

IN THIS ISSUE

Donors.....2
 Services.....3
 Travel Opportunities..... 4-5
 Around the County.....6,7,8
 Technology Opportunities.....8
 Fitness Classes.....9
 Site Programs.....10-19
 Support Groups.....20
 Clinics & Consultations.....21
 Lunch Menu.....22
 Dinner Menu.....23

Detroit Princess Boat Cruise

Thursday, August 13

Depart from Meijer Parking Lot
Bowling Green and other locations.

Cost: \$150/ person

Includes: Motorcoach transportation,
buffet lunch including beef tips and
more, 3hour boat cruise and live
entertainment with BB Travel & Tours
LLC. Call the WCCOA for additional trip
details.

**Customer Satisfaction
Survey for 2026**

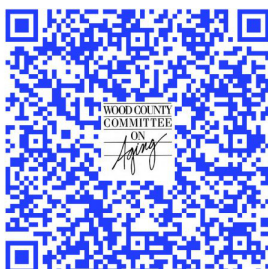
Please complete one survey per
participant. This survey will assess
your satisfaction with our services,
assist us by answering all questions.
Feel free to use the QR code below,

the link provided

[https://forms.gle/](https://forms.gle/mF14EdMmvP3N4mrt9)

[mF14EdMmvP3N4mrt9](https://forms.gle/mF14EdMmvP3N4mrt9)

or the paper copy inserted in this
newsletter.



Fall Prevention Screenings

Hosted by BGSU School of Physical and Occupational Therapy

Friday, July 10 from 1 to 4 p.m.

Wood County Senior Center

Falls are one of the leading causes of injury among older adults in Ohio and across the United States. Each year, many adults age 65 and older experience falls that can lead to serious injuries such as fractures, head injuries, loss of independence, and reduced confidence in daily activities. However, many falls can be prevented through education, awareness, and healthy lifestyle choices.

Join us for a Fall Prevention Day designed to help you stay safe, strong, and confident in your daily activities. Participants will take part in a personalized assessment that includes simple movement and balance activities, followed by education tailored to your needs. Each one-hour session is led by trained BGSU Physical Therapy and Occupational Therapy students who will provide insights on your fall risk and practical strategies to reduce it. This session is part of a research project and attendees are encouraged to wear secure sneaker-type shoes.

Space is limited and
appointments are required.

Contact the Wood County Senior Center
at 419.353.5661 or
email programs@wcco.net.

For more information about the BGSU
DPT students contact Jamie O'Brien,
PT, DPT, DHSc, NCS at 419-372-3245
or jlobrie@bgsu.edu.



**Walking Club
July through to September**

Two WCCOA Senior Center sites in the county are organizing walking groups. Walk for your health, for socialization and to have your center record the most miles. Every mile walked during the hour helps move the group toward a landmark on our large "Walk Ohio" map. Reach a landmark ---- Unlock a group Prize!

Location: Wood County Senior Center

Thursdays from 9:30 to 10:30 a.m.

Location: Perrysburg Area Senior Center

Mondays from 10 to 11 a.m.

The first 25 participants
registered will receive a FREE tee shirt.
Additional tee shirts are available for purchase



Sponsored by

Contact the Wood County Senior Center at 419.353.5661
or email programs@wcco.net.



From our Executive Director

As we welcome the warmth and energy of July, I hope this message finds you enjoying all that summer has to offer—sunshine, gatherings with loved ones, and perhaps a few moments of well-earned relaxation. At the Wood County Committee on Aging, summer is a time of activity and connection. Our centers are alive with programs designed to keep you engaged, informed, and connected to your community. From fitness classes and educational workshops to social events and nutritious meals, we remain committed to supporting your independence and well-being every day.

As we look ahead, I also want to share that a renewal of our senior services levy will appear on the November ballot. This levy is a renewal at 1.0 mill, is vital to sustaining the programs and services so many older adults in Wood County rely on - from meals and transportation to in-home support and social opportunities.

We are proud to be good stewards of these resources, and we respectfully ask for your continued support so we can maintain and strengthen these essential services for years to come. As always, our team is here to help. If you or someone you know could benefit from our services, please do not hesitate to reach out. Ensuring that older adults in Wood County are safe, supported, and connected remains our highest priority.

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, Nancy Orel, Betty Anderson, Sam Patten, Rebecca Locke-Gagnon, Marilyn Burk, Terry McDonald, Carolyn Swartz, William & Ruth Garrett, Janet C. Withers, Darlene Collins, Geoffrey Howes, Jan & Les Chilcote, Joyce M. Kepke, Orrin M. Zirbel, Joan Forsythe, Inge Klopping, Rosemary Stewart, Josephy & Elayne Jacoby, Margaret & Joe Baker, Carol Hicks, Charlotte Scherer, Senior Euchre Club, Floyd D. Craft

Building/Woodworking Project: Betty J. & Jack W. Whitacre, Alyce M. Platz, Fern L. Hyslop, Sandra LaGro, Norm & Tari Geer, Lynn & Betty Wineland, John & Janice Doroghazi

In Memory of Cletys & Eleanor Dyke - Robert & Colleen Clark

In Memory of Edgar & Margaret Dieman and Gerald & Beth Hartwell - Jerry & Jill Hartwell

In Memory of Mary Grindstaff - Jim Grindstaff

In Memory of Harry Von Kaenel - Carol Von Kaenel

In Memory of Alanna Lohman - Ken Lohman

In Memory of Denise Niese - Charles & Carol Harper

In Memory of R. Errol Lam - Faye Lam

In Memory of Mary Wehl - Harold Wehl

In Memory of Walter Hales - Tim & Josette McCarthy

In Memory of LaMar Malone - Laurel Krone

In Memory of Frances Phillips - Loren Phillips

In Memory of Judith F. Book - Rick & Jackie Metz

In Memory of Michael Peslikis - Deborah Helmbold & Ronald Bolander

In Memory of Louis & Larry Colapietro - Norah Colapietro

In Memory of William Perry Garlow - Cheryl Garlow

In Memory of Becky Bhaer - Richard & Nadine Edwards

In Memory of Jack Klein - Fern L. Hyslop

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 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 July, we are celebrating the 250th Birthday of the United States of America! We will be finding all kinds of ways to celebrate our country in our activities with crafts and snacks! Join us for musicians Tim Oehlers and Ragtime Rick Grafing, and your very own Silvertones. Check us out the first Monday of each month for some animal therapy with Paws and Hooves, and the 4th Thursday for Historical Stories from the Wood County Historical Society's Mike McMaster!

