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TRIP:
La Comedia Dinner Theatre

A Taste of Broadway
Thursday, September 3
Departing from:
Perrysburg Walmart 7:45 a.m.
Bowling Green Meijer 8 a.m.
North Baltimore Loves Truck Stop
8:15 a.m.
 Cost \$115



Enjoy tickets to the show, a full 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

Walking Club T-Shirt Design Contest Announcement

The Wood County Committee on Aging and Wood Haven Health Care newly formed Walking Club is excited to announce our first T-Shirt Design Contest!

This is your chance to show off your creativity and help us design a shirt that represents the energy, spirit, and community of our amazing walking club.

Contest Details: We are looking for a fun, inspiring design that:

- Celebrates walking, wellness, and active aging
- Reflects friendship, positivity, and community
- Can be printed clearly on a T-shirt

All artistic styles are welcome — hand-drawn, digital, simple, or bold!

Submission Deadline: Thursday, April 30, 2026

Winner Announced: In May

The winning design will:

- Be featured on our official Walking Club T-shirt
- Receive special recognition in our newsletter and at an upcoming walking event
- Earn bragging rights as our 2026 Walking Club Designer!



Submit your design:

At any Wood County Senior Center or email it to: programs@wcco.net

Please include your name, address, phone number and email address as part of your contact information with your entry.

Whether you're an experienced artist or just love to doodle, we encourage everyone to participate. Let's create something that shows our community how proud we are to walk together!

Lace up, get creative, and let your imagination move you!

Fine Arts and Crafts

Fridays, April 3, 10, 17 at 10:30 a.m.

Wood County Senior Center

Facilitated by Haleigh Williams & Georgia Ray, BGSU Art Education

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

April 3 Paper Mache

Using various paper you will learn how to make your own hat

Cost: \$5

April 10 Eraser Stamps

Learn to create your own stamps by lino cutting an eraser.

Cost: \$5

April 17 Needle pointing Felt

Create your own animal out of needle felted wool **Cost:** \$5



From our Executive Director

As spring arrives, I always appreciate the sense of renewal it brings. There's something inspiring about longer days, blooming flowers, and the chance to reconnect with one another after a long winter. It's also a wonderful time to try something new - Whether that's joining a program, stopping in for lunch, taking a fitness class, or simply visiting with friends at one of our senior centers. I hope this season encourages you to explore all that WCCOA has to offer.

Spring also marks the beginning of our Annual Campaign, a vital effort that sustains the programs and services older adults rely on throughout Wood County. Your generosity helps us provide nutritious meals, social opportunities, transportation, wellness programs, caregiver support, and so much more.

How to Support the Annual Campaign

If you feel inspired to give this spring, there are many meaningful ways to contribute:

Donate Online: Visit www.friendsofwcco.com and click "Donate"

Mail a Donation: Wood County Committee on Aging, 140 S. Grove Street, Bowling Green, OH 43402

Honor or Remember Someone

Special: Make a gift in honor or memory of a friend or loved one. We are grateful to acknowledge these tributes.

Designate Your Gift: You may direct your donation to a specific senior center or to our Kitchen Fund, supporting essential equipment and ongoing improvements to our nutrition program.

Matching Gifts: If your employer offers donation matching, your gift may go even further.

Every contribution stays right here in Wood County and makes a real, local impact.

Thank you for your support, your kindness, and your belief in our mission. I wish you a bright, healthy, and hopeful spring season!

Sincerely,



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/ Annual Campaign:

Annual Campaign - Anonymous, Randy Ballard, Becky Buchanan, Joanne Buck, Julia Carle, Randall Duty, Lois A. Elston, Robin Euler, Norman Fairman, David & Barb Frankforther, Paul Haas, Jim & Linda Hammer, Carol Kinsey, Joyce E. Koch, Robert Korsnack Jr., Gregory Parisian, Ms. May Valerio, Barbara Vollmar, Sean & Sandy Williams

Friends Donation - Anonymous, Susan Birkle, John & Alice Calderonello, Patricia Evans, Mary Hogan, Geoffrey Howes, Marguerite Jensen, Colleen Smith, Joan Staib, Lynn & Betty Wineland

Kitchen Fund - Darlene Collins, Barbara Miller

In Honor of Mae's 95th Birthday - Grand Rapids Area Senior Center Participants

In Honor of the Pemberville Area Senior Center - Amplex Internet

In Honor of the Perrysburg Area Senior Center - Perrysburg High School Class of 1976

In Honor of Grandparents Raising Grandchildren Holiday Project - Larry & Jean Lewis

In Honor of Jennifer Ball - Charles & Mary Klein

In Honor of Mike Cranker - Michael Day

In Honor of My Parents - Gary Dindal

In Memory of Kelly & Great Barrett - Dennis Barrett

In Memory of Carol Benson - Doris Zinn

In Memory of Alice Brown - Lanny Milligan

In Memory of Helen Dyke - Joan Potter

In Memory of Alice Henning - Ralph Weiland

In Memory of Mary Lou Herzig - Robin Kaiser

In Memory of Helen Lorenzen - Bowling Green Mahjong Group

In Memory of Lloyd Miller/Kitchen Fund - Lois Chrobak

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
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 April, we are celebrating Peak Tulip Season! We will be enjoying everyone's favorite signs of spring, the tulip! Join us for musicians Matt Richardson, as well as your very own Silvertones.

