



Acrylic Painting

For those looking to expand
their painting skills

Friday, February 6, 13, 20 at 10 a.m.

Cost: \$20

**Facilitated by Mya Wehrkamp, BGSU
Education Major Student**

Photo to the Left Sample of painting
for the one time class on Tuesday,
February 17 at 4:15 p.m. See page 11
for details.

Session 1: February 6

We will discuss color mixing, values, brush techniques, and general paint application techniques. Then we will create a small painting of a simple object such as an apple.

Session 2: February 13

Now that we have a foundation of basic acrylic principles, the second session will be focusing on design and composition of a painting. In this session we will also discuss more of the painting process.

Session 3: February 20

For the last session students will use all of the techniques and skills they have learned over the past two sessions and apply them to a final painting. This painting will require them to think about composition, color, and brush technique in order to replicate a reference photo. In the class before, I will ask students what type of subject they would like to paint for the final session. **Registration is required by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing 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 registered.

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, MemoryLane Care Services, 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**

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**Care
Compass
Project**

**Navigating the
Caregiving Continuum:**

Planning for today and for the future.

From our Executive Director

As we settle into February, I'm reminded that while this month is often associated with cold days and long nights, it's also a meaningful opportunity to check in on one another. Winter can be beautiful, but it can also bring feelings of isolation—especially for older adults. At the Wood County Committee on Aging, we remain committed to helping our community stay connected, engaged, and supported, no matter the season.

Social connection is essential for our well-being. A simple conversation, a shared meal, or a familiar smile can make a tremendous difference. If you've been feeling a bit disconnected, I invite you to join us at any of our senior centers throughout the county. Whether you're interested in meals, fitness classes, educational programs, or simply time spent with friends, our doors are always open. For those who prefer to participate from home—or need assistance accessing programs virtually—we're here to help. Please don't hesitate to reach out. Our team can guide you through the steps to get connected online or provide support to make virtual participation more comfortable.

Let's continue to look out for one another and strengthen the bonds that make our community so special. Together, we can ensure that no one feels alone this winter.

Sincerely,



Reminder to support our Kroger Awards Program. 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

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*

Friends Donation:

Steve & Barb Bowerize, Judith Brown, Sue Clanton, Linda Conrad, Frank & Pam Day, Robin Euler, Betty Goodman, Laura Held, Ron & Maorong Lancaster, Dave & Karen Saneholtz, Richard Ward

Kitchen Fund:

Brenda Larson-Birney

Walbridge VFW Post 9963, Walbridge, VFW Post 9963 Auxiliary

In Memory of Alice Henning: Barry & Peggy Hawkins

In Memory of Helen Lorenzen: Susan Carpenter

In Memory of Denise Niese: Cindy Hofner

In Memory of Wanda Smith: James & Bonnie Bowe

In Memory of Cindy Stockwell: Jimmy & Shirley Wilford

WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services. Your donation is tax-deductible, and giving is easy. Visit our website at <http://friendsofwccoa.com/> or contact us for more information.

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, every day is filled with laughter, music, and meaningful moments where friendships bloom, creativity flows, and joy is part of the routine. It's a safe place where memories are celebrated and smiles never go out of style!

In February, we are celebrating National Cherry Month! We will be trying our hand at homemade cherry pie and all kinds of homemade cherry desserts! Join us for musicians Matt Richardson (2/3) as well as your 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 Colorado

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 Winnipesaukee Cruise,
- **3 Historic Rail Excursions:** Winnipesaukee 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 Minster, Chester England exploring ancient town, Conway, Wales, visiting castles, enjoy the cafes and markets, Menai Strait, 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

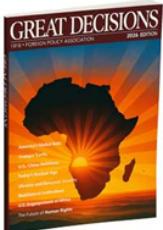
October 18 to October 16, 2026

- 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.



SPECIAL EVENTS



Great Decisions 2026

Saturdays, February 7 to February 28, 9:30 to 11 a.m.
Wood County Senior Center In person or Via ZOOM
Registration is required by calling the Programs
Department at 419.353.5661 or 800.367.4935
or email programs@wccoa.net

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

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 is the rationale behind this radical shift?

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. 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

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?

Bible the What and Why?

Monday, February 9, 16, 23 and March 2 at 2 p.m.
Wood County Senior Center
Facilitated by Derrik Torrey

Each session includes Jesus' teachings to inform attendees about Jesus' role both as an outstanding historical figure or blessed Messiah. Sessions are not intended to change anyone's beliefs. They are used to bring a heightened awareness of the many details often overlooked in traditional Bible reading or study. The goal is to ensure participants are given an opportunity to grasp a sound understanding of what one might believe and why one would believe it. Sessions are targeted to the curious as well as an established believer of the Bible. Finally, the sessions are carefully crafted using biblical KJV text as the legitimization force of objective evidence for ultimate spiritual validation.

Some of the likely sessions would be:

Monday, February 9 at 2 p.m.

Genesis – In our study we will examine why we have certain inclinations, practices and inherent knowledge.

Monday, February 16 at 2 p.m.

After the flood – things as they appear. A needle in the haystack.

Monday, February 23 at 2 p.m.

The Ark of the Covenant – What is this all about?

Monday, March 2 at 2 p.m.

The Law as we understand impact vs intent.

Registration is required by calling the Programs

Department at 419.353.5661 or 800.367.4935

Dessert for Dinner, Dancing & DJ T-Town

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

Wood County Senior Center

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 live music from DJ T-Town.

