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**TRIP:  
La Comedia Dinner  
Theatre**

**"Come From Away"**  
**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**

**Wood County  
Takes a Stand Against Elder Abuse**

**Friday, June 12 at 10 a.m.  
Wood County Senior Center**

June is National Elder Abuse Awareness Month. In recognition, the Wood County Department of Job and Family Services and the Wood County Committee on Aging are partnering to hold a special event.

Join us around the flag pole at the Wood County Senior Center on Friday to learn more about how you can take a stance against elder abuse. Attendees are encouraged to wear purple to support awareness of Elder Abuse. Visit the booths for more information about local support services.



**Light refreshments will be served.**

**In Wood County there were 480 reports of elder abuse, neglect or exploitation in 2025.**

Reports of elder abuse are on the rise as the population of those 60 years of age and over continues to grow. Some indicators of elder abuse may include an older adult appearing fearful, anxious or isolated. There may be physical injuries or it may appear that the person is neglecting his or her personal care. Other indicators might include missing possessions, financial transactions that are out of the ordinary or sudden changes to a will or property title. Risk of abuse can be mitigated by making certain financial, medical, and legal affairs are in order.

**ARTS  
ABOUND**

A CELEBRATION FOR VISUAL  
AND PERFORMANCE ARTISTS

**Call for Artists &  
Performers!  
Friday, August 21  
6 to 8 p.m.  
Dress rehearsal  
Monday, August 17 at 5 p.m.**



*Those interested in performing or displaying your art  
please see the Programs Department or register using the QR code.*

This event strives to showcase various performance and visual arts pursued by community members who are compelled to create or engage in the arts as vital and meaningful components of quality of life. Visual art contributions will also be displayed the week of August 17 to September 25. Enjoy an evening of celebrating these local artists across all art forms, enjoy refreshments and more.

**Inquiries can be directed to the Programs Department at 419.353.5661 or email [programs@wccoa.net](mailto:programs@wccoa.net)**

## From our Executive Director

Hello & Welcome Summer!

As we welcome the month of June, I'm reminded of how meaningful this season is for our agency and the communities we serve. Summer brings longer days, warmer weather, and renewed opportunities for connection. At the Wood County Committee on Aging, connection is at the heart of everything we do.

I am continually inspired by the dedication of our staff, volunteers, and community partners. Because of your commitment, older adults throughout Wood County are able to remain active, nourished, independent, and engaged. Whether it's through home-delivered meals, transportation services, in-home support, wellness programs, or social activities, your work makes a real difference every single day.

I want to extend a heartfelt thank you to our volunteers, donors, and supporters who continue to uplift our mission. Your generosity and time allow us meet the growing needs of our aging population. We truly could not do this work without you.

As we move into the summer months, I encourage you to stay engaged with WCCOA - whether by attending an event, volunteering, or sharing information about our services with someone who may benefit. Together, we are building a stronger, more compassionate community for all ages.

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.



Annual Campaign: Anonymous, Donald Morlock, Linda Conrad, Craig & Kay Longley, Helen Weinberger, Carol Kinsey, Marvalene Ricard, Betty Sidle-Parrish, Diane Beaverson, Ron & Linda Newlove, Randy Powers, Deborah E. Smith, Jeanette Harmon, Jimmy & Shirley Wilford, Travis & Brooke Harrison, Kristine S. Fauver, Tom & Jane Milbrodt, Norma Baden, Jane Robb, Linda Bates, Eric Myers, Margaret Eckert & David Langell, Elaine Goodwin, Catherine Marso, Tom & Dianne Waldock, Jeanne Stoner, Darlene Petkwitz, Patricia Limes, Carl F. Shaw, Steven Torok, Nancy Grant, Ray Echelbarger, Frank & Jan McLaughlin, Lee & Marge Meserve, Mee Kish, Jane F. Cajka, Phyllis Ashworth, Linda & Lou Katzner, Dr. Bonnie G. Berger, John F. Mekus, John Jenkins, Donna Rivera, Lawrence Shepard, Diana L. Berry, Larry Nelson, John & Sue Kloor, David J. Waller

Friends Donations: Robin Euler, Geoffrey Howes, Richard Ward, Darlene Petkwitz

Building/Basement Project: Betty J. & Jack W. Whitacre, Alyce M. Platz, Linda A. Fite, Connie & Al DiPuccio, Joe & Lynn Catalano

In Memory of Jack E Diehl - Alta Diehl  
In Memory of Bruce McComis - Eva Cova McComis  
In Memory of Patt Reape - David A. Reape  
In Memory of Linda Myers - Eric Myers  
In Memory of Krista Jump - Kurt & Beverly Jump  
In Memory of Rose Mary Nowicki - Joseph Nowicki  
In Memory of Denise Niese - Larry & Dianne Mershman  
In Memory of Betty L. Trail - Jack Trail  
In Memory of Ed & Margret Kelly - Michael Kelly  
In Memory of Elizabeth Kraft - Linda Skowronek  
In Memory of Leonora Bressler - Larry & Judi Turner  
In Memory of Harold Lee - Danila Lee  
In Memory of Cletys & Eleanor Dyke  
In Memory of Doris Rigby - Rebecca Ferguson

# AGENCY SERVICES

## Lunch

Monday - Friday

Hours Vary by Location

Hot lunches are available. See your location's page for meal time and reservation requirements.

### Suggested donation:

\$2 for those 60+

\$5 fee for those under 60

## Dinner

Tuesday - Thursday

Wood County Senior Center

Dinner will be served cafeteria style between the hours of 5:30 and 6:30 p.m. Open seating throughout the dining room will be available.

Reservations are required by 2 p.m. the day you wish to attend by calling 419.353.5661 or 800.367.4935.

### Suggested donation:

\$4 for those 60+

\$7 fee for those under 60)

## Durable Medical Equipment Loans

Durable medical equipment is available for loan. Examples of available items include: wheelchairs, standard canes, quad canes, standard walkers, wheeled walkers, commodes, shower benches, toilet seat risers, bed and toilet rails, and bathtub transfer bars.