We are also looking for new Entertainers willing to spend an hour every few months with our folks to share their talents. If you are know of anyone or are interested yourself, please reach out to Jodi at 419-720-4940 or jkimball@memorylanecare.org

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@wcco.net.



To register for any Shoreline trip, contact the Programs Department at 419.353.5661 or email programs@wcco.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.

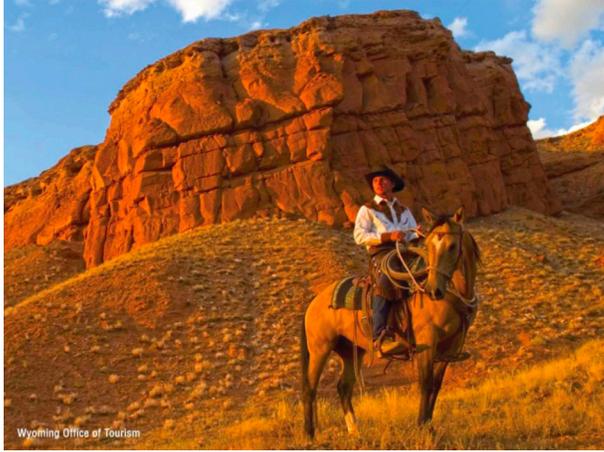
TRAVEL OPPORTUNITIES

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, Whiskey 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@wcco.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.



**Care
Compass
Project**

**Navigating the
Caregiving Continuum:**

Planning for today and for the future.



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 who register.

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@wcco.net**

SPECIAL EVENTS

Healthy Living Fair

Monday, May 11 from 11 to 3 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@wccoa.net



The Bob Ross Experience Painting Class

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

Wood County Senior Center

Cost: \$50 per person,
supplies included,
Registration required.

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.

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

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.



We are looking for Older Adults to be Pen Pals to 4 H Club Members

The Beaver Creek Boosters 4H club is planning a pen pal activity. We would like to invite members of the senior center to join us. Our club will write letters to the interested seniors and they can write back. The 4 H club will provide the paper, envelopes, and postage. If interested please contact the Programs Department at the Wood County Committee on Aging: 419.353.5661 or email programs@wccoa.net

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:

What Shapes Our Vote?..... Robert Alexander
Service in Modern Age..... Anthony Kopps
How Poems Work.....Geoff Howes
Art Tells Stories.....Sharon Hanna
Finding Your Balance..Jamie O'Brien, Tawiona Brown
Foundations, Freedoms, & The Future.....Judge Matt Reger
Calculus + You.....George Carver
Riker Farming Behind the Scenes.....Riker Farms
Taste of Kenyan Cooking Class.....Tom Otieno
Judicial Ethics (Offsite).....Judge Joel Kuhlman
Baseball: More Than Just a Game.....David Horger
Opera Behind the Scenes.....Chris & Ellen Scholl
Data, Decisions & The Pirates.....Kara Godsey
Behind the Scenes of the TV Series "The Chosen...
.....Duane and Toni Cary
Fashion Through the Decades..... Elizabeth Johnson
The Bible What? And Why?.....Pastor, Derrick Torrey
Clean Water Matters.....Marj Mulcachy
Gallery Group.....Michael Coomes and Sally Dreier,
Toledo Museum of Arts (TMA) docents
Wild Weather.....Ryan Wichman

Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wcco.net to learn more!

The Passport to the Senior Centers Project

May to September 2026

Passport cards will be available for pick at any one of our eight senior center locations beginning in May and are available until the end of September. Participants can travel to all 8 senior centers to attend lunch and a program.

- Perrysburg Area Senior Center
- Northeast Area Senior Center (Walbridge)
- Rossford Area Senior Center
- Wayne Area Senior Center
- Grand Rapids Area Senior Center
- North Baltimore Area Senior Center
- Wayne Area Senior Center

Be sure to check their site page out and make a lunch reservation) when you leave the site manager will initial your passport card. Once you have all eight locations on your card you can drop it off at any senior center and it will be entered in to a drawing for a gift card prize.

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, April 3 to May 18

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.

Sitting Strong

Mondays and Thursdays at 10 a.m.

Cost: Free

Seated, safe and effective low-impact workouts. Utilizing resistance bands, exercise balls and weights this class benefits people best for who cannot stand for long or are new to exercise. Tari Geer, 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.

Wednesdays at 1 p.m.

Peer-led step by step instruction.

Chair Yoga

Tuesdays, April 14 to May 19

Cost: \$20 for 6 weeks

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

Club F.I.T.

Cost: Free

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)

Wednesday, April 8 to May 13

from 2:15 to 3:15 p.m.

Intermediate level class

Salli Hand, Certified Instructor

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.

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.

Beginner-Intermediate Tai Chi

Cost: \$60 for 6 weeks

Wednesdays, April 15 to May 20 at 4:30 p.m.

