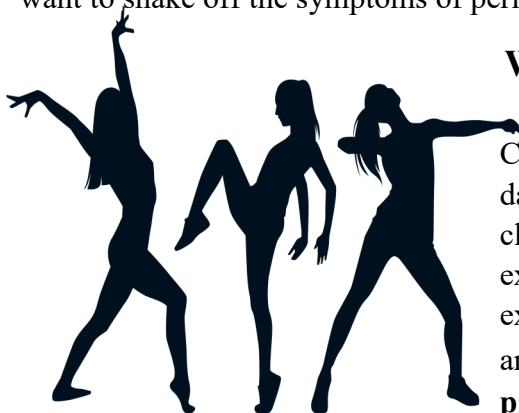
In-Person & On Zoom Option. The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Hospital, Optimal Aging Institute, Ohio Living Home Health and Hospice.

Caregiving Course: You Are An Expert & Holiday Success: Wednesday, December 3 at 1 p.m. at the Wood County Senior Center. This session will empower you to teach with people who interact with your loved one as well as others dealing with dementia in their own lives. *Presented by Diana Waugh, RN.*

Registration encouraged.

Around the County, Events & Classes

Join **Open Window Dance** in December for a **free, three-class mini series** in dance offered to those who want to shake off the symptoms of peri-menopause, menopause, or a loss of energy through aging.



Wednesdays, December 3, 10, 17 at 5:45 to 6:45 p.m.

Instructor: Tammy Metz Starr, PT

Class is accessible to all levels of movers age 40 and over; no prior dance experience needed. Sessions follow a modern/contemporary dance class format in a progression of seated, standing and across the floor exercises. Mobilize, stretch, and create in full-body, energy building exercises and creative tasks to cultivate strength, balance, mental vitality, and connection. **Registration required,** call 419.353.5661 or email programs@wccoa.net

Interested in movement and dance you can also join our SILKI dancers on Tuesdays nights from 5:30 to 6:30 p.m.



20th Annual Poetry Contest

Theme: Second Glances

– finding new meaning in the familiar.

The poems are judged each year from faculty in the Writing Department at Bowling Green State University.

We are looking forward to opening this years contest.

The rules and contest details are below.

A \$100 gift card will be awarded to the first place winner, **sponsored by:**

*****All submissions become the property of WCCOA and can be published online or in print. *****



THE MANOR
AT PERRYSBURG
a tradition of caring

The entry rules are as follows: The contest is open to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, January 20 and will close on Tuesday, March 31 at 4 p.m.

Entries must be: Typed in English, double-spaced, 12-point Times New Roman font **or** hand printed. Hand written poems will be typed exactly how they have been written. Poems must be entirely your own work and never previously published. Each person is limited to two (2) entries. Poems are to be no more than one (1) page.

Submissions must include: Your name, address, phone number, and email (if applicable). Winners will be announced by the end of April 2026 on our blog and Facebook page and the winner will be contacted and a photo will be taken for media purposes. All poems will be placed in a book. Participants can pick up their books at the:

Wood County Senior Center,
140 South Grove St., Bowling Green at the end of April.
An Additional book may be requested for \$5.

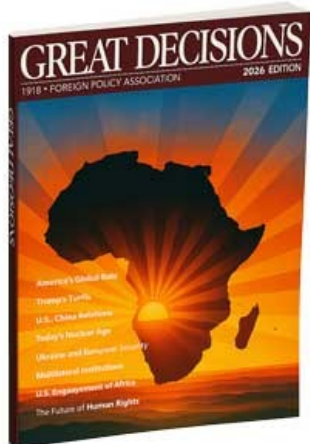
How do I submit my poem?

Please send your entries to the Programs Department at the
Wood County Committee on Aging, 140 S. Grove Street, Bowling Green, 43402

or email your entry to programs@wccoa.net

Please ensure all entries have your name, address, email and phone number for contact purposes.

Around the County, Events & Classes



Great Decisions 2026

Saturdays, January 24 to February 28, 2026 from 9:30 to 11a.m.

