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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

Better Health, Better You Health Fair

Monday, May 11 from 11 to 3 p.m. at the Wood County Senior Center

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

- 11 a.m. to 3 p.m.** Health Screenings and Vendor booths
- 12 p.m. to 3 p.m.** Various Interactive workshops on topics like nutrition, fitness, mental health, and disease prevention.
- 1:30 p.m. Decode the Stress Code: How Stress Impacts Your Brain, Body, & Energy** (And What You Can Do About It). Synopsis: Stress is more than a feeling, it's a physiological response that can impact your brain, digestion, energy, and overall health, especially as we age. In this engaging session, Registered Nurse and Functional Healing Strategist Heidi Steenrod will break down how chronic stress contributes to inflammation, fatigue, and common health concerns, and what can be done about it. Attendees will gain practical tools to recognize hidden stress patterns and learn simple strategies using nutrition, nervous system support, and daily habits to restore balance, improve energy, and support long-term wellness.
- Keynote Speaker:** Heidi Steenrod, MSN, RN, CFNC, CFBWS, iRNPA, ACM-RN
- 2:45 p.m.** door prizes awarded

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



The "Crisis to Calm" Strategy

Thursdays, May 7, 14, 21 at 11 a.m.

Wood County Senior Center

Many caregivers only seek help during a medical emergency. This would be a series of talks on forward thinking, and how to plan ahead so if a crisis occurs, you are ready.

- **The "Yellow Light" Signs:** How to spot the subtle indicators (scorched pans, missed mail, social withdrawal) that it's time to explore senior living before a fall happens. *Presented by Carepatrol.*
- **The 3-Step Transition Plan:** A roadmap for moving from 24/7 home care to a community setting without the "guilt trip." *Presented by Carepatrol.*
- **Downsizing the Stress:** Practical tips for sorting through a lifetime of belongings. *Presented by We Organize You.*

Registration required, call 419.353.5661 or email progams@wcco.net

From our Executive Director

May is Older Americans Month, a time to recognize and celebrate the strength, resilience, and contributions of older adults in Wood County. At the Wood County Committee on Aging (WCCOA), we see those contributions every day—through meaningful connections, dedicated volunteers, and the commitment of older adults to remain independent and engaged in their communities.

This celebration comes at a time when funding for senior services is increasingly uncertain. Federal and state resources continue to fall short of meeting the growing needs of aging populations, placing added strain on programs that support nutrition, transportation, caregiver assistance, and emotional well-being. Here in Wood County, we are fortunate to have strong local support. WCCOA is primarily funded through a local property tax levy, which is vital to the services we provide. Property taxes are essential to maintaining local services and, importantly, they keep decisions about how tax dollars are spent right here in our community—guided by local priorities and needs. This local funding allows WCCOA to deliver meals, provide transportation, offer supportive programs, and promote dignity and independence for older adults across the county. It also gives us the stability to plan responsibly and continue meeting rising demand.

As we look ahead to November, WCCOA's property tax levy will once again be on the ballot. While additional information will be shared in the coming months, I want to take this opportunity during Older Americans Month to express our deep appreciation for the community's continued support. Your support helps ensure essential services remain available for today's older adults and generations to come.

Thank you for celebrating Older Americans Month with us and for valuing the importance of local aging services.

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.

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Friends OF WOOD COUNTY COMMITTEE ON *Aging*

Annual Campaign

Geoffrey Howes, Joanne & Leo Navin, Craig & Tamara Premo, Lawrence & Jean Reinhart, Jeanne Stoner

Kitchen Fund

Mary Hogan, Tontogany IOOF No 755 LLC

In Appreciation of the AARP Tax Program - C. Jean Suelzer, Charles Kokomoor

In Honor of the Pemberville Area Senior Center - Union Bank

Woodshop Project - John & Alice Calderonello,

In Memory of Patti Conrad - Rita Walter

In Memory of Helen Lorenzen - Nancy Andrade

In Memory of Denise C. Niese - John R. Blinn

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 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 May, we are celebrating National Strawberry Month! We will be finding all kinds of ways to celebrate Strawberries in our activities with crafts and snacks, as well as baking some special treats! Join us for musicians Tim Oehlers and Ragtime Rick Grafing, and your very own Silvertones. Check us out the 3rd Wednesday of each month for some animal therapy with Paws and Hooves!

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 Mountains November 16 to 21, 2026

- Modern Motor coach 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.





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.

2027 Trips will be released on Wednesday, May 6 at 2 p.m. at the Wood County Senior Center presented by Collette.

Call to make your reservation today! 419.353.5661 or email programs@wcco.net

SPECIAL EVENTS



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Tuesday, May 5 to June 23, 2026

10 to 12 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

Let's Talk: Independence & Life Transitions

Tuesday, May 19 at 1 p.m.
Wood County Senior Center

Enjoy dessert during this free educational session while you learn from licensed behavioral health providers. Independence isn't about doing everything alone; it is about having control, making choices, and maintaining dignity. Yet, for many older adults, a loss of mobility, memory, or health can feel like an abrupt end to that autonomy.