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.

Oregon Coast and Pacific Northwest August 8 to 17, 2027

- Airfare and touring in a Motorcoach
- 9 Nights with 7 breakfasts, 2 lunches, 5 Dinners
- Activity Level 4
- **Highlights:** Chihuly Glass Museum or Space Needle, Seattle's Pike Place Market, Mount St. Helen's Visitor Center, Timberline Lodge Tour, Multnomah Falls, Whale Watch Cruise, Oregon Sand Dunes Buggy Tour, Hellgate Canyon Jet Boat, Redwood National Park, Tour of San Francisco. Deposit \$500 balance due May 7, 2027.
- Single \$7549, Double \$5899 or Triple \$5449 per person. Cancellation protection recommended \$480. per person due with deposit.



Newport, Rhode Island "Visit the Classic Coast"

September 12 to 17, 2027

- Modern Motorcoach Transportation
- 5 nights lodging 5 breakfasts and 2 lunches.
- Activity Level 4
- **Highlights:** Rough Point Mansion, guided tour of Cliff Walk, Newport tour featuring guided tour of Ocean Drive & Bellvue Avenue, The Elms Mansion with lunch, Breakers Mansion, The iconic by-the-sea Newport Harbor Cruise, Marble House Mansion with Lunch, U.S. Suffrage Presentation. Deposit \$500 and balance due July 12, 2027
- Single \$2999, Double \$2,299, Triple \$1,999 per person. Cancellation protection recommended \$185 per person due with deposit.



Autumn Colors of the Adirondacks & Canada's 1000 Islands

October 9 to October 15, 2027

- Modern Motor coach Transportation.
- 6 nights, 6 breakfasts, 2 lunches and 3 dinners,
- Activity Level 3
- **Highlights:** High Falls Gorge, Guided Tour Olympic Center, Guided Tour of Olympic Ski Jumping Facility, Roundtrip ferry to and from Vermont, Spirit of Ethan Allen Lunch Cruise, Lunch Cruise on 1000 Islands, Broadway show at 1000 Playhouse.
- Single \$3859, Double \$2859, Triple \$3859 per person. Cancellation protection recommended \$230 per person due with deposit.



TRAVEL OPPORTUNITIES



- Activity Level 1 Leisurely:** relaxed pace with minimal walking and rest.
- Activity Level 2 Easy Going:** light walking, standing, some uneven terrain.
- Activity Level 3 Moderate:** longer walking, standing, and occasional stairs.
- Activity Level 4 Active:** extensive walking, and frequent stairs or inclines.
- Activity Level 5 Challenging:** Designed for highly active travelers.

Discover Canyon Country

April 2 to April 9, 2027

- 8 Days
- 11 Meals: 6 Breakfasts, 2 Lunches and 3 Dinners
- Activity Level 2
- **Highlights:** Grand Canyon, Lake Powell, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas.
- Reservations made after the seat reduction date of September 25, 2026 are based upon availability. Final payment due by January 2, 2027. Deposits \$698 are refundable up until October 2, 2026. Book Now Save \$200 per person.
- Single \$4799, Double \$3799 Triple \$3749 after October 2 rates increase.
- Cancellation waiver and insurance recommended \$429 per person.



Scotland Discovery

June 7 to June 16, 2027

- 10 Days, 15 Meals: 8 Breakfasts, and 7 Dinners
- Activity Level 2
- **Highlights:** Bagpipe demonstration, whiskey tasting, Isle of Skye, Loch Ness, Orkney Islands, Dunrobin Castle, Sheepdog demonstration, Edinburgh Castle, Scottish Cooking Demonstrations.
- Reservations made after the seat reduction date of December 1, 2026 are based upon availability. Final payment due by March 9, 2027. Deposits \$698 are refundable up until December 8, 2026. Book Now Save \$100 per person. Single \$6,799 Double \$5,699 per person after December 8 rates increase.



Cultural Treasures of Japan

September 12 to September 25, 2027

- 14 Days, 18 Meals: 12 Breakfasts, 6 Dinners
- Activity Level 3
- **Highlights:** Tokyo, Ginza, Chanting, Meditation & Private Tea Ceremony with a Monk, Hakone, Lake Ashi Cruise, Matsumoto Castle, Takayama, Shirakawa-go, Kanazawa, Kyoto, Sushi Making, Bullet Train, Hiroshima, Private Maiko Show
- Reservations made after the seat reduction date of February 6, 2027. are based upon availability. Final payment due by June 14, 2027. Deposits \$698 are refundable up until February 13, 2027. Book Now Save \$100 per person. Single \$11,599 Double \$9,699 and Triple \$9,499 per person after February 13 rates increase.



Discover Croatia, Slovenia, and the Adriatic Coast

October 6 to October 17, 2027

- 14 Days
- 18 Meals: 12 Breakfasts, 6 Dinners
- Activity Level 3
- Optional 4-Days 2 Night Zagreb Pre Tour Extension
- **Highlights:** Dubrovnik, Plitvice Lakes National Park, Ljubljana, Lake Bled, Opatija, Istrian Peninsula, Farm-to-Table Dinner, Split, Diocletian's Palace.
- Reservations made after the seat reduction date of March 31, 2027. are based upon availability. Final payment due by July 8, 2027. Deposits \$698 are refundable up until April 7, 2027. Single \$7449, Double \$6049, Triple \$5949 per person.



SPECIAL EVENTS



Wood County Fair – Senior Day

Tuesday, August 4, 2026

Wood County Committee on Aging: www.wccoa.net

Find us on Facebook at facebook.com/wccoa

Entertainment Sponsored by: Bowling Green State University College of Health and Human Services, 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, Heartland Hospice
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)
- Registration for lunch encouraged. Call 419.353.5661 or email programs@wccoa.net to leave your name and phone number.

90s Plus Spectacular!

Celebrating Those 90 Years of Age and Over in Wood County
Monday, September 21, 2026 Doors open at 3:30 p.m. & event begins at 4 p.m.
Wood County Senior Center

The 90s Plus Spectacular recognizes those who have reached the milestone of 90 years of age or older. Participants will be honored with a slide show, with awards presented by elected officials, entertainment and dinner for all to enjoy!

Registration for those 90+ is required by Monday, August 3.

Visit our website or stop by you local Senior Center for a biography form. Each honoree will receive a free meal however they may bring one guest. **Advanced payment of \$7** for their meal is required with registration. Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net for more information.

Send all honoree information including a biography form, picture(s) and quest payment to:

Wood County Senior Center,
140 S. Grove Street, Bowling Green, OH 43402
OR email to programs@wccoa.net.