Using the 24 Movement Yang Form this class is designed to increase balance and mobility. Richard Messer, 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, and mental vitality. Tammy Metz-Starr, DPT, Certified Instructor.

Intermediate to Advanced Tai

Chi Cost: \$60 for 6 weeks

Thurs., April 16 to May 21 4:30 p.m.

Using the 24 Movement Yang Form this class is for students with experience with Tai Chi. Richard Messer, Instructor

SilverSneakers

Cost: \$20 for each 6 weeks sessions

*SilverSneakers is FREE for members

VIRTUAL Classic: Zoom

Wednesdays, April 8 to May 13 at 10:15 a.m. at 9:30 a.m.

Fridays, April 3 to May 8 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.

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

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

Floor and Core

Cost: \$30 for 6 weeks

Tues. April 21 to May 26 at 4:15 p.m.

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.

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.**

Guitar Circle

Wednesdays at 11 a.m.

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

Bingocize

Wednesdays and Fridays, until 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.

Thursday Theater

Thursdays at 1 p.m.

April 2 "Life with Father" (1947)

April 9 "Three Smart Girls" (1936)

April 16 "42" (2013)

April 23 "My Big Fat Greek Wedding" (22)

April 30 "My Big Fat Greek Wedding" (1930) **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.

BG Knitter's Guild

Wednesday, April 1 at 4 p.m.

Knit or crochet in a group setting. For advanced and beginner needle workers. **Hosted by Jackie Instone.**

Happy Hour Zoom option.

Friday, April 3 at 12:30 p.m.

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

Refreshments sponsored by Otterbein.

The History of Wood County Through the Life of Charles Evers

Monday, April 6 at 11 a.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Sundae Bar

Tuesday, April 7 at 12:30 p.m.

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

National Parks Series:

Assembling North America Park by Park

Tuesday, April 7 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, Different Times

Tuesday, 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.**

Karaoke "One Hit Wonders"

Wednesday, April 8 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, April 9 & 23 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.**

Literary Response & Workshop

Thursday, April 9 & 23 at 10:30 a.m.

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

Game Day

Thursday, April 9 from 4 to 5 p.m.

The Be Better Foundation is a 501(c)(3) nonprofit based in Bowling Green, Ohio, dedicated to helping kids Be Better—at school, at home, and in life. Join us as we interact with the students and play some fun interactive games. **Registration required.**

TV Series featuring: Histories Greatest Mysteries

April 13 at 1 p.m. S: 1 E: 5,6

April 27 at 1 p.m. S: 1 E: 7, 8

Name That Tune Bingo

Tuesday, April 14 at 10:30 a.m.

Name the song to cover a bingo space.

Facilitated by Heritage Corner.

Blood Pressure &

Blood Sugar Screening

Tues., April 14 from 11 to 12:30 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.

Fabric Cutting Project

Tuesday, April 14 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, April 14 at 3:30 p.m.

Movie: The Great Escaper (2023):

Based on a true story, this moving drama stars Michael Caine as a WWII veteran who escapes his care home in the UK to attend the 70th-anniversary D-Day landings in France. It was one of the final performances by Glenda Jackson. Dinner reservations needed by 2 p.m.

Breakfast Club

Wednesday, April 15 at 9 a.m.

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

Constipation and Aging

Wednesday, April 15 at 11 a.m.

We will focus on common health issues related to constipation in older adults.

Presented by Mercy Family Health and Residency Program.

Domestic Violence and Bystander Intervention

Monday, April 20 at 12:30 p.m.

The aim of this presentation is to increase awareness around the topic of domestic violence, as well as Bystander Intervention strategies to

employ. employ. **Presented by the Cocoon Shelter.**

Brain Training

Tuesday, April 21 at 9 a.m.

“The Power of Mind Over Body.”

Topic: How Caring Leads to Curing

Synopsis: Most of us already know that care networks are important when it comes to recovery, and we've learned that expectations can influence reality.

Registration required by April 17.

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

Become a Dementia Friends Champion

Tuesday, April 21 at 1 p.m.

This one hour sessions will provide an overview of dementia, teach participants 5 “key messages”, and provide a window into what it’s like to live with dementia.

And Now What? Memory Concerns

Tuesday, April 21 at 2 p.m.

During this one on one in person consult you will meet with clinical staff members from Memorylane Care Services to understand the disease and obtain community resources.

Appointments required.

Acrylic Painting

Tuesday, April 21 at 4:15 p.m.

In this session we will be painting a landscape. This is beginner friendly while being fun for all levels of expertise. Cost: \$10

Facilitated by Mya Wehrkamp, BGSU Art Education.

Card Bingo

Thursday, April 23 at 1 p.m.

Facilitated by Bridge Home Health and Hospice.

Lunch & Learn: “Nazareth Hall; Based on the Ursuline Order of the Sacred Heart”

Friday, April 24 at 11:30 a.m.

“Nazareth Hall; A history based on the Ursuline Order of the Sacred Hearts” is an introduction into the religious order that began in Europe, crossed the Atlantic and ultimately led to the construction of Nazareth Hall. Space is limited; First 25 registered will have lunch. **Sponsored by TaylorPlace Senior Living. Zoom option.**

Zoom Bingo

Friday, April 24 at 1 p.m.

