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Detroit Princess Boat Cruise
Thursday, August 13

Depart from the BG Meijer Parking Lot at 8:30 a.m. Cost: \$150/ person
Includes: Motorcoach transportation, buffet lunch, 3 hour boat cruise on the Detroit River and live entertainment. Provided by BB Travel & Tours LLC. Call the WCCOA for additional trip details. To pay by credit card call BB Travel at 419.345.8149

Customer Satisfaction Survey for 2026

Please complete one survey per participant. This survey will assess your satisfaction with our services. Please assist us by answering all questions. Feel free to use the QR code below, the link provided <https://forms.gle/mF14EdMmvP3N4mrt9> or the paper copy at any Senior Center in Wood County.



Travel with Us! Invitation to Our Travel Program for 2027

We are thrilled to invite you to join our upcoming Travel Program, designed especially for our adventurous community. Whether you're rediscovering a passion for exploration or seeking new experiences, this is the perfect opportunity to travel with friends in comfort and joy!

This event will feature all destinations for 2027. So stop in to learn more and register for these international, national and day trips with Shoreline, Collette and BB Travels. Enjoy refreshments and an opportunity to discuss travel plans for 2027



Wednesday, September 2 at 2 p.m.

Wood County Senior Center

Why Travel With Us?

Comfort & Ease: Group transportation, step-by-step itinerary, and assistance at every turn.

Social Fun: Enjoy each other's company—perfect for for forging new friendships. Travel as a single, double or triple. Options are open for all types of travelers.

Fully Supported: Accessible options and staff assistance available; please let us know your needs.

Memorable Moments: From scenic stops to local dining, enrich your day with delightful experiences.

Golden Care Awards for 2026

Monday, November 16 doors open at 5 p.m.

Wood County Senior Center



We will be hosting this year's Golden Care Awards to recognize the caregiving heroes in our communities.

This event will recognize Compassionate Caregivers in the following categories:

1. **Medical or Professional Care Providers** working in a facility or home care setting (physician, therapist, nurse, STNA, care navigator, social worker, etc.)
2. **Support Staff working in a facility or home care setting** (volunteer, companion caregiver, housekeeper, dietary, salon, activities, maintenance)
3. **Community Caregiver** (Someone caring for a spouse, adult child, other family member, friend, neighbor, etc.)

Community members can nominate as many caregivers as they see fit. Facilities can nominate up to four of their employees. The judges from BGSU will select three Golden Care winners for 2026. All nominees will be honored with a ceremony, certificate, and dinner.

Nominations are now open!

To nominate a caregiver, please submit a nomination form and send a photo by October 16 to: programs@wcco.net or drop off or mail a form to: Wood County Senior Center

For more information, contact WCCOA Programs Department at 419.353.5661 or 1.800.367.4935 or email program@wcco.net



From our Executive Director

As I write this, Elder Abuse Awareness Month is coming to a close. June serves as an important reminder that older adults in our community deserve to feel safe, respected, and supported every day of the year.

I am incredibly thankful to live and work in a community like ours, where there are so many dedicated organizations, professionals, and neighbors committed to the well-being of older adults. These resources make a meaningful difference - but awareness is still essential.

If you ever suspect that an older adult may be experiencing abuse, neglect, or exploitation, please don't hesitate to take action. A call to Adult Protective Services allows trained professionals to assess the situation and ensure the individual receives the support they need - Wood County Adult Protective Services (24/7): 419-354-9669 OR Statewide APS Hotline: 1-855-OHIO-APS (1-855-644-6277). Always call 911 if someone is in immediate danger.

We also continue to see a troubling rise in scams targeting older adults. In just the first half of this year, older adults in Wood County have lost more than \$1.2 million to scams. These numbers are staggering—and they underscore how important it is to stay informed and vigilant.

I encourage you to educate yourself and your loved ones about common scams and warning signs. One easy step is to sign up for email alerts from the Federal Trade Commission, which provides up-to-date information on emerging fraud trends <https://consumer.ftc.gov/>

Together, through awareness, education, and compassion, we can help protect and empower the older adults in our community.



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 - Carole Matthews, Mary Ann Chinni, Doris Christensen, Victoria Dankert, Patricia Ford, Toribio Lopez, Annette Marie Reazin, Betty L. Laukhuf, Dana Keil, Paul Haas, Bob & Becky McOmber, Anne W. Britt, Robin Euler, Geoffrey Howes

Building Campaign/Woodshop Project - Linda L. Hamilton, Bob & Sue Fellers

In Memory of Denise Niese - Janet K. DeLong

In Memory of Our Parents - David & Leslie Neuendorff

In Honor of my Children, Alex, Randy, & Christine Hann and Susan Cross

In Memory of Loren Bechstein - Judy Dreier, Howard & Delores Oestreich, Pam Carpenter, Tom & Carol Wolf, Jan Warner, Rob Friess, Brian & Kay Burrell, Edie Olds, Bob, Rentz, Anonymous, Brian & Jennifer Ruckstuhl, Carol Wenig, Ron & Ben Nagel, Bob & Barb Whitman

In Memory of Lloyd Fite - Rick & Jackie Metz

In Memory of Barbara L. Kilgore - Ronald Jones Jr.

