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Dessert for Dinner, Dancing and DJ T-Town

Friday, February 13 from 2 to 4 p.m.

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

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 stations, 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. **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!

To Register call 419.353.5661 or email programs@wccoa.net

Wednesday, February 4, 2026

11 a.m. to 1 p.m.

Wood County Senior Center

The Care Compass Project is free and open to all current and future caregivers.

This session will cover care planning for current caregivers on how to navigate the caregiving journey with support education and a network of professionals at your side.

11 a.m. Planning ahead can bring peace of mind for you and your loved ones. In this session, we'll cover the essential steps to organize your personal and legal affairs, including wills, powers of attorney, healthcare directives, and tips for keeping everything accessible and up to date. You'll leave with practical guidance and resources to help you feel prepared for the future. Jennifer Ramon, Esq.

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

12 p.m. Did you know that Medicare will NEVER call you? Do you or someone you know get call after call trying to get your personal information? Susan Marshall, Certified Crime Prevention Specialist and Outreach Specialist for the Ohio Senior Medicare Patrol will provide a very important information. Come hear an engaging presentation on recognizing and reporting Medicare fraud and scams, as well as helpful tips to protect yourself from Medical Identity Theft.

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



**Care
Compass
Project**

**Navigating the
Caregiving Continuum:**

Planning for today and for the future.



From our Executive Director

As we welcome the New Year, we want to remind everyone who utilizes our services that it's time to complete your **NAPIS** (National Aging Program Information System) forms. These forms are more than just paperwork—they are essential for helping us continue to serve you and others in our community.

Why are NAPIS forms important?
Every time you fill out a NAPIS form, you help us accurately track the number of people we serve and the programs and services you use. This data is critical because it demonstrates the impact of our work to local, state, and federal agencies. The more accurate and complete our information, the stronger our case for funding. In fact, these forms directly influence the grants and resources we receive, allowing us to maintain and expand programs like home-delivered meals, transportation, and wellness checks.

We also require a **Release and Waiver of Liability form**, which includes our **Code of Conduct**. Both forms must be signed annually to ensure continued access to our services and programs.

As I write this, the Friends of WCCOA are finishing up our Annual Campaign for 2025, and we encourage you to consider making a donation to help us continue providing vital services to older adults in Wood County. Your gift makes a real difference—whether it's delivering a warm meal, offering a safe ride, or creating opportunities for social engagement. No older adult in Wood County is ever denied a meal or service by WCCOA due to their inability to contribute. Your support ensures that this promise continues.

Your donation is tax-deductible, and giving is easy. Visit <https://friendsofwccoa.com> or contact us for more information.

Together, we can make 2026 a year of care, connection, and community for older adults in Wood County.

Thank you for your continued support!

Alina Venator

OUR MISSION

The mission of the Wood County Committee on Aging, Inc., shall be to provide older adults with services and programs which empower them to remain independent and improve the quality of their lives.

OUR VISION

The Wood County Committee on Aging aspires to be recognized as the premiere agency for the provision of services for older adults and their families in Wood County.



Friends OF WOOD COUNTY COMMITTEE ON *Aging*

WCCOA Friends Donation:

Eve Blass, Greg and Maria Braknis, John and Alice Calderonello, Tom and Margie Carrol, Stephen Chang, Deloris L. Hainley, Joey Hannigan, Gerald Hazel, Mary Ann Hoare, Geoffrey Howes, Marcus Jensen, Dr. Inge and Mr. Jeffrey Klopping, Judy Miller, William Neiderman, Darlene Petkowitz, Loren Phillips, Scott Slater, Colleen Smith, Ned and Carol Wollam, Tom Wonderly, Jane Wood, Take Stock Investment Club, Wood County Genealogical Society, Mount Ararat Investment Club

Kitchen Fund:

Walbridge VFW Post 9963, Walbridge, VFW Post 9963 Auxiliary

In Honor of 50th Anniversary:

Paul Herringshaw

In Memory of Mildred Berger: Bonnie Berger

In Memory of Denise C. Niese: Roger and Betty Jean Anderson, Chris and Ellen Dalton, Jim and Elaine Stainbrook

In Memory of Judith Johnson: Nancy Wright

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/>

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. To ensure we can take the items, please call ahead before dropping items off. 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 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!

In January we will be kicking off the New Year with Soup Month. We will be trying our hand at homemade soup and noodles.

Join us for musicians on **January 6 Tim Oehlers** and **January 13 Ragtime Rick** and our very own silvertones.

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

Caregiver support group meets on Thursdays at 2 p.m.

If you are interested you can call or text Izzy at 419.270.5200.

TRAVEL OPPORTUNITIES

Full travel itineraries are available through the WCCOA Programs Department. Pricing is offered for single, double, and triple occupancy. For more information, please call 419.353.5661 or 800.367.4935, or email programs@wccoa.net.



To register for any Shoreline trip, contact the Programs Department at 419.353.5661 or email programs@wccoa.net. All payments will be processed through WCCOA; however, checks must be made payable to Shoreline Tours and Charters.

Please note, trips with fewer than five registered participants will require individuals to provide their own transportation to the designated departure location. Shoreline will provide departure details approximately three to four weeks prior to the trip date.



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
- Sightseeing Tour of 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 Colardo
August 2 to 10, 2026

- Air Fare and Touring in a Motorcoach
- Four 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
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

TRAVEL OPPORTUNITIES

Discover British Landscapes
May 7 to May 16, 2026



- 10 Days
- 12 Meals: 8 Breakfasts, 4 Dinners Activity Level 2
- **Highlights:** 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.

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.



Discover America’s Cowboy Country
June 23 to June 30, 2026

- 8 Days
- 10 Meals: 7 Breakfasts, 3 Dinners Activity Level 2
- **Highlights:** 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

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.



Explore Northern Italy
October 18 to October 16, 2026

- 9 Days
- 11 Meals: 7 Breakfasts, 1 Lunch, 3 Dinners, Activity Level 3
- **Highlights:** Treviso, Tiramisu-Making Demonstration, Verona, Glassblowing Demonstration, Venice, Asolo, Prosecco Winery, The Dolomites, Bassano del Grappa, Venetian Villa Visit

Deposit Due April 01, 2026 are based upon availability. Final payment due by July 10, 2026. Deposits are refundable up until April 08, 2026.



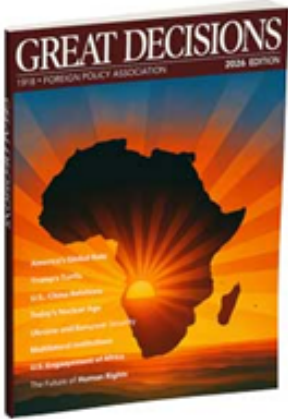
Journey through Spain: Madrid to Barcelona with
October 31 to November 10, 2026

Optional 4-Night Barcelona and Spanish Riviera Post Tour Extension

- 11 Days
- 14 Meals: 9 Breakfasts, 1 Lunch, 4 Dinners
- Activity Level 3
- **Highlights:** Madrid, Prado Museum, Córdoba, Mosque-Cathedral of Córdoba, Olive Oil Mill Tour, Seville Cathedral, Flamenco Show, Grana-da, The Alhambra, Valencia, Paella Experience, Barcelona, La Sagrada Familia

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.