Please submit JPEG photo by emailing it or include a printed photo with each application form.

Thank You to Our 2026 Sponsors:

Dinner: Bowling Green Manor, Manor of Perrysburg, Hanneman Family Funeral Homes

Framed Certificates: Wood Haven Health Care

Entertainment: Heartland Hospice

Photo Keepsake: Heritage Corner Health Care Campus

Boutonnieres: The Willows of Bowling Green



SPECIAL EVENTS

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" partnership of 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 Or drop off registration and payment at WCCOA, 140 South Grove St., Bowling Green. Make check payable to BG Kiwanis.

Workshop on Power of Attorney, Living Will and Will Documents

Tuesday, July 28 from 10 to 12 p.m.

Wood County Senior Center by Elizabeth Geer-Fry, Esq.
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 required call the Social Services Department at 419.353.5661.



Tuesday, April 14 from 10 a.m. to 12 p.m.

Wood County Senior Center Sponsored by The Willows BG

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

For more information contact the Programs Department at 419.353.5661 OR 1.800.367.4935 or email programs@wccoa.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 Mondays 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@wccoa.net

AROUND THE COUNTY EVENTS & CLASSES

Join us as we celebrate the Arts at our



Friday, August 21 from 6 to 8 p.m.
Wood County Senior Center

This event showcases 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 from August 17 to September 25. Enjoy an evening of celebrating these local artists across all art forms including singing, dancing, poetry reading, theatre, enjoy refreshments, desserts and much more.

Open to the Community and Intergenerational performances are encouraged. Anyone can attend the event to enjoy the performances.

Fine Arts and Crafts

Charcoal Figure Drawing

Fridays, July 10, 17, 24, 31 at 10 a.m.

Wood County Senior Center

Facilitated by Georgia Ray, BGSU Art Education Major
Explore a variety of techniques to learn the basics of charcoal drawing with a focus on creating figures. Designed for all skill levels and instruction and materials will be provided. **Registration required. Cost \$20**

Wool Felting Project

August 7, 14, 21, 28 at 10 a.m.

Wood County Senior Center

Facilitated by Georgia Ray, BGSU Art Education Major
Explore a variety of techniques to learn the basics of wool felting creating unique animals. Designed for all skill levels and instruction and materials will be provided. **Registration required. Cost \$20**

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: Mon., August 3 to Sept. 7 at 10:30 a.m.

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

Advanced:

Tuesdays, August 11 to Sept. 15 at 10:30 a.m. Cost: \$40 for 6 weeks (no class 08/4)

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

Intermediate:

Thursday, Aug. 6 to Sept. 10 at 11 a.m.

Cost: \$40 for 6 weeks

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 07/03

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, July 1 to Aug. 26 (no class July 15, 22 and 8/12)

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

Intermediate level class

Sallie 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.

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. (no class 08/4)

Learn some fun group dances that can be performed at events or just in class. Sheila Brown, Certified Instructor.

Open Window Dance Class

Wednesday, July 22 to August 26 at 5:45 p.m.

Cost: \$20 Open to 50 and over.

A modern/contemporary dance format, no prior dance experience needed. Move, stretch, and 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, July 15 and Aug. 19 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., July 9 to Aug. 13 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. Sept. 1 to Oct. 6 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, July 24 to Aug. 28 at 1 p.m.

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

Latin Dance Class

Cost: \$60 for 6 weeks

Friday, July 31 to Sept. 4 at 4:15 p.m.

SilverSneakers

Cost: \$20 for each 6 weeks sessions

*SilverSneakers is FREE for members

VIRTUAL Classic: Zoom

Wednesdays, July 1 to Aug. 5 at 9:30 a.m.

Fridays, July 10 to Aug. 14 (no class July 3) at 9:30 a.m.

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

Cardio & Tone (In-Person):

Wednesdays, July 1 to Aug. 5 at 10:15 a.m.

Fridays, July 10 to Aug. 14 at 10:15 a.m. (no class July 3)

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

1st and 3rd 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 in July at 1 p.m.
2 "1776 Part I" (1972)
9 "1776 Part II" (1972)
16 "The Music Man Part 1 (1962)
23 "The Music Man Part II" (1962)
30 "Help!" (1965)
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 Brookdale of Bowling Green and Bridge Home Health and Hospice.**

Friday Flick Picks

Fridays at 1 p.m.
Each week, an attendee will pick the following week's movie from a curated selection of films.

BG Knitter's Guild

Wednesday, July 1 at 4 p.m.
Knit or crochet in a group setting. For advanced and beginner needle workers. **Hosted by Jackie Instone.**



Craft: American 250 Potholders/Hotpads

Monday, July 6 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.**

UFOs Bowling Green, November 1957

Monday, July 6 at 11 a.m.
Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **Presented by Mike McMaster, Wood County Museum.**

Sundae Bar

Tuesday, July 7 at 12:30 p.m.
Enjoy an ice cream sundae and all the fixings. **Sponsored by The Willows.**

Zoology

Tuesday, July 7 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: Mammal Reproduction: Pandas and Cheetahs **Prerecorded Great Courses.**

Karaoke

Wednesday, July 8 at 4 p.m.
Join us as we sing along to a variety of music in different genres. **Hosted by WCCOA.**

State of the County

Thursday, July 9 at 12:30 p.m.
In this session, Wood County Commissioner Doris Herringshaw will share information and updates from around the county for 2026.

1:1 Technology Help

Thursday, July 9 & July 23 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.

Happy Hour (Zoom option)

Friday, July 10 at 12:30 p.m.
This hour is filled with fun, trivia and riddles to start the month off right. **Refreshments sponsored by Otterbein.**

Fall Risk Assessment Day

Friday, July 10 from 1 to 4 p.m. by appointment. Front page for details.

Ball Toss Baseball Game

Monday, July 13 at 1 p.m.
Ball Toss Baseball is a twist on classic baseball that captures all the excitement of the game in a fun, low-pressure format. Toss a ball into a board with pockets for singles, doubles, triples or a homerun and celebrate with your teammates. Whether you're a longtime baseball fan or just looking to try something new, Ball Toss Baseball offers a relaxed, inclusive way to enjoy the spirit of the game.

Craft: Rock Garden

Monday, July 13 at 1 p.m.
Join us as we use paint makers to create unique rocks for our make and take inspirational rock garden. All materials and supplies provided.

Nails

Monday, July 13 at 2 p.m. Have your nails painted today. **By appointment.** Facilitated by Cathi Acquri.