During this free session, we will discuss how loss of independence can affect mental and emotional health, as well as ways to help cope. We will cover how to spot early warning signs, the importance of maintaining social connections, and how the right type of support can help you live a more fulfilled, independent life.

This free session is provided by



Wood County Health Department
Community Health Center

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



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. With 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 6.

Class is limited to the first 12 registered.

Workshop on Power of Attorney, Living Will and Will Documents

Thursday, May 28 from 10 to 11:30 a.m.

Wood County Senior Center

Facilitated by Elizabeth Geer-Fry

Attend this workshop with a local Wood County Attorney to learn about and create your own set of estate planning documents.

This session we will be discussing the purpose and importance of having a Business Power of Attorney, a Health Care Power of Attorney, a Living Will and a Will.

If you want to leave with your own set of notarized documents, please bring a photo I.D. and contact information for the people you choose to be your representatives. **Registration encouraged call the Social Services Department at 419.353.5661.**

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

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.

Basics of Investing and 2026 Stock Investment Contest

Friday, May 15 at 10 a.m.

Wood County Senior Center

This program is designed to introduce participants to the fundamental principles of investing, including understanding stocks, managing risk, and making informed financial decisions.

Attendees will also learn about the exciting 2026 Stock Investment Contest, where participants can put their new knowledge into practice in a fun, supportive environment. Whether you’re brand new to investing or looking to refresh your skills, this session offers valuable insights and an opportunity to build confidence in managing your financial future. All experience levels are welcome—come ready to learn, ask questions, and take the first step toward smarter investing!

Presented by Thomas McArdle, Edward Jones.

Registration encouraged call 419.353.5661 or email pograms@wcco.net

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:

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...
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 pickup at any one of our eight senior center locations beginning in May and will be 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 into a drawing for a \$100 gift card prize.

Sponsored by Heritage Corner.

Technology 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, June 29 to August 3 at 10:30 a.m.

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

Advanced:

Tuesdays, June 30 to August 11 (no class Aug 4) 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, July 2 to August 6 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.

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, May 20 to July 24 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, May 27 to July 1 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, June 3 to July 8 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., May 28 to July 2 at 4:30 p.m.

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

Floor and Core

Cost: \$30 for 6 weeks

Tues. June 2 to July 7 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, May 22 to July 10 (no class 6-19 or 7-3) at 1 p.m.

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

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.

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.

Guitar Circle for Beginners

Thursdays at 11 a.m.

For beginner players. **Registration required.** Assisted by John Zanfardino.

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.

May 7 "Secretariat" (2010)

May 14 "The Rookie" (2002)

May 21 "Seven Brides for Seven Brothers" (1954)

May 28 "Saboteur" (1942) **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.

Happy Hour (Zoom option)

Friday, May 1 at 12:30 p.m.

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

Refreshments sponsored by Otterbein.

Sundae Bar

Tuesday, May 5 at 12:30 p.m.

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

Zoology: Understanding the Animal World

Tuesday, May 5 at 4:30 p.m.

From the tiniest mosquito to the largest elephant, explore the animal wonders of the world with a Smithsonian zoologist. **Topic:** What do Zoologists Do? **Prerecorded Great Courses.**

BG BEATS

Tuesday, May 5 at 5:30 p.m.

Enjoy the Bowling Green Middle school band as they perform for us.

Goodwill Workers Program

Wednesday, May 6 at 11 a.m.

This session will share information on how to apply to be a Goodwill worker and what the looks like at their various community organizations. **Presented by Jim Blaszik, Goodwill.**

BG Knitter's Guild

Wednesday, May 6 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, May 7 & May 21 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.**

The "Crisis to Calm" Strategy

Thursdays, May 7, 14, 21 at 11 a.m.

Many caregivers only seek help during a medical emergency. This will be a series of talks on forward thinking, and how to plan ahead so if a crisis occurs, you are ready.

The "Yellow Light" Signs: How to spot the subtle indicators (scorched pans, missed mail, social withdrawal) that it's time to explore senior living before a fall happens. **Presented by Carepatrol.**

The 3-Step Transition Plan: A roadmap for moving from 24/7 home care to a community setting without the "guilt trip." **Presented by Carepatrol.**

Downsizing the Stress: Practical tips for sorting through a lifetime of belongings. **Presented by We Organize You. Registration required.**

Series featuring: Histories Greatest Mysteries

Tuesday, May 12 at 1 p.m. S: 2 E: 1,2

Name That Tune Bingo

Tuesday, May 12 at 10:30 a.m.

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

Blood Pressure & Blood Sugar Screening

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

Movie: One Life (2023): Starring Anthony Hopkins, this film tells the true story of Sir Nicholas Winton, a British broker who rescued over 600 children from Nazi-occupied Czechoslovakia before the outbreak of World War II. Dinner reservations needed by 2 p.m.