SPECIAL EVENTS



Great Decisions 2026
Saturdays, January 24 to February 28, 2026
9:30 to 11 a.m.
Wood County Senior Center
In person and Via ZOOM

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

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 History

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

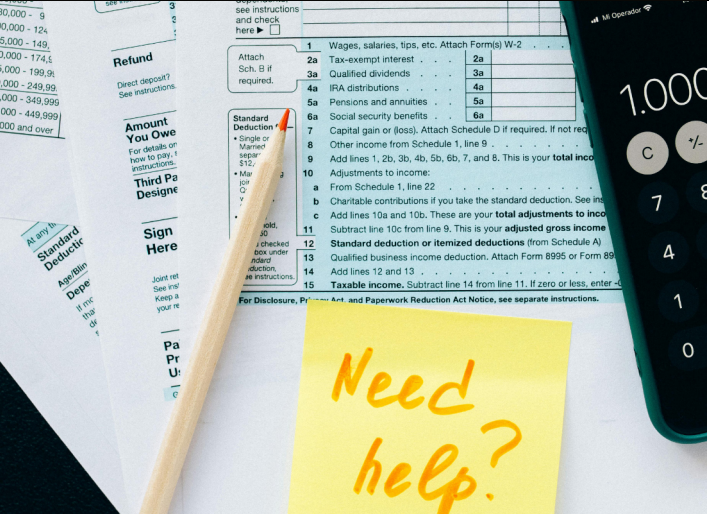
As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity?

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

SPECIAL EVENTS



AARP Tax-Aide

The AARP-sponsored Tax Assistance for the Elderly program will be available beginning February 2026. This program attempts to serve seniors with low to moderate income.

Trained & certified volunteer counselors are required to maintain confidentiality of clients. Appointments are required for this program. Participants are required to commit to TWO appointments: a brief initial intake appointments and second appointment to review your tax documents one week later. You must have ALL documents listed below on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances.

Please bring the following documents to your first appointment:

- Social security card (taxpayer, spouse, dependents)
- Photo ID (taxpayer, spouse)
- All forms showing income
- A copy of your 2025 income tax return
- Expense records (medical, state & local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize

NOTE: Large medical expenses may help for state taxes even if you do not itemize deductions

- Affordable Care Act (medial insurance) documents
- If any assets were sold we need to know the cost basis and date of purchase of the assets
- Voided check if you would like electronic refunds

NOTE: No appointments will be taken before Tuesday, January 13, 2026.

Call the Wood County Senior Center for an appointment at 419.353.5661 or 800.367.4935.



Better Than Ever Area
Artists Over 50

February 3 to February 27, 2026

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.

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

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



One-on-one Counseling Sessions
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. 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.

AROUND THE COUNTY EVENTS & CLASSES



About Our Courses

LivelyU Lifelong Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting.

How can I learn more about the classes being offered? Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations. The spring brochure will be released in late January.

Where are the courses held? Currently, all courses will be held at the Wood County Senior Center, (140 S. Grove Street, Bowling Green) or other off-site listed locations.

How can I take these courses? Pay a flat fee of \$20 teach semseter o take part in all of the courses. Registration is required for each individual courses you are planning to attend!

Spring Classes Include by are not limited to the following:

Democracy & Political Science by Robert Alexander
Health & Well-Being in Aging by Dr. Michael Brown
History & Cultural Perspectives by Anthony Kopps
Gallery Group Art Tour (Offsite)
Poetry Session by Geoff Howes
Art & Cultural Interpretation by Sharon Hannah
Physical Therapy & Wellness by Jamie O'Brien & Dr. Tawiona Brown
The United States Constitution: Three-Part Series by Matt Reger
Weather & Meteorology by Ryan Wichman
Explore Calculus by George Carver
Modern Day Agriculture by John Riker
ACLE – Sustainability & Energy Session
Kenyan Cooking Class by Tom Otieno
Judicial Ethics (Offsite) by Judge Joel Kuhlman
Baseball Explored by David Horger
Opera History / Behind the Scenes by Chris & Ellen Scholl
Pittsburgh Pirates Data Analyst by Kara Godsey
Chosen Behind the Scenes – Firsthand Experience as Extras
Video Production & Storytelling by Sandra Faulkner



Poetry Contest: Theme Second Glances

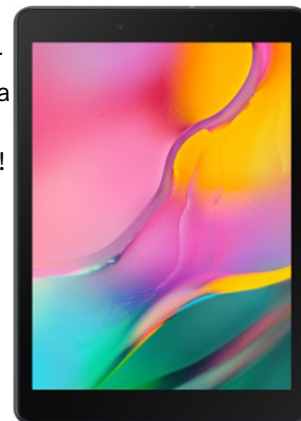
Find new meaning in the Unfamiliar
This contest is open The contest is open to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, January 20 and will close on Tuesday, March 31 at 4 p.m. See www.wccoa.net for details

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.

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.



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for four 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

Interested in joining 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. All Zoom programs will be listed under the site pages with **Zoom option** indicated.

FITNESS CLASSES

All of the classes 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, Jan. 5 - Feb. 2 at 10:30 a.m.

Incorporates breathing techniques, chair yoga stretches, gentle standing postures with support of chair or wall.

Advanced:

Tuesdays, Jan. 6 - Feb. 3 at 10:30 a.m.

Moving into different standing and balancing postures and wind down postures on the floor.

Intermediate:

Thursday, Jan. 8- Feb.5 at 11 a.m.

Incorporates breathing techniques, a variety of seated, standing and lying postures support-ed by different props. Aims to relax and facilitate opening. Caroline Dickinson, Certified Instructor.

Get Moving Classic

Cost: Free

Mondays, Wednesdays & Fridays at 11:30 a.m.

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 on Mondays at 2 p.m.

Wednesdays at 1 p.m.

Peer-led step by step instruction.

Chair Yoga

Cost: \$20 for 6 weeks

Tuesday, January 6 to February 10

Engage your breath, practice sensory awareness, and enjoy the movement of the body. JoAnn Weislak, Certified Instructor.

Club F.I.T.

Cost: Free on Thursdays at 1 p.m.

Works on strengthening exercises, stretching tips for functional mobility. By Area Physical Therapists.

Cardio Drumming

Cost: \$25, (Min of 12)

Wood County Senior Center

Wednesday, January 7 to February 11 from 2 to 3 p.m.

Intermediate level class

Exercise for Parkinson's

Cost: \$30for 12 weeks

Mondays, January 5 to April 6 (no class Jan 19 & Feb 16)

from 3:30 to 4:30 p.m.