Basics of Investing and 2026 Stock Investment Contest

Monday, July 13 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.**

T.V. Series Featuring Histories Greatest Mysteries

Monday, July 13 at 1 p.m. S: 2 E: 5,6

World Cup 2026

Tuesday, July 14 at 10 a.m.
We will talk about the history, famous players, the bracket, wagers, trivia of the game, games, prizes! **Facilitated by Liliana Rossi**

Books and Bagels

Tuesday, July 14 from 10 to 12 p.m.
see page 7 for details.

Name That Tune Bingo

Tuesday, July 14 at 10:30 a.m.
Name the song to cover a bingo space. **Facilitated by Heritage Corner.**

Blood Pressure & Blood Sugar Screening

Tuesday, July 14 from 11 to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Fabric Cutting Project

Tuesday, July 14 at 1 p.m.
Used for dog and cat beds for a homeless shelter. **Facilitated by Ramona Pupos.**

Call Wood County Senior Center toll free at 800.367.4935.

Dinner & Movie

Tuesday, July 14 at 3:30 p.m.
Movie: The Critic (2024) Dinner reservations needed by 2 p.m.

Breakfast Club

Wednesday, July 15 at 9 a.m.
Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advanced registration encouraged.**

Fall Risks and Prevention

Wednesday, July 15 at 11 a.m.
We will focus on common risks for falls and ways to keep you safe at home and in the community. **Presented by Mercy Family Health and Residency Program.**

And Now What? Memory Concerns

Thursday, July 16 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.**

Brain Training

Tuesday, July 21 at 9 a.m.
"The Power of Mind Over Body."
Topic: How Friends Keep You Well. Registration required by July 17.

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

Medical Signs and Symptoms

Tuesday, July 21 at 11 a.m.
Presented by the Bowling Green Fire Department.

Card Bingo

Thursday, July 23 at 1 p.m.
Bridge Home Health and Hospice.

Lunch & Learn:

Friday, July 24 at 11:30 a.m.
Author Alysa Sorrell shares "The Man Who Taught Me Twice." Her newly released book takes you on the journey of a girl who grew up too soon. She shares a daughter's story of early

on-set Alzheimers disease. **Space is limited;** First 25 registered will have lunch. Lunch sponsored by Otterbein **Zoom option. Regsitration required.**

Reader's Café

Tuesday, July 28 at 3 p.m.
Compare books that have been turned into movies! **Feature: Small Things Like These** by Claire Keegan. Set in 1985 Ireland, about coal merchant Bill Furlong, who confronts his town's complicity in the abuse at a local convent's Magdalene Laundry after discovering a young girl in distress. Books & audiobooks available for loan by June 23. **Registration required.**

Coffee & Coloring

Monday, July 27 at 10 a.m.
Donuts provided by **Wood Haven Health Care** Bring your own supplies.

Scrabble Open Play

Monday, July 27 at 1:15 p.m.
Host Rita Eckert.

Till Death We Talk

Thursday, July 30 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.**

Menu Talk

Thursday, July 30 at 11 a.m.
Food Service Director, Angie Bradford shares our agency's nutritional program and menu options for 2027.

Frauds and Scams: Spot Them and Stop Them

Friday, July 31 at 10:30 a.m.
The internet world of AI, social media, and other technologies create potential for advancements in all areas of our lives. Learn how to not fall victim to an online, text, or telephone scam. **Wood County Sheriff Mark Wasylshyn, Prosecutor Judge Paul Dobson.**

Zoom Bingo

Friday, July 31 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's, July 27 to August 31
(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.
Wednesdays 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.

**Wednesdays at 10 a.m. Schaller
Building.**
This fitness interactive teaching
program will provide guidance on
strengthening exercises and stretching
tips to keep you active and

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

Bingo

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

Tai Chi

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

Needlework Group

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

Line Dancing Improver

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

Veterans Coffee Hour

Thursday, July 2 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, July 2 at 12:45 p.m.
Registration required.

Till Death We Talk

Monday, July 6 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.**

Texas Hold'em Tournament

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

Bingo at the Northeast Area Senior Center

Tuesday, July 7 at 1 p.m.
Join us as we visit the Northeast site
and play a few rounds of bingo.

Seminar Series: Presidential Highlights

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

Where Were You? First Edition

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

Toledo Stories: The Homefront

Friday, July 10 at 12:30 p.m.
This docuseries episode highlights
little known WWII stories of life in
Northwest Ohio. **Prerecorded.**

Happy Hour

Friday, July 10 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Pinochle

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

Mystery Restaurant

Monday, July 13 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, July 14 at 9 a.m.
Join us as we gather to start the
morning off with good food and
company. Meet at American Table, 580
Craig Dr., Perrysburg. **Cost on own.**
Host: Judy Schlink.

Bingo

Tuesday, July 14 at 12:30 p.m.
Play one bingo card. Prizes. **Sponsored
by St. Clare Commons.**

Birthday Celebration

Wednesday, July 15 at 12 p.m.

Perrysburg continued

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

Blood Pressure &

Blood Sugar Screening
Thursday, July 16 from 11 to 1 p.m.
Facilitated by Mercy Health.

Euchre Tournament

Thursday, July 16 at 12:45 p.m.
Registration required.

Texas Hold'em Tournament

Monday, July 20 at 1 p.m.
Registration required.



Craft: American 250

Potholders/Hotpads
Monday, July 20 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.**

Friends in Fellowship

Tuesday, June 21 at 10:30 a.m.
Join us for conversations. laughter and
encouragement. **Sponsored by Ohio
Living.**

UFOs Bowling Green, November 1957

Tuesday, July 21 at 12:30 p.m.
Take a walk down memory lane in the
1950s and learn a bit of UFO history
along the way. **Presented by Mike
McMaster, Wood County Museum.**

Reducing Fall Risks

Wednesday, July 22 at 11:15 a.m.
This presentation will focus on
common fall risks with older adults
and ways to improve your strength,
balance, home safety and maintain
your independence. **Presented by
Mercy Family Health and Residency
Program.**

Menu Talk

Wednesday, July 22 at 12:15 p.m.
Join our Food Service Director Angie
Bradford as she shares our agency's
nutritional program and menu options
for 2027.