Mysteries on the Maumee

Wednesday, May 13 at 11 a.m.

Learn what historical stories lie along the Wood County river's edge. Presented by Mike McMaster, Wood County Museum.

Karaoke

Wednesday, May 13 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, May 14 & May 28 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.

Basics of Investing and 2026 Stock Investment Contest

Friday, May 15 at 10 a.m.

Join us as we explore the world of investing and challenge ourselves to a stock market contest. Presented by Thomas McArdle, Edward Jones

Lunch & Learn: Inside Edition; Wood County Common Pleas Court

Friday, May 15 at 11:30 a.m.

This session will share information on how cases move through the court, a view of the budget and will share new training and rehabilitation programs offered by the court. Space is limited; First 25 registered will have lunch.

Presented by Judge Joel Kuhlman. Sponsored by Zoom option.

Brain Training

Tuesday, May 19 at 9 a.m.

"The Power of Mind Over Body."

Topic: How to Beat Stress and Stay Young Registration required by May 15. Breakfast by Brookdale of Bowling Green. Materials provided by Wood Haven Healthcare.

Fire Safety As We Age

Tuesday, May 19 at 11 a.m.

This session will cover topics such as evacuation, cooking, heating indoors, and indoor smoking as well as a few other topics. Presented by the Bowling Green Fire Department.

And Now What? Memory Concerns

Tuesday, May 19 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.



Craft: Decorative Stars

Tuesday, May 19 at 3 p.m.

Create a beautiful star that can be used as decoration for Memorial Day. All materials, instructions are provided.

Registration required. Sponsored by 1018 Travels.

Breakfast Club

Wednesday, May 20 at 9 a.m.

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

Hearing and Vision Loss

Wednesday, May 20 at 11 a.m.

We will focus on common health issues related to loss of vision and hearing in older adults. Presented by Mercy Family Health and Residency Program.

Coffee & Coloring

Monday, May 25 at 10 a.m.

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

Scrabble Open Play

Monday, May 25 at 1:15 p.m.

Host Rita Eckert.

Till Death We Talk

Tuesday, May 26 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on ways to manage this journey. Donuts by Newcomer Funeral Homes.

Reader's Café

Tuesday, May 26 at 3 p.m.

Compare books that have been turned into movies! Feature: The Giver by Lois Lowry Synopsis: This is dystopia novel about a seemingly Utopian society that has eliminated pain and conflict through "Sameness," but at the cost of emotions, color, and choice. Books & audiobooks available for loan by April 28. Registration required.

Workshop on Power of Attorney, Living Will and Will Documents

Thursday, May 28 at 10 a.m.

Join our informative workshop on Power of Attorney, Living Wills, and Will documents to better understand how to plan for your future and protect your wishes. Facilitated by Elizabeth Geer-Fry. Registration recommended by calling Social Services at 319.353.5661

Card Bingo

Thursday, May 28 at 1 p.m.

Bridge Home Health and Hospice.

Zoom Bingo

Friday, May 29 at 1 p.m.

Call for the zoom code.

Perrysburg

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

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

Jam Session

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

Cardio Drumming

**Monday, 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.

Happy Hour

Friday, May 1 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, May 1 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.

Preventing Elder Financial Exploitation

Monday, May 4 at 12:30 p.m.
This session will cover the risks
associated with financial scams,
common scams, and what to do if you
are scammed. **Presented by
Waterford Bank.**

Texas Hold'em Tournament

Monday, May 4 at 1 p.m.
Registration required.

Bingo at the Northeast Site

Tuesday, May 5 at 12:30 p.m.
Take a road trip to the Northeast site to
play a few rounds of bingo. **Sponsored
by Walker Funeral Home and
Crematory.**

CarFit

Wednesday, May 6 at 11 a.m. to 1 p.m.
CarFit is an educational program that
provides a quick, yet comprehensive
review of how well you and your vehicle
work together. The program, which was
developed by AAA, AARP and the
American Occupational Therapy
Association, also provides information
and materials on community-specific
resources that could enhance your
driving safety and increase mobility.
Registration required. **Facilitated by
Lynne Chapman, Occupational
Therapy Certified Driver
Rehabilitation Specialist & CarFit
Technician, Mercy Health, and
Angelo Castilo RN, Trauma Quality &
PI/Injury Prevention Coordinator, UT**

Euchre Tournament

Thursday, May 7 at 12:45 p.m.
Registration required.

Veteran's Coffee Hour

Thursday, May 7 at 11 a.m.
This social hour is an opportunity for
veterans to gather to share stories and
support each other. **Hosted by Randy
Powers.**

Till Death We Talk

Friday, May 8 at 11 a.m.
These sessions will cover conversations
about end of life care and concerns.
Share and learn from your peers on
way to manage this journey.
**Donuts provided by Newcomer
Funeral Homes.**

Muffins for Moms

Friday, May 8 at 12:30 p.m.
Honor the special lady in your life with
themed trivia, muffins and great
memories. **Sponsored by St. Clare
Commons.**

Perrysburg continued

Pinochle

Monday, May 11 at 12:45 p.m.