If you would like to borrow an item from our closet, contact our Social Services Department at 419.353.5661 or 800.367.4935 for prior approval of need for the loan. Items are picked up at the Wood County Senior Center, 140 S. Grove St. Bowling Green, OH.

New or gently used items can be donated to the center. To ensure we can take the items, please call ahead before dropping items off. Financial donations are also accepted.

## Home Delivered Meals

Monday - Friday

Hot, nutritious meals are available for homebound Wood County seniors who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend.

Suggested donations of \$2 per meal are requested. Call Social Services at 419.353.5661 or 800.367.4935.

## Medical Escort

The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and above, on trips to physician, dental, or eye appointments up to three times per month per person.

WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. and 2:30 p.m.

To register for this service, please call:

**Northern part of the County**

419.666.8494

**Southern part of the County**

419.353.5661 or 1.800.367.4935

## Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers. Opportunities include front desk receptionist, newsletter collation, lunch assistance, and Home Delivered Meal delivery to homebound clients. Please contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935.

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

**Visit:**

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

You need to re-enroll every year.

Our organization number is: VB952



MemoryLane Care Services 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 June, we are celebrating National Ocean Month! We will be exploring the deep blue seas and learning about some of the creatures that call our oceans their home. Join us for musician 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 know of anyone or are interested yourself, please reach out to Jodi at 419.720.4940 or [jkimball@memorylanecare.org](mailto: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](mailto:programs@wcco.net).



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



## Baseball Trip

Sunday, June 14, 2026

Cleveland Guardians VS Detroit Tigers at Progressive Field in Collaboration with the Bedford Senior Center

Full Payment due ASAP and no refunds only 20 tickets available.

Cost \$165

Report time 9:45 a.m. and Depart 10:15 a.m.

### Payment options:

Credit Card Payments made by BB Travel and Tours (419)345.8149 All other payments be made at Wood County Senior Center, 140 S Grove St., Bowling Green, Ohio 419.353.5661 or email [programs@wcco.net](mailto:programs@wcco.net)





### Explore Northern Italy

October 18 to November 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.

### 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.

**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](mailto:programs@wcco.net)**

# SPECIAL EVENTS



## Wood County Fair – Senior Day

Tuesday, August 4, 2026

Wood County Committee on Aging: [www.wccoa.net](http://www.wccoa.net)

Find us on Facebook at [facebook.com/wccoa](https://facebook.com/wccoa)

**Entertainment Sponsored by:** Bowling Green State University Health and Human Services Department, Hanneman Family Funeral Homes and Crematory, State Bank, Ohioans Home Health and Hospice, Wood Haven Health Care, Wood County Hospital

9 – 9:50 a.m.

### Dixieland Band, Northwest Ohio

Coffee & Donuts sponsored by Brookdale of Bowling Green  
First Come First Served

9:50 – 10 a.m.

### Welcome & Opening Address

National Anthem by Sheila Brown and the SILKI dancers

10 – 11 a.m.

### Hey Fire, Classic Country, swing and 60's, Curtice, Ohio

11 – 11:10 a.m.

Door Prize Drawing (Must be present to win)

11:15 – 12:15 p.m.

### What the Hey 60's, 70's and Motown, Curtice, Ohio

12:15 – 12:45 p.m.

**Lunch sponsored by:** Bridge Home Health and Hospice, Heritage Corner, Water sponsored by Heritage Corner

12:45 – 1:30 p.m.

**Lively Voices Choir** Wood County Committee on Aging Singers

1:45 – 2:45 p.m.

**Ginger and the Snaps** Oldies, to pop, rock, country, blues, Northwest, Ohio

3 p.m.

Door Prize Drawing (Must be present to win)

## Wednesday, June 3, 2026

11 a.m. to 1 p.m.

### Wood County Senior Center

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

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



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

**Presented by CarePatrol.**

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. **Presented by Wood County Job and Family Services.**

In-Person & On Zoom Option. The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Hospital, CarPatrol, Ohioans Home Health Care, MemoryLane Care Services, Optimal Aging Institute. **Registration is required by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing [programs@wccoa.net](mailto:programs@wccoa.net)**

## Cornhole Tournament

**Sunday, September 20, 2026**

Starts at 1 p.m. (est. Tournament time 6 hours)

Wooster Green,  
100 South Church St.,  
Bowling Green

Supporting the "Grandparents Raising Grandchildren Project" in partnership with the Wood County Committee on Aging, Bowling Green Kiwanis and Bowling Green State University

### **Tournament details:**

\$25 donation for two member team; \$15 donation for single registrant and we will pair you up.

### **Note:**

No rain date, fee is a donation

- Boards and bags provided
- Double Elimination Process with three divisions: Businesses; Campus Life; Community—Trophy provided for 1st place in each division, Stop by the Food trucks throughout the event

To register, email BG Kiwanis at [bgohkiwanis@gmail.com](mailto:bgohkiwanis@gmail.com) Or drop off registration and payment at WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis.

## **Basics of Investing and 2026 Stock Investment Contest**

**Monday, June 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 [programs@wcco.net](mailto:programs@wcco.net)**

## 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.

### **Euchre**

Monday and Fridays at 1 p.m.



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](mailto:programs@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 are 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!**

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



### Latin Dance Class

Fridays at 2:15 p.m.  
Wood County Senior Center

Six week session starting  
June 5 to July 24  
(no class 6-19 or 7-3)  
Cost \$60

Free Demo Class May 29

This class is designed to be a beginner friendly dance program designed for active adults who want to stay moving, social and engaged. Participants learn simple Latin dance steps in a supportive and fun environment.

Dance styles offered include; merengue, bachata, and salsa. The benefits include improved balance and coordination, gentle physical activity, stimulates memory and cognitive engagement, promotes social interaction and community and provides a fun and uplifting environment.