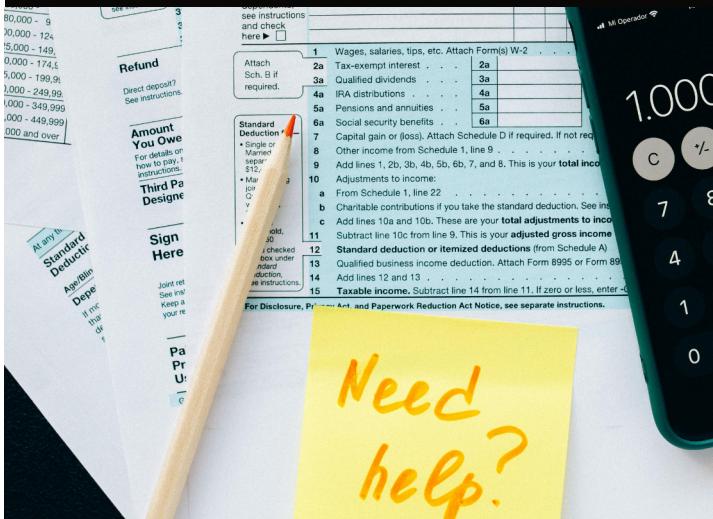
Enjoy his spinning romantic and upbeat tracks. **Cost: \$5**

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**



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 appointment and a 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

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

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.

LivelyU

LIFELONG LEARNING ACADEMY

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 each semester to take part in all of the courses. **Registration is required for each individual course 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 Judge 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 to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, January 20 through 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. 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 technology loans, contact the Programs Department at 419.353.5661 OR 1.800.367.4935

Interested in joining online programs and 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, February 16 to March 23 at 10:30 a.m.

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

Advanced:

Tuesdays, February 17 to March 24 at 10:30 a.m.

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

Intermediate:

Thursday, February 19 to March 26 at 11 a.m.

Incorporates breathing techniques, a variety of seated, standing and lying postures supported by different props. 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 those who need support. Jenny Triggs and 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, February 17 to March 24 at 1:30 p.m.

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

Club F.I.T.

Cost: Free Thursdays at 1 p.m.

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

Cardio Drumming

Cost: \$25, (Minimum of 12)

Wood County Senior Center

Wednesday, February 25 to April 1 from 2 to 3 p.m.

Intermediate level class

Exercise for Parkinson's

Cost: \$30 for 12 weeks

Mondays, January 5 to April 6 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, March 4 to April 8 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. Sheila Brown, Certified Instructor.

Open Window Dance Class

Wednesday, February 18 to March 25 at 5:45 p.m.

Cost: \$20

Open to 50 and over. A modern/contemporary dance format, no prior dance experience needed. Move, stretch, and create 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, February 25 to April 1 at 10:15 a.m. at 9: 30 a.m.

Focuses on strengthening muscles & increasing range of motion. [Register for the zoom code.](#)

Cardio & Tone (In-Person):

Wednesdays, February 25 to April 1 at 10:15 a.m. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

VIRTUAL Classic: Zoom

Fridays, Feb. 20 to March 27 at 9:30 a.m. [Register for the zoom code.](#)

Cardio & Tone (In-Person):

Fridays, Feb. 20 to March 27 at 10:15 a.m. Sheila Brown, Certified Instructor.

Floor and Core

Cost: \$30 for 6 weeks

Tues. February 24 to March 31 at 4:15 p.m.

We will focus on strengthening their core on the floor and improve balance. Sheila Brown, Certified Instructor.

Boosting Your Bone Health

Cost: \$20 for 6 weeks

Fridays, Feb. 27 to April 3 at 1 p.m.

Through low-impact exercise, we 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 February 5 to March 12 at 5:30 p.m.

Zumba is a high-energy, dance-fitness class mixing Latin and international music. All fitness levels. **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.,

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.

February 5 "Going My Way" (1944)

February 12 "Somewhere In Time" (1980)

February 19 "I Remember Mama" (1948)

February 26 "The Hundred-Foot Journey" (2014) **Facilitated by Kris Eridon.**

Veterans Coffee Social

Fridays at 10 a.m.

Share stories, listen to engaging speakers and work on projects. **Donuts sponsored by Bowling Green 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.

Metcalf Field: Wood County's Transcontinental Airport

Monday, February 2 at 11 a.m.

Dedicated in 1929, the airport in Lake Township had a colorful history with a few famous guests. Learn about the airfield we remember as Metcalf Field and a bit about Tommy Metcalf.

Presented by Mike McMaster, Wood County Museum.

A Philosophical Discussion with Demonstration of Woodworking

Tuesday, February 3, 10, 17, 24 at 10:30 a.m.

February 3

So You Want to be a Woodworker?

Discussion on requires to be a woodworker from personality to space to tools to skill and knowledge.

February 10

Holy Wood a Boring Topic

Discuss all the ways to put a hole through wood from history to present.

February 17

Just Screwing Around

The history and applications for making wood threads.

February 24

Projects "POP" with Inlays

Discover that many kinds of inlay methods are quite simple and can add a whole new look to items made from wood. **Facilitated by Mike Shertzer, Northwest Ohio Woodworkers Guild.**

Sundae Bar

Tuesday, February 3 at 12:30 p.m.

Enjoy an ice cream sundae and all the fixings. **Sponsored by The Willows.**

National Parks Series:

Everglades & Congaree Bottomland

Tuesday, February 3 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, February 4 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, February 5 & 19 at 10:30 a.m.