Designed to optimize physical function for those with Parkinson's disease or other movement disorders. Tammy Metz-Starr, DPT, Certified Instructor.

Tai Chi

Cost: \$60 for 6 weeks

Wednesdays, January 21 to February 25 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.

SILKI Dancers

Cost: Free

Tuesdays at 5:45 p.m.

Learn some fun group dances that can be performed at events or just in class. Shelia Brown, Certified Instructor.

Open Window Dance Class

Wed. Dec. 3, 10, 17 at 5:45 p.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 Metz- Starr, DPT, Certified Instructor.

SilverSneakers

Cost: \$20 for 6 weeks

*SilverSneakers is FREE for members

VIRTUAL Classic: Zoom

Wednesdays, Jan. 14 to Feb 18. at

10:15 a.m. at 9: 30 a.m.

Focuses on strengthening muscles & increasing range of movement for daily life activities. [Register for the zoom code.](#)

Cardio & Tone (In-Person):

Wednesdays, Jan. 14 to Feb. 18 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Zoom

Fridays, Fridays, Jan. 9 to Feb. 13 at 9:30 a.m. [Register for the zoom code.](#)

Cardio & Tone (In-Person):

Fridays, Jan. 9 to Feb. 13 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Sheila Brown, Certified Instructor.

Floor and Core

Cost: \$30 for 6 weeks

Tuesdays, Janaury 13 to February 17 at 4:15 p.m.

Through low-impact exercise, participants will focus on strengthening their core on the floor and improve balance to prevent falls. Sheila Brown, Certified Instructor.

Boosting Your Bone Health

Cost: \$20 for 6 weeks

Fridays, Jan. 16 to Feb. 20 at 1 p.m.

Through low-impact exercise, participants will focus on strengthening muscles that support bone health and improving balance to prevent falls. Certified Instructor, The Well.

Zumba

Cost: \$30 for 6 weeks

Thursdays Dec. 11 to Jan. 29 (no class Dec 25 and Jan. 1)

By Shawna Nye, Certified Instructor.

Wood County

In-person programs for the
WOOD COUNTY SENIOR CENTER
Located in Bowling Green
Lunch served between
11:30 a.m. and 1 p.m.

Please call the Wood County Senior Center at 419.353.5661 to register or for more information.

Guitar Circle
Wednesdays at 11:30 a.m.
For intermediate to advanced players. Registration required. Assisted by John Zanfardino.

Lively Voices Senior Choir
Wednesdays from 2 to 3 p.m., beginning the last week of January (first meeting January 28)
A fun, low-pressure choir for older adults who enjoy singing and making music together. We'll start with gentle vocal warm-ups, then sing familiar favorites and seasonal songs as a group. No prior choir experience is required—just a willingness to participate, socialize, and have a good time. Facilitated by Anthony King, WCCOA

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

Thursday Theater
Thursdays, at 1 p.m.
January 8 "One Special Night" (1999) Julie Andrews, James Garner.
January 15 "Cinderella" (1957) Julie Andrews, Edie Adams, Kaye Ballard.
January 22 "The Sound of Music, Part 1" (1965) Julie Andrews, Christopher Plummer.
January 29 "The Sound of Music, Part 2" (1965) Julie Andrews, Christopher Plummer **Facilitated by Kris Eridon.**

Coffee Social
Fridays at 10 a.m.
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.

Eye Glass Repair
Monday, March 2 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.**

Black Swamp Stories Part 6
Monday, January 5 at 11 a.m.
What mysteries lay buried in Jackson Township? What was Hiram Davis' impact on Wood County? These stories are an important part of the Black Swamp and early formation of Wood County. **Presented by Mike McMaster, Wood County Museum.**

Collette Travel
Monday, January 5 at 3 p.m.
Explore the various travel opportunities we have to offer in 2026 and learn about our special travel code to explore other trip options. Zoom option provided. Presented by James Cartwell, Collette.

Sundae Bar
Tuesday, January 6 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, Calsbad Caverns
Tuesday, January 6 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, January 7 at 4 p.m.
Knit or Crochet in a group setting. For advanced and beginner needle workers. **Hosted by Jackie Instone.**

1:1 Technology Help
Thursday, January 8 & 22 starting at 10 a.m. see next column
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.**

Literary Response & Workshop
Thursday, January 8 & 22 at 10:30 a.m.
Each session of this course will begin 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.**

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, January 12 at 10:30 a.m.
Appointments are 10 minutes. Registration required.

TV Series featuring Designated Survivor:
January 12 at 1 p.m. **S2**
January 26 at 1 p.m. **S: 2**

Blood Pressure & Blood Sugar Screening
Tuesday, January 13 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals. **Facilitated by Bridge Home Health and Hospice.**

Call Wood County Senior Center toll free at 800.367.4935.

Cutting Project
Tuesday, January 13 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, January 13 at 3:30 p.m.
Movie: The Pursuit of Happyness (2006) **Synopsis:** A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career. Dinner reservations made by 2 p.m. on Tuesday, January 13.

Karaoke "Musical Style"
Wednesday, January 14 at 4 p.m.
Join us as we sing along to a variety of music in different genres. **Hosted by WCCOA.**

Community Development Updates
Thursday, January 15 at 11 a.m.
This presentation will provide information on the following resources:
Fair Housing
Housing Repairs
BG Transit
After the presentation, the Community Development Administrator will be available to answer questions and provide detailed flyers and brochures with additional information. **Presented by Matt Snow, City of Bowling Green.**

Brain Training
Tuesday, January 20 at 9 a.m.
“The Power of Mind Over Body.”
Topic: How Your Mind Rules Your Gut
Delve into the connection between your mind and gut by zeroing in on irritable bowel syndrome (IBS), a relatively common disorder that affects roughly 15% of the population. Then, turn your attention to the emergent field of psychogastroenterology, spotlighting innovative therapies—particularly hypnosis—that treat digestive problems by targeting the brain. **Registration**

required by January 15 **Breakfast by Brookdale of Bowling Green.**

Craft: Pinecone Bird Feeders
Tuesday, January 20 at 3 p.m.
Join us as we create an ecologically friendly bird feeder to enjoy the birds in the winter months. All instruction and supplies provided. **Registration required. Facilitated by 1018 Travels.**

Breakfast Club
Wednesday, January 21 at 9 a.m.
Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advance registration encouraged.**

Exercise and Aging
Wednesday, January 21 at 11 a.m.
Exercise can play a crucial role in aging well. Gain valuable information on ways to incorporated various types of exercise in your life to improve your overall health. **Presented by Mercy Family Health and Residency Program.**

Lunch & Learn: Fascinating Profession
Friday, January 23 at 11:30 a.m.
This session will cover the inter workings of the police radio system for the Wood County Sheriff's Office and for 911. Also, the radio for Bowling Green Police Department and Bowling Green Fire Department. Space is limited; First 25 will have lunch. In-person option: Wood County Senior Center.