In Memory of Wayne & Jane Knisely/Kitchen Fund - Beth & Terry Stearns

In Memory of James Novotny - Rita M. Walter

In Honor of Sandy Van Norden - Rebekah J. Monroe

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

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.

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 Motorcoach 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

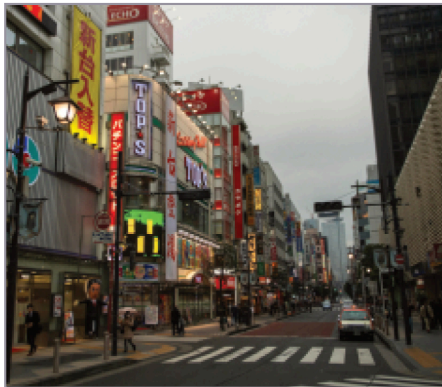
April 2 to April 9, 2027

- 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

Juice & 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
Three Meadows Post Acute Care, 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, Bowling Green, Ohio oldies to pop, rock, country, blues,

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 your 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 your guest 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 guest 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.



Care Compass Project

Wednesday, September 2, 2026 11 a.m. to 1 p.m. from Wood County Senior Center

Topic: Dementia Support & Community Resources

The Care Compass Project is free and open to all current and future caregivers. Registration is required by calling the Programs Department at 800.367.4935 or 419.353.5661 or by emailing programs@wcco.net

Respite available for care recipients by preregistering. This session will cover Dementia and A Panel Discussion on Dementia Community Resources. Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option.

The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Hospital, Optimal Aging Institute, Ohioans Home Health Care, MemoryLane and CarePatrol Care.

Wood County Senior Center Cards & Games

Billiards Room

Available by appointment, Monday through Friday.
Participants must bring their own pool cue(s).

Euchre Mondays and Fridays at 1 p.m.

Hand & Foot

Tuesdays at 1 p.m. & Fridays at 10 a.m.

Bingo Tuesdays at 1 p.m.

Dominoes Tuesdays at 3 p.m.

Cribbage Wednesdays at 1 p.m.

Mah Jongg Thursdays at 1 p.m.

Party Bridge Fridays at 1 p.m.

Please call the Programs Department
if you are interested in playing.

Puzzles Available daily in the lounge



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

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.

Exploring Fine Arts in a New Lens

Painting with False Flowers

Monday, August 24 at 2 p.m. to 3:30 p.m.

Wood County Senior Center Cost: \$10

Inspired by Japanese Oshibana artwork, during this lesson we will design a painting made from false flowers. This lesson will focus on physical gross motor skills. Towards the end of class the teacher will lead a group discussion about being mindful and present, as well as and how this form of art allows for an opportunity to express that. **Register today!** **Instructor Tiffany Miller, BGSU**

Silhouette Painting

Monday, August 31 at 2 p.m. to 3:30 p.m.

Wood County Senior Center Cost: \$10

In this course, you will paint a silhouette of yourself with many inspirational images, facial shapes, hairstyles etc. Each person will complete 2 This course can allow for the teacher to focus on developing deeper conversation as a group about how others perceive us, and how we want to be perceived. **Register today!** **Instructor Tiffany Miller, BGSU**



Baseball Trip

Friday, September 4

**Cleveland vs Detroit
Progressive Field
Game starts at 2 p.m.**

Included in price:

Food Voucher, Luxury Transportation, Gratitude

Departs from Meijer Parking Lot
in Bowling Green at 9 a.m.

Return between 7:30 a.m. and 8:30 p.m.

Cost: \$165 per person

Payment Options:

Credit card payments made to
BB travel and tours call 419.345.8149.
All other payments can be made
at the Wood County Senior Center by
419.353.5661 or programs@wcoa.net



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: Monday, August 3 to September 14 at 10:30 a.m. (no class September 7)

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

Advanced: Tuesdays, August 4 to September 8 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, August 6 to September 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, Thursdays 10 to 10:45 a.m.

Cost: Free

Seated, safe and effective low-impact workouts. Utilizing resistance bands, exercise balls and weights, this class is for those 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.

Strengthening muscles and increasing range of motion for daily activities 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 August 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, August 10 to November 2 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, August 26 to September 30 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

Thursday, August 20 to September 24 at 4:30 p.m.

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

Floor and Core

Cost: \$30 for 6 weeks Tuesday, September 1 to October 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 August 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 September 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.
Facilitated by John Zanfardino.

Guitar Circle for Beginners

1st and 3rd Thursdays at 11 a.m.
For beginner players. **Registration required.** Facilitated 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.

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.

Doctors of the Great Black Swamp

Monday, August 3 at 11 a.m.
Learn about early medicine in the Great Black Swamp and who these doctors were: It's not what you think.
Presented by Mike McMaster, Wood County Museum.