Each session of this course will begin with a reading prompt. Participants will then engage in freewriting exercises in response to the reading, using the experience as a springboard for their own creative exploration. **Dr. Sandra Faulkner, BGSU.**

Intermediate Level Acrylic Painting Class

Friday, February 6, 13, 20 from 10 to 11:30 a.m. Cost: \$20 see front page for details. **Facilitated by Mya Wehrkamp, BGSU Art Education Major.**

Happy Hour Zoom option.

Friday, February 6 at 12:30 p.m.

This hour is filled with fun, trivia and riddles to start the month off right. **Refreshments sponsored by Otterbein.**

Nails

Monday, February 9 at 10:30 a.m.

Appointments are 10 minutes.
Registration required.

TV Series featuring

Designated Survivor:

February 9 at 1 p.m. S: 2 E: 7,8,9

February 23 at 1 p.m. S: 2 E: 10, 11, 12

Name That Tune Bingo

Tuesday, February 10 at 10:30 a.m.

Name the song to cover a bingo space. **Facilitated by Heritage Corner.**

Blood Pressure &

Blood Sugar Screening

Tues., February 10 from 11 to 1 p.m.

This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.

Card Bingo

Tuesday, February 10 at 1 p.m.

Enjoy several rounds of bingo using playing cards. All rules and instructions will be provided.

Facilitated by Bridge Home Health and Hospice.

Cutting Project

Tuesday, February 10 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, February 10 at 3:30 p.m.

Movie: Bob Marley: One Love (2024)
Dinner reservations needed by 2 p.m.

Hands Only CPR Class

Wednesday, February 11 at 1 p.m.

Facilitated by the Red Cross

Karaoke "Love Songs"

Wednesday, February 11 at 4 p.m.

Join us as we sing along to a variety of music in different genres. **Hosted by WCCOA.**

1:1 Technology Help

Thursday, February 12 & 26 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.**

Emergency Disaster

Preparedness:

Wednesday, February 12 at 11 a.m.

This session will provide you with updates on ways to stay safe in your home by being prepared for weather related challenges. These include rain and snow storms, tornadoes, and much more. **Presented by Wood County Emergency Management Agency.**

Brain Training

Tuesday, February 17 at 9 a.m.

"The Power of Mind Over Body."

Topic: Easing Pain with Virtual Reality

Synopsis: Investigate how VR mimics the embodiment effect to treat body image disorders, phantom limb pain, and chronic regional pain syndrome.

Registration required by February 13.

Breakfast by **Brookdale of Bowling**

Green. Materials provided by **Wood Haven Healthcare.**

Acrylic Painting Class

Tuesday, February 17 at 4:15 p.m.

In this session we will be painting a landscape including a sun setting over a field and river. This painting is beginner friendly while being fun for all levels of expertise. Although I will stick to painting exactly like my example, students have creative freedom to make their painting their own. Cost:

\$10 Facilitated by Mya Wehrkamp,

BGSU Art Education Major. (photo on front page)

Breakfast Club

Wednesday, February 18 at 9 a.m.

Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advance registration encouraged.**

Nutrition and Aging

Wednesday, February 18 at 11 a.m.

This session will explore important nutritional items to add to your meal planning for your overall wellbeing.

Presented by Mercy Family Health and Residency Program.

Author Meeting: *The Rhythm of Relationships*

Thursday, February 19 at 2 p.m.

Explores how connections develop unique paces and sounds, using her own Christian faith and life experiences (Cleveland upbringing, family visits) to enlighten readers on relationship importance and dynamics. The book delves into how relationships naturally form their own rhythm, pace, and "sound". **Facilitated by Lisa Chavers**

Digital Café

Monday, February 23 from 9:30 to 10:30 a.m.

The Digital Café is a cozy, modern spot where you can relax, sip a beverage, and explore the world of video gaming in a fun and supportive environment.

Registration required.

Coffee & Coloring

Monday, February 23 at 10 a.m.

Donuts provided by **Wood Haven**

Health Care Bring your own supplies or use ours.

Reader's Café

Tuesday, February 24 at 3 p.m.

Compare books that have been turned into movies! **Feature: The Talented**

Mr. Ripley by Patricia Highsmith

Synopsis: A 1955 psychological thriller novel by Patricia Highsmith, introducing the amoral con man Tom Ripley, who is hired to convince wealthy playboy Dickie Greenleaf to return to America from Italy but becomes obsessed with his lifestyle, leading to murder and identity theft. Books & audiobooks available for loan by January 27. **Registration required.**

Lunch & Learn: Maintaining & Gaining Functional Strength for Life

Friday, February 27 at 11:30 a.m.

This talk focuses on how adults can maintain and even gain functional strength at any stage of life using simple, practical strategies that support independence, confidence, and everyday movement. We'll break down what "functional strength" actually means, why it matters for daily activities like walking, lifting, balancing, and getting up from the floor. Space is limited; First 25 registered will have lunch. **Sponsored by Hanneman Funeral Homes. Zoom option.**

Zoom Bingo

Friday, February 27 at 1 p.m.

Play 10 rounds of bingo with the overall prize awarded by **Heritage Corner** Call for Zoom code.

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 and
instruments are welcome to attend this
music group. **Hosted by Marvin
Scheer.**

Cardio Drumming

Monday, February 23 to March 30
(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).
Sally Hand, Certified Instructor.
Registration required.

Bingo

Tuesdays and Fridays at 9:15 a.m.
Wednesday at 1:30 p.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 on
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.

