



## "GLOW" CARDIO DRUMMING

Friday, March 6 at 2:30 p.m.  
Wood County Senior Center  
140 S. Grove Street,  
Bowling Green  
Cost: \$10

Looking for a workout that feels more like play? Glow Cardio Drumming blends cardio, coordination, and strength with energizing 80s music and glowing vibes. It's a stress-relieving, mood-boosting class that welcomes all fitness levels.

Instructed by Sally Hand

A fun party pack will be provided to all registrants.

Register by calling the Wood County Senior Center at 419.353.5661  
or email [programs@wccoa.net](mailto:programs@wccoa.net).

Payment is required to secure your spot. Space is limited.

## Deutsch Lernen Learn German

Monday, March 9, 16, 23, 20 April 6, 13,  
at 10:30 a.m.

### Wood County Senior Center

Are you wanting to learn German the fun way. Get ready for epic German activities, songs, crafts, and lessons. We will be learning a variety of things during our lessons that include foods, animals, clothes, and more. Bring a great attitude and an open mind as we embark on the German learning journey.

The main class title will be Deutsch Lernen. This means Learning German/ German Learning. The specific classes will be:

Deutsch Lernen- Introductions,  
Deutsch Lernen- Food,  
Deutsch Lernen- Animals,  
Deutsch Lernen- Colors,  
Deutsch Lernen- Clothes,  
Deutsch Lernen- Hobbies.

Facilitated by Ellie Gochenour, BGSU Student. To register call 419.353.5661  
or email [programs@wccoa.net](mailto:programs@wccoa.net)

## Fine Arts and Crafts

Fridays, March 13, 20, 27 at 10:30 a.m.  
Wood County Senior Center

Explore a variety of art mediums and fun crafts. Designed for all skill levels and instruction and materials will be provided.

### March 13 Air Dry Clay Knick Knacks

which could include, buttons, small dishes, jewelry charms. Cost: \$5

### March 20 Jewelry Making

Make your own beaded necklaces, bracelets, earrings or key chains. Cost: \$5

### March 27 Painting with Bob Ross

Paint your own landscape on an 8 by 10 canvas. Cost: \$5

Facilitated by  
Haleigh Williams &  
Georgia Ray,  
BGSU Art Education

To register call  
419.353.5661  
or email  
[programs@wccoa.net](mailto:programs@wccoa.net)



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## TRIP:

### Rhythm of the Dance

St. Patrick's Day Experience  
Wednesday, March 18

Departing from:

Perrysburg Walmart 8:45 a.m.

Bowling Green Meijer 9 a.m.

North Baltimore Loves Truck Stop  
9:30 a.m.

Ohio Star Theatre at Dutch Valley  
for the National Dance  
Company of Ireland



Enjoy tickets to the show, a full amish style buffet meal, bingo on route, snacks and water as well!

To register call 419.685.7058 for 1018 Travels or mail to 969 Township Road 813 Ashland, Ohio 44805 Tickets are non-refundable but are transferable.

Sponsored by Bowling Green Manor, Manor at Perrysburg, and Bridge Home Health and Hospice

## From our Executive Director

As we welcome March, we enter a season of renewal and also a meaningful time of advocacy for one of our most essential services.

This year, we are proud to highlight Community Champions Week—formerly known as March for Meals—which brings national attention to the importance of Home Delivered Meal programs and the older adults who rely on them.

Here in Wood County, Community Champions Week holds special significance. Each day, our staff and volunteers deliver nutritious meals along with safety checks, encouragement, and human connection to those who may be homebound or living alone.

This month you'll see local officials, partners, and volunteers joining us as "Community Champions" to help shine a light on the growing need for senior nutrition services. These touches of compassion are often just as valuable as the meals themselves.

I invite you to be part of this effort. Whether it's spreading awareness, volunteering your time as a driver, or supporting the program in other ways, your involvement helps ensure that no older adult in Wood County goes without the nutrition and connection they deserve. As spring approaches, thank you for continuing to support our mission and for helping us build a caring, inclusive community where older adults can thrive.



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>

## 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 Donation/ Annual Campaign:

Betty Anderson, Tom Bamburowski, Larry & Sandy Batoki, Fred & Sue Bernardo, Diana Berry, Peter Blass, Anne Britt, James F. Burnard, Doris Christensen, Bill & Betty Coggin, Carol Croley, Cheryl Daugherty, Coann Ducat, Sandra Fischer, William & Ruth Garrett, Vicki & James Graf, Eva Harter, Carol Hicks, Dave & Nancy Hoose, Geoffrey Howes, Mary Jenkins, Dale & Jeanne Johnson, Lou & Linda Katzner, Dana Keil, Mee Kish, Don Kline, Emily Klopfenstein, Donna Lambert, Park & Marilyn Leathers, Joe & Lynne Long, Craig & Kay Longley, Timothy & Josette McCarthy, Cova McComis, Tom & Jane Milbrodt, Dr. & Mrs. Lawrence Montford, Don Morlock, Carl Murphy, Eric Myers, Randy Powers, Ann & Cary Rutter, Tom & Judy Sevits, Larry Shepard, Deborah E. Smith, Jean Ann Smelser, Carrol Jean Spitnale, Robin J Stoddard & Pamela Bundy, Jimmy & Shirley Wilford, Lynn & Betty Wineland, Judy Younger

In Honor of Her Family: Betty Sidle-Parrish

In Memory of Tom Armitage: Rita Armitage

In Memory of Mary Wehl/Kitchen Fund: Harold Wehl

In Honor of Tom Moyer: Hannah May

In Memory of Harold Lee: Danila Lee

In Memory of Jean Stein: Cheryl Taylor

In Memory of Earnest Dale Smith Sr.: Ceylon Smith

In Honor of their Parents: Leslie & David Neuendorff

In Memory of Wayne & Jane Knisely

Kitchen Fund: Beth & Terry Stearns

In Memory of Mrs. Madelon J. Curtis: Lisa Chavers

In Memory of Ray Gargac and Kris Goldstein: Bernadine Gargac

In Memory of Ed & Margaret Kelly: Mike Kelly

In Memory of Pat Reape: David Reapeememory of Tom Fratr: Alita

In Honor of Grandparents Raising Grandchildren Holiday Project: Bowling Green Pedal/Stephen & Bobbi Jo Steinmetz

In Honor of Deacon's Breakfast: First Presbyterian Church

In Memory of Louis Colapietro: Norah Colapietro

In Memory of Helen Lorenzen: Barbara Kiel

In Memory of Barbara Miller: James Miller

In Memory of Mark & Matthew Mulkey: Charles & Patricia Smith

In Memory of Lois Giesler: Carlton H. Giesler

In Memory of Janice Stricker: Jackie & Jim Instone

In Honor of All Wood County Seniors: Rick & Heidi Kopec

## 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.

**Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging.**

**Visit:**

[www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)  
and register or re-enroll today.