Mystery Restaurant

Monday, May 11 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, May 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.**

Seminar Series: Presidential Highlights

Wednesday, May 13 at 12:30 p.m.

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

Where Were You? First Edition

Thursday, May 14 at 12:30 p.m.

This discussion will ask you to remember your firsts. This month's topic is Johnny Carsons last show. **Facilitated by Comfort Keeps.**

Card Bingo

Friday, May 15 at 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Domestic Violence and Bystander Intervention

Monday, May 18 at 12:30 p.m.

This presentation will aim to increase awareness around the topic of domestic violence, its impact and how bystander interventions can assist. **Presented by The Cocoon Shelter.**

Texas Hold'em Tournament

Monday, May 18 at 1 p.m.

Hand and Foot

Monday, May 18 at 12:15 p.m.

Friends in Fellowship

Tuesday, May 19 at 10:30 a.m.

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

Mysteries on the Maumee

Tuesday, May 19 at 12:30 p.m.

Learn what historical stories lie along the Wood County river's edge. **Presented by Mike McMaster, Wood County Museum.**

Birthday Celebration

Wednesday, May 20 at 12 p.m.

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

Euchre

Thursday, May 21 at 12:45 p.m.

Blood Pressure &

Blood Sugar Screening

Thursday, May 21 from 11 to 1 p.m.

Facilitated by Mercy Health.

Lunch and Learn: Author Presentation

Friday, May 22 at 12 p.m.

Local author Alys Sorrell shares excerpts from her book about caring for her father who suffered from Alzheimer's disease. **Advanced registration required, limited to 16 registrants. Lunch catered by Otterbein Senior Living.**

Movie Day

Tuesday, May 26 at 12:45 p.m.

Feature: Expecting a Miracle

Synopsis: A disillusioned American couple, stranded in a remote Mexican village, chooses to help one small boy pursue his miracle and in so doing find out they have been granted a miracle of their own. **Registration required. Snacks and movie provided by Walker Wiltzer Shank Funeral Homes and Crematory.**

Hearing and Vision Loss

Wednesday, May 27 at 11:15 a.m.

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

Inside Editon: Common Pleas Court

Wednesday, May 27 at 12:15 p.m.

This session will share information on how cases move through the court, a view of the budget and will share new training and rehabilitation programs offered by the court. **Presented by Judge Joel Kuhlman.**

Coffee and Coloring

Thursday, May 28 at 10:30 a.m.

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



Life in Boxes

Friday, May 29 at 12:15 p.m.

Join us for an interactive and engaging conversation about the importance of downsizing. How to start; who can help; community resources; your downsizing timeline; why is it important and much more. **Facilitated by Sherri Borer and Monica Nitschke, We Organize You.**

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

~~Hand~~ 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, May 4 at 12:30 p.m.

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

Name That Tune BINGO

Tuesday, May 5 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

Friday, May 1 at 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Bingo

Friday, May 1 at 12:30 p.m.

Sponsored by Bridge Home Health and Hospice.

TikTok Challenge

Wed., May 6, 13, 20, 27 at 1 p.m.

TikTok is a social media platform where users create, share and discover short-form videos. NOTE: Each session will work on video content creation. Be sure to attend on May 27 for the recording of the video.

Domestic Violence and Bystander Intervention

Thursday, May 7 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.**

Mother's Day Manicures

Friday, May 8 at 12:30 p.m.

Ladies pamper yourself to a fresh coat of polish and some conversations.

Seminar Series: Your Best Brain

Monday, May 11 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.**

Inside Edition: Common Pleas Court

Wednesday, May 13 at 12:30 p.m.

This session will share information on how cases move through the court, a view of the budget and will share new training and rehabilitation programs offered by the court. **Presented by Judge Joel Kuhlman.**

Mysteries on the Maumee

Thursday, May 14 at 12:15 p.m.

Learn what historical stories lie along the Wood County river's edge.

Presented by Mike McMaster, Wood County Museum.

Till Death We Talk

Friday, May 15 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on how to manage this part of our journey.

Coffee and donuts will be provided by Newcomer Funeral Homes.

Rootbeer Float Friday

Friday, May 15 at 12:30 p.m.

Sponsored by Wood Haven Health Care.

Trivia Battle Challenge

Friday, May 15 at 12:30 p.m.

Let's test our trivia knowledge against

other Wood County Senior Centers. Donuts awarded to the winning center each quarter. **Sponsored by Heritage Corner.**

Information and Craft

Monday, May 18 at 12:30 p.m. All materials and instructions provided.
Wayne Public Library.

Seminar Series: Presidential Highlights

Tuesday, May 19 at 12:30 p.m.