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.

Texas Hold'em Tournament

Monday, February 2 at 1 p.m.
Registration required.

Internet Terminology Q & A

Tuesday, February 3 at 12:15 p.m.
Attend this session to have your
internet and cable questions answered.
Facilitated by Amplex Internet

Veterans Coffee Hour

Thursday, February 5 at 11 a.m.
This social hour is an opportunity for
veterans to gather to share stories and
support each other. **Donuts sponsored
by Care360 Hospice.**

Euchre

Thursday, February 5 at 12:45 p.m.

Happy Hour

Friday, February 6 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, February 6 at 12:45 p.m.
Do you enjoy a good jigsaw puzzle? We
are hosting Puzzlemania, where teams
of two to four people will compete to
complete a 250 piece puzzle the
quickest! Prize awarded to winning

team. Five team limit per session.
Registration required.

Back In The Day

Monday, February 9 at 12:30 p.m.
Guess what year specific events in
history happened. **Facilitated by
Manor at Perrysburg.**

Pinochle

Monday, February 9 at 12:45 p.m.

Mystery Restaurant
Monday, February 9 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, February 10 at 12:30 p.m.
Prizes Awarded. **Facilitated by St.
Clare Commons.**



Breakfast Club

Thursday, February 12 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.

Where Were You? First Edition

Thursday, February 12 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is your First Kiss. **Facilitated by
Comfort Keeps.**

Yoga

**Thursday, February 19 to March 26 at
11 a.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.

Red Velvet Rendezvous

Friday, February 13 at 12:30 p.m.

Celebrate the holiday with us and enjoy red velvet cake and a themed game with prizes.

Euchre

Friday, February 13 at 12:45 p.m.

Texas Hold'em Tournament

Monday, February 16 at 1 p.m.

Registration required.

Friends in Fellowship

Tuesday, February 17 at 10:30 a.m.

Join us for conversations, laughter and encouragement. **Sponsored by Ohio Living.**

Metcalf Field: Wood County's Transcontinental Airport

Tuesday, February 17 at 12:30 p.m.

Dedicated in 1929, the airport in Lake Township had a colorful history with a few famous guests. Learn about the airfield we remember as Metcalf Field and a bit about Tommy Metcalf.

Presented by Mike McMaster, Wood County Museum.



Grip Strength Screening

Wednesday, February 18 at 11:15 a.m.

Grip strength test is a holistic measure that provides unique insight into your current health status, and your risk for future health challenges. It takes approximately 7 to 8 minutes.

Registration required. Sponsored by Med1Care.

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Enjoy birthday wishes and sweet treats. **Sponsored by Manor at Perrysburg.**

Blood Pressure & Blood Sugar Screening

Thursday, February 19 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, February 20 at 12:30 p.m.

Enjoy several rounds of bingo using playing cards. All the rules and instructions will be provided.

Hand and Foot Card Game

Monday, February 23 at 12:45 p.m.

Movie Day

Tuesday, February 24 at 12:45 p.m.

Feature: The Back Nine

Synopsis: Upon turning 40, a man chases his dream of becoming a professional golfer at any cost. What he finds along the way changes his life forever. **Registration required.**

Snacks and movie provided by Walker Witlzer Shank Funeral Homes and Crematory.

Nutrition and Aging

Wednesday, February 25 at 11:15 a.m.

This session will explore important nutritional items to add to your meal planning for your overall wellbeing. **Presented by Mercy Family Health and Residency Program.**

Coffee and Coloring

Thursday, February 26 at 10:30 a.m.

Enjoy the relaxing benefits of coloring while enjoying a cup of coffee and conversations. Bring your own supplies to this session.

Docuseries:

Miracles Around Us

Friday, February 13 at 12:30 p.m.

Explore mysterious and miraculous yet factual events that neither science, technology and exhaustive

investigations can explain. **This months episode: Life Saving Miracles.** Prerecorded.

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.**

Card Games

Thursday, from 11 to 2 p.m.

Bingo

Monday, February 2 at 12:30 p.m.
**Sponsored by Wood Haven
Healthcare.**

Name That Tune BINGO

Tuesday, February 3 at 12:30 p.m.
Guess the name of the song to cover a
bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Blood Pressure & Blood Sugar Screening

Wednesday, February 4, 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

Wednesday, February 4 at 12:30 p.m.
Prizes awarded. **Facilitated by Bridge
Home Health and Hospice.**

TikTok Challenge

Wednesday, February 4, 11, 18, 25 at 1
p.m.

TikTok is a 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.

NOTE: Each session will work on video
content creation and be sure to attend
on February 25 for the recording of the
video.

Internet and Streaming Terminology Q & A

Friday, February 6 at 12:15 p.m.
Attend this session to have your
internet and cable questions answered
today. **Facilitated by Amplex Internet
Services**

Series: Your Best Brain

Monday, February 9 at 1 p.m.
This series will take you on a journey to
help you understand your brains
function. **Facilitated by Lauren
Firsdon, WCCOA.**

Metcalf Field: Wood County's Transcontinental Airport

Thursday, February 12 at 12:15 p.m.
Dedicated in 1929, the airport in Lake
Township had a colorful history with a
few famous guests. Learn about the
airfield we remember as Metcalf Field
and a bit about Tommy Metcalf.
**Presented by Mike McMaster, Wood
County Museum.**

Valentine's Day Party

February 13 at 12 p.m.
Enjoy treats and Valentine's Day
themed games. **Sponsored by Wood
Haven Healthcare.**

Short Story Review

Tuesday, February 17 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**

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Enjoy birthday wishes and sweet
treats. **Sponsored by The Willows.**

Breakfast Club

Thursday, February 19 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, February 20 at 12:30 p.m.
Enjoy an old fashioned rootbeer
float with friends. **This treat is
provided by Wood Haven
Healthcare.**

Trivia Battle Challenge

Friday, February 20 at 12:30 p.m.
Let's test our trivia knowledge with
this friendly competition with the
other Wood County Senior Centers.
Prize awarded to the winning center
each quarter.