You need to re-enroll every year.

Our organization number is: VB952



**MemoryLane**  
CARE SERVICES

MemoryLane Care Services still has availability and is currently offering a special scholarship opportunity for residents of Wood and Henry County!

For a limited time, individuals can try our Day Center for **FREE** and experience our engaging activities, caring environment, and supportive community. In addition to fun and social programs, our experienced staff is trained to assist with personal care needs and we have a nurse on-site to address medical concerns.

In March, we are celebrating Irish Heritage Month! We will be finding that we're bit o' Irish that we all have around this time of year in crafts, music, and food!

Join us for musicians Tim Oehlert, as well as Ragtime Rick Grafing, and your very own Silvertones.

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

Caregiver support group will meet this month on Thursdays at 1 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](mailto:programs@wccoa.net).



To register for any Shoreline trip, contact the Programs Department at 419.353.5661 or email [programs@wccoa.net](mailto: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.



## 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 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 roads.

# TRAVEL OPPORTUNITIES

## Scotland Land of Lore & Legend

August 14 to August 24, 2026

- 11 Days
- 14 Meals: 9 Breakfasts, 5 Dinners Activity Level 3
- **Highlights:** Glasgow, Scottish Highlands, Sheepdog Demonstration, Isle of Mull, Isle of Iona, Urquhart Castle, Cawdor Castle, Whisky Tasting & Dinner, Edinburgh.

Reservations made after the seat reduction date of February 8, 2025 are based upon availability. Final payment due by May 16, 2026. Deposits are refundable up until February 15, 2026.



## Discover America's Cowboy Country

June 11 to June 18, 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

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, Granada, The Alhambra Palace, 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



### A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Monday, March 16 to May 4, 2026**

**1 to 3 p.m.**

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

Cost: \$20

Are you limiting your activities due to this fear?

Are you becoming physically weak?

If you answered "yes" to either question then

'A Matter of Balance' is for you!

During this 8-week class, participants will learn to:

View falls as controllable, Set goals for increasing activity

Make changes to reduce fall risk at home,

Exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

**Instructed by Luke Holland & Danielle Brogley WCCOA**



**Wednesdays and Fridays**

**February 4 to April 24, 2026**

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

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

Do you enjoy playing bingo?

Are you looking to improve your strength,  
balance and functional Movement?

Then we have just FUN game for you!

During this 10-week class, participants will learn to:

increase balance, cardiovascular health, attention and  
memory skills, and social engagement

Participants will receive a manual for training purposes and  
a certificate upon completion of the course.

Instructed by BGSU Speech Pathology Students and  
WCCOA. **Prizes sponsored by Heritage Corner Health  
Care Campus.**

**To register call or email WCCOA at 419.353.5661 or  
email [programs@wccoa.net](mailto:programs@wccoa.net)**

**Wednesday, June 3, 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.



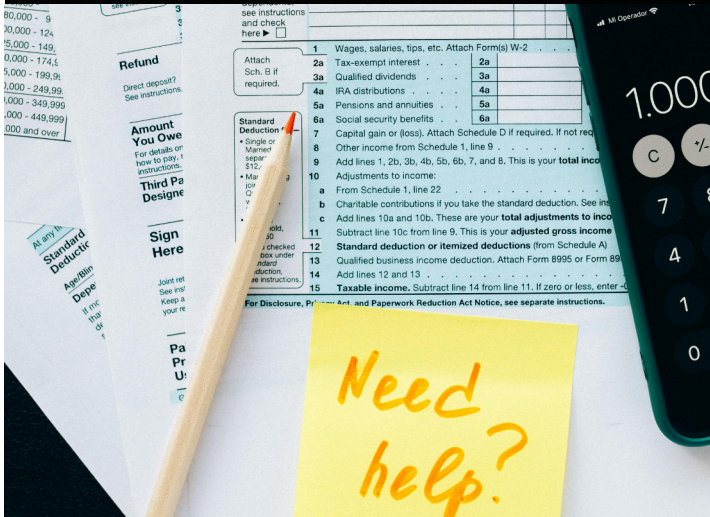
**11 a.m.** This session will help guide caregivers to know when its time to ask for help and where to go to seek the best choices for you and your loved one. Take this guided journey with tips on identifying your needs and avoid feeling guilty for your choices.

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

**12 p.m.** Navigating the changes in Medicare and Medicaid can be overwhelming and challenging. This session will cover Long Term Care Medicaid, Assisted Living Waiver & Community Living Medicaid.

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](mailto: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.

### Healthy Living Fair

Monday, May 11 from 1 to 4 p.m.

Wood County Committee on Aging

This health fair is an event designed to promote well-being and provide valuable health information to the community. It will feature a variety of activities, including the following:

- free health screenings
- educational booths
- interactive workshops on topics like nutrition, fitness, mental health, and disease prevention.

Participants can receive personalized advice from healthcare professionals, engage in fitness demonstrations, and explore resources related to healthy living.

The goal of a health fair is to raise awareness, encourage healthier lifestyles, and connect individuals with healthcare providers and resources to support their long-term health. Interested vendors can reach out to the programs department at 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)



### The Bob Ross Experience

#### Painting Class

Thursday, May 14 from 2 p.m. to 5 p.m.