This month: Rutherford B. Hayes.

Birthday Celebration

Wednesday, May 20 at 12 p.m.

Sponsored by The Willows.

Breakfast Club

Thursday, May 21 at 9:30 a.m.

Meet at the Country Farmhouse 117 E. Main Street, Wayne. Cost on own.

Registration required.

Bingo

Thursday, May 21 at 12:30 p.m.

Prizes awarded. **Facilitated by Bowling Green Manor.**

Restaurant Night

Tuesday, May 26 at 5 p.m.

Meet at the Center to travel to a restaurant to enjoy dinner. Cost on own (range \$20 to \$35)

Registration required.

Zoom Spelling Bee

Tuesday, May 26 at 12:45 p.m.

Challenge yourself to some traditional spelling words while playing against the Wood County Senior Center participants. Play at the center or call for the zoom code and play from home.

Short Story/ Article Review

Wednesday, May 27 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.**

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, May 6 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.

Seminar Series: Presidential Highlights

Thursday, May 7 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.

Mexican Train Dominoes

Friday, May 8 and May 22 at 12:30 p.m.

Rootbeer Floats

Monday, May 11 at 12:30 p.m.

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

Breakfast Club

Tuesday, May 12 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.**

Power of Therapy

Thursday, May 13 at 12:30 p.m.

This session will cover the benefits of seeking therapy for various health

conditions. **Presented by Briar Hill Therapy Director.**

Senior Financial Foundations Series

Thursday, May 14 at 12:30 p.m.

This session will cover ways to encourage financial stability, ensure older adults are aware of current scams and how to recognize scams. These scams could include medicare, social security, and bank scams. **Presented by Briar Hill Health Campus.**

Trivia Battle Challenge

Friday, May 15 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.**

Summer and Heat Precautions

Monday, May 18 at 12:30 p.m.

This session will cover concerns with heat exhaustion, heat strokes and ways to ensure your health and well-being remain in focus. **Prerecorded by Mercy Family Medicine Residency Program.**

Story/ Article Review

Tuesday, May 19 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, May 20 at 12 p.m.

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

Blood Pressure &

Blood Sugar Screening

Tuesday, May 26 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.

Till Death We Talk

Wednesday, May 27 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on ways to manage this journey. **Coffee and donuts will be provided by Newcomer Funeral Homes.**

Mysteries on the Maumee

Wednesday, May 27 at 12:15 p.m.

Learn what historical stories lie along the Wood County river's edge. **Presented by Mike McMaster, Wood County Museum.**

Game Day

Thursday, May 28 at 12:30 p.m.

Facilitated by Wood Haven Healthcare.



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

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@wcco.net

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.

Happy Hour

Friday, May 1 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, and Coloring

Monday, May 4 at 11 a.m.

Cornhole

Monday, May 4 at 12:30 p.m.

Hosted by Bob Counterman.

Blood Pressure &

Blood Sugar Screening

Tuesday, May 5 from 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Fitness for Fall Prevention

Tuesday, May 5 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 spring months. **Facilitated by Partners in Home care. Registration required.**

Inside Editon: Common Pleas Court

Wednesday, May 6 at 11 a.m.

This session will share information on how cases move through the court, a view of the budget and will share new training and rehabilitation programs

offered by the court. **Presented by Judge Joel Kuhlman.**

Pies for Guys

Friday, May 8 at 1 p.m.

Enjoy some delicious desserts while sharing conversations and coffee.

Facilitated by Heritage Corner.

Till Death We Talk

Monday, May 11 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on ways to manage this journey. **Donuts provided by Newcomer Funeral Homes.**

Sundae Monday

Monday, May 11 at 12:30 p.m.

Provided by Otterbein.

Mysteries on the Maumee

Tuesday, May 12 at 12:15 p.m.

Learn what historical stories lie along the Wood County river's edge.

Presented by Mike McMaster, Wood County Museum.

Breakfast Club

Thursday, May 14 at 9 a.m.

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

Game Day: Mystery Game

Thursday, May 14 at 12:30 p.m.

Facilitated by Kingston of Perrysburg.

Veterans Coffee Hour

Friday, May 15 at 11 a.m.

This gathering is designed to connect veterans through coffee, conversation and sweet treats. **Seeking a host.**

Word Search Challenge

Monday, May 18 at 11 a.m.

Enjoy a cup of coffee while exercising your cognitive skills with a word search. Winner completes the puzzle first.

Cards and Dominoes

Monday, May 18 at 12:30 p.m.

Bunco

Monday, May 18 at 12:30 p.m.

Name That Tune Bingo

Tuesday, May 19 at 10:30 a.m.

Name the song to cover a bingo space.

Facilitated by Heritage Corner.

Birthday Celebration

Wednesday, May 20 at 12 p.m.

Celebrate your birthday this month with us and enjoy cupcakes **sponsored by Ohioans Home Health.**

Preventing Elder Financial Exploitation

Friday, May 22 at 11 a.m.