Coffee & Coloring

Monday, April 27 at 10 a.m.

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

Emergency Disaster Preparedness

Monday, April 27 at 11 a.m.

This session will provide you with updates on ways to stay safe in your home during weather related challenges. **Presented by Wood County Emergency Management Agency.**

Scrabble Open Play

Monday, April 28 at 1:15 p.m.

Reader's Café

Tuesday, April 28 at 3 p.m.

Compare books that have been turned into movies! **Feature:** Unbroken by Laura Hillenbrand. **Synopsis:** When World War II breaks out, Louis enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft. Books & audiobooks available for loan by March 24. **Registration required.**

Bone Density Screening

Wednesday, April 29 from 1 to 3 p.m.

Measure the strength of your bones and risk of future fractures with this screening Appointments every 5 mins. Registration required if spots open walk-ins welcome. **Provided by the Wood County Hospital.**

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, April 13 to June 1 (no class
May 25) (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.

Veterans Coffee Hour

Thursday, April 2 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, April 2 at 12:45 p.m.

Happy Hour

Friday, April 3 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, April 3 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.

Texas Hold'em Tournament

Monday, April 6 at 1 p.m.
Registration required.

Assistance Dogs

Wednesday, April 7 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.**

Seminar Series: Presidential Highlights

Wednesday, April 8 at 12:30 p.m.
This series will highlight over 250
years of presidents. Learn fun facts
about our country's leaders. **This
month: Theodore Roosevelt.**

Gentle Yoga

Thursday, April 9 to May 14 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.

Where Were You? First Edition

Thursday, April 9 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is the purchase of your first
vehicle. **Facilitated by Comfort
Keeps.**

Meet ChatGPT: Your New Digital Helper

Friday, April 10 at 12:30 p.m.
This session will focus on the use of
ChatGPT technology as a safe tool to
conduct daily tasks. **Presented by
WCCOA**

Back In The Day

Monday, April 13 at 12:30 p.m.
Guess what year specific events in
history happened. **Facilitated by
Manor at Perrysburg.**

Pinocle

Monday, April 13 at 12:45 p.m.

Mystery Restaurant

Monday, April 13 at 4 p.m.
Meet at Perrysburg Senior Center to
learn about your surprise location for
dinner. Cost on own. **Hosted by**

Perrysburg continued

Marcine Miller. Registration required and limited to 8 participants.

Breakfast Club

Tuesday, April 14 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, April 14 at 12:30 p.m.

Prizes Awarded. **Facilitated by St. Clare Commons.**

WISE Class

Wednesday, April 15 to May 26 from 10 to 11:30 a.m.

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. The educational program offers six weekly lessons that cover a wide range of topics. **See column on the right.**

Birthday Celebration

Wednesday, April 15 at 12 p.m.

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

Blood Pressure & Blood Sugar Screening

Thursday, April 16 from 11 to 1 p.m.

Facilitated by Mercy Health.

Euchre

Thursday, April 16 at 12:45 p.m.

Card Bingo

Friday, April 17 at 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Texas Hold'em Tournament

Monday, April 20 at 1 p.m.

Registration required.

Friends in Fellowship

Tuesday, April 21 at 10:30 a.m.

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

The History of Wood County Through the Life of Charles Evers

Tuesday, April 21 at 12:30 p.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Constipation and Aging

Wednesday, April 22 at 11:15 a.m.

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

Keeping It Safe

Thursday, April 23 at 12:15 p.m.

This session is designed to address the changes in driver performance skills that can occur with age. **Lynne Chapman, OT Mercy Health Driver Rehabilitation Program.**

TED Talks: What Makes a Good Life?

Friday, April 24 at 12:30 p.m.

Robert Waldinger the director of a 75-year-old study will share access to data that shares three important lessons on how to build a fulfilling life. *Previously recorded.*

Hand and Foot Card Game

Monday, April 27 at 12:45 p.m.

Movie Day

Tuesday, April 28 at 12:45 p.m.

Feature: Everybody's Fine

Synopsis: A widower who realizes his only connection to his family was through his wife. He sets off on a trip to reunite with his children.

Registration required. Snacks and movie provided by Walker Wiltzer Shank Funeral Homes and Crematory.

Coffee and Coloring

Thursday, April 30 at 10:30 a.m.

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



The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. The educational program offers six weekly lessons that cover a wide range of topics.

Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors older adults should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

The six weekly sessions will be held on:

**Wednesday April 15 to May 20
10 am to 11:30 a.m.**

Perrysburg Senior Center
Each session will include refreshments and a gift card incentive for participants who successfully complete the program.

Registration is required.
To register, please contact the Perrysburg Senior Center at 419.874.0847.

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.

Blood Pressure & Blood Sugar Screening

Wednesday, April 1 at 11 to 12:30 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, April 1 at 12:30 p.m.

Sponsored by Bridge Home Health and Hospice.

TikTok Challenge

Wednesday, April 1, 8, 15, 22, 29 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 April 29 for the recording of the video.

Bingo

Monday, April 6 at 12:30 p.m.

Prizes awarded. **Facilitated by Wood Haven Health Care**

Name That Tune BINGO

Tuesday, April 7 at 12:30 p.m.