Zoom Bingo
Friday, January 23 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.

Scrabble Open Play
Friday, January 23 at 1:15 p.m.
Hosted by Rita Eckert.

Digital Café
Monday, January 26 from 9:30 to 10:30 a.m.
The Digital Café is a cozy, modern spot where seniors can relax, sip a beverage, and explore the world of video gaming in a fun and supportive environment. Whether trying a simple puzzle game, bowling on a virtual lane, or teaming up for a lighthearted group challenge, members can enjoy activities that spark laughter and keep minds sharp. Staff and volunteers are always on hand to help, making technology feel comfortable and enjoyable. It's the perfect place to socialize, feel empowered by new skills, and have a great time with friends. **Registration required.**

Coffee & Coloring
Monday, January 26 at 10 a.m.
Enjoy the mindfulness of meditative coloring, coffee and donuts. Donuts provided by Wood Haven Health Care Bring your own supplies or use ours.

Reader's Café
Tuesday, January 27 at 3 p.m.
Compare books that have been turned into movies! Feature: “Regretting You” by Colleen Hoover. "Regretting You" is a Colleen Hoover novel about the strained relationship between a mother, Morgan, and her teenage daughter, Clara, which is shattered by the tragic death of Morgan's husband and Clara's father, Chris. The story follows their separate journeys as they cope with grief, secrets, and resentment, finding unexpected comfort in new relationships. Books & audiobooks available by loan by December 30. **Registration required.**

Perrysburg

In-person programs for the
**PERRYSBURG AREA
SENIOR CENTER**
Lunch served at noon.
Call to make a reservation
by 2 p.m. the day before

Please call the Perrysburg
Area Senior Center at
419.874.0847 to register
or for more information.

Jam Session
Mondays and Wednesdays at 1 p.m.
(except the 2nd Monday of the month)
Schaller Building. All skill levels are
welcome to attend this music group.
Hosted by Marvin Scheer.

Cardio Drumming
Monday, January 5 to February 16 (6
weeks) at 2:30 p.m.
This 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 and Fridays at 9:15 a.m.
Multiple cards. Prizes supplied by
group.

Line Dancing
Tuesdays at 10 a.m.
Schaller Building. Peer Led.

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

Club F.I.T.
Wednesday at 10 a.m. Schaller
Building.
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**
Registration required.

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

Tai Chi
Thursdays at 9:30 a.m.
Schaller Building
Practice the movements of Tai Chi in a
group setting with support to create a
healthy way to move. 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. Peer Led.

**Seminar Series: Great
Decisions**
Wednesday, January 7 at 12:30 p.m.
**Topic: International Cooperation on
Climate Change. Dr. Amilcar E Challu**
The 2015 Paris Agreement established
a UN-sponsored framework for
negotiations on climate change and
global warming. In subsequent COP
meetings, experts and political leaders
have come together seeking common
cause of this growing global crisis.
What is the future of these efforts, and
what has it yielded? 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?

Breakfast Club
Thursday, January 8 at 9 a.m.
Join us as we gather to start the
morning off with good food and
company. Meet at American Table, 580
Craig Dr., Perrysburg. **Cost on own**
Host: Judy Schlink.

Veterans Coffee Hour
Thursday, January 8 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**

Yoga
Thursday, January 8 to February 12 at
11a.m. **Schaller Building**
Cost: \$20 for 6 weeks
Engage your breath, practice sensory
awareness, and enjoy the movement of
the body.
JoAnn Weislak, Certified Instructor.
Registration required.



Docuseries:
Miracles Around Us
Friday, January 9 at 12:30 p.m.
Explore mysterious and miraculous yet
factual events that science, technology
nor exhaustive investigations can
explain. **This months episode:**
Dreams and Intuition. Prerecorded.

Euchre
Friday, January 9 at 12:45 p.m.

Pinochle
Monday, January 12 at 12:45 p.m.

Back In The Day
Monday, January 12 at 12:30 p.m.
Guess what year specific events in
history happened. **Facilitated by**
Manor at Perrysburg.

Mystery Restaurant
Monday, January 12 at 4 p.m.
Meet at Perrysburg Senior Center to
learn about your surprise location for
dinner. Cost on own. **Hosted by**
Marcine Miller. Registration required
and limited to 8 participants.

Bingo
Tuesday, January 13 at 12:30 p.m.
Prizes Awarded. **Facilitated by St.**
Clare Commons.

**Blood Pressure &
Blood Sugar Screening**
Thursday, January 15 from 11 to 1
p.m.
This clinic is an opportunity to have
your blood pressure and blood glucose
monitored by health professionals.
Facilitated by Mercy Health.

Card Bingo
Friday, January 16 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
and Hospice.**

Friends in Fellowship
Tuesday, January 20 at 10:30 a.m.
Join us for conversations. laughter and
encouragement. **Sponsored by Ohio
Living.**

Black Swamp Stories Part 6
Tuesday, January 20 at 12:30 p.m.
What mysteries lay buried in Jackson
Township? What was Hiram Davis'
impact on Wood County? These stories
are an important part of the Black
Swamp and early formation of Wood
County. **Presented by Mike McMaster,**
Wood County Musuem.

Texas Hold'em Tournament
Tuesday, January 20 at 1 p.m.
Registration required.

Birthday Celebration
Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Manor at Perrysburg.

**Seminar Series: Great
Decisions**
Wednesday, January 21 at 12:30 p.m.
**Topic: Future of NATO and European
Security**
European security is more uncertain
than it has been for decades. Putin's
Russia has launched a war with Ukraine
on its doorstep, and America's
uncertain role as leader of NATO and
security provider has been called into

question with the failure of Congress
to pass supplemental military support
for Ukraine. 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?

Puzzlemania
Friday, January 23 at 12:45 p.m.
Do you enjoy a good jigsaw puzzle?
We are hosting Puzzlemania, where
teams of two to four people will
compete to complete a 250 piece
puzzle the quickest! Prize awarded to
winning team. Five team limit per
session. **Registration required.**

Hand and Foot
Monday, January 26 at 12:45 p.m.

Movie Day
Tuesday, January 27 at 12:45 p.m.
Feature: Free Byrd
Synopsis: A road trip comedy drama
about a middle aged, underachieving
van driver named Jay, who is tasked
with transporting a cantankerous
octogenarian, Harry to an assisted
living facility. **Registration required.**
Snacks and movie provided by
Walker Wiltzer Shank Funeral
Homes and Crematory.

Exercise and Aging
Wednesday, January 28 at 11 a.m.
Exercise can play a crucial role in
aging well. Gain valuable information
on ways to incorporated various types
of exercise in your life to improve your
overall health. **Presented by Mercy**
Family Health and Residency
Program.

Coffee and Coloring
Thursday, January 29 at 10:30 a.m.
Enjoy the relaxing benefits of coloring
while enjoying a cup of coffee and
conversations.

Wood County Senior Center

Cards & Games

Mah Jongg
Thursdays at 1:30 p.m.