Meet ChatGPT

Wednesday, August 5 at 10 a.m.
This session will focus on the use of ChatGPT technology as a safe tool to conduct daily tasks. **Presented by WCCOA.**

BG Knitter's Guild

Wednesday, August 5 at 4 p.m.
Knit or crochet in a group setting. For advanced and beginner needle workers. **Hosted by Jackie Instone.**

Thursday Theater

Thursdays in August at 1 p.m.
6 "Race" (2016)
13 "State Fair" (1945)
20 "Extraordinary" (2017)
27 "The Queen" (2006)
Facilitated by Kris Eridon.

Fire Extinguishers & Use

Thursday, August 6 at 11 a.m.
Presented by the Bowling Green Fire Department.

Brain Body Builders Class

Friday, August 7 at 9 a.m.
Join us in promoting a positive aging process. During this time, we will focus on diet and its significance to our brain health and fitness. Participants will engage in free brain exercises and activities such as meal preparation, food storage recall, and more.
Registration required by Monday, August 3. Light Breakfast provided by *Dynamic Differences, LLC.* **Presented by Elizabeth Harrison, Dynamic Differences, LLC.**

Class: Wool Felting

Friday, August 7, 14, 21, 28 at 10 a.m.
Explore a variety of techniques to learn the basics of wool felting to create unique animals. Designed for all skill levels and instruction and materials will be provided. **Instructed by Georgia Ray, BGSU Art Education Major Student. Registration required.** Cost \$20.

Happy Hour (Zoom option)

Friday, August 7 at 12:30 p.m.
This hour is filled with fun, trivia and riddles to start the month off right.
Refreshments sponsored by Otterbein.

Nails

Monday, August 10 at 2 p.m. Have your nails painted today. **By appointment.** Facilitated by Cathi Acquri.

Ball Toss Baseball Game

Monday, August 10 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. **Facilitated by Craig and Mary Soneson.**

T.V. Series Featuring History's Greatest Mysteries

Monday, August 10 S: 3 E: 3,4
Monday, August 24 at 1 p.m. S: 3 E: 5, 6

Name That Tune Bingo

Tuesday, August 11 at 10:30 a.m.
Name the song to cover a bingo space.
Facilitated by Heritage Corner.

Blood Pressure & Blood Sugar Screening

Tuesday, August 11 from 11 a.m. to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Fabric Cutting Project

Tuesday, August 11 at 1 p.m.

Used for stuffing dog and cat beds for a homeless shelter. **Facilitated by Ramona Pupos.**

Dinner & Movie

Tuesday, August 11 at 3:30 p.m.

Movie: "Thelma" (2024)

A sharp and surprisingly action-packed comedy centered on a 93-year-old woman who sets out on her mobility scooter to take revenge on phone scammers. It is noted as an empowering and delightful film where the lead actress performed her own stunts. **Dinner reservations needed by 2 p.m.**

Karaoke

Wednesday, August 12 at 4 p.m.

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

1:1 Technology Help

Thursday, August 13 & 27 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. **Facilitated by David Schuck & Jeff Keller.**

Wood County Library Resource Guide

Wednesday, August 12 at 2 p.m.

Discover the free access to online newspapers, magazines, research databases, and other resources with your library card. **Please bring your Wood County or Walbridge library card with you. Registration required.** **Presented by the Wood County Public Library.**

Basics of Investing and 2026 Stock Investment Contest

Monday, August 17 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, August 18 at 9 a.m.

"The Power of Mind Over Body."

Topic: How Awe and Religious Belief Impact Health. **Registration required** by August 14. Breakfast by **Brookdale of Bowling Green. Materials provided by Wood Haven Healthcare.**

Future is Now: Talk with AI

Tuesday, August 18 at 10 a.m.

Interested in talking with AI? This interactive session briefly discusses AI's practical uses, benefits, limitations, potential risks, and future possibilities. Participants will also be able to ask questions and discover answers from an AI online "person" in real time. **Presented by Jeff Levin.**

Zoology

Tuesday, August 18 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:** How Animals Raise Their Young **Prerecorded Great Courses.**

Breakfast Club

Wednesday, August 19 at 9 a.m.

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

Vitamins and Supplements

Wednesday, August 19 at 11 a.m.

We will focus on the importance of having the essential vitamins and minerals in your body. Learn how they address health concerns. **Presented by Mercy Family Health and Residency Program.**

Motown Jazz & Pop

Wednesday, August 19 at 1 p.m.

Enjoy music from our very own Dan Cadaret.

Trivia Night

Wednesday, August 19 at 6 p.m.

Play several rounds of trivia in a fun and friendly manner. Have a chance to win some prizes. **Facilitated by Elizabeth Harrison, M.A. CCC-SLP** Dynamic Differences, LLC

And Now What? Memory Concerns

Thursday, August 20 at 2 p.m.

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, August 24 at 10 a.m.

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

Scrabble Open Play

Monday, August 24 at 1:15 p.m.

Host Rita Eckert.

Reader's Café

Tuesday, August 25 at 3 p.m.

Compare books that have been turned into movies! **Feature:** Extremely Loud and Incredibly Close by Jonathon Safran Foer. Books & audiobooks available for loan by July 28.

Registration required.