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

Facilitated by Heritage Corner.

The History of Wood County Through the Life of Charles Evers

Friday, April 10 at 12:15 p.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Seminar Series: Your Best Brain

Monday, April 13 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.**

Birthday Celebration

Wednesday, April 15 at 12 p.m.

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

Breakfast Club

Thursday, April 16 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.

Root Beer Float Friday

Friday, April 17 at 12:30 p.m.

Provided by Wood Haven Healthcare.

Trivia Battle Challenge

Friday, April 17 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.**

Wayne Public Library

Monday, April 20 at 12:30 p.m. All materials and instructions provided.

Facilitated by the Wayne Public Library.

Seminar Series: Presidential Highlights

Tuesday, April 21 at 12:30 p.m.

This series will focus on highlighting over 250 years of presidents. **This month: William Howard Taft.**

Short Story/ Article Review

Wednesday, April 22 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 Lauren Firsdon, WCCOA.**

Assistance Dogs

Monday, April 27 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.**

Restaurant Night

Tuesday, April 28 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:
Wood County Committee on Aging,
Inc. View our over 320 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.

Make it and Take It Craft

Wednesday, April 1 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.

Black Swamp Stories Part 4

Monday, April 6 at 12:30 p.m.

This session is prerecorded and will share a bit of history from the Black Swamp era. Presented by Mike

McMaster, Wood County Museum.

Mexican Train Dominoes

Friday, April 10 & 24 at 12:30 p.m.

Seminar Series: Presidential Highlights

Friday, April 10 at 12:30 p.m.

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

Rootbeer Floats

Monday, April 13 at 12:30 p.m.

Enjoy an old fashioned rootbeer float with friends. **Wood Haven Healthcare.**

Breakfast Club

Tuesday, April 14 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.**

Birthday Celebration

Wednesday, April 15 at 12 p.m.

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

Home Health Care Options

Wednesday, April 15 at 12:30 p.m.

This is offered as an opportunity to have your home health care questions answered. Presented by Sara Bender, Heritage Health Care.

Power of Therapy

Thursday, April 16 at 12:30 p.m.

This session will cover the benefits of seeking therapy for various health conditions. Presented by Briar Hill Therapy Director.

Trivia Battle Challenge

Friday, April 17 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 Herriage Corner.

Taking Care of Your Skin

Monday, April 20 at 12:30 p.m.

This session will cover skin related issues that could impact your health and well-being. Prerecorded by Mercy Family Medicine Residency Program.

Tuesday, April 21 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.

Bloom Time in the Wood County Parks

Friday, April 24 at 12:30 p.m.

Learn more about spring ephemerals, which is a reference to the brief bloom time of our woodland wildflowers.

Presented by the Wood County Parks District

The History of Wood County Through the Life of Charles Evers

Monday, April 27 at 12:15 p.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. Presented by Mike McMaster, Wood County Museum.

Blood Pressure & Blood Sugar Screening

Tuesday, April 28 at 11 to 12:30 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.

Game Day

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

Facilitated by Wood Haven Healthcare.

Story/ Article Review

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.

Domestic Violence and Bystander Intervention

Wednesday, April 1 at 12:30 p.m.
The aim of this presentation is to increase awareness around the topic of domestic violence, as well as Bystander Intervention strategies to employ. **Presented by the Cocoon Shelter.**

Craft and Cookies

Thursday, April 2 at 10:45 a.m.
In this session we will be decorating totes for Easter. All supplies and materials will be provided.
Registration required.

Happy Hour

Friday, April 3 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.

Coffee, Donuts and Coloring

Monday, April 6 at 10:30 a.m.
Donuts by Manor at Perrysburg.

Blood Pressure &

Blood Sugar Screening

Tuesday, April 7 from 11 to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Fitness for Fall Prevention

Tuesday, April 7 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.**

Balance Screening

Wednesday, April 8 at 11 a.m.
This screening will take about 7 minutes evaluating your balance and postural stability to assist with identifying fall risks. **Registration required. Facilitated by Med1Care.**

Breakfast Club

Thursday, April 9 at 9 a.m.
Meet at American Table, 580 Craig Dr., Perrysburg. Cost on own. **Host: Judy Schlink.**

Game Day: Mystery Game

Thursday, April 9 at 12:30 p.m.
Facilitated by Kingston of Perrysburg.

Divas and Dessert

Friday, April 10 at 1 p.m.
Enjoy some delicious desserts while sharing conversations and coffee.
Facilitated by Hertiage Corner.

Word Search Challenge

Monday, April 13 at 11 a.m.
Enjoy a cup of coffee while exercising your cognitive skills with a word search. Winner completes the puzzle first.

Sundae Monday

Monday, April 13 at 12:30 p.m.
Provided by Otterbein.

The History of Wood County Through the Life of Charles Evers

Tuesday, April 14 at 12:15 p.m.
Presented by Mike McMaster, Wood County Museum.

Birthday Celebration

Wednesday, April 15 at 12 p.m.
Sponsored by Ohioans Home Health.