This session will cover the risks associated with financial scams, common scams, and what to do if you are scammed. **Presented by Waterford Bank.**

Trivia Bingo

Tuesday, May 26 at 12:30 p.m.

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

Trivia Battle Challenge

Thursday, May 28 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.**

Seminar Series: Presidents

Friday, May 29 at 12:30 p.m.

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

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 May at 9:30 a.m.

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

Puzzle Time

Mondays in May from 10 to 2 p.m.

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

Walk Around the Gym

Daily in May 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 May at 9:45 a.m.

Enjoy a fun card game of 3/13 with some donuts from Don's. **Cost: \$1.50/donuts.**

Hearing Screenings

Monday, May 4 from 10:15 to noon

Appointments encouraged call to schedule yours. *Facilitated by Sam's Club.*

Bingo

Tuesday, May 5 at 12:30 p.m.

Play rounds of bingo with the possibility of winning prizes.

Facilitated by Walker Funeral Home and Crematory.

Mystery Restaurant

Thursday, May 7 at 4 p.m.

Meet at Perrysburg Senior Center to learn about your surprise location for dinner. Cost on own. **Registration required and limited to 8 participants.**

Take Control of Exercise

Tuesday, May 5 at 10:30 a.m.

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

Fitness for Fall Prevention

Wednesday, May 6 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 spring months. **Facilitated by Partners in Home Care. Registration required.**

Left, Right and Center Game

Thursday, May 7 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!

Mother's Day Celebration

Friday, May 8 at 12:30 p.m.

Celebrate the ladies in our lives with refreshments and good conversations. **Sponsored by Kingston.**

Till Death We Talk

Monday, May 11 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on how to manage this part of our journey. **Coffee and donuts will be provided by Newcomer Funeral Homes.**

Brain Game

Tuesday, May 12 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.**

Domestic Violence and Bystander Intervention

Wednesday, May 13 at 12:30 p.m.

This presentation will aim to increase awareness around the topic of domestic violence, its impact and how bystander interventions can assist. **Presented by The Cocoon Shelter.**

Walbridge Talk

Thursday, May 14 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, May 18 at 12:30 p.m.

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

Birthday Celebration

Wednesday, May 20 at 12 p.m.

Enjoy birthday wishes and sweet treats. **Sponsored by Healthcare Advocates.**

Blood Pressure & Blood Sugar Screening

Thursday, May 21 from 11 a.m. 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.**

Card Bingo

Thursday, May 21 at 12:45 p.m.

Facilitated by Bridge Home Health and Hospice.

Left, Right and Center Game

Tuesday, May 26 at 12:30 p.m.

Seminar Series: Presidential Highlights

Wednesday, May 27 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**

Yahtzee

Thursday, May 28 at 12:30 p.m.

How Lucky are you at rolling the dice?

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 May at 1 p.m.

Bingo

Tuesdays and Fridays at 10:30 a.m.

TED Talk: The Best Way to Become Good at Something Might Surprise You?

Monday, May 4 at 12:30 p.m.

There's a common idea that it takes 10,000 hours of practice to become great at something. From an early age, we are encouraged to choose our path, focus specifically, and start racking up those hours. But, what if these head starts aren't helping us the way we think they do? What if there's a better way to excel? David Epstein shares how a different approach could set us up for greater success.

Mysteries on the Maumee

Tuesday, May 5 at 12:15 p.m.

Learn what historical stories lie along the Wood County river's edge.

Presented by Mike McMaster, Wood County Museum.

Slang School: "What the Heck are These Kids Saying?"

Thursday, May 7 at 11:30 a.m.

Ever heard a grandchild say something was "mid," "sus," or "no cap" and had no idea what it meant? You're not

alone! Join us for a fun and lighthearted new program where we'll explore the ever-changing world of modern slang used by kids and teens today. Come see why learning the language of today's kids is actually pretty fun... and maybe even a little "cool."

Hosted by Brittany Ruehl, WCCOA

Donut Bingo

Wednesday, May 13 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, May 13 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, May 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.

Trivia Battle Challenge

Friday, May 15 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, May 18 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, May 19 at 10:30 a.m. Enjoy a fun game of bingo with prizes.

Facilitated by Bridge Home Health

and Hospice.

Blood Pressure & Sugar Clinic
Tuesday, May 19 from 11 to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Inside Edition: Common Pleas Court

Tuesday, May 19 at 12:15 p.m.

This session will share information on how cases move through the court, a view of the budget and will share new training and rehabilitation programs offered by the court. **Presented by Judge Joel Kuhlman.**

Birthday Celebration

Wednesday, May 20 at 12 p.m.

Enjoy birthday wishes and sweet treats.

Home Health Care Options

Wednesday, May 20 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, May 21 at 12:30 p.m.

This month: Jimmy Carter

Till Death We Talk

Friday, May 22 at 11 a.m.