Card Bingo

Thursday, August 27 at 1 p.m.

Bridge Home Health and Hospice.

Lunch & Leadership

Friday, August 28 at 11:30 a.m.

This session will dive into what it takes to be a Representative for the State of Ohio. We will welcome Haraz Gambari to share insight into the role and its impact on service and policy.

Space is limited; First 25 registered will have lunch. Lunch sponsored by Buckeye Hospice.

Zoom option. Registration required.

Zoom Bingo

Friday, August 28 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. **Facilitated by Marvin
Scheer.**

Cardio Drumming

Mondays, August 3 to September 14
No class September 7
(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.

Texas Hold'em Tournament

Monday, August 3 at 1 p.m.
Registration required.

Veterans Coffee Hour

Thursday, August 6 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. Donuts provided by
Comfort Keepers.**

Euchre

Thursday, August 6 at 12:45 p.m.
Registration required.

Happy Hour

Friday, August 7 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.



Puzzlemania

Friday, August 7 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 250-piece puzzle the
quickest! Prize awarded to winning
team. Five team limit per session.
Registration required.

Pinochle

Monday, August 10 at 12:45 p.m.

Mystery Restaurant

Monday, August 10 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, August 10 at 9 a.m.
Join us as we gather to start the
morning off with good food and
company. Meet at American Table, 580
Craig Dr., Perrysburg. **Cost on own.**
Host: Judy Schlink.

Bingo

Tuesday, August 11 at 12:30 p.m.
Play one bingo card. Prizes.
Facilitated by St. Clare Commons.

Seminar Series: Presidential Highlights

Wednesday, August 12 at 12:30 p.m.
This series will highlight over 250
years of presidents. Learn fun facts
about our country's leaders. **This
month: William Howard Taft**

Where Were You? First Edition

Thursday, August 13 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is the purchase of your first
home. **Facilitated by Comfort Keeps.**

Perrysburg continued

Toledo Stories: A Gift of Life:

The Jobst Story

Friday, August 14 · 12:30 p.m.

Retrace the history of the Jobst family legacy and how they saved millions of lives. Previously Recorded.

Texas Hold'em Tournament

Monday, August 17 at 1 p.m.

Registration required.

Friends in Fellowship

Tuesday, August 18 at 10:30 a.m.

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

Doctors of the Great Black Swamp

Tuesday, August 18 at 12:30 p.m.

Learn about early medicine in the Great Black Swamp and who these doctors were: it's not what you think.

Presented by Mike McMaster, Wood County Museum.

Birthday Celebration

Wednesday, August 19 at 12 p.m.

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

Blood Pressure & Blood Sugar Screening

Thursday, August 20 from 11 to 1 p.m.

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

Facilitated by Mercy Health.

Euchre Tournament

Thursday, August 20 at 12:45 p.m.

Registration required.

Hand and Foot

Monday, August 24 at 12:15 p.m.

Registration required.

Movie Day

Tuesday, August 25 at 12:45 p.m.

Feature: "Table 19"

Synopsis: A comedy-drama about Eloise who attends her oldest friend's wedding despite being dumped by the best man (the bride's brother) and demoted from maid of honor. She is seated at Table 19, a "misfit" table in the back for guests who should have RSVP'd "no".

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

Vitamins and Supplements

Wednesday, August 26 at 11:15 a.m.

This presentation will focus on common vitamins and supplements available today and will highlight the most effective ones. **Presented by Mercy Family Health and Residency Program.**



Coffee and Coloring

Thursday, August 27 at 10:30 a.m.

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

Card Bingo

Friday, August 28 at 12:30 p.m.

Play bingo using a deck of cards.

Facilitated by Bridge Home Health and Hospice.



W.I. S.E. Class

Wednesday, August 5 to September 9 at 10 a.m. to 11:30 a.m.

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics.

Participants will have an opportunity to meet new people and:

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

Each session will include refreshments and there is also a gift card incentive for participants who successfully complete the program. **Registration is required.** Call the Perrysburg Senior Center to register today!

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.

Bingo

Monday, August 3 at 12:30 p.m.
Prizes awarded. **Facilitated by Wood
Haven Health Care.**

Card Games

Thursdays, from 11 to 2 p.m.

Blood Pressure & Blood Sugar Screening

Wednesday, August 5 from 11 to
12:30 p.m.

This clinic is an opportunity to have
your blood pressure and blood glucose
monitored by health professionals.
**Facilitated by Bridge Home Health
and Hospice.**

Bingo

Wednesday, August 5 at 12:30 p.m.
Sponsored by Bridge Home Health
and Hospice.

TikTok Challenge

Wednesday, August 5, 12, 19, 26 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 August 26 for the
recording of the video.

Menu Talk

Friday, August 7 at 12:15 p.m.
Food Service Director Angie Bradford
shares our agency's nutritional program
and menu options for 2027.