**No Partner or Experience Needed**  
Registration required call 419.353.5661 or  
[programs@wcco.net](mailto:programs@wcco.net)

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

## Yoga

**Cost: \$20 for 3 weeks**

### Beginner:

**Mon., June 29 to July 3 at 10:30 a.m.**

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

### Advanced:

**Tuesdays, June 28 to June 14 (no class Aug 4) at 10:30 a.m. (3 weeks) Cost: \$20**

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

### Intermediate:

**Thursday, July 2 to July 16 at 11 a.m. (3 weeks) Cost: \$20**

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. Sheila Brown, Certified 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.

## 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.**

## 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.

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## SilverSneakers

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

\*SilverSneakers is FREE for members

## VIRTUAL Classic: Zoom

**Wednesdays, May 20 to June 24 at 9:30 a.m.**

**Fridays, May 15 to June 26 at 9:30 a.m.**

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

## Cardio & Tone (In-Person):

**Wednesdays, May 20 to June 24 at 10:15 a.m.**

**Fridays, May 15 to June 26 at 10:15 a.m. (no class June 19)**

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.**

**4** "The Monuments Men" (2014)

**11** "Johnny Tremain" (1957)

**18** "Secondhand Lions" (2004)

**25** "Because of Winn Dixie" (2005)

**Facilitated by Kris Eridon.**

## Veterans Coffee Social

**Fridays at 10 a.m.**

Share stories, listen to engaging

speakers and work on projects.

**June 5** we will cover Veteran Benefits an Informational Session by Amada Senior Care. **Donuts sponsored by Brookdale of Bowling Green.**

## 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.

## The Rise of the Interurban and Baseball

**Monday, June 1 at 11 a.m.**

Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

## CASA Volunteer Opportunities

**Tuesday, June 2 at 11 a.m.**

This session will explain what CASA means. A Court Appointed Special Advocate (CASA) volunteer is a trained, screened citizen appointed by a judge to advocate for the best interests of abused or neglected children in court. They provide one-on-one advocacy, ensuring the child's voice is heard and needs are met, aiming for a safe, permanent home. Learn about this program and its impact in the community.

## Sundae Bar

**Tuesday, June 2 at 12:30 p.m.**

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

## Long Term Care Insurance Review

**Tuesday, June 2 at 2 p.m.**

If you have a Long Term Care policy this is the opportunity to learn more about what your policy offers. Bring your policy to also have a change for a 1:1 review. **Provided by Amada Senior Care. Registration required.**

## Zoology: Animal Reproduction: Genes and Environment

**Tuesday, June 2 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:** Animal Reproduction: Genes and Environment  
Prerecorded Great Courses.

## BG Knitter's Guild

**Wednesday, June 3 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, June 4 & 18 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.**

## Craft: Patriotic Potholders/ Hotpad

**Friday, June 5 at 10 a.m.**

This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies are provided. **Instructed by Susan Jaros. Cost \$5 Registration required as space is limited.**

## Happy Hour (Zoom option)

**Friday, June 5 at 12:30 p.m.**

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

**Refreshments sponsored by Otterbein.**

## T.V. Series Featuring Histories Greatest Mysteries

**Monday, June 8 at 1 p.m. S: 2 E: 3,4**

## Name That Tune Bingo

**Tuesday, June 9 at 10:30 a.m.**

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

## Blood Pressure & Blood Sugar Screening

**Tuesday, June 9 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, June 9 at 1 p.m.**

Assist us in cutting fabric to be used for dog and cat beds for a homeless shelter. **Facilitated by Ramona Puppos.**

### **Dinner & Movie**

**Tuesday, June 9 at 3:30 p.m.**

**Movie:** "About My Father" (2023) is a comedy about an old-school Italian immigrant father, Salvo, who insists on crashing a weekend with his son Sebastian when he learns that he is planning to propose to his all-American girlfriend. Salvo's over-the-top personality and cultural differences quickly put him at odds with his future in-laws, but he also manages to charm them with his warmth and authenticity. In the end, Salvo learns that it's okay to be himself, even if it means shaking things up a bit. **Dinner reservations needed by 2 p.m.**

### **Karaoke**

**Wednesday, June 10 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, June 11 and June 25 at 10 a.m.**

**Make an appointment to** have your technology questions answered pertaining to laptops, tablets, printers, and cell phones. Each **appointment is 30 minutes** and you will need to let us know what you need help with when registering. **Hosted by David Schuck & Jeff Keller.**

### **Basics of Investing and 2026**

#### **Stock Investment Contest**

**Monday, June 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**

### **Brain Training**

**Tuesday, June 16 at 9 a.m.**

"The Power of Mind Over Body."

**Topic:** Retraining Your Brain for Better Health. **Registration required** by June 12. 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.**

### **Craft:**

**Tuesday, June 16 at 3 p.m.**

**All material and instruction is provided by 1018 Travels.**

### **Breakfast Club**

**Wednesday, June 17 at 9 a.m.**

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

### **Taking Care of Your Skin**

**Wednesday, June 17 at 11 a.m.**

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

**Presented by Mercy Family Health and Residency Program.**

### **And Now What? Memory**

#### **Concerns**

**Thursday, June 18 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.**

### **Coffee & Coloring**

**Monday, June 22 at 10 a.m.**

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

### **Lively Voices Performance**

**Monday, June 22 at 11 a.m.**

The WCCOA choir will perform a few songs for your enjoyment.

### **Scrabble Open Play**

**Monday, June 22 at 1:15 p.m.**

Host **Rita Eckert.**

### **Reader's Café**

**Tuesday, June 23 at 3 p.m.**

Compare books that have been turned into movies! **Feature:** Just Mercy by Bryan Stevenson Books & audiobooks available for loan by May 26.

**Registration required.**

### **Card Bingo**

**Thursday, June 25 at 1 p.m.**

**Bridge Home Health and Hospice.**

### **Ladies, Lipstick and Lemonade**

**Thursday, June 25 at 2 p.m.**

Enjoy an afternoon of sampling lipsticks and sipping on lemonade.