Wood County Senior Center

In person and Via ZOOM

Presented by University Professors. This series is co-sponsored by
American Association of University Women & WCCOA, Inc.

Books will be available in January of 2026 and can be preordered by purchasing in advance. The cost of the books are \$38 checks payable to Wood County Committee on Aging.

Registration is required by calling the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

WCCOA will notify you if a session is canceled due to inclement weather. So please register your name and phone number with us. Also, there is a Zoom option to join request the zoom code by emailing us.

January 24, 2026 *America and the World: Trump 2.0 Foreign Policy*
Amilcar Challu, Associate Professor, Department of History

Trump's return has marked a break from 80 years of U.S. foreign policy leadership, embracing an "America First" approach. This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy.

January 31, 2026 *Ruptured Alliances and the Risk of Nuclear Proliferation*
Stefan Fritsch, Associate Professor of International Relations,
Department of Political Science

U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear options. What are the implications of the Trump administration's rethinking of the U.S. alliance system for regional and global security? Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons?

February 7, 2026 *Trump Tariffs and the Future of the World Economy--*
Douglas James Forsyth, Associate Professor, Department of Political Science

Trump's aggressive trade and tariff policies have shaken global economic norms. What's the rationale behind this radical shift in economic policy, and what are the implications for multilateral trade and geopolitics?

February 14, 2026 *Multilateral Institutions in a Changing World Order*
Anthony Knopps, MPS, Adjunct Professor Department of Political Science

Can multilateralism survive amid shifting global power and rising nationalism? This chapter examines the future of global cooperation across trade, health, and finance.

February 21, 2026 *Ukraine and the Future of European Security*
Dr. Stefan Fritsch, Associate Professor of International Relations,
Department of Political Science

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America's stakes in NATO and Europe's strategic dilemmas, and how might Europe respond?

February 28, 2026 *The Future of Human Rights and International Law*
TBD

As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity?

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.

Weekly Activities

Euchre: Mondays, 1 to 4 p.m.

Bingo: Tuesdays, 1 to 3 p.m.

Hand & Foot: Tuesday's in Dec. 12:45 p.m.

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.

Registration required.

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.

Daily Activities

Eye Glass Repair: Monday, December 1, 1 to 1:30 p.m. Missing a screw or a nose piece to your glasses? They will fix them for free! *Sponsored by Grand Rapids Calvary Church.*

A Wood County Christmas Ghost Story: The Haunted House of the Great Black

Swamp: Monday, December 1 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.*

Sundae Bar: Tuesday, December 2 at 12:30 p.m. Enjoy an ice cream sundae and all the fixings. *Sponsored by The Willows.*

National Parks Series: Mammoth Cave, Wind Cave, Carlsbad Caverns Tuesday, December 2 at 4:30 p.m. This series will have you exploring these parks sharing their unique history and fabulous features. *Prerecorded Great Courses.*

You Are An Expert & Holiday Success: Wednesday, December 3 at 1 p.m. This session will empower you to teach with people who interact with your loved one as well as others dealing with dementia in their own lives. *Presented by Diana Waugh, RN.*

BG Knitter's Guild: Wednesday, December 3 at 4 p.m. Knit or Crochet in a group setting. For advanced and beginner needle workers. *Hosted by Jackie Instone*

Literary Response & Workshop: Thursday, Dec. 4 & Dec. 18 at 10:30 a.m. each session will start with a reading prompt. Participants will then engage in freewriting exercises in response to the reading, using the experience as a springboard for their own creative exploration. *Dr. Sandra Faulkner, BGSU.*

Thursday Theater: Thursdays, at 1 p.m. **Dec. 4** "Mary Christmas" (2002) Cynthia Gibb, John Schneider, Tom Bosley. **Dec. 11** "A Biltmore Christmas" (2023) Bethany Joy Lenz, Kristoffer Polaha. **Dec. 18** "White Christmas" (1954) Bing Crosby, Danny Kaye, Rosemary Clooney. *Facilitated by Kris Eridon.*