Seminar Series: Your Best Brain

Monday, August 10 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.**

Doctors of the Great Black Swamp

Thursday, August 13 at 12 p.m.
Learn about early medicine in the
Great Black Swamp and who these
doctors were: it's not what you think.
**Presented by Mike McMaster, Wood
County Museum.**

Decades Day

Friday, August 14 at 12:30 p.m.
Today we will do everything like it is
the 1970's! Dress in your favorite styles
from the 70's bring in memorabilia and
objects from that decade, and enjoy
fun 1970's trivia while we listen to
popular music from that decade.

Name That Tune BINGO

Monday, August 17 at 12:30 p.m.
Guess the name of the song to cover a
bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Seminar Series: Presidential Highlights

Tuesday, August 18 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.

Birthday Celebration

Wednesday, August 19 at 12 p.m.
Cupcakes sponsored by The Willows.

Breakfast Club

Thursday, August 20 at 9:30 a.m.
Meet at the Country Farmhouse 117
E. Main Street, Wayne. Cost on own.
Registration required.

Rootbeer Float Friday

Friday, August 21 at 12:30 p.m.
**Facilitated by Wood Haven Health
Care.**

Zoom Spelling Bee

Tuesday, August 25 at 12:45 p.m.
Challenge yourself to a fun and
interactive spelling bee between
several senior centers. To play from
home call for the Zoom code.

Restaurant Night

Tuesday, August 25 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, August 26 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.**

Trivia Battle Challenge

Thursday, August 27 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.

State of the County

Monday, August 31 at 12:30 p.m.
In this session Wood County
Commissioner Doris Herringshaw
will share information and updates
from around the county for 2026.

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 Friday in August 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, August 4 at 12:30 p.m.

We will create a surprise craft you can
take home. All supplies and
instructions will be provided.

Facilitated by the North Baltimore
Public Library.

Jewelry Tree Workshop

Wednesday, August 5 at 10 a.m. to 2
p.m.

Turn treasured jewelry into a beautiful
keepsake. Join local artist Kathy Brandt
for a fun and creative workshop where
you will transform vintage brooches,
charms, pins and keepsakes into a
stunning Jewelry Tree masterpiece.
Space is limited to 10. Cost: \$15

Register today!

Seminar Series: Presidential Highlights

Thursday, August 6 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.

Rootbeer Floats

Monday, August 10 at 12:30 p.m.

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

Breakfast Club

Tuesday, August 11 at 9:30 a.m.

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

Goodwill Workers Program

Tuesday, August 11 at 12:15 p.m.

This session will share information on
how to apply to be a goodwill worker
and what roles they play at their
various community organizations.

Power of Therapy

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

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

Senior Financial Foundations Series

Thursday, August 13 at 10:30 a.m.

Presentations on financial stability,
scam awareness, Medicare, etc.
**Presented by Briar Hill Health
Campus.**

Summer Luau

Friday, August 14 at 11:30 a.m.

Escape to the islands without leaving
town! Grab your favorite Hawaiian shirt,
tropical attire, and join us for a fun-
filled Summer Luau at the Senior
Center. Enjoy delicious island-inspired
refreshments, lively music, games, and
plenty of laughter as we celebrate the
sunny season together.

We can't wait to welcome you for a
relaxing and entertaining island
adventure—no passport required!

**Sponsored by Wood Haven Health
Care.**

Mexican Train Dominoes

Friday, August 14 and 28 at 12:30
p.m.

Anxiety and Depression

Monday, August 17 at 12:30 p.m.

Learn about ways to detect, address and
manage this concern for your wellbeing.
**Presented by Mercy Family Health
and Residency Program.**

Story/Article Review

Tuesday, August 18 at 12:30 p.m.

We will read a short story or article
together and then enjoy a discussion.
You are welcome to pick up the article
prior to the session. **Facilitated by
North Baltimore Public Library.**

Birthday Celebration

Wednesday, August 19 at 12 p.m.

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

Trivia Battle Challenge

Friday, August 21 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.**

Frauds and Scams: Spot Them and Stop Them

Monday, August 24 at 12:15 p.m.

Learn how to not fall victim to an online,
text or telephone scam. **Wood County
Sheriff Mark Wasylshyn and
Prosecutor Judge Paul Dobson.**

Blood Pressure &

Blood Sugar Screening

Tuesday, August 25 at 11 to 12:30 p.m.

Bridge Home Health and Hospice.

Game Day

Thursday, August 27 at 12:30 p.m.

**Facilitated by Wood Haven
Healthcare.**

Doctors of the Great Black Swamp

Tuesday, August 31 at 12:15 p.m.

Learn about early medicine in the Great
Black Swamp and who these doctors
were: it's not what you think.

**Presented by Mike McMaster,
Wood County Museum.**

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, August 3 at 11 a.m.

**Blood Pressure &
Blood Sugar Screening**
Thursday, August 6 from 11 to 12:30
p.m.

This clinic is an opportunity to have
your blood pressure and blood glucose
monitored by health professionals.
**Facilitated by Bridge Home Health
and Hospice.**

Old Fashion Popcorn Balls
Thursday, August 6 from 10:30 a.m.
to 12 p.m.