**Registration required** share your hair and eye color for lipstick selections.

**Teena Kistner, Mary Kay Consultant.**

### **Zoom Bingo**

**Friday, June 26 at 1 p.m.**

Call for the zoom code.

### **Lunch & Learn: The World of Artificial Eyes**

**Friday, June 26 at 11:30 a.m.**

This session will cover a basic introduction to ocular prosthetics. From design and development, to delivery. This family business started in the mid 60's and they take their services to the people with satellite offices all over Ohio and Michigan.

Space is limited; First 25 registered will have lunch. **Presented by Brian Miller.**

**Zoom option.**

### **Till Death We Talk**

**Monday, June 29 at 10 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.**

# 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, June 8 to July 13 (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's at 10 a.m. Schaller  
Building.**  
This fitness interactive teaching  
program will provide guidance on  
strengthening exercises and stretching  
tips to keep you active and

independent. Facilitated by various  
local therapy departments. **Cost: FREE**  
**Registration required.**

## Bingo

**Wednesdays at 1:30 p.m.**  
Play multiple cards. Prizes.

## Tai Chi

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

## Needlework Group

**Thursdays at 12:30 p.m.**  
Group will work on blankets of valor for  
our veterans.

## Line Dancing Improver

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

## Texas Hold'em Tournament

**Monday, June 1 at 1 p.m.**  
**Registration required.**

## TED Talk "The Science of Lifespan and the Impact of Your Five Senses"

**Wednesday, June 3 at 12:30 p.m.**  
What you experience through your  
senses can impact how healthy you are  
and how long you live, says,  
neurobiologist Christi Gendron.  
*Prerecorded.*

## Veteran's Coffee Hour

**Thursday, June 4 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.**

## Euchre

**Thursday, June 4 at 12:45 p.m.**  
**Registration required.**

## Happy Hour

**Friday, June 5 at 12:30 p.m.**  
This hour is filled with fun, trivia and  
riddles to start the month off right.  
**Zoom option.**

## Puzzlemania

**Friday, June 5 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.**

## Pinochle

**Monday, June 8 at 12:45 p.m.**

## Mystery Restaurant

**Monday, June 8 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, June 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.**

## Bingo

**Tuesday, June 9 at 12:30 p.m.**  
Play one bingo card. Prizes. **Sponsored  
by St. Clare Commons.**

## Seminar Series: Presidential Highlights

**Wednesday, June 10 at 12:30 p.m.**  
This series will highlight over 250  
years of presidents. Learn fun facts  
about our country's leaders. This  
month: **Jimmy Carter.**

## Where Were You? First Edition

**Thursday, June 11 at 12:30 p.m.**  
This discussion will ask you to  
remember your firsts. This month's  
topic is first vacation destination.  
**Facilitated by Comfort Keeps.**

## Till Death We Talk

**Friday, June 12 at 11 a.m.**  
These sessions will cover conversations  
about end of life care and concerns.

# Perrysburg continued

Share and learn from your peers on way to manage this journey.

**Donuts provided by Newcomer Funeral Homes.**

## **Beyond Memory Loss: A Holistic Guide to Brain Health** June 12 at 12:15 p.m.

This is not just another talk about dementia. Learn ways, to engage your mind, sharp and utilize rehab services to improve and maintain brain power. *Synchrony Rehab, Kingston of Perrysburg.*

## **State of the County** Monday, June 15 at 12:30 p.m.

In this session Wood County Commissioner Craig LaHote will share information and on updates from around the county for 2026.

## **Texas Hold'em Tournament** Monday, June 15 at 1 p.m. Registration required.

## **Friends in Fellowship** Tuesday, June 16 at 10:30 a.m. Join us for conversations. laughter and encouragement. **Sponsored by Ohio Living.**

## **The Rise of the Interurban and Baseball** Tuesday, June 16 at 12:30 p.m. Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

## **Hearing Screenings** Wednesday, June 17 at 11 to 1 p.m. This opportunity to have your hearing assessed to gauge your level of hearing loss. *Sponsored by Sams Club Lucid Hearing. Registration required.*

## **Birthday Celebration** Wednesday, June 17 at 12 p.m. Enjoy birthday wishes and sweet treats. **Sponsored by Manor at Perrysburg.**

## **Blood Pressure & Blood Sugar Screening** Thursday, June 18 from 11 to 1 p.m. **Facilitated by Mercy Health.**

## **Rad Dad's** Thursday, June 18 at 12:30 p.m. Celebrate the dad's today by wearing your favorite "Dad gear" while enjoying themed trivia and dad jokes. Grand Prize awarded to the best dad costume. *Sponsored by St. Clare Commons.*

## **Euchre Tournament** Thursday, June 18 at 12:45 p.m. **Registration required.**

## **Texas Hold'em Tournament** Monday, June 18 at 1 p.m.

## **Hand and Foot** Monday, June 22 at 12:15 p.m. **Registration required.**

## **Movie Day** Tuesday, June 23 at 12:45 p.m. **Feature: "The Choice" (2016)** **Synopsis:** Travis and Gabby first meet as neighbors in a small coastal town and wind up in a relationship that is tested by life's most defining events. **Registration required.** **Snacks and movie provided by Walker Wiltzer Shank Funeral Homes and Crematory.**

## **Taking Care of Your Skin** Wednesday, June 24 at 11:15 a.m. This presentation will focus on common skin issues in older adults. and ways to improve their symptoms. **Presented by Mercy Family Health and Residency Program.**

## **Coffee and Coloring** Thursday, June 25 at 10:30 a.m. Enjoy the relaxing benefits of coloring while enjoying a cup of coffee and conversation. Bring your own supplies

## **CASA Volunteer Opportunities** Friday, June 26 at 12:30 p.m. This session will explain what CASA means. A Court Appointed Special Advocate (CASA) volunteer is a trained, screened citizen appointed by a judge to advocate for the best interests of abused or neglected children in court. . They provide one-on-one advocacy, ensuring the child's voice is heard and needs are met, aiming for a safe, permanent home. Learn about this program and its impact in the community.