Happy Hour: Friday, December 5 at 12:30 p.m. This hour is filled with fun, trivia and riddles to start the month off right. **Zoom option.**

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

TV Series: Designated Survivor: Dec. 8 at 1 p.m. S2 E: 10, 11, & 12 **Dec. 22 at 1 p.m.** E: 12, 14 & 15

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

Fabric Cutting Project: Tuesday, December 9 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, December 9 at 3:30 p.m. **Movie: Deck the Heart (2022)** Deck the Heart is a Christmas movie about a workaholic Executive Vice President (EVP) who inherits a manor and must host a family Christmas. Since he has no time or Christmas spirit, he hires a professional event planner. **Reservations for dinner** by 2 p.m. on Tuesday, December 9.

Wood County Continued...

Holiday Dinner: Tuesday, December 9 at 5:30 p.m. **Entertainment** at 4:45 p.m. Guitar Circle.
Reservations required by Friday, December 5.

Karaoke: Wednesday, December 10 at 4 p.m. Join us as we sing along to a variety of music in different genres. *Hosted by Woodlane Residential.*

Good Deeds Program: Tuesday, December 11 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 so that your property is passed on in a way that reduces stress and confusion for your loved ones. *Facilitated by the Wood County Auditors Office.*

1:1 Technology Help: Thursday, December 11 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.*

Holiday Lunch: Thursday, December 11 at 12 p.m. Celebrate the holidays with us! **Reservations required by Monday, December 8.**



Craft: Thursday, December 11 at 2 p.m. Create a fun holiday ornament that you can give as a gift or keep yourself. Instruction and supplies will be provided. **Registration required.**
Facilitated by Bowling Green Manor.

Piano Recital: Thursday, December 11 at 6 p.m.
Students of Vicki Hoehner

Scrabble: Friday, December 12 at 1:15 p.m.

Ugly Sweater, Hot Cocoa & Cookies:
Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Brain Training: Tuesday, December 16 at 9 a.m.
“The Power of Mind Over Body.”
Topic: How to Fight Fatigue and Push Your Limits.
Registration required by December 12.
Breakfast by Brookdale of Bowling Green, Materials by Wood Haven Health Care.

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

Depression and Anxiety: Wednesday, December 17 at 11 a.m. Session will share information on the connections and differences between these common mental health conditions. *Presented by Mercy Family Medicine Residency.*

Piano Recital: Thursday, December 18 at 6 p.m.
Students of Jeanyne Jakubowski.

Lunch & Learn: Friday, December 19 at 11:30 a.m. to 1 p.m. **WBGU Television Station tour and information about the history of the station.** Space is limited; ***First 25 will have lunch sponsored by Hanneman Family Funeral Homes.***

For Parking purposes participants will need to register in advance and provide name, email, and license plate number.

Zoom Bingo: Friday, December 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.

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

Scrabble Open Play: Friday, December 22 at 1:15 p.m. *Hosted by Rita Eckert.*

Reader's Café: Tuesday, December 23 at 3 p.m. Books that have been turned into movies with a discussion afterwards **Feature:** “Christmas for a Dollar” by Gale Sears. The Kamp family is struggling to get by in the midst of the Depression, especially after Mrs. Kamp's untimely death. With her mother gone and her father overwhelmed by doctor bills as her brother battles polio. little Ruth expects another Christmas without gifts or festivities. ***Books & audiobooks available by loan by November 30.***
Registration required.

Digital Café: Monday, December 29 from 9:30 to 10:30 a.m. Play some fun interactive video games.
Registration required.

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

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

Cardio Drumming: Monday, January 5 to February 16 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 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 to 3:30 pm. Play multiple cards. Prizes determined by group.

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

Needlework Group: Thursdays at 12:30 p.m. Group will work on blankets of valor for our veterans.

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

Daily Schedules:

Texas Hold'em Tournament: Tuesday, December 1 & December 15 at 12:45 p.m. **Registration required.**

Seminar Series: Great Decisions

Wednesday, December 3 at 12:30 p.m.

International Cooperation on Climate Change
What is the U.S. role in fostering cooperation on climate change? In a divided country, what is the range of possible futures for American policy leadership?