Get ready for a fun and delicious
hands-on activity as we make classic
popcorn balls together! This nostalgic
treat is a favorite for all ages and is a
wonderful way to share stories,
laughter, and creativity while crafting a
sweet snack to enjoy. Participants will
learn simple techniques for shaping
popcorn balls and can even add festive
touches to make each one unique.
Whether you're reminiscing about
family traditions or trying something
new, this activity is sure to be a tasty
and memorable experience. Join us for
an afternoon of fun, friendship, and
homemade treats! **Cost:** \$2 each.
Facilitated by Susan Jaros.

Happy Hour
Friday, August 7 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, August 10 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, August 10 at 12:30 p.m.
Enjoy a sundae with all the toppings
provided by Otterbein.

**Doctors of the Great Black
Swamp**
Tuesday, August 11 at 12:15 p.m.
Learn about early medicine in the
Great Black Swamp and who these
doctors were: it's not what you think.
**Presented by Mike McMaster, Wood
County Museum.**

Bingo
Wednesday, August 12 at 12:30 p.m.
Join us as we play several rounds of
bingo called by Susan Jaros. **Prizes
are sponsored by Horton Hauling.**

Breakfast Club
Thursday, August 13 at 9 a.m.
Meet at American Table, 580 Craig Dr.,
Perrysburg. Cost on own. **Host: Judy
Schlink.**

Game Day: Mystery Game
Thursday, August 13 at 12:30 p.m.
Kingston of Perrysburg.

Divas and Desserts
Friday, August 14 at 1 p.m.
Enjoy some delicious desserts while
sharing conversations and coffee.
Facilitated by Heritage Corner.

Cards & Dominoes
Monday, August 17 at 10:30 a.m.

Bunco
Monday, August 17 at 12:30 p.m.

Name That Tune Bingo
Tuesday, August 18 at 10:30 a.m.
Facilitated by Heritage Corner.

Birthday Celebration
Wednesday, August 19 at 12 p.m.
Cake sponsored by Ohioans Home
Health.

Balance Screening
Thursday, August 20 at 12:30 p.m.
Assess the current state of your balance
to ensure your a safe and not a fall risk.
Screening provided by MEd1Care.

Veteran's Coffee Hour
Friday, August 21 at 11 a.m.
This social hour is an opportunity for
veterans to gather to share stories and
support each other. **Donuts from
Care360 Hospice.**

Games: Cornhole
Monday, August 24 at 12:30 p.m.
Facilitated by Bob Counterman.

Bunco
Monday, August 24 at 12:30 p.m.

Trivia Bingo
Tuesday, August 25 at 12:30 p.m.
Prizes awarded **by Wood Haven
Healthcare.**

Trivia Battle Challenge
Thursday, August 25 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.**

Seminar Series: Presidents
Friday, August 28 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

Fitness for Fall Prevention
Wednesday, August 26 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.**

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 August from 10 to 2 p.m.

Breakfast Club

Mondays in August 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 August at 10 a.m.

Meet ChatGPT

Monday, August 3 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.**

Fitness for Fall Prevention

Wednesday, August 5 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, August 6 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, August 6 at 4 p.m.

Meet at 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 August at 9:45 a.m.

Enjoy a fun card game of 3/13 with some donuts from Don's.

Cost: \$1.50/ donuts.

Menu Talk

Monday, August 10 at 12:15 p.m.

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

Take Control of Exercise

Tuesday, August 11, 18, and 25 at 10:30 a.m.

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

Doctors of the Great Black Swamp

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

Learn about early medicine in the Great Black Swamp and who these doctors were: it's not what you think.

Presented by Mike McMaster, Wood County Museum.

Walbridge Talk

Thursday, August 13 at 12:15 p.m.

During this session, the Mayor of Walbridge will share information on what is happening in the village.

Presented by Mayor Ed Kalanko.

Sundae Monday

Monday, August 17 at 12:30 p.m.

Enjoy a sundae and all the toppings.

Facilitated by Otterbein.

Seminar Series: Presidential Highlights

Tuesday, August 18 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.

Birthday Celebration

Wednesday, August 19 at 12 p.m.

Enjoy birthday wishes and sweet treats.

Cake sponsored by Healthcare Advocates.

Blood Pressure & Blood Sugar Screening

Thursday, August 20 at 11 a.m.

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

Facilitated by Bridge Home Health and Hospice.

Card Bingo

Thursday, August 20 at 12:45 p.m.

Facilitated by Bridge Home Health and Hospice.

Left, Right and Center Game

Tuesday, August 25 at 12:30 p.m.

Yahtzee

Thursday, August 27 at 12:30 p.m.

How Lucky are you at rolling the dice?



Save the Date

Cholesterol Screening

Thursday, September 10

10 to 12 p.m.

Free

Have your total cholesterol checked during this appointment. This testing is provided by Mercy Health. No appointments are needed and testing is free.

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.**

Bingo

Tuesdays and Fridays at 10:30 a.m.

Card Games

Wednesdays in August at 1 p.m.

TED Talk: Can You Picture Things in Your Mind, I Can't

Monday, August 3 at 12:30 p.m.