Party Bridge
Fridays at 1 p.m.
Please call the Programs Department
if you are interested in playing.

Billiards Room
Available by appointment,
Monday through Friday Participants
must bring their own pool cue (s).

Puzzles
Available daily in the lounge

Euchre
Mondays at 1 p.m.
Fridays at 1 p.m.

Bingo
Tuesdays at 1 p.m.

Hand & Foot
Tuesdays at 1 p.m.
Fridays at 10 a.m.

Dominoes
Tuesdays at 3 p.m.

Cribbage
Wednesdays at 1 p.m.



Wayne

In-person programs for the
**WAYNE AREA
SENIOR CENTER**
Lunch served at noon.
Call to make a reservation
by 2 p.m. the day before

**Please call the Wayne
Area Senior Center at
419.288.2896 to register
or for more information.**

Chair Yoga

Wednesdays from 12:45 to 1:45 p.m.
This gentle yoga session will allow you to maintain your strength, flexibility and functional mobility. Prerecorded video.

Card Games

Thursday, from 11 to 2 p.m.

Bingo

Monday, January 5 at 12:30 p.m.
**Sponsored by Wood Haven
Healthcare.**

Name That Tune

Tuesday, January 6 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

TicTok Challenge

Wednesday, January 7 at 1 p.m.
TicTok is social media platform where users create, share and discover short-form videos. As content creators you can share comedy, dancing, and educational videos. We will work this month to create our own video to share in a fun and supportive atmosphere.

Blood Pressure &

Blood Sugar Screening

Thursday, January 8 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Bridge Home Health and Hospice.

Black Swamp Stories Part 6

Thursday, January 8 at 12:10 p.m.
What mysteries lay buried in Jackson Township? What was Hiram Davis' impact on Wood County? These stories are an important part of the Black Swamp and early formation of Wood County. **Presented by Mike McMaster, Wood County Museum.**

Great Black Swamp

Friday, January 9 at 12:30 p.m.
This session will cover how nature was impacted and created the great black swamp. **Presented by Jim Whitter, Wood County Parks District.**

Bingo

Thursday, January 8 at 1 p.m.
Prizes awarded. **Facilitated by Bridge Home Health and Hospice.**

Short Story Review

Monday, January 12 at 11 a.m.
During this session we will read a short story together and then enjoy a discussion on its themes, characters and overall meaning. **Facilitated by Lauren Firsdon, WCCOA**

Bingo

Tuesday, January 13 at 12:30 p.m.
Prizes awarded. **Facilitated by Bowling Green Manor.**

TicTok Challenge

Wednesday, January 14 at 1 p.m.
TicTok is social media platform where users create, share and discover short-form videos. As content creators you can share comedy, dancing, and educational videos. We will work this month to create our own video to share. Come and learn how to create content in a fun and supportive atmosphere.

Breakfast Club

Thursday, January 15 at 9:30 a.m.
Meet at the Country Farmhouse 117 E. Main Street, Wayne. Join us as we enjoy coffee, breakfast and great conversations. Cost on own.
Registration required.

Rootbeer Float Friday

Friday, January 16 at 12:30 p.m.
Enjoy an old fashion rootbeer float with friends. **This treat is provided by Wood Haven Healthcare.**

Trivia Battle Challenge

Friday, January 16 at 12:30 p.m.
Let's test our trivia knowledge with this friendly competition between the other Wood County Senior Centers. Prize awarded to the winning center each quarter.

Zoom Spelling Bee

Tuesday, January 20 at 1 p.m.
Join us as we challenge our center against the Wood County Senior Center to a fun spelling bee. We will play for Pride not Prize. **Call to obtain the Zoom code or join us in person at the site.**

Birthday Celebration

Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats. **Sponsored by The Willows.**

TicTok Challenge

Wednesday, January 21 at 1 p.m.
We will work this month to create our own video to share. Come and learn how to create content in a fun and supportive atmosphere.

Restaurant Night

Tuesday, January 27 at 5 p.m.
Meet at the Center to travel to a restaurant to enjoy dinner and great conversations. Cost on own (range \$20 to \$35) **Registration required.**



TicTok Challenge

Wednesday, January 28 at 1 p.m.
We will work this month to create our own video to share. Come and learn how to create content in a fun and supportive atmosphere.

North Baltimore

In-person programs for the
**NORTH BALTIMORE
SENIOR CENTER**
Lunch served at noon.
Call to make a reservation
by 2 p.m. the day before

**Please call the North
Baltimore Senior Center at
419.257.3306 to register
or for more information.**

Black Swamp Stories Part 1

Monday, January 5 at 12:30 p.m.
We will work this month to create our own video to share. Come and learn how to create content in a fun and supportive atmosphere. **Presented by Mike McMaster, Wood County Museum, prerecorded.**

Make it and Take It Craft

Wednesday, January 7 at 12:30 p.m.
This session we will create a surprise craft for you to take home. All supplies and instructions will be provided.
Facilitated by the North Baltimore Public Library.

Wood County Parks Overview

Thursday, January 8 at 1 p.m.
The Wood County Park District manages over 20 parks and nature preserves across Wood County, Ohio providing over 1,475 acres of land for recreation and conservation. The parks are open year-round from 8 a.m. to sunset and offer a range of features including hiking trails, natural habitats, and educational programs. Attend this session to learn more about these highlighted parks. **Presented by Jim Witter, Wood County Parks District.**

Rootbeer Floats

Monday, January 12 at 12:30 p.m.
Enjoy an old fashion rootbeer float with friends. **This treat is provided by Wood Haven Healthcare.**

Breakfast Club

Tuesday, January 13 at 9:30 a.m.
Join us as we gather to start the morning off with good food and company. Meet at McDonald's , 12776 Deshler Rd., North Baltimore. **Cost on own Host: Judy Schlink.**

The Power of Therapy

Thursday, January 15 at 12:30 p.m.
This session will cover the importance of physical activity and strength to maintain independence. You will receive tips and tricks to stay strong and healthy. **Presented by Caleb Davis, Briar Hill Therapy Director.**

Trivia Battle Challenge

Friday, January 16 at 12:30 p.m.
Let's test our trivia knowledge with this friendly competition between the other Wood County Senior Centers. Prize awarded to the winning center each quarter.

Managing Your Blood Pressure

Monday, January 19 at 12:30 p.m.
This session we will share the signs and symptoms of high blood pressure. Managing your health and your blood pressure is important in maintaining your independence. **Prerecorded video by Mercy Family Medicine Residency Program.**



Short Story/ Article Review

Tuesday, January 20 at 12:30 p.m.
During this session we will read a short story or article together and then enjoy a discussion on its themes, characters and overall meaning. You are welcome to pick up the article before the session. **Facilitated by North Baltimore Public Library.**

Birthday Celebration

Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by

Blood Pressure &

Blood Sugar Screening

Tuesday, January 27 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Bridge Home Health and Hospice.