These sessions will cover conversations about end of life care and concerns. Share and learn from your peers on ways to manage this journey.

Coffee and donuts will be provided by Newcomer Funeral Homes.

Eye Glass Repair

Friday, May 29 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.

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.

Minutes with the Mayor

Monday, May 4 at 12 p.m.
Pemberville Mayor Carol Bailey.

Cinco De Mayo Party

Tuesday, May 5 at 12:30 p.m.
Celebrate with us the many traditions of Cinco De May with games and food. **Sponsored by Wood Haven Health Care.**

Mysteries on the Maumee

Wednesday, May 6 at 12:15 p.m.
Learn what historical stories lie along the Wood County river's edge. **Presented by Mike McMaster, Wood County Museum.**

Bridge

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

Household Bingo

Thursday, May 7 at 12:30 p.m.

Everyone bring a household item to play. Play 10 rounds of bingo for fun!
Cover all prize by Otterbein.

Therapy Talks

Friday, May 8 at 12:30 p.m.
A representative from Functional Pathways will share tips on habits that help you thrive.

Mother's Day

Friday, May 8 at 12:30 p.m.
Celebrate with us! Ladies enjoy a flower and cookies. **Sponsored by Otterbein.**

Donuts, Discussion & Coloring

Tuesday, May 12 at 10 a.m.
Wood Haven Healthcare.

Balance Screenings

Tuesday, May 12 at 12:30 p.m.
Join **Wood County Rehabilitation Services** for a free balance screening to detect your risk for a fall. Following your screening, receive ways to improve your balance. **Appointments required.**

Zoom Option: Name That Tune

Wednesday, May 13 at 1:15 p.m.
Join Marilyn Wilson as she plays some of our favorite piano tunes. Guess the song and artist to gather points.

Mystery Restaurant

Wednesday, May 13 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, May 14 at 12:45 p.m.
Prizes by Wood Haven Healthcare.

Blood Pressure & Sugar

Monday, May 18 at 11 to 12:30 p.m.
Bridge Home Health and Hospice.

Card Bingo

Monday, May 18 at 12:30 p.m.
Bridge Home Health and Hospice.

Movie: True Hearts

Tuesday, May 19 at 12:30 p.m.
True Heart (1999) follows teenage siblings stranded in the Canadian wilderness after a plane crash. **Snacks by Wood Haven Health Care**

Birthday Celebration

Wednesday, May 20 at 12 p.m.
By Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, May 20 at 12:30 p.m.
Quarterly prize sponsored by Heritage Corner.

Library Talks & Craft

Wednesday, May 20 at 12:45 p.m.
Craft and Updates by Pemberville Library.

Till Death We Talk

Thursday, May 21 at 11 a.m.
These sessions will cover conversations about end of life care and concerns. **Donuts provided by Newcomer Funeral Homes.**

Domestic Violence and Bystander Intervention

Friday, May 22 at 12:30 p.m.
Presented by the Cocoon Shelter.

Name That Tune BINGO

Tuesday, May 26 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded. **Facilitated by Heritage Corner.**

Tell Us About You

Wednesday, May 27 at 12:30 p.m.
Learn about others hobbies or interests.

Seminar Series: Presidential Highlights

Friday, May 28 at 12:30 p.m.
This month: Ronald Reagan

Meet ChatGPT: Your New Digital Helper

Friday, May 29 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.**

WCCOA SUPPORT GROUPS

Caregiver Support Group

Monday, May 11 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, May 7 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, May 6 & 20 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 Building

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	May 13	1 to 3 p.m.
Pemberville Senior Center	July 1	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 consultation Tuesday, May 19 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
Wayne Area Senior Center	May 1	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	May 5	11 a.m. to 12:30 p.m.
Wood County Senior Center	May 12	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	May 18	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	May 21	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	May 19	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	May 26	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.