Picture this: a rocket ship crash-lands on a planet, and an alien approaches the spacecraft. What do you see in your mind when you visualize this scene? For Alex Rosenthal (and many others), the answer is: absolutely nothing. Exploring the fascinating science of aphasia, or the inability to generate mental images, he shows why our minds are much more different than we think.

Doctors of the Great Black Swamp

Friday, August 7 at 12:15 p.m.

Learn about early medicine in the Great Black Swamp and who these doctors were: it's not what you think.

**Presented by Mike McMaster, Wood
County Museum.**

Donut Bingo

Wednesday, August 12 at 10:30 a.m.

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

Canvas Art Party

Wednesday, August 12 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, August 13 at 9 a.m.

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

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

Thursday, August 13 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. **Presented by Brittany Ruehl, WCCOA.**

Laughter Yoga by Video

Monday, August 17 at 12:30 p.m.

Join us for a 15 minute laughter yoga session. Learn the benefits laughing can bring you, join in with friends or meet someone new that you can laugh with.

Bingo

Tuesday, August 18 at 10:30 a.m.

Bridge Home Health and Hospice.

Blood Pressure & Sugar Clinic

Tues., August 18 at 11 to 12:30 p.m.

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

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

Birthday Celebration

Wednesday, August 19 at 12 p.m.

Cake by Wood Haven Health Care.

Seminar Series: Presidential Highlights

Thursday, August 20 at 11:30 a.m.

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

This month: Rutherford Hayes

Trivia Battle Challenge

Friday, August 21 at 12:30 p.m.

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

Sponsored by Heritage Corner

Would You Rather Exercise?

Monday, August 24 at 10:30 a.m.

Join us before lunch with an easy, fun workout of "would you rather." This month is summer themed! Enjoy a laugh and get your heart rate up a little with friends. **Facilitated by Brittany Ruehl, WCCOA.**

Eye Glass Repair

Friday, August 28 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.**

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.

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.

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

Dominoes

Wednesday, August 5, 12, 19, 26 at 10 a.m.

Bridge

Thursdays in August at 9 a.m.

To join the group, call for more details.

Doctors of the Great Black Swamp

Wednesday, August 5 at 12:15 p.m.

Learn about early medicine in the Great Black Swamp and who these doctors were: it's not what you think.

Presented by Mike McMaster, Wood County Museum.

Household Bingo

Thursday, August 6 at 12:30 p.m.

Everyone bring a household item to play. Play ten rounds of bingo for fun!

Final cover all prizes provided by Otterbein.

WII Bowling

Friday, August 7 & 28 at 12:30 p.m.

Club F.I.T.

Tuesday, August 11 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.

Blood Pressure & Sugar Clinic

Monday, August 10 at 11 a.m. to 12:30 p.m.

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

Facilitated by Bridge Home Health and Hospice.

Card Bingo

Monday, August 10 at 12:30 p.m.

Bridge Home Health and Hospice.

Donuts, Discussion & Coloring

Tuesday, August 11 at 10 a.m.

Wood Haven Healthcare.

Zoom Name That Tune

Wednesday, August 12 at 1:15 p.m.

Join us as Marilyn plays the piano and we guess the name of the song and artist. Other senior centers will be joining in via zoom. Zoom in from home if you would like. Call to get the zoom code.

Mystery Restaurant

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

Prizes by Wood Haven Health Care.

Therapy Talks: Your Guide to Sun Safety

Friday, August 14 at 12:30 p.m.

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

Movie: "About My Father"

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

Featuring: "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. **Snacks by Wood Haven Health Care.**

Seminar Series: Presidential Highlights

Monday, August 17 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.

Birthday Celebration

Wednesday, August 19 at 12 p.m.

Cake sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, August 19 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. **Quarterly prize sponsored by Heritage Corner.**

Library Talks & Craft

Wednesday, August 19 at 12:45 p.m.

Craft and Updates by Pemberville Library.

Menu Talk

Thursday, August 20 at 12:15 p.m.

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

Name That Tune BINGO

Tuesday, August 25 at 12:30 p.m.

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

Facilitated by Heritage Corner.

WCCOA SUPPORT GROUPS

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, August 5 & 19 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	September 2	1 to 3 p.m.
Wood County Senior Center	August 19	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 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, August 20 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	November 3	9 to 11 a.m.
	November 6	9 to 11 a.m.
	November 10	9 to 11 a.m.
By Mercy Health Northeast Area Senior Center Total Cholesterol	September 10	10 to 12 p.m. <u>No FEE and No appointment needed.</u>

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	August 5	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	August 6	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	August 10	11 a.m. to 12:30 p.m.
Wood County Senior Center	August 11	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	August 20	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	August 18	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	August 24	11 a.m. to 12:30 p.m.