World Cup 2026

Thursday, July 23 at 12:30 p.m.
We will talk about the history, famous
players, the bracket, wagers, trivia of
the game, games, prizes! **Facilitated
by Liliana Rossi**

Lunch and Learn: Advanced Care Directives

Friday, July 24 at 12 p.m.
Join us for our special lunch program
and learn more about the benefits of
having your advance care directives
and living will completed.
**Registration required as space is
limited. Sponsored by Otterbein
Senior Living.**

Card Bingo

Friday, July 24 at 12:30 p.m.
Play bingo using a deck of cards.
**Facilitated by Bridge Home Health
and Hospice.**

Hand and Foot

Monday, July 27 at 12:15 p.m.
Registration required.

Movie Day

Tuesday, July 28 at 12:45 p.m.
Feature: "Wilson" (2017)
Synopsis: Feeling lonely and isolated,
Wilson (Woody Harrelson) tracks
down Pippa (Laura Dern), the ex-wife
who left him 17 years earlier. She tells
the neurotic and middle-aged

misanthrope that he is the father of a
teenager named Claire (Isabella
Amara). Shocked, excited and
hopeful, Wilson embarks on a
madcap quest to connect with the
daughter he never knew he had..
**Registration required. Snacks and
movie provided by Walker Witzler
Shank Funeral Homes and
Crematory.**

Frauds and Scams: Spot Them and Stop Them

Wednesday, July 29 at 12:30 p.m.
The internet world of AI, social
media, and other new technologies
create potential for amazing
advancements in all areas of our
lives, from communication to
medicine. However, they also pose
dangers for the unwary. Fraudsters
and thieves are constantly looking for
new ways to separate innocent
citizens from their money or personal
information. Their attacks can be
sophisticated. They will pull on your
heartstrings, play on your fear, or
trick you into confusion. Anyone can
fall victim to an online, text, or
telephone scam.
Wood County Sheriff Mark
Wasylyshyn and Wood County
Prosecutor Paul Dobson have years
of experience coordinating efforts to
combat and respond to scams.

Coffee and Coloring

Thursday, July 30 at 10:30 a.m.
Enjoy the relaxing benefits of
coloring while enjoying a cup of
coffee and conversation. Bring your
own supplies.

Preventing Elder Financial Exploitation

Thursday, July 30 at 12:15 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.**

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.

Blood Pressure &

Blood Sugar Screening

Wednesday, July 1 from 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Bingo

Wednesday, July 1 at 12:30 p.m.

Sponsored by Bridge Home Health and Hospice.

TikTok Challenge

Wednesday, July, 1, 8, 15, 22, 29 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.

Card Games

Thursdays, from 11 to 2 p.m.

Meet ChatGPT: Your New Digital Helper

Thursday, July 2 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.**

Bingo

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

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

Name That Tune BINGO

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

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

Facilitated by Heritage Corner.

UFOs Bowling Green, November 1957

Thursday, July 9 at 12 p.m.

Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **Presented by Mike McMaster, Wood County Museum.**

Decades Day

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

Today we will do everything like it is the 1960s! Dress in your favorite styles from the 60's bring in memorabilia and objects from that decade, and enjoy fun 1960's trivia while we listen to popular music from that decade.

Seminar Series:

Your Best Brain

Monday, July 13 at 12 p.m.

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

Birthday Celebration

Wednesday, July 15 at 12 p.m.

Sponsored by The Willows.

Breakfast Club

Thursday, July 16 at 9:30 a.m.

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

Trivia Battle Challenge

Friday, July 17 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.**

Rootbeer Float Friday

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

Sponsored by Wood Haven Health Care.

Seminar Series: Presidential Highlights

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

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

Restaurant Night

Tuesday, July 21 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.

Short Story/Article Review

Wednesday, July 22 at 12:30 p.m.

We will read a short story or article together and then enjoy a discussion on its themes, characters and overall meaning. You are welcome to pick up the article prior to the session. **Facilitated by Lauren Firsdon, WCCOA.**

The Night Sky

Monday, July 27 at 12:30 p.m.

This session will explore the beauty in the night stars. Discover what constellations, and planets you may find throughout the year. **Presented by the Wood County Parks District.**

Frauds and Scams: Spot Them and Stop Them

Tuesday, July 28 at 12:30 p.m.

Learn more about prevention from **Wood County Sheriff Mark Wasylyshyn and Wood County Prosecutor Paul Dobson.**

Craft: American 250

Potholders/Hotpads

Friday, July 31 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.**

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.

Tai Chi Chair Stretches

Monday through Fridays in July at 10 a.m.

This fitness session will have you focus on stretching, breathing and movement in a safe and controlled environment.

Make it and Take It Craft

Monday, July 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.

Frauds and Scams: Spot Them and Stop Them

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

The internet world of AI, social media, and other new technologies create potential for amazing advancements in all areas of our lives, from communication to medicine. However, they also pose dangers for the unwary. Fraudsters and thieves are constantly looking for new ways to take money or personal information. Learn more about prevention from **Wood County Sheriff Mark Wasylyshyn and Wood County Prosecutor Paul Dobson.**

Power of Therapy

Wednesday, July 8 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, July 9 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**

Mexican Train Dominoes

Friday, July 10 and 24 at 12:30 p.m.

Rootbeer Floats

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

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

Breakfast Club

Tuesday, July 14 at 9:30 a.m.

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

Birthday Celebration

Wednesday, July 15 at 12 p.m.

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

Craft: American 250

Potholders/Hotpads

Thursday, July 16 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**

Trivia Battle Challenge

Friday, July 17 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.**

Medication Safety

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

This session will cover the proper use and storage of medication. We will discuss the potential for interactions and the physiological consequences of these interactions. **Prerecorded by Mercy Family Medicine Residency Program.**

Story/Article Review

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

We will read a short story or article together and then enjoy a discussion on its themes, characters and overall meaning. You are welcome to pick up the article prior to the session.

Facilitated by North Baltimore Public Library.

State of the County

Wednesday, July 22 at 12:30 p.m.

In this session Wood County Commissioner Doris Herringshaw will share information and updates from around the county for 2026.

Till Death We Talk

Thursday, July 23 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.

The Night Sky

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

This session will explore the beauty in the night stars. Discover what constellations, and planets you may find throughout the year. **Presented by the Wood County Parks District.**

UFOs Bowling Green, November 1957

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

Learn a bit of UFO history in 1950

Presented by Wood County Museum.

Blood Pressure & Blood Sugar Screening

Tuesday, July 28 at 11 to 12:30 p.m.

Bridge Home Health and Hospice.

Game Day

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

Wood Haven Healthcare.

Meet ChatGPT: Your New Digital Helper

Friday, July 31 at 12:30 p.m.

Presented by WCCOA.

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.

Frauds and Scams: Spot Them and Stop Them

Wednesday, July 1 at 11 a.m.