Bingo

Tuesday, January 27 at 12:30 p.m.
Prizes awarded. **Facilitated by Bridge Home Health and Hospice.**

Bingo

Thursday, January 29 at 12:30 p.m.
Play 10 rounds of bingo with the final round being a full card. All participants are to bring a new household time to be used on the prize table. The exchange of items will be the fun part of the game. **Facilitated by Wood Haven Healthcare.**

Rossford

In-person programs for
**ROSSFORD AREA
SENIOR CENTER**
Lunch served at noon.
Call to make a reservation
by 2 p.m. the day before

Please call the Rossford
Area Senior Center at
419.666.8494 to register
or for more information.

Coffee, Donuts and Coloring

Monday, January 5 at 12:30 p.m.
Enjoy a morning of coloring,
conversations and coffee with donuts.
**Supplies provided by Manor at
Perrysburg.**

Blood Pressure &

Blood Sugar Screening

Tuesday, January 6 from 11 to 1 p.m.
This clinic is an opportunity to have
your blood pressure and blood glucose
monitored by health professionals.
**Facilitated by Bridge Home Health
and Hospice.**

Fitness for Fall Prevention

Tuesday, January 6 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 required.**

Breakfast Club

Thursday, January 8 at 9 a.m.
Join us as we gather to start the
morning off with good food and
company. Meet at American Table, 580
Craig Dr., Perrysburg. Cost on own
Host: Judy Schlink.

Game Day

Thursday, January 8 at 12:30 p.m.
Each month we will play a mystery
game and prizes will be awarded.
**Facilitated by Kingston of
Perrysburg.**



Pies for Guys

Friday, January 9 at 1 p.m.
Enjoy some delicious pies while share
conversations and coffee.**Facilitated
by Partners in Home Care.**

Word Search Challenge

Monday, January 12 at 11 a.m.
Enjoy a cup of coffee while working on
your cognitive skills with a word search.
Winner completes the puzzle first. Play
for prize not prize.

Cards and Dominoes

Monday, Janaury 12 at 12:30 p.m

Black Swamp Stories Part 6

Tuesday, January 13 at 12:30 p.m.
What mysteries lay buried in Jackson
Township? What was Hiram Davis'
impact on Wood County? These stories
are an important part of the Black
Swamp and early formation of Wood
County. **Facilitated by Mike
McMaster, Wood County Museum.**

Bingo

Thursday, January 15 at 12:30 p.m.
Prizes awarded. **Facilitated by
Waterford at Levis Commons, &
Heritage Health Care.**

Veterans Coffee Hour

Friday, January 16 at 11 a.m.
This gathering is designed to connect
veterans through coffee, conversations
and sweet treats. **Facilitated by
Care360.**

Bunco

Monday, January 19 at 12:30 p.m.
Prizes awarded. **Facilitated by
Bowling Green Manor.**

Birthday Celebration

Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats.
**Sponsored by Ohioans Home Health
and Hospice.**

Trivia Battle Challenge

Thursday, January 22 at 12:30 p.m.
Let's test our trivia knowledge with this
friendly competition between the other
Wood County Senior Centers. Prize
awarded to the winning center each
quarter.

Bunco

Monday, January 26 at 12:30 p.m.

Bingo

Tuesday, January 27 at 12:30 p.m.
Prizes awarded. **Facilitated by Wood
Haven Healthcare.**



Northeast

In-person programs for
**NORTHEAST
SENIOR CENTER**
Located in Walbridge
Lunch served at noon.
Call to make a reservation
by 2 p.m. the day before

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

Breakfast Club

Mondays in January at 9:30 a.m.
Meet at the Woodville Diner, 1949
Woodville Rd., Oregon, Ohio. Cost on
own. **Regsitration required.**

Puzzle Time

Mondays in January from 10 to 2 p.m.
With the cold weather upon us it is
time to get the puzzles out. grab a cup
of coffee, hot chocolate and set at the
puzzle table and make new friends.
Let's see how fast we can complete this
puzzle.

Walk Around the Gym

Mondays in January at 10 a.m.
Join us as we walk around the gym to
enjoy conversations with friends and
exercise.

Take Control of Exercise

Tuesday, January 6 at 12:30 p.m.
This DVD from the Arthritis Foundation
will aid to improve flexibility, strength,
core muscles, using resistance bands.
This will boost stamina fun and
endurance.

Bingo

Tuesday, January 6 at 12:30 p.m.
Play rounds of bingo with the possibility
of winning prizes. **Facilitated by
Walker Funeral Home and
Crematory.**

Bunco

Monday, January 19 at 12:30 p.m.
Prizes awarded. **Facilitated by
Bowling Green Manor.**

Fitness for Fall Prevention

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

Walbridge Talk

Thursday, January 8 at 12:15 p.m.
TThis session will have the Mayor of
Walbridge share informaiton on what is
happening in the village. **Presented by
Mayor Ed Kalanko.**

Donuts and 3/13

Friday, January 9 at 9:45 a.m.
Enjoy a fun card game of 3/13 with
some donuts from Don's. **Cost: \$1.50/
donuts.**

Everybody Knows

Monday, January 12 at 12:30 p.m.
This game is to test your mind and see
how fast you can answer the questions.
However, we will put our twist on this
game. **Facilitated by Marekita
Phillips, WCCOA.**

Left, Right, Center

Monday, January 13 at 12:30 p.m.
This fun fast paced game is easy to
learn with 3 dice and poker chips. Try
to be the last person with chips!

Black Swamp Stories Part 6

Wednesday, January 14 at 12:15 p.m.
What mysteries lay buried in Jackson
Township? What was Hiram Davis'
impact on Wood County? These stories
are an important part of the Black
Swamp and early formation of Wood
County. **Facilitated by Mike
McMaster, Wood County Museum.**

Blood Pressure &

Blood Sugar Screening

**Thursday, January 15 from 11 a.m. to
1 p.m.**
This clinic is an opportunity to have
your blood pressure and blood glucose
monitored by health professionals.
**Facilitated by Bridge Home Health.
and Hospice.**



Emergency Safety Updates

Friday, January 16 from 12:15 p.m.
This session will cover carbon
monoxide detection and safety and
winter weather tips. **Facilitated by
Lake Township Fire and Emergency
Management.**

Birthday Celebration

Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Orchard Villa.

Yahtzee

Thursday, January 22 at 12:30 p.m.
How Lucky are you at rolling the dice?
Try your luck with the game of
YAHTZEE and see if you can roll a full
house.

Left, Right and Center, Game

Monday, January 26 at 12:30 p.m.
This fun fast paced game is easy to
learn with 3 dice and poker chips. Try
to be the last person with chips!

Grand Rapids

In-person programs for **GRAND RAPIDS AREA SENIOR CENTER**
Lunch served at noon.
Call to make a reservation by 2 p.m. the day before

Please call the Grand Rapids Area Senior Center at 419.601.1896 to register or for more information.