Wood County Senior Center

Cost: \$50 per person, supplies included

Bob Ross is recognized as one of the most iconic and memorable personalities on public television. His gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend. (As Bob Ross always said, “We don’t make mistakes, we just have happy accidents.”) Only Certified Ross Instructors are trained to provide guidance you can count on.

Hosted by Nate Miller, CRI®.

**Advanced registration required by Wednesday, May 7.**

**Class is limited to the first 12 registered.**

## AROUND THE COUNTY EVENTS & CLASSES

# 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.

**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  
History & Cultural Perspectives by Anthony Kopps  
Gallery Group Art Tour (Offsite) by TMA Docents  
How Poems Work by Geoff Howes  
Art Tells Stories by Sharon Hanna  
Finding Your Balance by Jamie O'Brien & Dr. Tawiona Brown  
Foundations, Freedoms, & The Future by Judge Matt Reger  
Calculus and You by George Carver  
Local Agriculture by John Riker  
Kenyan Cooking Class by Tom Otieno  
Judicial Ethics (Offsite) by Judge Joel Kuhlman  
Baseball More Than Just a Game by David Horger  
Opera Behind the Scenes by Chris & Ellen Scholl  
Pittsburgh Pirates Data Analyst by Kara Godsey  
Chosen Behind the Scenes – Firsthand Experience as Extras  
Fashion Through the Decades by Elizabeth Johnson  
The Bible What? And Why? by Derrick Torrey  
Clean Water Matters by Marj Mulcachy



### Poetry Contest

#### Theme: Second Glances

Find new meaning in the Unfamiliar

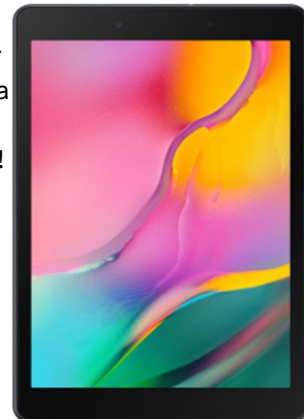
This contest is open to Wood County residents age 50 and over. Submissions will be accepted beginning Tuesday, January 20 through Tuesday, March 31 at 4 p.m. See [www.wccoa.net](http://www.wccoa.net) for details

**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](http://www.wccoa.net). Participants must bring in their own water bottles to all fitness classes.

## Yoga

**Cost: \$40 for 6 weeks**

**Beginner:**

**Mondays, April 6 to May 11 at 10:30 a.m.**

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

**Advanced:**

**Tuesdays, April 14 to May 12 at 10:30 a.m. (5 weeks) Cost: \$34**

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

**Intermediate:**

**Thursday, April 2 to May 7 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. (No Class 5/25)**

Strengthening muscles and increasing range of motion for daily activities. Participants can sit or stand. Jenny Triggs and Tari Geer, Certified Instructors

## Tai Chi Practice

**Cost: Free on Mondays at 2 p.m.**

**(no class 5/25)**

**Wednesdays at 1 p.m.**

Peer-led step by step instruction.

## Chair Yoga

**Cost: \$17 for 5 weeks & \$20 for 6 weeks**

**Tuesday, March 3 to March 31 (5 weeks) April 14 to May 19 (6 weeks) 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 for functional mobility.

By Area Physical Therapists.

## Cardio Drumming

**Cost: \$25, (Minimum of 12)**

**Wood County Senior Center  
Wednesday, April 8 to May 13  
from 2:15 to 3:15 p.m.**

Intermediate level class

## Exercise for Parkinson's

**Cost: \$30 for 12 weeks**

**Mondays, May 4 to July 27 from 3:30 to 4:30 p.m. (no class 5/25)**

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. Shelia Brown, Certified Instructor.

## Open Window Dance Class

**Wednesday, April 15 to May 20 at 5:45 p.m. (no class 04/08)**

**Cost: \$20 Open to 50 and over.**

A modern/contemporary dance format, no prior dance experience needed.

Move, stretch, and use 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, April 8 to May 13 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, April 8 to May 13 at 10:15 a.m.**

Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

## VIRTUAL Classic: Zoom

**Fridays, April 3 to May 8 at 9:30 a.m.**

[Register for the zoom code.](#)

## Cardio & Tone (In-Person):

**Fridays, April 3 to May 8 at 10:15 a.m.**

Sheila Brown, Certified Instructor.

## Floor and Core

**Cost: \$30 for 6 weeks**

**Tues. April 7 to May 12 at 4:15 p.m.**

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

## Boosting Your Bone Health

**Cost: \$20 for 6 weeks**

**Fridays, April 10 to May 15 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.

# 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 a.m.

For intermediate to advanced players.  
**Registration required.** Assisted by  
John Zanfardino.

## Lively Voices Senior Choir

Mondays from 3 to 4 p.m.,

A fun, low-pressure choir for older  
adults who enjoy singing and making  
music together. No prior choir  
experience is required—just a  
willingness to participate, socialize,  
and have a good time. **Registration  
required. Facilitated by Anthony  
King, WCCOA.**

## Bingocize

Wednesdays and Fridays, February 4  
to April 24 at 1:30 p.m.

This 10 week session will focus on two  
60 minute games a week. The goal is  
to increase balance, cardiovascular  
health, increase attention and memory  
skills, and social engagement. **Prizes  
sponsored by Heritage Corner.**

In partnership with BGSU Speech and  
Language Pathology.

## Watercolor Group

Thursdays 10 a.m. to noon.

Open session where you can share  
techniques and tips. Bring (and take  
with you) all materials.

## Eye Glass Repair

Monday, March 2 at 11 a.m.

**Sponsored by Grand Rapids Calvary**

## Thursday Theater

Thursdays at 1 p.m.

March 5 "The Broadway Melody" (1929)  
March 12 "Celtic Thunder George" (1980)  
March 19 "I Remember Mama" (2006)  
March 26 "Million Dollar Arm" (2014)

**Facilitated by Kris Eridon.**

## Veterans Coffee Social

Fridays at 10 a.m.