## **Craft: Patriotic Potholders/ Hotpad** Monday, June 29 at 12:30 p.m. This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies are provided. **Instructed by Susan Jaros. Cost \$5 Registration required as space is limited.**

## **Card Bingo** Tuesday, June 30 at 12:30 p.m. **Facilitated by Bridge Home Health and Hospice.**

# Wayne

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

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

## Card Games

Thursday, from 11 to 2 p.m.

## Bingo

Monday, June 1 at 12:30 p.m.

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

## Name That Tune BINGO

Tuesday, June 2 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

Wed., June 3 from 11 to 12:30 p.m.

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

## Bingo

Wednesday, June 3 at 12:30 p.m.

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

## TikTok Challenge

Wed., June 3, 10, 17, 24 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.

## Window Sill Herb Gardening

Friday, June 5 at 12:30 p.m.

This session will cover the basic skills necessary to grow your own window sill gardening from preparation, care to

maintenance. *Presented by Craig Everett, OSU Extension Office.*

## Seminar Series:

### Your Best Brain

Monday, June 8 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.**

### The Rise of the Interurban and Baseball

Thursday, June 11 at 12:15 p.m.

Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

### Till Death We Talk

Friday, June 12 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.**

### Seminar Series: Presidential Highlights

Tuesday, June 16 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.**

### Birthday Celebration

Wednesday, June 17 at 12 p.m.

**Sponsored by The Willows.**

### Breakfast Club

Thursday, June 18 at 9:30 a.m.

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

**Registration required.**

### Desserts for Dad

Thursday, June 18 at 12:30 p.m.

Enjoy delicious desserts while we share stories of our fathers and being a father.



### Craft: Patriotic Potholders/ Hotpad

Tuesday, June 23 at 12:30 p.m.

This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies are provided. **Instructed by Susan Jaros. Cost \$5 Registration required as space is limited.**

### Short Story/Article Review

Wednesday, June 24 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.**

### Rootbeer Float Friday

Friday, June 26 at 12:30 p.m.

**Sponsored by Wood Haven Health Care.**

### Trivia Battle Challenge

Friday, June 26 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.**

### WSS Radio Show: Storytime

Monday, June 29 at 12:30 p.m.

Join us to record a "radio show." This month the topic will be storytime. You are invited to share a short story that will be recorded and compiled with other participants' stories.

### Restaurant Night

Tuesday, June 30 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.**

# 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, June 3 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.

## Tech Q & A

Thursday, June 4 at 10:30 a.m.

Recurring tech talk series designed to assist participants on ways to navigate technology challenges. **Presented by Briar Hill Health Campus.**

## Happy Hour

Friday, June 5 at 12:30 p.m.

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

**Zoom option.**

## Rootbeer Floats

Monday, June 8 at 12:30 p.m.

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

## Breakfast Club

Tuesday, June 9 at 9:30 a.m.

Meet at McDonald's, 12776 Deshler Rd., North Baltimore. **Cost on own.**

## Power of Therapy

Wednesday, June 10 at 12:30 p.m.

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

## Seminar Series: Presidential Highlights

Thursday, June 11 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

## Mexican Train Dominoes

Friday, June 12 & 26 at 12:30 p.m.

## Trivia Battle Challenge

Friday, June 12 at 12:30 p.m.

. Donuts awarded to the winning center each quarter. **Sponsored by Heritage Corner.**

## Stroke Risks in Older Adults

Monday, June 15 at 12:30 p.m.

This session will cover the signs and symptoms of a stroke. **Prerecorded by Mercy Family Medicine Residency Program.**

## Story/ Article Review

Tuesday, June 16 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, June 17 at 12 p.m.

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

## Fathers Day Celebration

Thursday, June 18 at 12 p.m.

Enjoy a slice of pie **sponsored by Wood Haven Health Care.**



## Craft: Patriotic Potholders/ Hotpad

Monday, June 22 at 12:30 p.m.

This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies are provided. **Instructed by Susan Jaros. Cost \$5 Registration required as space is limited.**

## Blood Pressure & Blood Sugar Screening

Tuesday, June 23 at 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

## Stretch & Strength Exercise Class

Wednesday, June 24 at 12:30 p.m.

*Prerecorded.*

## Game Day

Thursday, June 25 at 12:30 p.m.

Each month the game with vary. Stop in to join in the fun! **Facilitated by Wood Haven Healthcare.**

## Till Death We Talk

Friday, June 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.

**Coffee and donuts will be provided by Newcomer Funeral Homes.**

## The Rise of the Interurban and Baseball

Monday, June 29 at 12:15 p.m.

Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

## Goodwill Workers Program

Tuesday, June 30 at 12:30 p.m.

This session will share information on how to apply to be a Goodwill worker and where you can work within the community. **Presented by Jim Blaszik, Goodwill.**

# Rossford

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

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

## Coffee, and Coloring

Monday, June 1 at 11 a.m.

## Blood Pressure & Blood Sugar Screening

Tuesday, June 2 from 11 to 12:30 p.m.  
Facilitated by Bridge Home Health  
and Hospice.