Fraudsters and thieves are constantly looking for new ways to take money or personal information. Learn more about prevention from **Wood County Sheriff Mark Wasylshyn** and **Wood County Prosecutor Paul Dobson**.

Craft: Napkin DeCoupage Workshop

Thursday, July 2 at 10:45 a.m.

This hands on session will teach basic skills to create a decorative napkin. All instructions and supplies are provided **by Susan Jaros**. **Cost \$5 Registration required.**

Coffee, and Coloring

Monday, July 6 at 11 a.m.

Blood Pressure & Blood Sugar Screening

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

Fitness for Fall Prevention

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

This 30-minute session will focus on balance, strength, and range of motion movements to help you stay safe in the summer months. **Facilitated by Partners in Home care. Registration required.**

Breakfast Club

Thursday, July 9 at 9 a.m.

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

Till Death We Talk

Friday, July 10 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, July 9 at 12:30 p.m.
Kingston of Perrysburg.

Happy Hour

Friday, July 10 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.**

Pies for Guys

Friday, July 10 at 1 p.m.

Enjoy some delicious desserts while sharing conversations and coffee.
Facilitated by Heritage Corner.

Word Search Challenge

Monday, July 13 at 11 a.m.

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

Sundae Monday

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

Enjoy a sundae with all the toppings **provided by Otterbein**.

UFOs Bowling Green, November 1957

Tuesday, July 14 at 12:15 p.m.

Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **Presented by Mike McMaster, Wood County Museum.**

Birthday Celebration

Wednesday, July 15 at 12 p.m.

Sponsored by Ohioans Home Health.

Veteran's Coffee Hour

Friday, July 17 at 11 a.m.

This social hour is an opportunity for veterans to gather to share stories and support each other. **Host Randy Powers**.

Cards, Dominoes, Bunco

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

Name That Tune Bingo

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

Facilitated by Heritage Corner.

Bingo

Wednesday, July 22 at 12:30 p.m.

Prizes sponsored by **Horton Hauls**.

Court of Appeals

Thursday, July 23 at 11 a.m.

This session will share the inner workings of the court of appeals by **Judge Duhart**.

Trivia Battle Challenge

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

Sponsored by Heritage Corner.

Seminar Series: Presidents

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

This month: Rutherford B. Hayes.

Games: Ladderball

Monday, July 27 at 12:30 p.m.

Facilitated by Bob Counterman.

Bunco

Monday, July 27 at 12:30 p.m.

Trivia Bingo

Tuesday, July 28 at 12:30 p.m.

Prizes awarded by **Wood Haven Healthcare**.

Meet ChatGPT: Your Digital Helper

Wednesday, July 29 at 11 a.m.

This session will focus on the use of ChatGPT technology as a safe tool to conduct daily tasks. **Presented by WCCOA.**

Menu Talk

Wednesday, July 29 at 12:15 p.m.

Join our Food Service Director Angie Bradford as she shares our agency's nutritional program and menu options for 2027.

Northeast

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

Please call the Northeast
Area Senior Center at
567.249.4921 to register
or for more information.

Puzzle Time

Mondays in July from 10 to 2 p.m.

Breakfast Club

Mondays in July at 9:30 a.m.

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

Walk Around the Gym

Daily in July at 10 a.m.

Fitness for Fall Prevention

Wednesday, July 1 at 12:45 p.m.

This 30-minute session will focus on balance, strength, and range of motion movements to help you stay safe in the summer months. **Facilitated by Partners in Home Care. Registration required.**

Left, Right and Center Game

Thursday, July 2 at 12:30 p.m.

This fun fast paced game is easy to learn with 3 dice and poker chips. Try to be the last person with chips!

Mystery Restaurant

Thursday, July 2 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.**

Donuts and 3/13

Fridays, in July 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, July 7, 14, 21, 28 at 10:30 a.m.

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

Bingo

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

Play rounds of bingo with the possibility of winning prizes.
Facilitated by Walker Funeral Home and Crematory.

UFOs Bowling Green, November 1957

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

Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **Presented by Mike McMaster, Wood County Museum.**

Till Death We Talk

Wednesday, July 8 at 11 a.m.

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

Walbridge Talk

Thursday, July 9 at 12:15 p.m.

During this session, the Mayor of Walbridge will share information on what is happening in the village. **Presented by Mayor Ed Kalanko.**

CASA Volunteer Opportunites

Friday, June 10 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.

Birthday Celebration

Wednesday, July 15 at 12 p.m.

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

Blood Pressure & Blood Sugar Screening

Thursday, July 16 at 11 a.m.

Bridge Home Health and Hospice.

Card Bingo

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

Bridge Home Health and Hospice.

Sundae Monday

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

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

Craft: American 250 Potholders/Hotpads

Tuesday, July 21 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.**

Seminar Series: Presidential Highlights

Tuesday, July 22 at 12:30 p.m.

This month: Ronald Reagan

Yahtzee

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

How Lucky are you at rolling the dice?

Frauds and Scams: Spot Them and Stop Them

Monday, July 27 at 12:30 p.m.

The internet world of AI, social media, and other technologies create potential for advancements in all areas of our lives. However, fraudsters and thieves are looking for ways to separate citizens from their money or personal information. Learn how to not fall victim to an online, text, or telephone scam. **Wood County Sheriff Mark Wasylshyn and Wood County Prosecutor Paul Dobson.**

Left, Right and Center Game

Tuesday, July 28 at 12:30 p.m.

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 July at 1 p.m.

Meet ChatGPT: Your New Digital Helper

Friday, July 1 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.**

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

Thursday, July 2 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. **Hosted by Brittany Ruehl, WCCOA.**

Bingo

Tuesdays and Fridays at 10:30 a.m.

TED Talk: A Doctor + a Cartoonist on Creativity and Healing

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

When medicine mixes with metaphor, what kind of healing transpires? In this unexpected meeting of minds, physician Amy Baxter shares her innovative approach to treating pain, while cartoonist Navied Mahdavian

explores how he traces its deeper meaning.

UFOs Bowling Green, November 1957

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

Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **Presented by Mike McMaster, Wood County Museum.**

Donut Bingo

Wednesday, July 8 at 10:30 a.m.

Instead of the same old prizes we will be playing for donuts. **Sponsored by Wood Haven Healthcare.**

Canvas Art Party

Wednesday, July 8 at 12:30 p.m.

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

Registration is required.

Limited to 6 participants.

Instructed by Lori Lawton, ATR

Breakfast Club

Thursday, July 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.