Wednesday, December 10 at 12:30 p.m.

AI and American Security How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guide against its dangers?

Wednesday, December 17 at 12:30 p.m. What are Europe's options and how might developments on both sides of Western Europe - in Ukraine and across the Atlantic - impact its choices? What are America's stakes in NATO and Europe's strategic dilemmas?

Euchre: Thursday, December 4 at 12:45 p.m.

Veterans Coffee Hour: Thursday, December 4 at 11 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, December 5 at 12:30 p.m. Enjoy fun facts, trivia and laughs about the month of November. **Registration required.** *Zoom option.*

Puzzlemania: Friday, December 5 at 12:45 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, December 8 at 12:30 pm. Guess the year when specific historical events took place. *Facilitated by Manor at Perrysburg*

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

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

Perrysburg Continued...

Holiday Lunch: Thursday, December 11 at 12 p.m. **Reservations required by Monday, December 8.**

Where Were You? Thursday, December 11 at 12:30 p.m. This discussion will ask you to remember where you were on dates of historical events. This month's topic: The Murder of John Lennon. *Facilitated by Comfort Keepers*

Card Bingo: Friday, December 12 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.*

Ugly Sweater, Hot Cocoa & Cookies: Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

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

A Wood County Christmas Ghost Story: The Haunted House of the Great Black Swamp: Tuesday, December 16 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..*

Birthday Lunch: Wednesday, December 17 at 12 p.m. *Sponsored by Manor at Perrysburg..*

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

Reindeer Games: Thursday, December 18 at 12:30 p.m. Join in the festivities and bring a white elephant gift to exchange while enjoying cookies and hot cocoa. *Sponsored by Kingston of Perrysburg.*

Hand & Foot: Monday, December 22 at 12:45 p.m. Hand and Foot is a two- or three-team card game where players aim to discard all their cards by melding them into sets or runs. The game is played in rounds. **Registration required.**

Movie Day: Tuesday, December 23 at 12:45 p.m. **Feature: "About My Father"** **Synopsis:** A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family.

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

Depression and Anxiety: Wednesday, December 24 at 11:15 a.m. This session will share how to understand the connections and differences between these common mental health conditions. *Presented by Mercy Family Medicine Residency.*

Docuseries: The Greats Wednesday, December 29 at 12:30 p.m. Celebrate the world's most notable people. Celebrates the worlds most notable people. This months episode explores Neil Armstrong, Anita Raddick, Charlie Chaplin, Vivienne Westwood and Abdul Nasser. *Previously recorded.*

Coffee and Coloring: Thursday, December 30 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.

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

SAVE THE DATE

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

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, December 1 at 12:30 p.m.
Sponsored by Wood Haven Health Care.

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

Blood Pressure & Blood Glucose

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

A Wood County Christmas Ghost Story: The Haunted House of the Great Black Swamp:

Monday, December 8 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.

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

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

Holiday Lunch: Thursday, December 11 at 12 p.m. **Reservations required by Monday, December 8.**

Ugly Sweater, Hot Cocoa & Cookies:

Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Holiday Hot Cocoa Ornament or Jar:

Monday, December 15 at 12:30 p.m. Create a holiday ornament or jar with all of the supplies provided.

Reservations encouraged. *Presented by the Wayne Public Library.*

Fire Safety: Tuesday, December 16 at 12:30 p.m. Learn the safest ways to control fires and how to exit your home safely. *Presented by Kyle Wobler, Fire Safety Educator, Ohio Department of Commerce*

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

Breakfast Club: Thursday, December 18 at 9:30 a.m. **Location:** Country Farmhouse (117 E Main St., Wayne) **Cost on own.** Join us as we gather to enjoy a meal with good food and great conversations.
Register with the Center.

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

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

Holiday Party: Tuesday, December 23 at 11 a.m. Enjoy pizza, door prizes, holiday trivia, poinsettias plants to take home and holiday cheer

Restaurant Night: Tuesday, December 30 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) . **Registration required.**

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

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.