## Fitness for Fall Prevention

Tuesday, June 2 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.**

## Goodwill Workers Program

Wednesday, June 3 at 12:30 p.m.  
This session will share information on  
how to apply to be a Goodwill worker  
and where you can work within the  
community. **Presented by Jim  
Blaszik.**

## Happy Hour

Friday, June 4 at 12:30 p.m.  
This hour is filled with fun, trivia and  
riddles to start the month off right.  
**Zoom option with the Wood County  
Senior Center site.**

## Word Search Challenge

Monday, June 8 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, June 8 at 12:30 p.m.  
Enjoy a sundae with all the toppings  
*provided by Otterbein.*

## The Rise of the Interurban and Baseball

Tuesday, June 9 at 12:15 p.m.  
Learn how the rise of the Interurban in  
Northwest Ohio affected America's  
pastime. **Presented by Mike  
McMaster, Wood County Museum.**

## Craft: Patriotic Potholders

Wednesday, June 10 at 12:30 p.m.  
This hands on session will teach basic  
hand weaving skills to create a  
decorative but usable potholder or  
heatpad. All instructions and supplies  
are provided *by Susan Jaros. Cost \$5*  
**Registration required.**

## Breakfast Club

Thursday, June 11 at 9 a.m.  
Meet at American Table, 580 Craig Dr.,  
Perrysburg. Cost on own. **Host: Judy  
Schlink.**

## Till Death We Talk

Monday, June 8 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.**

## Game Day: Mystery Game

Thursday, June 11 at 12:30 p.m.  
**Facilitated by Kingston of  
Perrysburg.**

## Divas and Desserts

Friday, June 12 at 1 p.m.  
Enjoy some delicious desserts while  
sharing conversations and coffee.  
**Facilitated by Heritage Corner.**

## Cards and Dominoes

Monday, June 15 at 12:30 p.m.

## Bunco

Monday, June 15 at 12:30 p.m.

## Name That Tune Bingo

Tuesday, June 16 at 10:30 a.m.  
**Facilitated by Heritage Corner.**

## Birthday Celebration

Wednesday, June 17 at 12 p.m.  
**Sponsored by Ohioans Home Health.**

## Bunco

Monday, June 22 at 12:30 p.m.

## Weather Forecasting

Tuesday, June 23 at 11 a.m.  
This session will share information on the  
way the weather forecast is determined  
and shared to the viewers. **Derk Witt,  
Channel 13 News.**

## CASA Volunteer Opportunities

Wednesday, June 24 at 12:30 p.m.  
This session will explain what CASA  
means. A Court Appointed Special  
Advocate (CASA) volunteer is a trained,  
screened citizen appointed by a judge to  
advocate for the best interests of abused  
or neglected children in court. Learn  
more about this opportunity.

## Trivia Battle Challenge

Thursday, June 25 at 12:30 p.m.  
Donuts awarded to the winning center  
each quarter. **Sponsored by Heritage  
Corner.**

## Trivia Bingo

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

## Seminar Series: Presidents

Friday, June 26 at 12:30 p.m.  
**Topic: William Howard Taft.**

## State of the County

Monday, June 29 at 12:30 p.m.  
In this session Wood County  
Commissioner Craig LaHote will share  
information on updates from around the  
county for 2026.

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

## Puzzle Time

**Mondays in June from 10 to 2 p.m.**  
Let's see how fast we can complete this  
puzzle.

## Walk Around the Gym

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

## Take Control of Exercise

**Tuesday, June 2 at 10:30 a.m.**  
This DVD from the Arthritis Foundation  
to improve flexibility, strength, core  
muscles, using resistance bands.

## Bingo

**Tuesday, June 2 at 12:30 p.m.**  
Play rounds of bingo with the  
possibility of winning prizes.  
**Facilitated by Walker Funeral Home  
and Crematory.**

## Fitness for Fall Prevention

**Wednesday, June 2 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, June 4 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!

## Mystery Restaurant

**Thursday, June 4 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.**

## Till Death We Talk

**Friday, June 5 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.**

## What is the 577 Foundation?

**Monday, June 8 at 12:30 p.m.**  
Have you ever driven down River Rd in  
Perrysburg and noticed the 577  
Foundation. It is an amazing place full  
of surprises. This session will share  
information on its use and history.

## The Rise of the Interurban and Baseball

**Wednesday, June 10 at 12:15 p.m.**  
Learn how the rise of the Interurban in  
Northwest Ohio affected America's  
pastime. **Presented by Mike  
McMaster, Wood County Museum.**

## Walbridge Talk

**Thursday, June 11 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.**

## Craft: Patriotic Potholders/ Hotpad

**Friday, June 12 at 12:30 p.m.**  
This hands on session will teach basic  
hand weaving skills to create a  
decorative but usable potholder or  
hotpad. All instructions and supplies  
are provided. **Instructed by Susan  
Jaros. Cost \$5 Registration required  
as space is limited.**

## Sundae Monday

**Monday, June 15 at 12:30 p.m.**  
Enjoy a sundae and all the toppings.  
**Provided by Otterbein.**

## Birthday Celebration

**Wednesday, June 17 at 12 p.m.**  
Enjoy birthday wishes and sweet treats.  
**Sponsored by Healthcare Advocates.**

## Blood Pressure & Blood Sugar Screening

**Thursday, June 18 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, June 18 at 12:45 p.m.**  
**Facilitated by Bridge Home Health  
and Hospice.**

## Left, Right and Center Game

**Tuesday, June 23 at 12:30 p.m.**

## Seminar Series: Presidential Highlights

**Wednesday, June 24 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: Rutherford B Hayes.**

## Yahtzee

**Thursday, June 25 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 June at 1 p.m.

## Bingo

Tuesdays and Fridays at 10:30 a.m.

## TED Talk: A Filmmaker & A Therapist on People Pleasing

Monday, June 1 at 12:30 p.m.

How do you quit people pleasing?

Internet filmmaker Baron Ryan and family therapist Stephanie R. Yates-Anyabwile unpack the all-too-common fear of rejection that drives us, exploring the awareness, confidence and practices needed to reclaim your ability to say “no” and stop caring so much about what other people think.

## The Rise of the Interurban and Baseball

Tuesday, June 2 at 12:15 p.m.

Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

## Closed for Blood Drive

Thursday, June 4, 2026

## Craft: Patriotic Potholders/ Hotpad

Tuesday, June 9 at 12:30 p.m.

This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies

are provided. **Instructed by Susan Jaros. Cost \$5 Registration required.**

## Donut Bingo

Wednesday, June 10 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, June 10 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, June 11 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.**

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

Thursday, June 11 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.**

## Trivia Battle Challenge

Friday, June 12 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.**

## Bingo

Tuesday, June 16 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, June 16 at 11 to 12:30 p.m.