The Price is Right Game

Monday, February 23 at 12:30 p.m.
Join us for a fun and interactive
game of naming the price of items
**Facilitated by the Wayne Public
Library.**

Restaurant Night

Tuesday, February 24 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.**

Discover us on YouTube
by searching:



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

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.**

Emergency Disaster

Preparedness:

Monday, February 2 at 12:30 p.m.

This session will provide you with updates on ways to stay safe in your home during weather related challenges. These include rain and snow storms, tornados, and much more. **Presented by Wood County Emergency Management Agency.**

Black Swamp Stories Part II

Tuesday, February 3 at 12:30 p.m.

Prerecorded video. Mike McMaster, Wood County Historical Society.

Make it and Take It Craft

Wednesday, February 4 at 12:30 p.m.

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.

Rootbeer Floats

Monday, February 9 at 12:30 p.m.

Enjoy an old fashioned rootbeer float with friends. **This treat is provided by Wood Haven Healthcare.**

Breakfast Club

Tuesday, February 10 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.**

Streaming and Internet Terminology Q & A

Wednesday, February 11 at 12:15 p.m.

Attend this session to have your internet and cable questions answered today. **Facilitated by Amplex Internet Services.**

Senior Financial Foundations Series

Thursday, February 12 at 10:30 a.m.

This session will cover presentations on financial stability, scam awareness, medicare, etc. **Presented by Briar Hill Health Care Campus.**

Card Bingo

Thursday February 12 at 1 p.m.

Enjoy Several rounds of bingo using playing cards. All rules and instructions will be provided.

Facilitated by Bridge Home Health and Hospice.

Advance Directives

Monday, February 16 at 12:30 p.m.

Learn where to obtain the documents and the importance of filling them out. **Prerecorded video by Mercy Family Medicine Residency Program.**

Short Story/ Article Review

Tuesday, February 17 at 12:30 p.m.

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 prior to the session.

Facilitated by North Baltimore Public Library.

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Enjoy birthday wishes and sweet treats. **Sponsored by Heritage Health Care.**

Home Health Care Options

Wednesday, February 18 at 12:30 p.m.

This will offer the opportunity to have your home health care questions answered. **Presented by Sara Bender, Heritage Health Care.**

Matters of the Heart: Heart Health Made Simple

Thursday, February 19 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 keep your heart health and to stay strong. **Presented by Caleb Davis, Briar Hill Therapy Director.**

Trivia Battle Challenge

Friday, February 20 at 12:30 p.m.

Let's test our trivia knowledge with this friendly competition between other Wood County Senior Centers. Prizes awarded to the winning center each quarter.

Metcalf Field: Wood County's Transcontinental Airport

Monday, February 23 at 12:15 a.m.

Dedicated in 1929, the airport in Lake Township had a colorful history with a few famous guests. Learn about the airfield we remember as Metcalf Field and a bit about Tommy Metcalf.

Presented by Mike McMaster, Wood County Museum.

Blood Pressure & Blood Sugar Screening

Tuesday, February 24 at 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, February 24 at 12:30 p.m.

Prizes awarded. **Facilitated by Bridge Home Health and Hospice.**

Bingo

Thursday, February 26 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 item 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, February 2 at 11 a.m.

Enjoy a morning of coloring,
conversations and coffee with donuts.

**Supplies provided by Manor at
Perrysburg.**

Fitness for Fall Prevention

Tuesday, February 3 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.**

Blood Pressure & Blood Sugar Screening

Tuesday, February 3 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.**

Grip Strength Screening

Wednesday, February 4 at 12:30 p.m.

Grip strength test is a holistic measure
that provides unique insight into your
current health status and your risk for
future health challenges. It takes
approximately 7 to 8 minutes.

**Registration required. Sponsored by
Med1Care.**

Toledo's Three L's

Thursday, February 5 at 12:30 p.m.

Remember the days when shopping
meant white gloves, suits for men and

leisurely lunches in tearooms? Toledo,
an industrial powerhouse and Ohio's
third-largest city, once had it all, and
Lamson's, the Lion Store and Lasalle's
were where it all happened. Reminisce
these three great department stores
that dominated Toledo. **Presented by
the Rossford Public Library.**

Happy Hour

Friday, February 6 at 12:30 p.m.

This hour is filled with fun, trivia and
riddles to start the month off right.

**Zoom option with the Wood County
Senior Center site.**

Word Search Challenge

Monday, February 9 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 pride not prize.

Sundae Monday

Monday, February 9 at 12:30 p.m.

Enjoy a sundae and all the toppings.
Provided by Otterbein.

Metcalf Field: Wood County's Transcontinental Airport

Tuesday, February 10 at 12:15 p.m.

Dedicated in 1929, the airport in Lake
Township had a colorful history with a
few famous guests. Learn about the
airfield we remember as Metcalf Field
and a bit about Tommy Metcalf.