Frauds and Scams: Spot Them and Stop Them

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

The internet world of AI, social media, and other technologies create potential for advancements in all areas of our lives. However, fraudsters and thieves are looking for ways to separate citizens from their money or personal information. Learn how to not fall victim to an online, text, or telephone scam. **Wood County Sheriff Mark Wasylyshyn and Wood County Prosecutor Paul Dobson.**

Craft: American 250 Potholders/Hotpads

Tuesday, July 21 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.**

Till Death We Talk

Tuesday, July 14 at 11 a.m.

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

Birthday Celebration

Wednesday, July 15 at 12 p.m.

Cake by Wood Haven Health Care.

Seminar Series: Presidential Highlights

Thursday, July 16 at 11:30 a.m.

This month: William Howard Taft.

Trivia Battle Challenge

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

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

Laughter Yoga by Video

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

Bingo

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

Bridge Home Health and Hospice.

Blood Pressure & Sugar Clinic

Tuesday, July 21 at 11 to 12:30 p.m.

Bridge Home Health and Hospice.

Cholesterol Screening

Thursday, July 23 from 10:30 a.m.

By appointment. Facilitated by Wood County Hospital.

Would You Rather Exercise?

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

By Brittany Ruehl, WCCOA.

Eye Glass Repair

Friday, July 31 at 11 a.m.

Missing a screw or a nose piece to your glasses? They will fix them for free. **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.)

Dominoes

Wednesday, July 1, 15, 29 at 10 a.m.

UFOs Bowling Green, November 1957

Wednesday, July 1 at 12:30 p.m.

Take a walk down memory lane in the 1950s and learn a bit of UFO history along the way. **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, July 2 at 12:30 p.m.

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

Club F.I.T.

Monday, July 6 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.**

Frauds and Scams: Spot Them and Stop Them

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

The internet world of AI, social media, and other new technologies create potential for amazing advancements in all areas of our lives, from communication to medicine.

Fraudsters and thieves are constantly looking for new ways to take money or personal information. Learn more about prevention from **Wood County Sheriff Mark Wasylyshyn and Wood County Prosecutor Paul Dobson.**

Mystery Restaurant

Wednesday, July 8 at 4 p.m.

Meet at the center to receive your special instructions on the location of your dinner. Cost on own. (range of \$20 to \$35) Distance is 30-miles round trip. **Space is limited to the first 8 registered.**

Bingo

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

Prizes by Wood Haven Health Care.

Therapy Talks: Hydrate to Elevate from the Inside Out

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

A representative from Functional Pathways will share tips on habits that help you thrive.

Blood Pressure & Sugar Clinic

Monday, July 13 at 11 to 12:30 p.m.

Bridge Home Health and Hospice.

Card Bingo

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

Bridge Home Health and Hospice.

Donuts, Discussion & Coloring

Tuesday, July 14 at 10 a.m.

Wood Haven Healthcare.

Birthday Celebration

Wednesday, July 15 at 12 p.m.

By Wood Haven Healthcare.

Trivia Battle Challenge

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

Quarterly prize Heritage Corner.

Library Talks & Craft

Wednesday, July 15 at 12:45 p.m.

Craft and Updates by Pemberville Library.

WII Bowling

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

Till Death We Talk

Monday, July 20 at 11 a.m.

Conversations about end of life care and concerns. **Donuts provided by Newcomer Funeral Homes.**

Movie: I Can Only Imagine 2

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

Featuring: "I Can Only Imagine 2" (2026) follows MercyMe's Bart Millard at the height of his music career. **Snacks by Wood Haven Health Care.**

Seminar Series: Presidential Highlights

Wednesday, July 22 at 12:30 p.m.

This month: George Washington.

Craft: American 250 Potholders/Hotpads

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

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.**

Name That Tune BINGO

Tuesday, July 28 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, July 29 at 12:30 p.m.

Learn about others hobbies or interests.

Series: Fall Prevention

Friday, July 31 at 12:30 p.m.

The session includes hands-on stations where attendees practice safe movement techniques, analyze real-life fall scenarios, and work together to problem-solve everyday challenges. **Presented by Lindsay Riegle OTD, OTR/L, LSVT Wood Haven Health Care.**

WCCOA SUPPORT GROUPS

Care Compass Project

Wednesday, September 2 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. Respite available for care recipients. Please pre-register for respite.

Parkinson's Support

Thursday, August 6 at 5:45 p.m. (NO MEETING IN JULY)

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, July 1 & 15 at 1 p.m.
Location: Wood County Senior Center
 140 S. Grove Street, Bowling Green
 This support group is for those who have experienced a loss in their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. Facilitated by Lisa Myers, LISW-S, WCCOA. **New attendees must pre-register; please call ahead at 419.353.5661 or 800.367.4935**



OTHER LOCAL SUPPORT GROUPS

National Alliance on Mental Illness (NAMI) Family Support

First & Third Tuesday of each month at 3 p.m.
 This group is for families of those with mental illness.

Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support

Wednesdays at noon
 This group is for individuals with mental illness.
Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

Living Through Loss Grief Support

Third Monday of each month
Location: Blanchard Valley Hospital
 1900 S. Main Street, Findlay
Contact: Bridge Home Health & Hospice for more information and to register at 419.423.5351

Grief Share

Faith-based weekly grief support group
Location: St. Mark's Lutheran Church, BG
Contact: Joan Staib 419.308.1134 or Jan Ruffner 419.308.4072 for more information.

Grandparents Raising Grandchildren

Offered monthly by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools. **Contact:** To register call Sara Nidiffer 419.409.2087 or snidiffer@wcesc.org

Alzheimer's Association Caregiver Support

First Friday of the month at 12 p.m.
Location: Perrysburg First Church, 200 West 2nd Street, Perrysburg
Contact: To register call the Alzheimer's Association of Northwest Ohio at 1.800.272.3900.