Share stories, listen to engaging  
speakers and work on projects.

**March 6** Habitat for Humanity will  
share information on their service,  
volunteer opportunities and more.  
**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.

## Surveyor of the Great Black Swamp: Hiram Davis

Monday, March 2 at 11 a.m.

We will share stories about the early  
Wood County surveyor Hiram Davis  
and his work. Learn how his work left a  
legacy for us today. **Presented by  
Mike McMaster, Wood County  
Museum.**

## Sundae Bar

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

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

## National Parks Series:

**Voyageurs, Isle Royale, the Canadian  
Shield**

Tuesday, March 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.

## Across Generations: Shared Stories, Differnet Times

Tuesday, March 10, 17, 24, 31 and  
April 7 at 1:15 to 2 p.m.

This session will connect you with a  
college student to build understanding

across generations through personal  
experiences. We will challenge  
stereotypes about age and generational  
identity. **Registration required.**

## BG Knitter's Guild

Wednesday, March 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, March 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.**

## Piano Recital

Thursday, March 5 at 6 p.m.

Music from the students of Jeanne  
Jakubowski.

## Happy Hour Zoom option.

Friday, March 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.**

## Assistance Dogs

Monday, March 9 at 11 a.m.

This presentation will focus on the  
types of service dogs, who utilizes  
them and how they can be of service to  
their owners. **Presented by the Ability  
Center.**

## TV Series featuring: Histories Greatest Mysteries

March 9 at 1 p.m. S: 1 E: 1,2

March 23 at 1 p.m. S: 1 E: 3,4

## Name That Tune Bingo

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

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

## Blood Pressure & Blood Sugar Screening

Tuesday, March 10 from 11 to 1 p.m.

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

### Cutting Project

**Tuesday, March 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, March 10 at 3:30 p.m.**

**Movie:** The Windmere Children (2020) based on the experience of child survivors of the Holocaust, near Lake Windermere, England. Dinner reservations needed by 2 p.m.

### Karaoke "70s"

**Wednesday, March 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, March 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.**

### Drawing Class

**Friday, March 13, 20, 27 at 1 p.m.**

**Cost: \$15**

In this class we will focus on learning the elements and principles of drawing including lighting, contrast, shading and line variation. We will be creating a landscape that uses various drawing techniques and methods.

**Facilitated by Mya Wehrkamp, BGSU student.**

### Brain Training

**Tuesday, March 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 March 13.

Breakfast by **Brookdale of Bowling Green. Materials provided by Wood Haven Healthcare.**

### Acrylic Painting

**Tuesday, March 17**

**at 4:15 p.m.**

In this session we will be painting a landscape. This is a beginner friendly while being fun for all levels of expertise.

**Cost: \$10**

**Facilitated by Mya Wehrkamp, BGSU Art Education.**



### Craft: Wreath

**Tuesday, March 17 at 3 p.m.**

Enjoy time to create a wreath that could be used for home decor. All materials and instruction **provided by Stephanie Kozak, 1018 travels.**

### Breakfast Club

**Wednesday, March 18 at 9 a.m.**

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

### Oral Health and Aging

**Wednesday, March 18 at 11 a.m.**

This presentation will focus on common oral health issues in older adults and provide tips on care and prevention. **Presented by Mercy Family Health and Residency Program.**

### Piano Recital

**Thursday, March 19 at 6 p.m.**

Music from the students of Vicki Hoehner.

### Coffee & Coloring

**Monday, March 23 at 10 a.m.**

Donuts provided by **Wood Haven Health Care** Bring your own supplies or use ours.

### Reader's Café

**Tuesday, March 24 at 3 p.m.**

Compare books that have been turned into movies! **Feature:** The Martian by Andy Weir. **Synopsis:** The Martian is about an astronaut Mark Watney, who is stranded alone on Mars after his crew presumes him dead during a storm and evacuates. Books & audiobooks available for loan by February 24. **Registration required.**

### Scrabble Open Play

**Monday, March 23 1:15 p.m.**

Hosted by Rita Eckert

### Card Bingo

**Thursday, March 26 at 1 p.m.**

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

### Lunch & Learn: Spring Wildflowers

**Friday, March 27 at 11:30 a.m.**

"Senior Naturalist with the Wood County Park District Bill Hoefflin will present on spring ephemeral wildflowers in Wood County. Named for their fleeting bloom period, these plant species are specially adapted for survival in the soils of Wood County and for the unique challenges that they face." Space is limited; First 25 registered will have lunch. **Sponsored by TaylorPlace Senior Living. Zoom option.**

### Zoom Bingo

**Friday, March 27 at 1 p.m.**

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

### Books and Bagels

**Tuesday, March 31 from 10 a.m. to 12 p.m. Sponsored by The Willows of Bowling Green**

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

# 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.

## Yoga

**Thursday, March 2 to April 6 and  
April 9 to May 14 at 11 a.m.**  
(no class April 2)  
**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.**

## Line Dancing Improver

**Fridays at 10 a.m.**  
Schaller Building. Peer Led.

## Texas Hold'em Tournament

**Monday, March 2 at 1 p.m.**  
**Registration required.**

## Bingo at the Northeast Site

**Tuesday, March 3 at 12:30 p.m.**  
Take a road trip to the Northeast Area  
Senior Center, to play bingo.  
*Sponsored by Walker Funeral Home  
and Crematory.*

## Veterans Coffee Hour

**Thursday, March 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, March 5 at 12:45 p.m.**

## Happy Hour

**Friday, March 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, March 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 300 piece puzzle the  
quickest! Prize awarded to winning  
team. Five team limit per session.  
**Registration required.**

## Back In The Day

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

## Pinochle

**Monday, March 9 at 12:45 p.m.**

## Mystery Restaurant

**Monday, March 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.

## Breakfast Club

**Tuesday, March 10 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.**

## Bingo

**Tuesday, March 10 at 12:30 p.m.**  
Prizes Awarded. **Facilitated by St.  
Clare Commons.**

## Spring Into Skin Care

**Wednesday, March 11 at 11:30 a.m.**  
Get the top tips on how to freshen your  
skin after the long winter. *Presented by  
Karen Merritt, Mary Kay Consultant.*

# Perrysburg continued

## Where Were You? First Edition

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

This discussion will ask you to remember your firsts. This month's topic is your first home. **Facilitated by Comfort Keeps.**

## Docuseries:

### Miracles Around Us

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

Explore mysterious and miraculous yet factual events that science, technology and exhaustive investigations can explain. This month's episode: Miracles from Afar.