Weekly: Exercise: Wednesdays in December at 10:30 a.m. by Video.

The German POW Camp in Bowling

Green, Ohio: Monday, December 1 at 12:30 p.m. Learn more about the presence of this camp in Wood County, Ohio. *Prerecorded by Mike McMaster, Wood County Museum..*

Tissue and Eye Donations: Tuesday, December 2 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.*

Make and Take It Craft: Wednesday, December 3 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, December 8 at 12:30 p.m. Enjoy a delicious treat provided by *Wood Haven Health Care.*

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

Holiday Lunch: Thursday, December 11 at 12 p.m. Celebrate with us! **Reservations required by Monday, December 8.**

What Do Animals Do in Winter? Friday, December 12 at 12:30 p.m. This session will cover the ways local animals service throughout the cold Northwest Ohio winters. *Wood County Parks District.*

Ugly Sweater, Hot Cocoa & Cookies:

Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Managing Pain: Monday, December 15 at 12:30 p.m. Learn about how pain can be managed with natural and medical means. *Prerecorded video by Mercy Family Medicine Residency Program*

Knox Boxes: Tuesday, December 16 at 2:30 p.m. The *North Baltimore Fire Chief Francisco* will discuss the benefits of having an emergency key box (Knox Box) installed at your residence.

Birthday Celebration: Wednesday, December 17 at 12:30 p.m. *Cake provided by Elara Caring.*

Short Story Review: Wednesday, December 17 at 12:30 p.m. Pick up a short story to read prior to the session and *Cheryl Heilman, North Baltimore Public Library*, will lead a discussion based on the story you read.

Trivia Battle: Friday, December 19 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

Donors & Donations

In honor of Emmy Hann Emmy Hahn

Honor of Emmy Hann and Lyn Long R.E. & Fay Lam

In Honor of WCCOA 50th Anniversary Charlene & Michael Avery, Ruth Walker

Marcus Jensen, Collen Smith, Bonnie Berger, Darlene Petkwitz

In Memory of Judith Johnson Nancy & Anthony Wright

In Memory of Denise Niese Roger Anderson

Friends
OF
WOOD COUNTY
COMMITTEE
ON
Ageing

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, December 1 at 11 a.m. *Sponsored by Manor At Perrysburg.*

Blood Pressure & Glucose Screenings: Tuesday, December 2 from 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Fitness for Fall Prevention: Tuesday, December 2 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, December 3 at 12:30 p.m. Learn life saving compression only CPR. Registration required. *Facilitated by the American Red Cross.*

Meet us at The Rossford Library: Thursday, December 4 at 12:45 p.m. Enjoy the holiday decorations and a guided mural tour. *Facilitated by the Rossford Public Library.*

Happy Hour: Friday, December 5 at 12:30 p.m. This half 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, December 8 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!

A Wood County Christmas Ghost Story: The Haunted House of the Great Black Swamp: Tuesday, December 9 at 12:30 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County.
Mike McMaster, Wood County Museum.

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

Holiday Lunch: Thursday, December 11 at 12 p.m. Celebrate with us. **Reservations required by Monday, December 8.**

Divas and Desserts: Friday, December 12 at 1 p.m. Enjoy some delicious desserts with a great group of ladies. *Sponsored by Heritage Corner.*

Cards & Dominoes: Monday, December 15 at 10:30 a.m.

Bunco: Monday, December 15 & December 22 at 12:30 p.m.

Ugly Sweater, Hot Cocoa & Cookies: Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Birthday Lunch: Wednesday, December 17 at 12 p.m. Cake *Sponsored by Ohioan's.* **Entertainment by Johnny Rodriguez, Guitarist**

Blood Pressure & Blood Glucose Screening: Tuesday, December 23 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

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

Cookies and Carols: Friday, December 19 at 12:30 p.m. Decorate cookies while enjoying holiday music. *Sponsored by Kingston of Perrysburg.*

Cornhole: Monday, December 29 at 12:30 p.m. in the Recreation center. *Host: Bob Counterman*

Trivia Battle: Friday, December 23 at 12:30 p.m. Let's test your trivia knowledge against other Wood County sites! *Sponsored by Rehab. Hospital of NOW*

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

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

Discover us on YouTube by searching:



Wood County Committee on Aging, Inc.