Card Games
Wednesdays in January at 1 p.m.

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

TED Talk: The Flourshing Future of Women's Sports
Monday, January 5 at 12:30 p.m.
Women's sports are surging in popularity around the world, with record-breaking viewership, attendance and revenue growth. And yet, social media algorithms still skew towards covering men's sports. Olympic rower Kate Johnson, who now leads global marketing strategy for sports and entertainment at Google, unpacks why this is still happening — and what it will take to level the playing field for women's sports.

Black Swamp Stories Part 6
Tuesday, January 6 at 12:30 p.m.
What mysteries lay buried in Jackson Township? What was Hiram Davis' impact on Wood County? These stories are an important part of the Black Swamp and early formation of Wood County. **Facilitated by Mike McMaster, Wood County Musuem.**

Breakfast Club
Thursday, January 8 at 9 a.m.
Join us as we gather to start the morning off with good food and company. Meet at American Table, 580 Craig Dr., Perrysburg. Cost on own
Host: Judy Schlink.

Would You Rather Exercise?
Monday, January 12 at 12:30 p.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.**

Donut Bingo
Wednesday, January 14 at 10:30 a.m.
Join us for the fun version of Bingo. Instead of the same old prizes we will be playing for donuts. **Sponsored by Wood Haven Healthcare.**

Canvas Art Party
Wednesday, January 14 at 12:30 p.m.
Join us as we paint a winter scene. No experience is needed, all materials and instruction are provided.
Registration is required.
Limited to 6 participants.
Instructed by Lori Lawton, ATR

Trivia Battle Challenge
Friday, January 16 at 12:30 p.m.
Let's test our trivia knowledge with this friendly competition between the other Wood County Senior Centers. Prize awarded to the winning center each quarter.

Bingo
Tuesday, January 20 at 10:30 a.m.
Enjoy a fun game of bingo with prizes.
Facilitated by Bridge Home Health and Hospice.

Blood Pressure & Blood Sugar Screening
Tuesday, January 20 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Bridge Home Health and Hospice.

Birthday Celebration
Wednesday, January 21 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Bowling Green Manor.

Eye Glass Repair
Friday, January 30 at 11 a.m.
Missing a screw or a nose piece to your glasses? They will fix them for free!
Sponsored by Grand Rapids Calvary Church.



Discover us on YouTube
by searching:



Wood County Committee on Aging, Inc.
View our over 300 educational videos archived for your viewing convenience.

Pemberville

In-person programs for **PEMBERVILLE SENIOR CENTER**
Located in Walbridge
Lunch served at noon.
Call to make a reservation by 2 p.m. the day before

Please call the Pemberville Area Senior Center at 419.287.4109 to register or for more information.

Minutes with the Mayor
Monday, January 5 at 12 p.m.
Pemberville Mayor Carol Bailey will share updates on the village.

Club F.I.T.
First Tuesday of the month in January at 11 a.m.
This fitness interactive teaching program will provide guidance in strengthening exercises and stretching tips to keep you active and Independent. **Facilitated by Wood Haven Healthcare.** Cost: FREE
Registration required.

Fire Safety Awareness
Tuesday, January 6 at 12:30 p.m.
This session will cover how to create a fire plan to ensure you can react safely and protect your home. **Presented by the American Red Cross.**

Bridge
Thursdays, in January 9 a.m.
If you are interested in joining this group please call for details.

Black Swamp Stories Part 6
Wednesday, January 7 at 12:30 p.m.
What mysteries lay buried in Jackson Township? What was Hiram Davis' impact on Wood County? These stories are an important part of the Black Swamp and early formation of Wood County. **Facilitated by Mike McMaster, Wood County Museum.**

Bingo
Thursday, Janaury 8 at 12:30 p.m.
Facilitated by Wood Haven Healthcare.

Therapy Talks
Friday, January 9 at 12:30 p.m.
Join us as a representative from Functional Pathways share tips on ways to maintain your physical health and overall well-being.

Blood Pressure & Blood Sugar Screening
Monday, January 12 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Bridge Home Health and Hospice.

Card Bingo
Monday, January 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 and Hospice.

Donuts & Discussions with Coloring
Tuesday, January 13 at 10 a.m.
Enjoy friendly discussions on a variety of hot topics along with the opportunity to enjoy coffee, donuts, and relax while coloring. **Facilitated by Wood Haven Healthcare.**

Back in the Day
Wednesday, January 14 at 12:30 p.m.
In this session participants will learn of a variety of historic events and then participants will have the opportunity to guess what year specific events in history took place. **Facilitated by Bowling Green Manor.**

Mystery Restaurant
Wednesday, January 14 at 12:30 p.m.
Meet at the center to receive your special instructions on the location of your dinner. Cost on own. (range of \$20 to \$35) Distance is 30 miles round trip.

This is a great way to enjoy an evening meal in the company of good people.
Space is limited to the first 8 registered.

History of Aprons
Friday, January 16 at 12:30 p.m.
This session will take back to the intial use of the apron and how its traditional use has evolved. **Presented by Sharon Moenter.**

Movie Day
Monday, January 19 at 12:30 p.m.
:Feature: The boy in the striped pajamas is a 2008 Holocaust historical drama film based on the 2006 novel.
Snacks sponsored by: Wood Haven Healthcare
Bone Density Screening
Tuesday, Janaury 20 at 12:30 p.m.
Measure the strength of your bones for risk of future fractures. No appointment needed. **By Wood County Hospital.**

Birthday Celebration
Wednesday, January 21 at 12 p.m.
Sponsored by Wood Haven Healthcare. Enjoy entertainment by Dan Cadaret, guitarist.

Trivia Battle Challenge
Friday, January 23 at 12:30 p.m.
Let's test our trivia knowledge with this friendly competition between the other Senior Centers. Prize awarded to the winning center each quarter.

Mystery Game
Monday, January 26 at 12 p.m.
Facilitated by Kingston of PB.

Name That Tune
Tuesday, January 27 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Internet & Streaming Tips
Wednesday, January 28 at 12:30 p.m.
This session will cover an understanding of the internet and questions about t.v. streaming.
Facilitated by Ken Nutter, Amplex

WCCOA SUPPORT GROUPS

Caregiver Support Group
Monday, January 12 at 2:30 p.m.
Location: Wood County Senior Center, 140 S. Grove Street, Bowling Green
An 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 5 at 11 a.m. to 1 p.m.
Location: Wood County Senior Center, 140 S. Grove Street, Bowling Green
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, January 8 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@wccoa.net to register for this group.

Grasping Your Grief
Wednesdays, January 7 & 21
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.
This group is for families of those with mental illness.

Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support
Wednesdays at noon
This group is for individuals with mental illness.
Location: 1250 Ridgewood Dr., Bowling Green
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
Contact: 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 for more information. Call 419.661.4001 to register.

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	January 7	1 to 3 p.m.
Pemberville Senior Center	February 25	1 to 3 p.m.