## Texas Hold'em Tournament

Monday, March 16 at 1 p.m.

**Registration required.**

## Friends in Fellowship

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

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

## Surveyor of the Great Black Swamp: Hiram Davis

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

We will share stories about the early Wood County surveyor Hiram Davis and his work. Learn how his work left a legacy for us today. **Presented by Mike McMaster, Wood County Museum.**

## Birthday Celebration

Wednesday, March 18 at 12 p.m.

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

## Euchre

Thursday, March 19 at 12:45 p.m.

## Blood Pressure & Blood Sugar Screening

Thursday, March 19 from 11 to 1 p.m.

This is an opportunity to have your blood pressure and blood glucose monitored by health professionals. **Facilitated by Mercy Health.**

## Card Bingo

Friday, March 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, March 23 at 12:45 p.m.

## Movie Day

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

### Feature: Dog Days

**Synopsis:** A group of interconnected people in Los Angeles are brought together by their lovely canine counterparts. **Registration required.** Snacks and movie provided by Walker Witzler Shank Funeral Homes and Crematory.

## Oral Health and Aging

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

This presentation will focus on common oral health issues in older adults and provide tips on care and prevention. **Presented by Mercy Family Health and Residency Program.**

## Coffee and Coloring

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

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

## Seminar Series: Presidential Highlights

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

This series will highlight over 250 years of presidents. Learn fun facts about our country's leaders. **This month: Ronald Reagan.**

## Emergency Disaster Preparedness:

Friday, March 27 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.**

## Wood County Senior Center

### Cards & Games

#### Mah Jongg

Wednesdays 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, March 2 at 12:30 p.m.  
Sponsored by Wood Haven  
Healthcare.

## Name That Tune BINGO

Tuesday, March 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, March 4 at 11 to 1 p.m.  
This is an opportunity to have your  
blood pressure and blood glucose  
monitored by health professionals.  
Facilitated by Bridge Home Health  
and Hospice.

## Bingo

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

## TikTok Challenge

Friday, March 6 & Wednesday, March  
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, or  
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 March 25 for the recording of the  
video.

## Seminar Series: Your Best Brain

Monday, March 9 at 1 p.m.

This series will take you on a journey to  
help you understand your brain's  
function. **Facilitated by Lauren  
Firsdon, WCCOA.**

## Surveyor of the Great Black Swamp: Hiram Davis

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

We will share stories about the early  
Wood County surveyor Hiram Davis and  
his work. Learn how his work left a  
legacy for us today. **Presented by  
Mike McMaster, Wood County  
Museum.**

## Easter Craft

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

Join us as we create a fun Easter craft.  
All materials and instructions provided.  
**Facilitated by the Wayne Public  
Library.**

## What is Neurodiversity?

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

Let's learn about the many different  
types of neurodivergence and how we  
can enhance our interactions and  
communication skills.  
**Presented by Siva priya Santhanam,  
Ph.D., CCC-SLP. Pre-recorded.**

## Birthday Celebration

Wednesday, March 18 at 12 p.m.

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

## Breakfast Club

Thursday, March 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  
conversation. Cost on own.

**Registration required.**

## Bingo

Thursday, March 19 at 12:30 p.m.

**Sponsored by Bowling Green Manor**

## Rootbeer Float Friday

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

**Provided by Wood Haven  
Healthcare.**

## Trivia Battle Challenge

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

Let's test our trivia knowledge with  
this friendly competition with other  
Wood County Senior Centers.  
Donuts awarded to the winning  
center each quarter. **Sponsored by  
Heritage Corner.**

## Short Story Review

Monday, March 23 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 WCCOA.**

## Emergency Disaster Preparedness:

Tuesday, March 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.**

## Bone Density

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

Measure the strength of your bones  
for risk of future fractures. No  
appointment needed. **By Wood  
County Hospital.**

## Seminar Series: Presidential Highlights

Monday, March 30 at 12:30 p.m.

This series will focus on highlighting  
over 250 years of presidents. **This  
month: Abraham Lincoln.**

## Restaurant Night

Tuesday, March 31 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.**

# 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 III

**Monday, March 2 at 12:30 p.m.**  
Prerecorded video. Mike McMaster,  
Wood County Historical Society.

## Make it and Take It Craft

**Wednesday, March 4 at 12:30 p.m.**  
We will create a surprise craft you can  
take home. All supplies and  
instructions will be provided.  
**Facilitated by the North Baltimore  
Public Library.**

## Technology Questions and Answers

**Thursday, March 5 at 10:30 a.m.**  
This tech talk series is designed to  
assist participants while they navigate  
everyday technology challenges.  
**Presented by Briar Hill Health  
Campus.**

## Rootbeer Floats

**Monday, March 9 at 12:30 p.m.**  
Enjoy an old fashioned rootbeer float  
with friends. **Wood Haven Healthcare.**

## Breakfast Club

**Tuesday, March 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.**

## Mexican Train Dominoes

**Friday, March 13 & 27 at 12:30 p.m.**

## Seminar Series: Presidential Highlights

**Friday, March 13 at 12:30 p.m.**  
This series will highlight over 250  
years of presidents. Learn fun facts  
about our countries leaders. **This  
month: Rutherford Hayes.**

## Sleep Disturbances

**Monday, March 16 at 12:30 p.m.**  
Sleep is an important factor in  
maintaining your health and well-being.  
Learn about the key factors causing  
sleep disturbances. **Presented by  
Mercy Family Medicine Residency  
Program. Prerecorded.**