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

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. This prerecorded video from the Arthritis Foundation helps improve flexibility with a head-to-toe motion workout. Strengthen key core muscles with resistive bands. Boost stamina with a fun endurance workout.

Walk in the Gym: Mondays, Tuesdays, Wednesday and Thursdays from 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.

Helping Others in our Community: Monday, December 1 from 10 to 2 p.m. At this time of year it is harder for many families. So, let's help out. We will be collecting non-perishable food items to give to a local charity or church to distribute to those in need. This will run through the 17th. **Items must not be expired.**

Bingo: Tuesday, December 2 at 12:30 p.m.
Registration required. *Facilitated by Walker Funeral Homes.*

Fitness for Fall Prevention: Wednesday, December 3 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.**

Blankets for the Warmth: Thursday, December 4 from 10 to 2 p.m. All supplies will be donated as we will be making blankets for the EMT to use during emergency calls.

Mystery Restaurant: Thursday, December 4 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). Registration required, limited to 10.**

Bingo: Friday, December 7 at 12:30 p.m.
Facilitated by Kingston of Perrysburg.

Everybody Knows Game: Monday, December 8 at 12:30 p.m. See how fast you can answer the questions. *Facilitated by Marketia Phillips.*

Left, Right, Center Game: Monday, December 9 & 15 at 12:30 p.m.

A Wood County Christmas Ghost Story: The Haunted House of the Great Black Swamp: Wednesday, December 10 at 12:30 p.m. Learn about the origins of modern spiritualism and how this movement affected Wood County. *Mike McMaster, Wood County Museum.*

Walbridge Talk: Thursday, December 11 at 12:15 p.m. *featuring Mayor Ed Kolanko.*

Holiday Celebration: Thursday, December 11 at 12 p.m. **Reservations required by Mon., Dec. 8.**

Ugly Sweater, Hot Cocoa & Cookies: Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Cards for Homebound: Tuesday, December 16 from 10 to 12 p.m. Create cards to cheer someone up this season. Cards provided.

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

Tissue and Eye Donations: Wednesday, December 17 at 12:15 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.*

Blood Pressure & Glucose Screenings: Thursday, December 18 from 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Card Bingo: Thursday, December 18 at 12:45 p.m. *Facilitated by Bridge Home Health & Hospice.*

Movie Day: Monday, December 22 at 12:30 p.m.
Feature: How the Grinch Stole Christmas.

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

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.

Birthday Acknowledgements: Monday, December 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: Pastry Chef Exploration Monday, December 1 at 12:30 p.m. Get a taste of the chocolatier life from world-renowned pastry chef Amaury Guichon as he shares his story — and the secrets of his craft — with podcaster Latif Nasser.

A Wood County Christmas Ghost Story: The Haunted House of the Great Black

Swamp: Tuesday, December 2 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.

Closed on Thursday, December 4

Seminar Series: Monday, December 8, 15, 22 at 12:30 p.m. Memory and the Human Lifespan Series by Professor Steve Joordens, Professor of Psychology at the University of Toronto. Great Courses, Dec. 8 “Memory is a Party” Dec. 15 “The Ancient Art of Memory” Dec. 22 “Rote Memorization and the Science of Forgetting” *prerecorded.*

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



Canvas Art Party: Wednesday, December 10 at 12:30 p.m. Join us as we paint a winter scene. No experience needed, all materials and instruction provided. **Registration is limited to 6 people.**

Instructor Lori Lawton, ATR

Card Games: Wednesday, December 10 at 1 p.m. Open to all a variety of card games will be played based on your interest.