It is the patient’s responsibility to check with their insurance company about coverage and frequency of coverage.

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

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

Clinic Site	Date	Time
Wood County Senior Center	March 10	9 to 11 a.m.
	March 13	9 to 11 a.m.
	March 19	9 to 11 a.m.
Pemberville Senior Center	March 24	9 to 11 a.m.

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 Senior Center	March 5	2 to 4 p.m.
Wood County Senior Center	March 12	4 to 6 p.m.

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

Clinic Site	Date	Time
Rossford Area Senior Center	January 6	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	January 8	11 a.m. to 12:30 p.m.
Wood County Senior Center	January 13	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	January 12	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	January 15	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	January 20	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	January 27	11 a.m. to 12:30 p.m.

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 6

January 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 All sites are closed in observance of New Year's Day	2 All sites are closed in observance of the day after New Year's.
5 Pulled Pork or Grilled Chicken Breast Sandwich, cheesy potato casserole, creamy coleslaw, apple, brownie	6 Sweet & Sour Chicken or Baked Ham, rice, oriental vegetables, asian salad, pineapple	7 Meatloaf or Dilled Salmon, carrots, corn relish, grape juice, graham crackers	8 Chicken Wings or Pork Cutlet, cauliflower, apricots, cherry crisp	9 Beef Stew or Tuna & Noodles, green beans, broccoli salad, cornbread, fruited jell-o
12 Country Fried Steak or Stuffed Chicken Breast, mashed potatoes, tomato juice, peaches, pudding	13 Beef Fajita Strips or Turkey Taco, black beans, tomatoes, lettuce and cheese, pears	14 Spaghetti & Meatballs or Chicken Alfredo, midori vegetables, hertiage slaw, banana, sherbet	15 Cube Steak or Turkey, baked potato, carrot salad, mandarin oranges, and grapes	16 Sloppy Jo or Salmon burger, roasted sweet potatoes, 3 bean salad, fruit cocktail, Rice Krispy Treat
19 Closed in observantion of Martin Luther King Jr. Day	20 BBQ Chicken or Liver and Onions, mashed potatoes, carrots, rosy applesauce	21 Birthday Celebration Meat Lasagna, riviera blend vegetables, texas caviar bean salad, cake and ice cream	22 Coconut Curry Chicken or Swedish Meatballs, brown rice, brussel sprouts, peaches and pears, fruit punch	23 Stuffed Peppers or Lemon Pepper Tilapia, winter blend vegetables, grapes, peach crunch
26 Chipped Beef or Creamed Chicken, biscuit, mashed potatoes, baked apples, orange juice	27 Smoked Sausage or Honey Mustard Chicken, squash, emerald pears, strawberries with blueberries and angel food cake	28 Roast Beef or Almondine Pollock, stewed tomatoes, sauerkraut, cinnamon applesauce, vanilla wafers	29 Hamloaf or Vegetable Lasagna, corn, Caesar salad, ambrosia	30 Cream of Potato Soup or Vegetable Soup, chicken salad, celery sticks with peanut butter, orange sections
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.				

LUNCH MENU

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.

January 2026			
Tuesday	Wednesday	Thursday	
		1 All sites closed in observance of New Year's Day	
6 Beef Lasagna, carrots, Caesar salad, pineapple juice, garlic bread, apple pie	7 Chicken Tacos with lettuce, cheese and tomatoes, back beans & rice, ambrosia salad	8 Chef salad with egg and cheese, potato salad, melon, cornbread muffin, pudding	
13 Birthday Dinner Meatloaf, baked potato, riveria blend vegetables, mixed fruit, cake and ice cream	14 Turkey, mashed poatoes, peas and onions, citrus ssections, gingerbread dessert	15 Chicken Stir Fry, wild rice, winter blend vegetables, pickled beets, pears and jell-o	
20 Fish Sandwich with cheese, tater tots, coleslaw. orange, sherbet	21 Baked Ham, sweet potatoes, broccoli, cherry crisp	22 Chili, celery and carrots sticks, corn relish, cornbread, strawberries, pound cake.	
27 Spaghetti with Meatsauce, Italian Vegetables, spinach salad, mixed fruit, garlic bread, cheesecake	28 BBQ Chicken Breast, small whole potatoes, prince charles blend vegetables, cantaloupe, brownie	29 Bratwurst, french fires, sauerkraut salad, fruit juice, apple strudel	

Dinner will be served cafeteria style between the:

BG Knitters Guild
Wednesday, January 7 at 4 p.m. Hosted by Jackie Instone.

National Parks Series:
Mammoth Cave, Wind Cave, Calsbad Caverns
Tuesday, January 6 at 4:30 p.m.
This educational series will have you exploring these parks sharing their unique history and fabulous features. Prerecorded Great Courses.

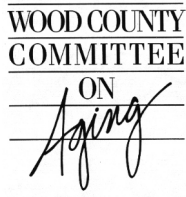
Dinner & Movie
Tuesday, January 13 at 3:30 p.m.
Movie: All Quiet on the Western Front (2022) Dinner reservations made by 2 p.m. on Tues., November 11.

Karaoke
Wednesday, January 14 at 4 p.m.
Join us as we sing along to a variety of music in different genres. **Hosted by WCCOA**

Reader's Café
Tuesday, January 27 at 3 p.m.
Compare books that have been turned into movies! Feature: "Regretting You" by Colleen Hoover. Books & audiobooks available by loan by December 30.
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.

DINNER MENU



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Wood County Committee on Aging, Inc.

140 South Grove Street
Bowling Green, Ohio 43402
419.353.5661 or 1.800.367.4935

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

 **YOU TUBE**
Seach Wood County Committee on Aging, Inc.



All sites will be closed January 1 and 2, 2026

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 **419.601.1896**
23019 Kellogg Road, Grand Rapids, Ohio 43522
Monday through Friday 10 a.m. to 2 p.m.

North Baltimore Area Senior Center **419.257.3306**
215 N. 2nd Street, North Baltimore, Ohio 45872
Monday through Friday 10 a.m. to 2 p.m.

Northeast Area Senior Center **567.249.4921**
705 N. Main Street, Walbridge, Ohio 43465
Monday through Friday 10 a.m. to 2 p.m.

Pemberville Area Senior Center **419.287.4109**
220 Cedar Street, Pemberville, Ohio 43450
Monday through Friday 10 a.m. to 2 p.m.

Perrysburg Area Senior Center **419.874.0847**
140 W. Indiana Avenue, Perrysburg, Ohio 43551
Monday through Friday 8:30 a.m. to 4:30 p.m.

Rossford Area Senior Center **419.666.8494**
400 Dixie Highway, Rossford, Ohio 43460
Monday through Friday 10 a.m. to 2 p.m.

Wayne Area Senior Center **419.288.2896**
202 E. Main Street, Wayne, Ohio 43466
Monday through Friday 10 a.m. to 2 p.m.

Wood County Senior Center **419.353.5661**
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. 800.367.4935