Spousal or Partner Loss Support

Second & fourth Tuesday of each month at 3 p.m.
Location: Hospice of Northwest Ohio, 30000 E. River Road, Perrysburg
Contact: Hospice of Northwest Ohio for more information and to register at 419.661.4001

DaZy Aphasia Support Group

Fridays at 1:30 p.m.
Location: BGSU Health & Human Services 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 |
|--------------------------------|---------|-------------|
| Pemberville Area Senior Center | July 1 | 1 to 3 p.m. |
| Wood County Senior Center | July 15 | 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. Call the Social Service Department at 419.353.5661** 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 Area Senior Center | September 3 | 2 to 4 p.m. |
| Wood County Senior Center | September 10 | 3 to 5 p.m. |

Blood Pressure & Blood Glucose

Facilitated by Bridge Home Health and Hospice

| Clinic Site | Date | Time |
|------------------------------------|---------|-----------------------|
| Wayne Area Senior Center | July 1 | 11 a.m. to 12:30 p.m. |
| Rossford Area Senior Center | July 7 | 11 a.m. to 12:30 p.m. |
| Pemberville Area Senior Center | July 13 | 11 a.m. to 12:30 p.m. |
| Wood County Senior Center | July 14 | 11 a.m. to 12:30 p.m. |
| Northeast Area Senior Center | July 16 | 11 a.m. to 12:30 p.m. |
| Grand Rapids Area Senior Center | July 21 | 11 a.m. to 12:30 p.m. |
| North Baltimore Area Senior Center | July 28 | 11 a.m. to 12:30 p.m. |

Served Monday through Friday

Menu is subject to change. Check your location's page for meal time and reservation requirements. There is a \$2 suggested donation for those 60 and over, and a \$5 fee for those under 60. For those celebrating their birthdays this month please celebrate by enjoying this meal on us.

July 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 Chicken Lasagna or Veal Patty, Italian blend vegetables, mandarin orange salad, blueberry crisp. | 2 Hamburger or Hot Dog, baked beans, coleslaw, strawberries & blueberries, angel food cake. | 3 All sites closed in observance of the 4th of July |
| 6 Smoked Sausage or Turkey Meatball Sub, sweet potato fries, corn relish, orange juice, brownies. | 7 Hamloaf or Chicken Tenders, creamed corn, broccoli salad, tropical fruit. | 8 Turkey Taco or Beef Fajita, lettuce, tomatoes and cheese, black beans and rice, fruited Jell-o. | 9 Hamburger Pie or Vegetable Lasagna, Scandinavian blend vegetables, baby carrots, glazed strawberries & bananas, pound cake. | 10 Baked Ham or Chicken Wings, cauliflower, mandarin oranges & grapes, 3-bean salad. |
| 13 Stuffed Pepper or Chicken Cordon Bleu, Riviera blend vegetables, greek pasta salad, mixed fruit, pineapple-orange juice. | 14 Pork Chop or King Ranch Chicken Casserole, tomato zucchini blend vegetables, pears, cherry crunch. | 15 Birthday Lunch. Beef Stroganoff, noodles, squash, pickled beets, pineapple, cake and ice cream. | 16 Chipped Ham or Chicken Salad, baked bean salad, celery with peanut butter, melon. | 17 Goulash or Pecan Crusted Tilapia, Far East blend vegetables, peaches and cream with granola, banana. |
| 20 Bratwurst or Grilled Chicken, mashed potatoes, sauerkraut, pineapple with cottage cheese, Rice Krispy treats. | 21 Beef Lasagna or Chicken Chimichunga, lima beans, Caesar salad, breadstick, grapes & pears. | 22 Turkey Stew or Ham and Bean Soup, heritage slaw, cornbread, rosy applesauce, fruit sorbet. | 23 Chicken Paprikash or Meatloaf, noodles, mixed vegetables, cauliflower peanut salad, peaches. | 24 Scalloped Potatoes & Ham or Lemon Pepper Tilapia, Kyoto blend vegetables, pickled beets, grape juice, pudding. |
| 27 Sweet & Sour Chicken or Pork Cutlet, wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange jell-o. | 28 Pulled Pork or Salmon Patty, roasted sweet potatoes, Texas caviar, rosy applesauce, fig cookies. | 29 Turkey or Liver and Onions, au gratin potatoes, celery sticks, orange sections. | 30 Hot Dog or Hamburger, baked beans, banana, cranberry juice, peach crisp. | 31 Chipped Beef or Creamed Chicken, Midori blend vegetables, mashed potatoes, biscuit, apricots. |

LUNCH MENU

Served Tuesday through Thursday, 5:30 to 6 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.

| Tuesday | Wednesday | Thursday |
|--|---|---|
| 1 Lemon Salmon, mashed potatoes, green beans, am-brosia salad. | 2 BBQ Chicken, corn, coleslaw, watermelon, apple pie. | |
| 7 Birthday Dinner BBQ Ribs, scalloped potatoes, tomato-zucchini salad, pineapple, cake and ice cream. | 8 Sausage Patties, French toast, hash browns, orange sections, baked apple. | 9 Chicken Salad Sandwich, potato salad, pickled beets, melon and grapes, cookies. |
| 14 Hamburger with Cheese, baked beans, cauliflower salad, apples, brownie. | 15 Mushroom & Swiss Chicken Breast, wild rice, Nantucket blend vegetables, banana, fruit juice, lemon pie. | 16 Pork Chop, small whole potatoes, 3-bean salad, fruited Jell-o, bread pudding. |
| 21 Cabbage Roll, mashed potatoes, spinach salad, strawberries, angel food cake. | 22 Smoked sausage, baked potato, Riviera blend vegetables, oranges and grapefruit, pudding. | 23 Tuna Salad on a bed of lettuce, carrot sticks, cantaloupe and grapes, blueberry muffin. |
| 28 Bacon Wrapped Chicken Breast, rice pilaf, Italian blend vegetables, Caesar salad, apricots, vanilla pudding. | 29 Spaghetti with Meat sauce, mixed vegetables, tossed salad, garlic bread, mandarin orange salad. | 30 Cube Steak, small whole potatoes, carrots, mandarin orange salad, coconut cream pie. |

BG Knitter's Guild

Wednesday, July 1 at 4 p.m.

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

Zoology: Mammal Reproduction: Pandas and Cheetahs

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

From the tiniest mosquito to the largest elephant, explore the animal wonders of the world with a Smithsonian zoologist. Prerecorded Great Courses.

Karaoke

Wednesday, July 8 at 4 p.m.

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

Dinner & Movie

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

Movie: The Critic (2024): A suspenseful thriller starring Ian McKellen as a powerful London theater critic who gets entangled in a blackmail scheme.

Dinner reservations needed by 2 p.m.

Reader's Café

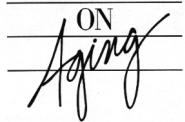
Tuesday, July 28 at 3 p.m.

Compare books that have been turned into movies!

Feature: Small Things Like These by Claire Keegan. Set in 1985 Ireland, about coal merchant Bill Furlong, who confronts his town's complicity in the abuse at a local convent's Magdalene Laundry after discovering a young girl in distress. Books & audiobooks available for loan by June 23. **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.

DINNER MENU



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 Friday, July 3
in observance of Independence 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