Bingo

Thursday, April 16 at 1 p.m.
Prizes awarded. **Facilitated by Heritage Health Care.**

Veterans Coffee Hour

Friday, April 17 at 11 a.m.
This gathering is designed to connect veterans through coffee, conversation and sweet treats. **Facilitated by Care360.**

Ladies Tea

Friday, April 17 at 12:30 p.m.
Enjoy an afternoon tea with light desserts and a variety of teas. Bring your own tea cup and share its story of origin.
Registration required. Sponsored by Brookdale of Bowling Green.

Cards and Dominoes

Monday, April 20 at 12:30 p.m.

Bunco

Monday, April 20 & 27 at 12:30 p.m.

Name That Tune Bingo

Tuesday, April 21 at 10:30 a.m.
Name the song to cover a bingo space.
Facilitated by Heritage Corner.

Assistance Dogs

Wednesday, April 22 at 12:30 p.m.
Presented by Ability Center.

Trivia Battle Challenge

Thursday, April 23 at 12:30 p.m.
Sponsored by Hertiage Corner.

Seminar Series: Presidents

Friday, April 24 at 12:30 p.m.
This month: Jimmy Carter

Ladderball

Monday, April 27 at 12:30 p.m.
Hosted by Bob Counterman.

Trivia Bingo

Tuesday, April 28 at 12:30 p.m.
Prizes awarded. **Facilitated by Wood Haven Healthcare.**

Fire Safety

Wednesday, April 29 at 12:30 p.m.
Presented by Rossford Fire Department

Financial Scams

Thursday, April 30 at 12:30 p.m.
Presented by PNC Bank.

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.

Puzzle Time

Mondays in April 10 a.m. to 2 p.m.

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

Breakfast Club

Mondays in April at 9:30 a.m.

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

Walk Around the Gym

Daily in April at 10 a.m.

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

Donuts and 3/13

Fridays, in April 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, April 1 at 12:45 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.**

Left, Right and Center Game

Thursday, April 2 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!

Uncover the Weather Forecast

Monday, April 6 at 12:30 p.m.

Meteorologist Derek Witt, 13 ABC, will share the way the weather forecast is determined and how they share this information with the community at large.

Take Control of Exercise

Tuesday, April 7 at 10:30 a.m.

This DVD from the Arthritis Foundation to improve flexibility, strength, core muscles, using resistance bands.

Bingo

Tuesday, April 7 at 12:30 p.m.

Play rounds of bingo with the possibility of winning prizes.

Facilitated by Walker Funeral Home and Crematory.

The History of Wood County Through the Life of Charles Evers

Evers

Wednesday, April 8 at 12:15 p.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Walbridge Talk

Thursday, April 9 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.

National Scrabble Day

Monday, April 13 at 12:30 p.m.

Let's celebrate this day by playing several rounds of scrabble.

Assistance Dogs

Tuesday, April 14 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.**

Birthday Celebration

Wednesday, April 15 at 12 p.m.

Enjoy birthday wishes and sweet treats. **Sponsored by Orchard Villa.**

How does the Court system work?

Wednesday, April 15 at 12:15 p.m.

This session will explore the functions of the court system and how it is designed to support the law.

Presented by Judge Joel Kulhman.

Blood Pressure & Blood Sugar Screening

Thursday, April 16 from 11 a.m. to

12:30 p.m. **Facilitated by Bridge Home Health and Hospice.**

Card Bingo

Thursday, April 16 at 12:45 p.m.

Facilitated by Bridge Home Health and Hospice.

Sundae Monday

Monday, April 20 at 12:30 p.m.

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

Seminar Series: Presidential Highlights

Wednesday, April 22 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: Abraham Lincoln**

Yahtzee

Thursday, April 23 at 12:30 p.m.

How Lucky are you at rolling the dice?

Left, Right and Center Game

Tuesday, April 28 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!

Brain Game

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

Pair up and work on a crossword or a Sudoku puzzle to challenge your brain. **Facilitated by Markeita Phillips, WCCOA.**

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 April at 1 p.m.

Bingo

Tuesdays and Fridays at 10:30 a.m.

Craft: Easter Decor

Friday, April 3 at 12:30 p.m.

All materials and supplies will be provided. Create this item for your home decor. **Sponsored by Wood Haven Health Care.**

TED Talk: How to Communicate with Your Dog

Monday, April 6 at 12:30 p.m.

Who let the dogs out? Jennifer Crank, a world champion in dog agility competitions like Westminster, brings her border collie onto the TED stage to demonstrate the secrets of inter-species communication. Watch as her four-legged friend bounds through an obstacle course at lightning speed — as Crank gives a lesson on how to effectively communicate with any kind of audience.

The History of Wood County Through the Life of Charles Evers

Tuesday, April 7 at 12:15 p.m.

Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Donut Bingo

Wednesday, April 8 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, April 8 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

Closed for a Blood Drive

Thursday, April 9

Breakfast Club

Thursday, April 9 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.

Birthday Celebration

Wednesday, April 15 at 12 p.m.

Enjoy birthday wishes and sweet treats.

Sponsored by Bowling Green Manor.

Home Health Care Options

Wednesday, April 15 at 12:30 p.m.

This is an opportunity to have your home health care questions answered.