**Presented by Mike McMaster, Wood
County Museum.**

Breakfast Club

Thursday, February 12 at 9 a.m.

J Meet at American Table, 580 Craig
Dr, Perrysburg. Cost on own **Host:**
Judy Schlink.

Game Day

Thursday, February 12 at 12:30 p.m.

Each month we will play a mystery
game and prizes will be awarded.

**Facilitated by Kingston of
Perrysburg.**

Divas for Desserts

Friday, February 13 at 1 p.m.

Enjoy some delicious desserts while
sharing conversations and coffee.

Facilitated by Heritage Corner.

Cards and Dominoes

Monday, February 16 at 12:30 p.m.

Bunco

Monday, February 16 & 23 at 12:30 p.m.

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Enjoy birthday wishes and sweet treats.

Sponsored by Ohioans Home Health

Bingo

Thursday, February 19 at 1 p.m.

Prizes awarded. **Facilitated by
Waterford at Levis Commons &
Heritage Health Care.**

Veterans Coffee Hour

Friday, February 20 at 11 a.m.

This gathering is designed to connect
veterans through coffee, conversations
and sweet treats. **Facilitated by
Care360.**

Ladderball

Monday, February 23 at 12:30 p.m.

Emergency Disaster

Preparedness:

Tuesday, February 24 at 12:30 p.m.

This session will provide you with
updates on ways to stay safe in your
home during weather related challenges.
These include rain and snow storms,
tornadoes, and much more. **Presented
by Wood County Emergency
Management Agency.**

Trivia Bingo

Tuesday, February 24 at 12:30 p.m.

Prizes awarded. **Facilitated by Wood
Haven Healthcare.**

Trivia Battle Challenge

Thursday, February 26 at 12:30 p.m.

Let's test our trivia knowledge with this
friendly competition with the other Wood
County Senior Centers. Prizes awarded to
the winning center each quarter.

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 February at 9:30 a.m.
Meet at the Woodville Diner, 1949
Woodville Rd., Oregon, Ohio. Cost on
own. **Registration required.**

Puzzle Time

Mondays in Feb. from 10 a.m. 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 sit at the
puzzle table and make new friends.
Let's see how fast we can complete this
puzzle.

Walk Around the Gym

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

Take Control of Exercise

Tuesday, February 3 at 12:30 p.m.
This DVD from the Arthritis Foundation
to improve flexibility, strength, core
muscles, using resistance bands. This
will boost stamina fun and endurance.

Bingo

Tuesday, February 3 at 12:30 p.m.
Play rounds of bingo with the
possibility of winning prizes.
**Facilitated by Walker Funeral Home
and Crematory.**

Donuts and 3/13

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

Fitness for Fall Prevention

Wednesday, February 4 at 12:30 p.m.
This thirty minute session will focus on
balance, strength, and range of motion
movements to help you stay safe in the
winter months. **Facilitated by Partners
in Home Care. Registration required.**

Metcalf Field: Wood County's Transcontinental Airport

Thursday, February 5 at 11 a.m.
Dedicated in 1929, the airport in Lake
Township had a colorful history with a
few famous guests. Learn about the
airfield we remember as Metcalf Field
and a bit about Tommy Metcalf.

**Presented by Mike McMaster, Wood
County Museum.**

Everybody Knows

Monday, February 9 at 12:30 p.m.
This game will test your mind and see
how fast you can answer the questions.
However, we will put our own twist on
this game. **Facilitated by Marekita
Phillips, WCCOA.**

Left, Right and Center Game

Tuesday, February 10 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!

Walbridge Talk

Thursday, February 12 at 12:15 p.m.
During this session the Mayor of
Walbridge will share information on
what is happening in the village.
Presented by Mayor Ed Kalanko.

Sundae Monday

Monday, February 16 at 12:30 p.m.
Enjoy a sundae and all the toppings.
Provided by Otterbein.

Left, Right and Center Game

Monday, February 16 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!

Birthday Celebration

Wednesday, February 18 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Orchard Villa.

Blood Pressure & Blood Sugar Screening

Thursday, February 19 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.**

Card Bingo

Thursday, February 19 at 1 p.m.
Enjoy several rounds of bingo using
playing cards. All rules and instructions
will be provided.
**Facilitated by Bridge Home Health
and Hospice.**

Bunco

Tuesday, February 25 at 12:30 p.m.
New players are always welcome.

Yahtzee

Thursday, February 26 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.

Program & Service Scholarship Fund

Would you like to participate in
programs, classes or events but do not
have the resources to do so?

The WCCOA Program & Service
Scholarship Fund can assist you! Fill
out the application form 30 days prior
to an event, class or program to be
considered for a scholarship.

Call 419.353.5661 or 800.367.4935 or
email programs@wccoa.net

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 February at 1 p.m.

Bingo

Tuesdays and Fridays at 10:30 a.m.

TED Talk: Alec Soth & Stacey Baker: This is What Enduring Love Looks Like

Monday, February 2 at 12:30 p.m.

Stacey Baker has always been obsessed with how couples meet. When she asked photographer Alec Soth to help her explore this topic, they found themselves at the world's largest speed-dating event, held in Las Vegas on Valentine's Day, and at the largest retirement community in Nevada — with Soth taking portraits of pairs in each locale. Between these two extremes, they unwound a beautiful line of how a couple goes from meeting to creating a life together.

Metcalf Field: Wood County's Transcontinental Airport

Tuesday, February 3 at 12:15 p.m.