## St. Patrick's Day Party

**Tuesday, March 17 at 12:30 p.m.**  
Join us for some St. Patty's Day fun. Be  
sure to wear your green today!

## Story/ Article Review

**Tuesday, March 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, March 18 at 12 p.m.**  
Enjoy birthday wishes and sweet treats.  
**Sponsored by Heritage Health Care.**

## Home Health Care Options

**Wednesday, March 18 at 12:30 p.m.**  
This will offer an opportunity to have  
your home health care questions  
answered. **Presented by Sara Bender,  
Heritage Health Care.**

## Nourish to Flourish: Smart Eating to Promote Health and Wellness

**Thursday, March 19 at 12:30 p.m.**  
This session will cover the importance  
of physical activity and strength to  
maintain independence. Learn tips and  
tricks to keep your heart health and to

stay strong. **Presented by Caleb Davis,  
Briar Hill Therapy Director.**

## Trivia Battle Challenge

**Friday, March 20 at 12:30 p.m.**  
Let's test our trivia knowledge with this  
friendly competition with other Wood  
County Senior Centers. Donuts awarded  
to the winning center each quarter.  
**Sponsored by Hertiage Corner.**

## Blood Pressure & Blood Sugar Screening

**Tuesday, March 24 at 11 to 1 p.m.**  
This 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 March 24 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.**

## Assistance Dogs

**Wednesday, March 25 at 12:30 p.m.**  
This presentation will focus on the types  
of service dogs, who utilizes them and  
how they can be of service to their  
owners. **Presented by the Ability  
Center.**

## Game Day

**Thursday, March 26 at 12:30 p.m.**  
**Facilitated by Wood Haven  
Healthcare.**

## Surveyor of the Great Black Swamp: Hiram Davis

**Monday, March 30 at 12:30 p.m.**  
We will share stories about the early  
Wood County surveyor Hiram Davis and  
his work. Learn how his work left a  
legacy for us today. **Presented by Mike  
McMaster, Wood County Museum.**



Discover us on YouTube:  
Wood County Committee on Aging, Inc.  
View our over 320 educational videos  
archived for your viewing convenience.

# 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, March 2 at 10:30 a.m.

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

**Supplies provided by Manor at  
Perrysburg.**

## Fitness for Fall Prevention

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

This 30 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, March 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.**

## Happy Hour

Friday, March 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, March 9 at 11 a.m.

Enjoy a cup of coffee while exercising  
your cognitive skills with a word search.  
Winner completes the puzzle first. Play  
for pride not prize.

## Sundae Monday

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

Enjoy a sundae and all the toppings.

**Provided by Otterbein.**

## Surveyor of the Great Black

## Swamp: Hiram Davis

Tuesday, March 10 at 12:30 p.m.

We will share stories about the early  
Wood County surveyor Hiram Davis  
and his work. Learn how his work left a  
legacy for us today. **Presented by**

**Mike McMaster, Wood County  
Museum.**

## Breakfast Club

Thursday, March 12 at 9 a.m.

Meet at American Table, 580 Craig Dr.,  
Perrysburg. Cost on own.

**Host: Judy Schlink.**

## Game Day

Thursday, March 12 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, March 13 at 1 p.m.

Enjoy some delicious desserts while  
sharing conversations and coffee.

**Facilitated by Hertiage Corner.**

## Cards and Dominoes

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

## Bunco

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

## Name That Tune Bingo

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

Name the song to cover a bingo space.

**Facilitated by Heritage Corner.**

## Birthday Celebration

Wednesday, March 18 at 12 p.m.

Enjoy birthday wishes and sweet treats.

**Sponsored by Ohioans Home Health.**

## Bingo

Thursday, March 19 at 1 p.m.

Prizes awarded. **Facilitated by Heritage  
Health Care.**

## Veterans Coffee Hour

Friday, March 20 at 11 a.m.

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

## Cornhole

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

**Hosted by Bob Counterman.**

## Seminar Series: Presidential Highlights

Wednesday, March 25 at 12:30 p.m.

This series will focus on highlighting over  
250 years of presidents. Learn fun facts  
about our country's leaders. **This month:**  
George Washington.

## Trivia Battle Challenge

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

Let's test our trivia knowledge with this  
friendly competition with other Wood  
County Senior Centers. Donuts awarded  
to the winning center each quarter  
**Sponsored by Hertiage Corner.**

## Senior Scams

Friday, March 27 at 11 a.m.

The Better Business Bureau will provide  
an update on current business scams and  
will share ways to avoid them.

## T.V. Specials

Monday, March 30 at 11 a.m.

Join us as we view an educational series  
on "How Things are Made Across the U.S"  
Prerecorded.

## Trivia Bingo

Tuesday, March 31 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 March at 9:30 a.m.**

Meet at the Woodville Diner, 1949  
Woodville Rd., Oregon, Ohio. Cost on  
own. Registration required.

## Puzzle Time

**Mondays in March from 10 a.m. to 2  
p.m.**

Let's see how fast we can complete this  
puzzle.

## Walk Around the Gym

**Mondays in March at 10 a.m.**

Join us as we walk around the gym to  
enjoy conversations with friends and  
exercise.

## Take Control of Exercise

**Tuesday, March 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, March 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

**Fridays, in March 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, March 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.**

## Left, Right and Center Game

**Thursday, March 5 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!

## Everybody Knows

**Monday, March 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 Markeita  
Phillips, WCCOA.**

## Surveyor of the Great Black Swamp: Hiram Davis

**Wednesday, March 11 at 12:30 p.m.**

We will share stories about the early  
Wood County surveyor Hiram Davis  
and his work. Learn how his work left a  
legacy for us today. **Presented by  
Mike McMaster, Wood County  
Museum.**

## Walbridge Talk

**Thursday, March 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, March 16 at 12:30 p.m.**

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

## St. Patrick's Day Party

**Tuesday, March 17 at 12:30 p.m.**

Everyone's Irish on Saint Patrick's Day.  
So, wear your green, because you don't  
want to get pinched. Come play a  
game or two and see if you have any  
Irish luck.. Green Punch will be served.