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

## Birthday Celebration

Wednesday, June 17 at 12 p.m.

Enjoy birthday wishes and sweet treats.

## Seminar Series: Presidential Highlights

Thursday, June 18 at 12:30 p.m.

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

**This month: Jimmy Carter.**

## Would You Rather Exercise?

Monday, June 22 at 10:30 a.m.

Join us for a quick game of "would you rather" questions with a fitness twist!

**Facilitated by Brittany Ruehl, WCCOA.**

## State of the County

Wednesday, June 24 at 12:30 p.m.

In this session Wood County Commissioner Craig LaHote will share information on updates from around the county for 2026.

## Till Death We Talk

Friday, June 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.

**Coffee and donuts will be provided by Newcomer Funeral Homes.**

## Eye Glass Repair

Friday, June 26 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, June 1 at 12 p.m.  
Pemberville Mayor Carol Bailey.

## The Rise of the Interurban and Baseball

Wednesday, June 3 at 12:15 p.m.  
Learn how the rise of the Interurban in Northwest Ohio affected America's pastime. **Presented by Mike McMaster, Wood County Museum.**

## Bridge

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

## Household Bingo

Thursday, June 4 at 12:30 p.m.  
Everyone bring a household item to play. Play 10 rounds of bingo for fun!  
**Cover all prize by Otterbein.**

## WII Bowling

Friday, June 5 at 12:30 p.m.

## Blood Pressure & Blood Sugar Clinic

Monday, June 8 at 11 to 12:30 p.m.  
Bridge Home Health and Hospice.

## Card Bingo

Monday, June 8 at 12:30 p.m.  
Bridge Home Health and Hospice.

## Donuts, Discussion & Coloring

Tuesday, June 9 at 10 a.m.  
Wood Haven Healthcare.

## State of the County

Tuesday, June 9 at 12:30 p.m.  
In this session Wood County Commissioner Ted Bowlus will share information and updates from around the county for 2026.

## Piano Recital: Eastwood

**Students**  
Wednesday, June 10 at 12:30 p.m.

## Mystery Restaurant

Wednesday, June 10 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, June 11 at 12:45 p.m.  
Enjoy a fun game of bingo with prizes.  
**Facilitated by Wood Haven Health Care.**

## Therapy Talks

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

## Seminar Series: Presidential Highlights

Tuesday, June 16 at 12:30 p.m.  
**This month:** Theodore Roosevelt

## Birthday Celebration

Wednesday, June 17 at 12 p.m.  
By Wood Haven Healthcare.

## Trivia Battle Challenge

Wednesday, June 17 at 12:30 p.m.  
Quarterly prize sponsored by Heritage Corner.

## Library Talks & Craft

Wednesday, June 17 at 12:45 p.m.  
Craft and Updates by Pemberville Library.

## Movie: True Hearts

Monday, June 22 at 12:30 p.m.  
**Featuring:** Far From Home: The Adventures of Yellow Dog.  
**Snacks by Wood Haven Health Care.**

## Name That Tune BINGO

Tuesday, June 23 at 12:30 p.m.  
Guess the name of the song to cover a bingo space. Prizes awarded.  
**Facilitated by Heritage Corner.**

## Puzzlemania

Wednesday, June 24 at 10:30 a.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. Four team limit per session.  
**Registration required.**

## Till Death We Talk

Wednesday, June 24 at 11 a.m.  
These sessions will cover conversations about end of life care and concerns.  
**Donuts provided by Newcomer Funeral Homes.**

## Tell Us About You

Thursday, June 25 at 12:30 p.m.  
Learn about others hobbies or interests.

## Craft: Patriotic Potholders

Friday, June 26 at 12:30 p.m.  
This hands on session will teach basic hand weaving skills. All instructions and supplies are provided **by Susan Jaros.** Cost \$5 **Registration required.**

## CASA Volunteer Opportunities

Monday, June 29 at 12:30 p.m.  
This session will explain what CASA means and ways to volunteer.

## WCCOA SUPPORT GROUPS

### Caregiver Support Group

Monday, June 8 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, June 4 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](mailto:programs@wcco.net) to register for this group.

### Grasping Your Grief

Wednesdays, June 3 & 17 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](mailto:snidiffer@wcesc.org)

### Alzheimer's Association Caregiver Support

First Friday of the month at 12 p.m.

Location: Perrysburg First Church, 200 West 2nd Street, Perrysburg

Contact: 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

1<sup>st</sup> & 3<sup>rd</sup> 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 | June 17 | 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 Thursday, June 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](http://www.lawolaw.org)

## Community Christian Legal Services

Community Christian Legal Services is here to help you understand your rights under the law. **Legal aid services** include assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits.

| Clinic Site               | Date    | Time        |
|---------------------------|---------|-------------|
| Perrysburg Senior Center  | June 4  | 2 to 4 p.m. |
| Wood County Senior Center | June 11 | 3 to 5 p.m. |

## Blood Pressure & Blood Glucose

Facilitated by Bridge Home Health and Hospice

| Clinic Site                        | Date    | Time                  |
|------------------------------------|---------|-----------------------|
| Rossford Area Senior Center        | June 2  | 11 a.m. to 12:30 p.m. |
| Wayne Area Senior Center           | June 3  | 11 a.m. to 12:30 p.m. |
| Pemberville Area Senior Center     | June 8  | 11 a.m. to 12:30 p.m. |
| Wood County Senior Center          | June 9  | 11 a.m. to 12:30 p.m. |
| Grand Rapids Area Senior Center    | June 16 | 11 a.m. to 12:30 p.m. |
| Northeast Area Senior Center       | June 18 | 11 a.m. to 12:30 p.m. |
| North Baltimore Area Senior Center | June 23 | 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.