Presented by Sara Bender, Heritage Health Care.

Seminar Series: Presidential Highlights

Thursday, April 16 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:** George Washington.

Trivia Battle Challenge

Friday, April 17 at 12:30 p.m.

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

Sponsored by Heritage Corner.

Would You Rather Exercise?

Monday, April 20 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, April 21 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, April 21 from 11 a.m. to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Eye Glass Repair

Friday, April 24 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.

Meet ChatGPT

Friday, April 24 at 12:45 p.m.

This session will share how chatGPT and other AI tools can be used safely and easily for everyday tasks.

Presented by WCCOA.

Coffee, Donuts and Fellowship

Monday, April 27 at 10:30 a.m.

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

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.

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.

The History of Wood County Through the Life of Charles Evers

Wednesday, April 1 at 12:15 p.m.
Learn about the history of Wood County through the life of newspaperman and historian Charles Evers. **Presented by Mike McMaster, Wood County Museum.**

Household Bingo

Thursday, April 2 at 12:30 p.m.
Everyone bring a household item to play and it will be used as a prize. Play 10 rounds of bingo for fun!
Cover all prize sponsored by Otterbein.

Bridge

Thursdays, in April at 9 a.m.
To join the group, call for more details.

Minutes with the Mayor

Monday, April 6 at 12 p.m.
Pemberville Mayor Carol Bailey.

Back in the Day

Wednesday, April 8 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.**

Mystery Restaurant

Wednesday, April 8 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, April 9 at 12:45 p.m.
Prizes by Wood Haven Healthcare.

Therapy Talks

Friday, April 10 at 12:30 p.m.
Join us as a representative from Functional Pathways shares tips on harvesting the truth and uncovering organic foods.

Blood Pressure & Blood Sugar Screening

Monday, April 13 at 11 to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Card Bingo

Monday, April 13 at 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Donuts, Discussion & Coloring

Tuesday, April 14 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.**

Inside Edition: Wood County Common Pleas Court

Tuesday, April 14 at 12:30 p.m.
This session will provide an overview of the Wood County Common Pleas Court Judicial programs. budget information, cases and rehabilitation and training

programs. **Presented by Judge Joel Kuhlman.**

Birthday Celebration

Wednesday, April 15 at 12 p.m.
Sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, April 15 at 12:30 p.m.
Quarterly prize sponsored by Heritage Corner.

Library Updates and Crafts

Wednesday, April 15 at 12:30 p.m.
Pemberville Public Library.

Wheel of Fortune Wii:

Friday, April 17 at 12:30 p.m.

Spring Storms and Your Safety

Monday, April 20 at 12:30 p.m.
This program will cover basic safety measure during storm season.
American Red Cross.

Movie

Tuesday, April 21 at 12:30 p.m.
Feature: I Can Only Imagine (2018) tells the inspiring true story behind Mercy Me's hit song, following lead singer Bart Millard's journey from a troubled childhood to musical success, exploring themes of forgiveness, redemption, and the healing power of faith. **Snacks sponsored by: Wood Haven Health Care**

Tell Us About You

Wednesday, April 22 at 12:30 p.m.
Join us as we celebrate you and your unique talents and interests. Step right up and be the first person to share with our group.

Seminar Series: Presidential Highlights

Friday, April 24 at 12:30 p.m.
This month: Rutherford Hayes

Name That Tune BINGO

Tuesday, April 28 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

WCCOA SUPPORT GROUPS

Caregiver Support Group

Monday, April 13 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, April 2 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@wcco.net to register for this group.

Grasping Your Grief

Wednesdays, April 1 & 15 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:** To register call Sara Nidiffer 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: 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.

Location: BGSU Health & Human Services Bldg

Contact: Debbie Zuchowski 419.442.1453 Call 419.661.4001 to register.

Survivors of Suicide Loss

1st & 3rd Wednesday of each month at 6 p.m.

Offered by Wood County Suicide Prevention Coalition

Location: 1250 Ridgewood Dr., Bowling Green

Contact: NAMI at 419.352.0626

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	April 15	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.

And Now What? What to do after a diagnosis of Memory Concerns.... In person consult

Tuesday, April 21 at 2 p.m.

During this one on one consult you will meet with clinical staff members from Memorylane Care Services to understand the disease and obtain community resources. **Appointments required. Call Programs at 419.353.5661**

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	July 15	9 to 11 a.m.
	July 17	9 to 11 a.m.
	July 22	9 to 11 a.m.
Grand Rapids Area Senior Center	July 23	10:30 to 12:30 p.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	June 4	2 to 4 p.m.
Wood County Senior Center	June 11	4 to 6 p.m.

Blood Pressure & Blood Glucose

Facilitated by Bridge Home Health and Hospice

Clinic Site	Date	Time
Rossford Area Senior Center	April 7	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	April 9	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	April 13	11 a.m. to 12:30 p.m.
Wood County Senior Center	April 14	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	April 16	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	April 21	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	April 28	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 60.