Dedicated in 1929, the airport in Lake Township had a colorful history with a few famous guests. Learn about the airfield we remember as Metcalf Field and a bit about Tommy Metcalf.

**Presented by Mike McMaster, Wood
County Museum.**

Emergency Disaster

Preparedness:

Wednesday, February 4 at 12:30 p.m.

This session will provide you with updates on ways to stay safe in your home during weather related challenges. These include rain and snow storms, tornadoes, and much more. **Presented by Wood County Emergency Management Agency.**

Closed for a Blood Drive

Thursday, February 5

Donut Bingo

Wednesday, February 11 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, February 11 at 12:30 p.m.

Join us as we paint. No experience is needed, all materials and instruction are provided.

Registration is required.

Limited to 6 participants.

Instructed by Lori Lawton, ATR

Breakfast Club

Thursday, February 12 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.

Valentines Day Bingo & Pizza

Party

Friday, February 13 at 10:30 a.m.

Enjoy a fun game of Valentines themed bingo and then stay for lunch to share

some pizza. **Sponsored by Brookdale of Bowling Green.**

Would You Rather Exercise?

Monday, February 16 at 12:30 p.m.

Join us for a quick game of would you rather questions with a fitness twist! **Facilitated by Brittany Ruehl, WCCOA.**

Bingo

Tuesday, February 17 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, February 17 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.

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Enjoy birthday wishes and sweet treats. **Sponsored by Bowling Green Manor.**

Trivia Battle Challenge

Friday, February 20 at 12:30 p.m.

Let's test our trivia knowledge with this friendly competition with the other Wood County Senior Centers.

Coffee, Donuts and Fellowship

Monday, February 23 at 10:30 a.m.

Enjoy a friendly group that will celebrate the morning with a cup of coffee and a donut. **Sponsored by Bowling Green Manor.**

Bone Density Screening

Tuesday, February 24 from 12:30 to 2 p.m.

Measure the strength of your bones and risk of future fractures with this clinic. **Facilitated by the Wood County Hospital.**

Podiatry Clinic

Wednesday, February 25 - see page 21 for details.

Pemberville

In-person programs for
**PEMBERVILLE
SENIOR CENTER**
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, February 2 at 12 p.m.

Pemberville Mayor Carol Bailey will share updates on the village.

Club F.I.T.

**First Tuesday of the month in
February at 11 a.m.**

This fitness interactive teaching program will provide guidance on strengthening exercises and stretching tips to keep you active and independent. **Facilitated by Wood Haven Healthcare.** Cost: FREE **Registration required.**

Metcalf Field: Wood County's Transcontinental Airport

Wednesday, February 4 at 12:15 p.m.

Dedicated in 1929, the airport in Lake Township had a colorful history with a few famous guests. Learn about the airfield we remember as Metcalf Field and a bit about Tommy Metcalf.

Presented by Mike McMaster, Wood County Museum.

Bridge

Thursdays, in February at 9 a.m.

If you are interested in joining this group please call for details.

Bingo

Thursday, February 5 at 12:30 p.m.

Everyone is to bring a household item and it will be used as a prize. Play 10

rounds of bingo. **Coverall prize sponsored by Otterbein.**

Blood Pressure & Blood Sugar Screening

Monday, February 9 from 10:30 to 12:30 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, February 9 at 12:30 p.m.

Enjoy several rounds of bingo using playing cards. **Facilitated by Bridge Home Health and Hospice.**

Donuts, Discussion & Coloring

Tuesday, February 10 at 10 a.m.

Enjoy friendly discussions on a variety of hot topics along with the opportunity to enjoy coffee & donuts. **Facilitated by Wood Haven Healthcare.**

Back in the Day

Wednesday, February 11 at 12:30 p.m.

In this session participants will learn about a variety of historic events and then will have the opportunity to guess what year specific events in history took place. **Facilitated by Bowling Green Manor.**

Zoom: Name That Tune Bingo

Wednesday, February 11 at 1:15 p.m.

Guess the name of the song and artist played on the piano by Marilyn Wilson. Call for the zoom code or come in person.

Mystery Restaurant

Wednesday, February 11 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.

Space is limited to the first 8 registered.

Bingo

Thursday, February 12 at 12:45 p.m.

Facilitated by Wood Haven

Healthcare. Prizes awarded.

Therapy Talks

Friday, February 13 at 12:30 p.m.

Join us as a representative from Functional Pathways shares tips on ways to maintain your physical health and overall well-being.

Valentine Party

Friday, February 13 at 1 p.m.

Enjoy cupcakes and valentine games. **Sponsored by Bowling Green Manor.**

Movie Day

Monday, February 16 at 12:30 p.m.

Feature: Hope Springs. Snacks sponsored by Wood Haven Healthcare

Birthday Celebration

Wednesday, February 18 at 12 p.m.

Sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, February 18 at 12:30 p.m.

Let's test our trivia knowledge with this friendly competition with the other Senior Centers. Prize awarded to the winning center each quarter.

Library Updates and Crafts

Wednesday, February 18 at 12:30 p.m.

Enjoy a make and take craft and receive updates on programs at the library.

Name That Tune BINGO

Tuesday, February 24 at 12:30 p.m.

Guess the name of the song to cover a bingo space. Prizes awarded.

Facilitated by Heritage Corner.

Puzzlemانيا

Wednesday, Feb. 25 at 12:45 p.m.