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	No older person shall be denied services because of a failure to contribute to all or part of such service.	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.		1 Scalloped Potatoes and Ham or Roasted Vegetable Lasagna, winter blend vegetables, citrus slaw, grapes, banana bread
4 Macaroni and Cheese with Ham or Poppyseed Chicken, key west blend vegetables, peaches, cherry crisp	5 Chicken Salad or Chef Salad with Ham, Egg and Cheese, redskin potato salad, watermelon and grapes, banana nut muffin	6 Turkey or Liver and Onions, mashed potatoes, marinated carrot salad, pears, graham crackers	7 Stuffed Green Pepper Soup or White Chicken Chili, marinated vegetable salad, tropical fruit, banana, bran bread	8 Beef Lasagna or Tuna and Noodles, lima beans, cauliflower pea salad, pineapple orange juice, fruit pie.
11 Chipped Beef or Creamed Chicken, mashed potatoes, biscuit, orange juice, baked apples	12 Goulash or Teriyaki Chicken Breast, potato salad, carrots, mandarin orange salad	13 Ground Bologna or Chipped Turkey Sandwich, baked bean salad, tomato zucchini salad, tropical fruit, cookies	14 Chicken Alfredo or Spaghetti and Meatballs, green beans, tossed salad, fruit cocktail	15 Pork Cutlet or Catfish, rice pilaf, Italian blend vegetables, celery sticks with peanut butter, melon
18 Country Fried Steak or Cabbage Roll, mashed potatoes, carrots and chickpea salad, rosy applesauce, fig cookie	19 Beef and Bean Chili or Ham and Potato Soup, cornbread, cucumber salad, peaches and pears, side-kick fruit slushie	20 Birthday Lunch Roast Beef, au gratin potatoes, normandy blend vegetables, mandarin orange salad, cake and ice cream	21 Chicken Wings or Smoked Sausage, squash, cauliflower peanut salad, banana	22 Mushroom Chicken Breast or Italian Lasagna, bread stick, Italian green beans, tossed salad, pineapple
25 All Sites Closed in Observance of Memorial day	26 BBQ Beef or Turkey Burger, sweet potato fries, sauerkraut salad, mixed fruit, lemon bar	27 Grilled Chicken Breast or Liver and Onions, small whole potatoes, Texas Caviar bean salad, apple juice, cream pie	28 Sweet & Sour Chicken or Pork Chop Suey, brown rice, cauliflower, Caesar salad, apricots	29 Hamloaf or Shrimp Poppers, baked potato, orange, peaches and cream with granola

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.

May 2026

Tuesday	Wednesday	Thursday
<p>5 Macaroni and Cheese, stewed tomatoes, celery and peanut butter, cherry crisp, cranberry juice</p>	<p>6 Italian Chicken Breast, Prince Charles blend vegetables, pickled beets, strawberries and angel food cake</p>	<p>7 Lemon Pepper Cod, rice pilaf, peas and onions, coleslaw, watermelon, sherbet</p>
<p>12 Birthday Dinner Hamloaf, cheese potato bake, brussel sprouts, mandarin oranges and grapes, cake and ice cream</p>	<p>13 Roast Pork, sweet potatoes, green beans, pineapple, graham crackers</p>	<p>14 Chicken Salad Croissant, pea salad, carrot sticks, citrus sections, cheesecake</p>
<p>19 Coconut Curry Chicken, wild rice, Prince Charles blend vegetables, tossed salad, peaches and pears, carrot cake.</p>	<p>20 French Toast, sausage patties, hash browns, orange juice, baked apples</p>	<p>21 Hot Dog, french fries, coleslaw, blueberry crisp</p>
<p>26 Baked Ziti, European blend vegetables, Caesar salad, garlic bread, Fruit slushie</p>	<p>27 Ham, baked potato, corn, melon & grapes, breadstick, apple strudel dessert</p>	<p>28 Chicken Pot Pie, potatoes, pineapple with cottage cheese, three bean salad, lemon pie</p>

BG Knitters Guild

Wednesday, May 6 at 4 p.m.

Hosted by Jackie Instone.

Zoology: Understanding the Animal World

Tuesday, May 5 at 4:30 p.m.

From the tiniest mosquito to the largest elephant,

explore the animal wonders of the world with a

Smithsonian zoologist. **Topic:** What do Zoologist Do?

Prerecorded Great Courses.

Dinner & Movie

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

Movie: One Life (2023) : Starring Anthony Hopkins, this

film tells the true story of Sir Nicholas Winton, a British

broker who rescued over 600 children from a Nazi-

occupied Czechoslovakia before the outbreak of World

War II . Dinner reservations needed by 2 p.m.

Karaoke

Wednesday, May 13 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, May 26 at 3 p.m.

Compare books that have been turned into movies!

Feature: The Giver by Lois Lowry. **Synopsis:** This is a

dystopian novel about a seemingly utopian society that

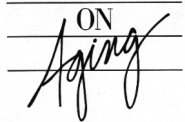
has eliminated pain and conflict through "sameness" but

at the cost of emotions, color and choice. Books &

audiobooks available for loan by April 28. **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.



Wood County Committee on Aging, Inc.

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

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

We're on the Web!

www.wccoa.net

 **FACEBOOK**
www.facebook.com/wccoa

 **BLOGSPOT**
woodcountycommitteeonaging.blogspot.com

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



All Senior Centers are closed
Monday, May 25 in observance of Memorial Day

Newsletter Subscriptions

If you receive your newsletter in the mail, you will see a date printed at the bottom of your address label above. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County. Free access to the newsletter is also available by email and on the WCCOA website.

WCCOA SENIOR CENTER LOCATIONS

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

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

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

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

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

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

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

Wood County Senior Center **419.353.5661**
140 S. Grove Street, Bowling Green, Ohio 43402
Monday 8 a.m. to 5 p.m.; Tuesday through Thursday
8 a.m. to 7 p.m.; Friday 8 a.m. to 4 p.m. 800.367.4935