## June 2026

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <b>1</b><br>Stuffed Pepper or Turkey Stuffing casserole, mixed vegetables, pasta salad, peaches, grape juice.          | <b>2</b><br>Meatloaf or Chicken Paprikash, noodles, Betty's salad, lima beans, citrus .  | <b>3</b><br>Hot Dog or Hamburger, baked beans, coleslaw, cinnamon applesauce, brownie.                                     | <b>4</b><br>Pork Ribette or Chicken Tenders, sweet potatoes, broccoli salad, pears, graham crackers               | <b>5</b><br>Chef salad with turkey and egg or Tuna salad on a bed of lettuce, potato salad, cantaloupe and grapes, blueberry muffin   |
| <b>8</b><br>Swedish Meatballs or Veal Patty, noodles, oriental vegetables, pineapple, tomato juice.                    | <b>9</b><br>Ham and Bean Soup or Turkey Pot Roast, heritage slaw, corn bread, peaches, cherry crunch.  | <b>10</b><br>Cube Steak or Broccoli Stuffed Chicken Breast, baked potato, corn relish, berry blend yogurt with granola.    | <b>11</b><br>Baked Ham or Tuscan Chicken, French green beans, pickled beets, citrus sections, frozen yogurt.      | <b>12</b><br>Pepper Steak or Lemon Pepper Pollock, rice, stewed tomatoes, cabbage, apple, raisin salad, tropical fruit.   |
| <b>15</b><br>Cream of Broccoli Soup or Vegetable Soup, egg salad sandwich, celery with peanut butter, orange sections. | <b>16</b><br>Beef Tacos or Fajita Chicken, refried beans, lettuce, tomatoes, cheese, mixed fruit, and cookies.                               | <b>17 Birthday Lunch.</b><br>Scalloped Potatoes and Ham, winter blend vegetables, citrus slaw, grapes, cake and ice cream. | <b>18</b><br>Chicken Patty or Sausage Patty Sandwich, hashbrown, casserole, three bean salad, fruit sorbet.       | <b>19</b><br>All sites closed in observance of Juneteenth.  |
| <b>22</b><br>Macaroni and Cheese with Ham or Poppyseed Chicken, key west blend vegetables, peaches, cherry crisp.      | <b>23</b><br>Chicken Salad on a Bed of Lettuce, or Chef Salad with ham, egg, redskin potato salad, watermelon and grapes, banana nut muffin. | <b>24</b><br>Turkey or Liver and Onions, mashed potatoes, carrots and chickpea salad, emerald pears, graham crackers.      | <b>25</b><br>Stuffed Green Pepper Soup or White Chicken Chili, marinated vegetable salad, tropical fruit, banana. | <b>26</b><br>Beef Lasagna or Tuna and Noodles, lima beans, cauliflower pea salad, pineapple and orange juice, fruit pie.  |
| <b>29</b><br>Chipped Beef or Creamed Chicken, mashed potatoes, biscuit, baked apples, orange juice.                    | <b>30</b><br>Goulash or Teriyaki Chicken Breast, potato salad, carrots, mandarin orange salad.   |  |   | 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. |

**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.

**Zoology: Understanding the Animal World**

**Tuesday, June 2 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:** Animal Reproduction: Genes and Environment **Prerecorded Great Courses.**

**BG Knitters Guild**

**Wednesday, June 3 at 4 p.m.** Hosted by Jackie Instone.

**Dinner & Movie**

**Tuesday, June 9 at 3:30 p.m.**

**Movie:** "About My Father" (2023) is a comedy about an old-school Italian immigrant father, Salvo, who insists on crashing a weekend with his son Sebastian when he learns that he is planning to propose to his all-American girlfriend. Salvo's over-the-top personality and cultural differences quickly put him at odds with his future in-laws, but he also manages to charm them with his warmth and authenticity. In the end, Salvo learns that it's okay to be himself, even if it means shaking things up a bit. **Dinner reservations needed by 2 p.m.**

**Karaoke**

**Wednesday, June 10 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, June 23 at 3 p.m.**

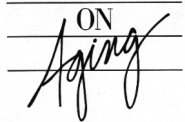
Compare books that have been turned into movies! **Feature:** Just Mercy by Bryan Stevenson Books & audiobooks available for loan by May 26. **Registration required.**

**June 2026**

| Tuesday  | Wednesday  | Thursday   |
|--|--|--|
| <b>2</b><br>Lemon Pepper Cod, baked potato, mandarin oranges and grapes, cherry crisp.                                 | <b>3</b><br>Sweet and Sour Chicken, rice, oriental vegetables, pickled beets, orange, lemon bar        | <b>4</b><br>Veal Patty, mashed potatoes, capri blend vegetables, grape juice, peach pie.           |
| <b>9 Birthday Dinner</b><br>Beef Stroganoff, noodles, carrots, coleslaw, mixed fruit, cake and ice cream.              | <b>10</b><br>Corned Beef, boiled potatoes, cooked cabbage and carrots, strawberries and shortcake.     | <b>11</b><br>Chef Salad with Ham and Egg, three bean salad, watermelon, blueberry muffin, cookies. |
| <b>16 Birthday Dinner</b><br>Hamloaf, baked sweet potato, rivia vegetable blend pears in green jell-o, chocolate cake. | <b>17</b><br>Turkey, mashed potatoes, bread dressing, green beans, mandarin orange salad, pumpkin pie. | <b>18</b><br>Goulash, brussel sprouts, tossed salad, garlic bread, fruit slushie.                  |
| <b>23</b><br>Stuffed Green Pepper, macaroni salad, corn, melon, blueberry crisp.                                       | <b>24</b><br>Breaded Chicken Sandwich, french fries, cabbage, apple, raisin salad, peaches, apple pie. | <b>25</b><br>Beef Tacos with lettuce, tomatoes and cheese, refried beans, apricots, brownies       |
| <b>30</b><br>Cube Steak, small whole potatoes, carrots, mandarin orange salad, coconut cream pie.                      |  |  |

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



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

**Wood County Committee on Aging, Inc.**

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

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

**We're on the Web!**

[www.wccoa.net](http://www.wccoa.net)

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

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

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



**All Senior Centers are closed**

**Friday, June 19th in observance of Juneteenth**

**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