LUNCH MENU

Served Monday through Friday

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

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Country Fried Steak or Chicken and Noodles, mixed vegetables, heritage slaw, orange	4 All sites closed see you at the Fair! Ham or Stacked Turkey Sandwich, cold beans, creamy coleslaw, mixed fruit, Rice Krispie Treat	5 Spaghetti with Meat sauce or Chicken Alfredo, corn, cucumber salad, apple juice	6 Chef Salad with Ham and Egg or Tuna Salad, potato salad, mixed fruit, banana nut muffin	7 Pepper Steak or Catfish, wild rice, broccoli, pineapple, cherry crisp
10 Meat and Bean Chili or Ham and Potato Soup, pea salad, apricots, fruited jell-o cornbread.	11 Chicken A La King or Swedish Meatballs, white rice, succotash, carrot raisin salad, rosy applesauce.	12 Meatloaf or Pecan Crusted Tilapia, Sicilian blend vegetables, tossed salad, pineapple.	13 Sausage, Egg and Cheese Casserole or Turkey Sausage Links, redskin potatoes, biscuit, baked apples, orange juice.	14 Calico Beans or Chicken Dumplings, Brussel sprouts, potato salad, pears.
17 Pulled Pork or Shredded Chicken, potato wedges, coleslaw, peaches and pears, cookies.	18 Chicken Lasagna or Veal Patty, Italian blend vegetables, mandarin orange salad, blueberry crisp.	19 Birthday Lunch. Cabbage Roll, green beans, potato salad, cinnamon applesauce, cake and ice cream.,	20 Roast Beef or Honey Mustard Chicken, au gratin potatoes, peas, strawberry shortcake.	21 Cube Steak or Tuna and Noodles, buttered beets, tomato zucchini salad, ambrosia, graham crackers.
24 Smoked Sausage or Turkey Meatball Sub, sweet potato fries, corn relish, orange juice, brownies.	25 Hamloaf or Chicken Tenders, creamed corn, broccoli salad, tropical fruit.	26 Turkey Taco or Beef Fajita, black beans and rice, lettuce, tomatoes, cheese, fruited jell-o,	27 Hamburger Pie or Vegetable Lasagna, Scandinavian vegetables, baby carrots, glazed strawberries and bananas, pound cake.	28 Baked Ham or Chicken Wings, cauliflower, 3 bean salad, mandarin oranges and grapes.
31 Stuffed Pepper or Chicken Cordon Bleu, Riviera blend vegetables, greek pasta salad, mixed fruit, pineapple-orange juice.	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.

DINNER 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.

BG Knitter's Guild

Wednesday, August 5 at 4 p.m.

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

Zoology: How Animals Raise Their Young

Tuesday, August 18 at 4:30 p.m.

Prerecorded Great Courses.

Karaoke

Wednesday, August 5 at 4 p.m.

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

Dinner & Movie

Tuesday, August 11 at 3:30 p.m.

Movie:Thelma (2024) A sharp and surprisingly action-packed comedy centered on a 93-year-old woman who sets out on her mobility scooter to take revenge on phone scammers. It is noted as an empowering and delightful film where the lead actress performed her own stunts.

Dinner reservations needed by 2 p.m.

Trivia Night

Wednesday, August 19 at 6 p.m.

Play several rounds of trivia in a fun and friendly manner. Have a chance to win some prizes. **Facilitated by**

Elizabeth Harrison, M.A. CCC-SLP

Dynamic Differences, LLC

Readers Café

Tuesday, August 25 at 3 p.m.

Compare books that have been turned into movies!

Feature: Extremely Loud and Incredibly Close by Jonathon Safran Foer

Books & audiobooks available for loan by June 23.

Registration required.

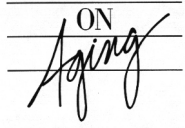
August 2026

Tuesday	Wednesday	Thursday
4 No evening meal closed for Fair Day	5 Turkey, mashed potatoes, carrots, cranberry fruited jell-o, pumpkin pie.	6 Sausage Tot Casserole, broccoli salad, grapes, graham crackers.
11 Birthday Dinner Ground Beef Baked Ziti, winter blend vegetables, Caesar salad, orange, cake and ice cream.	12 Hot Dog, French fries, peaches, cranberry juice, apple crisp.	13 Chef Salad with Ham, Egg and Cheese, lettuce, tomatoes, cucumbers, corn relish, apricots, cookies.
18 Cube Steak, baked potato, Lima beans, apple juice, cherry pie.	19 Chicken Tacos with cheese, black beans with rice, banana, strawberries, short-cake.	20 Ground Beef Chili, heritage coleslaw, pears, corn bread, fruit slushie
25 Stuffed Pepper, corn, cauliflower pea salad, grapes and cantaloupe, ice cream.	26 Ham, sweet potatoes, Brussel sprouts, pineapple rings, apple strudel bites.	27 Meatloaf, mashed potatoes, broccoli, citrus sections, lemon bar.

No older person shall be denied services because of a failure to contribute to all or part of such service. Older participants shall determine for themselves what they are able to contribute towards the cost of the service.

A ninguna persona mayor se le negarán servicios por no contribuir total o parcialmente a su costo. Los participantes mayores determinarán por sí mismos cuánto pueden contribuir al costo del servicio.

WOOD COUNTY
COMMITTEE



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



We're on the Web!

www.wccoa.net

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

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woodcountycommitteeonaging.blogspot.com

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Search Wood County Committee on Aging, Inc.

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