## Birthday Celebration

**Wednesday, March 18 at 12 p.m.**

Enjoy birthday wishes and sweet treats.  
**Sponsored by Walker Funeral Home.**

## Blood Pressure & Blood Sugar Screening

**Thursday, March 19 11 a.m. to 1 p.m.**

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

## Card Bingo

**Thursday, March 19 at 1 p.m.**

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

## Emergency Disaster

### Preparedness:

**Monday, March 23 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**

## Left, Right and Center Game

**Tuesday, March 24 at 12:30 p.m.**

## Yahtzee

**Thursday, March 26 at 12:30 p.m.**

How Lucky are you at rolling the dice?

## Seminar Series: Presidential Highlights

**Monday, March 30 at 12:30 p.m.**

This series will focus on highlighting  
over 250 years of presidents. Learn fun  
facts about our country's leaders. **This  
month: Jimmy Carter**

## 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](mailto: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 March at 1 p.m.

## Bingo

Tuesdays and Fridays at 10:30 a.m.

## TED Talk: How AI Could Save (Not Destroy) Education

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

Sal Khan, the founder and CEO of Khan Academy, thinks artificial intelligence could spark the greatest positive transformation education has ever seen. He shares the opportunities he sees for students and educators to collaborate with AI tools-- and demos some exciting new features for their educational chatbot, Khanmigo.

## Surveyor of the Great Black Swamp: Hiram Davis

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

We will share stories about the early Wood County surveyor Hiram Davis and his work. Learn how his work left a legacy for us today. **Presented by Mike McMaster, Wood County Museum.**

## Donut Bingo

Wednesday, March 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, March 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, March 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.

## Assistance Dogs

Wednesday, March 12 at 12:30 p.m.

This presentation will focus on the types of service dogs, who utilizes them and how they can be of service to their owners. **Presented by the Ability Center.**

## Would You Rather Exercise?

Monday, March 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, March 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, March 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, March 18 at 12 p.m.

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

## Seminar Series: Presidential Highlights

Wednesday, March 18 at 12:15 p.m.

This series will focus on highlighting over 250 years of presidents. Learn fun facts about our country's leaders. **This month:** Theodore Roosevelt

## Home Health Care Options

Wednesday, March 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.**

## Trivia Battle Challenge

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

Let's test our trivia knowledge with this friendly competition with the other Wood County Senior Centers. Donuts awarded to the winning center each quarter. **Sponsored by Hertiage Corner.**

## Coffee, Donuts and Fellowship

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

Join a friendly group while enjoying a cup of coffee and a donut **Sponsored by Bowling Green Manor.**

## Domestic Violence and Bystander Intervention

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

The presentation takes a dive into the critical facets of domestic violence within the context of The Cocoon's agency mission, values, and services. The aim of this presentation is to increase awareness around the topic of domestic violence, the fundamental aspects of domestic violence while providing a comprehensive understanding of its dynamics and impacts; as well as Bystander Intervention strategies to employ. **Presented by the Cocoon Shelter.**

## Eye Glass Repair

Friday, March 27 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.**

# 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, March 2 at 12 p.m.

Pemberville Mayor Carol Bailey

## Exercise by Video

Tuesdays (expect first Tuesday of the month at 11 a.m.)

## Club F.I.T.

First Tuesday of the month 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.**

## Surveyor of the Great Black Swamp: Hiram Davis

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

We will share stories about the early Wood County surveyor Hiram Davis and his work. Learn how his work left a legacy for us today. **Presented by Mike McMaster, Wood County Museum.**

## Bridge

Thursdays, in March at 9 a.m.

To join the group call for more details.

## Bingo

Thursday, March 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, March 9 at 10:30 to 12:30 p.m.

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

## Card Bingo

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

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

## Donuts, Discussion & Coloring

Tuesday, March 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, March 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.**

## Bone Density

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

Measure the strength of your bones for risk of future fractures. No appointment needed. **By Wood County Hospital.**

## Mystery Restaurant

Wednesday, March 11 at 4 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, March 12 at 12:45 p.m.

**Prizes by Wood Haven Healthcare.**

## Therapy Talks

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

Join us as a representative from Functional Pathways shares tips on harvesting the truth and uncovering organic foods.

## Emergency Disaster

## Preparedness:

Monday, March 16 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.**

## Birthday Celebration

Wednesday, March 18 at 12 p.m.

**Sponsored by Wood Haven Healthcare.**

## Trivia Battle Challenge

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

**Quarterly prize sponsored by Hertiage Corner.**

## Library Updates and Crafts

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

Pemberville Public Library.

## Seminar Series: Presidential Highlights

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

This series will focus on highlighting over 250 years of presidents. Learn fun facts about our country's leaders. **This month: William Howard Taft**

## Name That Tune BINGO

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

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

**Facilitated by Heritage Corner.**

## Movie

Wednesday, March 25 at 12:30 p.m.

**Feature: The Notebook**

## Wii Wheel of Fortune

Friday, March 27 at 12:30 p.m.

## Assistance Dogs

Monday, March 30 at 12:30 p.m.

This presentation will focus on the types of service dogs, who utilizes them and how they can be of service to their owners. **Presented by the Ability Center.**

## WCCOA SUPPORT GROUPS

### Caregiver Support Group

Monday, March 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, June 3 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, March 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](mailto:programs@wccoa.net) to register for this group.

### Grasping Your Grief

Wednesdays, March 4 & March 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](mailto: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	March 11	1 to 3 p.m.
Pemberville Senior Center	April 29	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](http://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	March 3	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	March 9	11 a.m. to 12:30 p.m.
Wood County Senior Center	March 10	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	March 12	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	March 19	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	March 17	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	March 24	11 a.m. to 12:30 p.m.