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

Holiday Lunch: Thursday, December 11 at 12 p.m. Celebration with us! **Reservations required by Monday, December 8**

Eye Glass Repair: Friday, December 12 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.*

Ugly Sweater, Hot Cocoa & Cookies:

Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Would you Rather Exercise: Monday, December 15 at 11:30 a.m. Join us for a quick game of would you rather questions with a fitness twist. A quick and fun way to get your heart and mind ready for lunch! *Facilitated by Brittany Ruehl, WCCOA*

Bingo: Tuesday, December 16 at 10:30 a.m. *Sponsored by Bridge Home Health and Hospice.*

Blood Pressure & Blood Glucose Screening: Tuesday, December 16 at 11 a.m. to 12:30 p.m. *Facilitated by Bridge Home Health and Hospice.*

Birthday Lunch: Wednesday, December 16 at 12 p.m.. *Cake sponsored by Bowling Green Manor.*

Trivia Battle: Friday, December 19 at 12:30 p.m. Let's test our brains with a trivia competition against other Wood County sites!

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

Pemberville

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

Below you will find programs scheduled for the PEMBERVILLE AREA SENIOR CENTER.
Please call the Pemberville Area Senior Center at 419.287.4109 to register or for more information.

Cards: Daily before and after lunch. Join us!

Exercise by Video: Tuesdays (except 2nd Tuesday) at 11 a.m.

Club FIT: Second Tuesday of each month at 11 a.m. *Lindsay Riegle, Wood Haven Health Care.*

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

Minutes with the Mayor: Monday, December 1 at 12:30 p.m. Pemberville mayor Carol Bailey will share updates on events taking place in the village.

A Wood County Christmas Ghost Story: The Haunted House of the Great Black Swamp: Wednesday, December 3 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.*

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

Movie Day: Monday, December 8 at 12:45 p.m. **Feature:** "Angels Sing" (2012) **Synopsis:** Angels Sing is heartwarming Christmas family drama film featuring Harry Connick Jr. that explores, themes of loss redemption, and joy of the holiday season. *Snacks by Wood Haven Health Care.*

Donuts & Discussion with Coloring: Tuesday, December 9 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.*

Holiday Music: Tuesday, December 9 at 12:30 p.m. *Presented by the Bethlehem preschoolers.*

Back In the Day: Wednesday, December 10 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, December 10 at 4:30 p.m. Meet at the center for instructions on the location of dinner. **Cost on own** (price range \$15 to \$25). Car pooling is encouraged. **Registration required.** *Space limited to 8. .*

Holiday Lunch: Thursday, December 11 at 12 p.m. **Reservations required by Monday, Dec. 8** **Entertainment:** Eastwood Choir *Holiday snacks sponsored by Heritage Health Care.*

Bingo: Thursday, December 11 at 12:45 p.m. *Sponsored by Wood Haven Health Care.*

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

Blood Pressure & Blood Glucose Clinic: Monday, December 15 from 11 a.m. to 12:30 p.m. . *Facilitated by Bridge Home Health and Hospice.*

Ugly Sweater, Hot Cocoa & Cookies: Monday, December 15 at 12:30 p.m. Enjoy cookies and hot cocoa while adorning your most ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

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

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

Good Deeds Program: Tuesday, December 17 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. *Facilitated by the Wood County Auditors Office.*

Trivia Battle: Thursday, December 18 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.*

Mystery Game: Monday, December 22 at 12:45 p.m. *Facilitated by Kingston of Perrysburg.*

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

Noon Year Eve Toast: Wednesday, December 31 at noon! Enjoy traditions and toast to start 2026.