Do you enjoy a good jigsaw puzzle? We are hosting Puzzlemانيا, where teams of two to four people will compete to complete a 250 piece puzzle the quickest! **Sponsored by Waterford at Levis Commons**

WCCOA SUPPORT GROUPS

Caregiver Support Group

Monday, February 9 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 4 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, February 5 at 5:45 p.m.

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

This support group is for 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, February 4 & February 18 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.

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 monthly by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools.

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 Blg

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	February 11	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	February 3	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	February 12	11 a.m. to 12:30 p.m.
Wood County Senior Center	February 10	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	February 9	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	February 19	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	February 17	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	February 24	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.

For those celebrating their birthdays this month please celebrate by enjoying this meal on us.

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Roll or Veal Patty, mixed vegetables, pickled beets, pineapple, cookies	3 Black-Eyed Peas Hash or Chicken & Dumplings, kyoto vegetable blend, coleslaw, peaches, pecan pie	4 Beef Hoagie or Turkey Meatball Sub, green beans, potato salad, apricots	5 Turkey Pot Roast or Meat & Bean Chili, broccoli salad, corn bread, banana, fruit sorbet	6 Scalloped Potatoes and Ham or Cheese Manicotti, Sicilian blend vegetables, cucumber salad, cherry crisp
9 Hamburger or Hot Dog, wedge fries, citrus slaw, rosy applesauce	10 Calico beans or chicken tenders, Nantucket blend vegetables, spinach salad, berry blend yogurt with granola	11 Italian Lasagna or Salmon Loaf, Italian blend vegetables, 3-bean salad, mandarin oranges in jell-o	12 King Ranch Chicken Casserole or Pork Chop, peas and carrots, cauliflower and peanut salad, grapes	13 Sliced Ham or Tuna Salad on a croissant, baked bean salad, coleslaw, orange sections, cookies
16 Chicken Cordon Bleu or Liver and Onions, small whole potatoes, mixed fruit, pineapple juice, gingerbread cake	17 Pepper Steak or Chicken Teriyaki Breast, rice, oriental vegetables, 3-bean salad, mandarin oranges and bananas	18 Birthday Celebration Roast Beef, scalloped potatoes, coleslaw, rosy applesauce, cake and ice cream	19 Hamloaf or Turkey Tetrazzini, stewed potatoes, carrots, pears with jell-o	20 Chicken Chimichanga or Shrimp Poppers, spinach, Texas caviar, pineapple, cherry delight
23 Pulled Pork or Grilled Chicken Breast Sandwich, cheesy potato casserole, creamy coleslaw, apple, brownie	24 Sweet and Sour Chicken or Baked Ham, rice, oriental vegetables, asian salad, pineapple	25 Meatloaf or Dilled Salmon, carrots, corn relish, grape juice, graham crackers	26 Chicken Wings or Pork Cutlet, cauliflower, apricots, cherry crisp	27 Beef Stew or Tuna and Noodles, green beans, broccoli salad, cornbread, fruit jell-o,

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 for 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.

BG Knitters Guild

Wednesday, February 4 at 4 p.m.

Hosted by Jackie Instone.

February 2026

Tuesday	Wednesday	Thursday
3 Macaroni and Cheese with Ham, stewed tomatoes, 3-bean salad, tropical fruit, pudding	4 Open Faced Roast Beef, mashed potatoes, brussel sprouts, fruit juice, pie	5 Stuffed Green Pepper, corn, macaroni salad, grapes and melon, cherry crisp
10 Birthday Dinner Roast Pork, scalloped potatoes, cooked cabbage, grape juice, cake and ice cream	11 Cube Steak, small whole potatoes, carrots, mandarin orange salad, chocolate cream pie	12 Chicken Lasagna, broccoli, peaches with cottage cheese, cherry crunch
17 Salad with Chicken Strips and Egg, pea salad, ambrosia salad, blueberry muffin	18 Lemon Pepper Fish, baked potato, broccoli salad, pears, coconut cream pie	19 Turkey Pot Roast Stew, potatoes, carrots, and onions, Caesar salad, cantaloupe and grapes, cookies
24 Beef and Noodles, Harvard beets, cucumber salad, pineapple, sherbet	25 Vegetable Lasagna, mixed vegetables, tossed salad, berry blend, pound cake	26 Pork Chop, rice, oriental blend vegetables, fresh fruit, blueberry crisp

National Parks Series:

THE Everglades and the Congaree Bottomland

Tuesday, February 3 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, February 10 at 3:30 p.m.

Movie: Bob Marley: One Love (2024): A biographical movie that explores how the reggae icon overcame adversity and the journey behind his revolutionary music. Dinner reservations made by 2 p.m. on Tuesday, February 10.

Karaoke "Love Songs"

Wednesday, February 11 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, February 24 at 3 p.m. Compare books that have been turned into movies! **Feature:** The Talented Mr. Ripley by Patricia Highsmith

Synopsis: The Talented Mr. Ripley is a 1955 psychological thriller novel by Patricia Highsmith, introducing the amoral con man Tom Ripley, who is hired to convince wealthy playboy Dickie Greenleaf to return to America from Italy but becomes obsessed with his lifestyle, leading to murder and identity theft. Books & audiobooks available for loan by January 27.
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
ON
Aging

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 45 BOWLING
GREEN, OH

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.

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.

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.

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.

Rossford Area Senior Center 419.666.8494

400 Dixie Highway, Rossford, Ohio 43460
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.

Wayne Area Senior Center 419.288.2896

202 E. Main Street, Wayne, Ohio 43466
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.

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