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

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mushroom Chicken Breast or Italian Lasagna, Italian green beans, potato salad, pineapple	2 Chicken Wings or Smoked Sausage, squash, cauliflower peanut salad, banana, cookie	3 Ham or Lemon Pepper Cod, long grain rice, winter blend vegetables, tropical fruit, peach crisp
6 Pork Chop or Chicken Dumplings, tomato zucchini blend vegetables, oranges & grapes, blueberry crisp	7 BBQ beef or Turkey Burger, sweet potato fries, sauerkraut salad, mixed fruit, lemon bar	8 Grilled Chicken Breast or Liver & Onions, small whole potatoes, Texas Caviar Bean Salad, apple juice, pie.	9 Sweet & Sour Chicken or Pork Chop Suey, brown rice, cauliflower, Caesar Salad, apricots	10 Hamloaf or Shrimp Pop-pers, baked potato, orange, peaches and cream
13 Stuffed Pepper or Turkey Stuffing Casserole, mixed vegetables, pasta salad, grape juice, peaches	14 Pork Ribette or Chicken Tenders, sweet potatoes, Betty's salad, pears, graham crackers	15 Birthday Celebration Meatloaf, lima beans, broccoli salad, citrus, cake and ice cream	16 Hot Dog or Hamburger, baked beans, coleslaw, cinnamon applesauce, brownie	17 Chef Salad with Turkey & Egg or Tuna Salad on a bed of lettuce, potato salad, cantaloupe, blueberry muffins
20 Swedish Meatballs or Veal Patty, noodles, oriental vegetables, pineapple, tomato juice	21 Ham and Bean Soup or Turkey Pot Roast, heritage coleslaw, peaches, corn bread, cherry crunch,	22 Cube Steak or Broccoli Stuffed Chicken Breast, baked potato, corn relish, berry blend with yogurt and granola	23 Baked Ham or Tuscan Chicken, green beans, pickled beets, citrus sections, frozen yogurt	24 Pepper Steak or Lemon Pepper Pollock, rice, stewed tomatoes, cabbage, apple, raisin salad, tropical fruit
27 Cream of Broccoli Soup or Vegetable Soup, egg salad sandwich, celery with peanut butter, orange sections	28 Beef Taco or Chicken Fajita Strips, refried beans, mixed fruit, cookies	29 Chicken Patty or Sausage Patty Sandwich, hashbrown casserole, three bean salad, fruit sorbet	30 Hamloaf or Buffalo Chicken, Riviera blend vegetables, watermelon, apple crunch	Participants shall determine for themselves what they are able to contribute towards the cost of the service. Nutrition and ingredient information is available upon request.

DINNER MENU

Served Tuesday through Thursday, 5:30 to 6:30 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day. Menu is subject to change.

There is a \$4 suggested donation 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, April 1 at 4 p.m.
Hosted by Jackie Instone.

National Parks Series:

Assembling North America Park by Park

Tuesday, April 7 at 4:30 p.m.

This educational series will have you exploring these parks, sharing their unique history and fabulous features. Prerecorded Great Courses.

Karaoke "One Hit Wonders"

Wednesday, April 8 at 4 p.m.

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

Dinner & Movie

Tuesday, April 14 at 3:30 p.m.

Movie: The Great Escaper (2023): Based on a true story, this moving drama stars Michael Caine as a WWII veteran who escapes his care home in the UK to attend the 70th-anniversary D-Day landings in France. It was one of the final performances by Glenda Jackson.
Dinner reservations needed by 2 p.m.

Reader's Café

Tuesday, April 28 at 3 p.m.

Compare books that have been turned into movies!
Feature: Unbroken by Laura Hillbrand. **Synopsis:** World War II breaks out, Louie enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft. Books & audiobooks available for loan by March 24. **Registration required.**

April 2026		
Tuesday	Wednesday	Thursday
	1	2
	Calico Beans, carrots, wilted lettuce salad, fruited jell-o	Teriyaki Chicken Breast, sweet potatoes, broccoli salad, peaches, bread pudding
7	8	9
Chicken Alfredo, Caesar salad, green beans, apple crisp, garlic bread	Fish Sandwich, tater tots, coleslaw, orange, sherbet	Mushroom Steak, Cheese Potato Bake, peas, melon, Cherry Cheesecake
14 Birthday Dinner	15	16
Meatloaf, mashed potatoes, tossed salad, orange sections, cake and ice cream	Turkey Burger, french fries, coleslaw, grapes, peach pie	Sweet and Sour Pork, rice, Mydori blend vegetables, apple juice, tropical fruit, lemon bar
21	22	23
Pork Chop, small whole potato, Nantucket blend vegetables, cranberry jell-o salad, sherbet	Chicken Parmesan, roasted cauliflower, tossed salad, ambrosia salad	Meat and Bean Chili, potato salad, cornbread, banana, strawberries and blueberries with pound cake
28	29	30
Ham and Cheese Sandwich, potato salad, carrot and celery sticks, melon, ice cream	Salmon Loaf, Nantucket blend vegetables, Betty's salad, mandarin oranges and jell-o, cookies	Taco Salad with Beef, cauliflower salad, apple slices, pudding

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.

WOOD COUNTY
COMMITTEE



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Wood County Committee on Aging, Inc.

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

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



We're on the Web!

www.wccoa.net

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woodcountycommitteeonaging.blogspot.com

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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