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

December 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak or BBQ Chicken , scalloped potatoes, citrus slaw, tropical fruit	2 Hamloaf or Chicken and Noodles , corn, orange, peachy fine dessert	3 King Ranch Casserole or Beef Lasagna , green beans, tossed salad, fruit salad	4 Bratwurst with cheese or Turkey Bruger , mashed potatoes, sauerkraut, apricots, brownie	5 Hamburger Pie or Pecan Crusted Tilapia , Scandinavian blend vegetables, pickled beets, Cantaloupe and grapes
8 Tuscan Chicken or Liver and Onions , mashed potatoes, black eyed Susan Salad, carrot sticks	9 Chicken Tenders or Pork Chop , squash, tossed salad, apple, Rice Krispy Treat	10 Beef Spanish Rice or Chicken Lasagna , kyota vegetables, peaches, apple crisp	11 Holiday Dinner – reservations Roast Beef, baked potato, carrots, mandarin orange salad, apple cranberry pie	12 Meatloaf or Shrimp Poppers , corn, cabbage, apple, raisin salad, grapes
15 Beef Philly Sub or Turkey Meatball Sub , potato wedge, cucumber salad, oranges, cookies	16 Pork Ribette or honey Mustard Chicken Breast , baked sweet potatoes, cauliflowerer peanut salad, emerald pears,	17 Birthday Lunch Hamloaf , succotash blend vegetables, potato salad, fruit juice, cake and ice cream	18 Spaghetti and Meatsauce or Lemon Pepper Pollock , peas and Mushrooms, tossed salad, glazed bananas and strawberries, vanilla wafers	19 Hamburger or Hot Dog , baked beans, coleslaw, apple
22 Veal Picatta or Chicken Stir Fry , Asian blend vegetables, apricots, fruity fine desesert	23 Ham and Potato Soup or Turkey Stew , heritage slaw, grapes, corn bread apple juice	24 Closed for the Holiday	25 Closed for the Holiday	26 Honey Mustard Chicken Breast or Liver and Onions , Au gratin potatoes, pea salad, mandarin orange salad, cookies
29 Sloppy Joe Sandwich or Shredded Chicken Sandwich , sweet potato fries, corn relish, tropical fruit, pudding	30 Chef salad with ham, egg and cheese or tuna salad , pickled beets, cantaloupe and grapes, blueberry muffin	31 Pork Roast or Cube Steak , mashed potatoes, sauerkraut, citrus, sherbet		

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

December 2025		
Tuesday	Wednesday	Thursday
2 Chef Salad with diced ham, egg and cheese, corn relish, apricots, cookies	3 Meatloaf , mashed potatoes, succotash, fruited Jell-o, sherbet	4 Lemon Pepper Cod , wild rice, stewed tomatoes, celery sticks, mandarin orange salad, cake
9 Birthday Dinner Glazed Ham , cheese potato bake, green beans, pineapple juice, cake and ice cream	10 Grilled cheese , tomato soup, cottage cheese, 3 bean salad, peaches, cookies	11 Chicken Wings , French fries, coleslaw, fresh fruit, brownie
16 Calico beans , carrots, wilted lettuce salad, orange sections, cookies	17 Chicken Cordon Bleu , wild rice, broccoli, cantaloupe and grapes, cherry cobbler	18 White Chicken Chili, heritage coleslaw, celery sticks with peanut butter, orange sections, corn muffin, chocolate cream pie
23 Hamloaf , au gratin potatoes, cauliflower, emerald pears, graham crackers	24 No evening meal	25 Happy Holidays No evening meal
30 Back Eyed Peas Hash , broccoli, tomato juice, grapes, gingerbread cake	31 No evening meal Happy New Years Eve	

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

National Parks Series: Mammoth Cave, Wind Cave, Carlsbad Caverns on Tuesday, December 2 at 4:30 p.m. *Prerecorded Great Courses.*

Holiday Dinner: Tuesday, December 9 at 5:30 p.m. Celebration Thanksgiving with us!
Reservations required by Friday, December 5

Dinner & Movie: Deck the Heart (2022)
Dinner reservations need to be made by 2 p.m. on Friday, December 5 for the Holiday dinner.

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

Piano Recital: Thursday, December 11 at 6 p.m.
Students of Vicki Hoehner.

Piano Recital: Thursday, December 18 at 6 p.m.
Students of Jeanyne Jakubowski.

Reader's Café: Tuesday, December 23 at 3 p.m.
Compare books that have been turned into movies!
Feature: Christmas for a Dollar" by Gale Sears.
Books & audiobooks available by loan by November 25. 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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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



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



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

All Senior Centers will be closed on Wednesday,
December 24 and Thursday, December 25 in
observance of the holiday.

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