# LUNCH MENU

## 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.

March 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Country Fried Steak or Stuffed Chicken Breast, mashed potatoes, tomato juice, peaches, pudding	<b>3</b> Beef Fajita or Turkey Taco, black beans and tomatoes, pears	<b>4</b> Spaghetti and Meatballs or Chicken Alfredo, midori vegetables, heritage coleslaw, banana, sherbet	<b>5</b> Cube Steak or Turkey, baked potato, carrot salad, mandarin oranges and grapes	<b>6</b> Sloppy Joe or Salmon Burger, roasted sweet potatoes, 3 bean salad, fruit cocktail, Rice Krispy Treat
<b>9</b> BBQ Chicken Breast or Liver and Onions, whole potatoes, carrots, rosy applesauce	<b>10</b> Chef Salad with egg and ham or Chicken Salad, potato salad, cranberry jelly-o salad, blueberry muffin	<b>11</b> Hamburger Pie or Chicken Lasagna, Riviera blend vegetables, texas caviar bean salad, orange, lemon bar	<b>12</b> Coconut Curry Chicken or Swedish Meatballs, brown rice, brussel sprouts, peaches and pears, fruit juice	<b>13</b> Stuffed Pepper or Lemon Pepper Tilapia, winter blend vegetables, grapes, peach crunch
<b>16</b> Chipped Beef or Creamed Chicken, mashed potatoes, baked apples, orange juice	<b>17</b> Reuben Casserole or Chicken Breast, mixed vegetables, fruited lime jelly-o, green apple, brownie	<b>18</b> Birthday Celebration Hamloaf, corn, Caesar Salad, ambrosia, cake and ice cream	<b>19</b> Smoked Sausage or Almondine Pollock, squash, emerald pears, strawberries & blueberries with angel food cake	<b>20</b> Cream of Potato Soup, or vegetable Soup, Chicken Salad, Sandwich, celery with peanut butter, orange sections
<b>23</b> Cabbage Roll or Veal Patty, mixed vegetables, pickled beets, pineapple, cookies	<b>24</b> Black-eyed Peas Hash or Chicken and Dumplings, Kyoto blend vegetables, coleslaw, peaches, pecan pie	<b>25</b> Beef Hoagie or Turkey Meatball Sub, potato salad, green beans, apricots	<b>26</b> Turkey Pot Roast or Meat and Bean Chili, broccoli salad, corn bread, fruit sorbet	<b>27</b> Scalloped Potatoes and Ham, Cheese Manicotti, Sicilian blend vegetables, cucumber salad, cherry crisp
<b>30</b> Hamburger or Hot Dog, wedge fries, citrus slaw, rosy applesauce	<b>31</b> Calico Beans or Chicken Tenders, nantucket blend vegetables, spinach salad, berry blend yogurt with granola	No older person shall be denied services because of a failure to contribute to all or part of such service.	Older participants shall determine for themselves what they are able to contribute towards the cost of the 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.

March 2026		
Tuesday	Wednesday	Thursday
	i	
<b>3</b> Beef Vegetable Soup, cauliflower peanut salad, peaches with cottage cheese, cherry crisp	<b>4</b> Tilapia, corn, coleslaw, ambrosia, graham crackers	<b>5</b> Chicken Salad on a bed of lettuce, potato salad, grapes and cantaloupe, cookies
<b>10 Birthday Dinner</b> Roast Beef, baked potato, brussel sprouts, cinnamon applesauce, cake and ice cream	<b>11</b> Stuffed Chicken Breast, rice pilaf, capri blend vegetables, melon, peach cobbler	<b>12</b> Baked Ham, potato cheese bake, lima beans, mandarin oranges & bananas, lemon bar
<b>17</b> Corned Beef, boiled potatoes, cooked cabbage & carrots, pears, Irish creme cheesecake	<b>18</b> Pancakes, sausage Links, hash browns, citrus sections, baked apples,	<b>19</b> Coconut Curry Chicken, wild rice, peas, marinated vegetable salad, cantaloupe, brownie
<b>24</b> Bratwurst, mashed potatoes, sauerkraut, strawberries, pound cake	<b>25</b> BBQ Beef Sandwich, ranch fries, coleslaw, orange, pudding	<b>26</b> Chicken Lasagna, carrots, tossed salad, peach crunch

### BG Knitters Guild

Wednesday, March 4 at 4 p.m.

Hosted by Jackie Instone.

### National Parks Series:

Voyageurs, Isle Royale, The Canadian Shield

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

**Movie:** The Windmere Children (2020) Based on the experience of child survivors of the Holocaust, it follows the children and staff of a camp set up. Dinner reservations made by 2 p.m. on Tuesday, February 10.

### Karaoke "70s"

Wednesday, March 11 at 4 p.m.

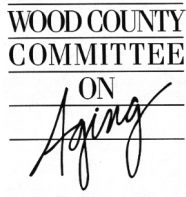
Join us as we sing along to a variety of music in different genres. **Hosted by WCCOA**

### Reader's Café

**Tuesday, March 24 at 3 p.m.** Compare books that have been turned into movies! **Feature:** The Martian by Andy Weir **Synopsis:** The Martian is a 2011 science fiction novel by Andy Weir about astronaut Mark Watney, who is stranded alone on Mars after his crew presumes him dead during a storm and evacuates. Books & audiobooks available for loan by February 24.

**Registration required.**

No older person shall be denied services because of a failure to contribute to all or part of such service. Older participants shall determine for themselves what they are able to contribute towards the cost of the service. A ninguna persona mayor se le negarán servicios por no contribuir total o parcialmente a su costo. Los participantes mayores determinarán por sí mismos cuánto pueden contribuir al costo del servicio.



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

To contact WCCOA: [wccoa@wccoa.net](mailto:wccoa@wccoa.net)

To register for programs & events: [programs@wccoa.net](mailto:programs@wccoa.net)

**We're on the Web!**

**www.wccoa.net**



**FACEBOOK**

[www.facebook.com/wccoa](http://www.facebook.com/wccoa)



**BLOGSPOT**

[woodcountycommitteeonaging.blogspot.com](http://woodcountycommitteeonaging.blogspot.com)



**YOU TUBE**

Search Wood County Committee on Aging, Inc.



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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