

LivelyU

LIFELONG LEARNING ACADEMY

Fall 2026

Course Catalog

September-November

WOOD COUNTY
COMMITTEE

ON
Aging

BGSU[®]

Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

LivelyU

LIFELONG LEARNING ACADEMY

WHAT IS LIVELY U?

The LivelyU Lifelong Learning Academy is a platform of programming offered through the Wood County Committee on Aging, Inc. (WCCOA) in partnership with the Bowling Green State University (BGSU) Optimal Aging Institute.

The Academy is designed to enhance Senior Center programming with opportunities for lifelong learning for older adults in Wood County, Ohio. Academy courses focus on education, engagement, and life enrichment. Classes are facilitated by volunteer instructors with a passion for their chosen subjects. Courses are designed to be stimulating and enjoyable. LivelyU celebrates learning for the joy of learning and allowing social engagement opportunities for all registrants.

The LivelyU Lifelong Learning Academy charges a \$20 semester fee to register for courses. If you have not already paid for this semester, the membership fee will need to be paid prior to registering for courses. This fee will allow you to take courses for the semester. Registration information can be found on page 23.

All courses are expected to be about 1 hour in length unless otherwise noted. Select courses are off-site. Select on-site courses have a Zoom option in addition to the in-person option. See course descriptions for details.

LIVELYU REGISTRATION AND SCHOLARSHIP OPPORTUNITY

Methods of payment include cash, credit, or check

Checks payable to: Wood County Committee on Aging, Inc.

Registration and payments can be mailed or dropped off to:

Wood County Committee on Aging, 140 South Grove Street, Bowling Green, OH 43402.

If you are interested in joining the LivelyU Lifelong Learning Academy, but do not have the resources to do so, the **WCCOA Program & Service Scholarship Fund** can assist you. You can find an application form at any one of our eight senior centers or online at www.wccoa.net. Application forms need to be completed 30 days prior to the semester starting in order to be considered for a scholarship.



Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

Wood County Committee on Aging, Inc.

140 S. Grove Street
Bowling Green, Ohio 43402

Phone: 419.353.5661

Email: programs@wccoa.net

Website: www.wccoa.net



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Fall Semester 2026

Course Offerings

New Therapeutic Approach to Alzheimer's Disease

Science

Tuesday, September 1

Zoom option available

4 to 5 p.m.

INSTRUCTOR: *Dr. Earl Campbell, MD, Emeritus Professor of Medicine MCO, UTM*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

Alzheimer's disease plagues a significant percent of people age 65 and over. With so many lives being impacted, the failure of current treatment options is relevant to the lives of patients and loved ones across the globe. We will explore the disease through the lens of the failure of current medications as we view improvements in understanding prognosis and investigate an upcoming medication. This new medication, which works by cleaning the brain of nerve-destroying beta amyloid and tau molecules, could be an interesting breakthrough in Alzheimer's treatment. No previous knowledge of Alzheimer's disease is required to follow.

Healthy Aging in the Community

Health & Wellness

Wednesdays, September 2, 9 & 16

Zoom option available

10 to 11 a.m.

INSTRUCTOR: *Dr. Manali George, OTD*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

September 2: Energy Conservation & Managing Fatigue – Working Smarter, Not Harder

Do everyday tasks seem to take more energy than they used to? Join us to learn practical tips for managing fatigue, protecting your energy, and staying active in the activities you enjoy most. Participants will explore simple strategies for pacing, planning, and making daily routines feel more manageable without giving up independence.

September 9: Fall Prevention & Balance Confidence – Steady & Safe: Moving with Confidence

Staying active and confident starts with feeling safe on your feet. In this session, we'll discuss common fall risks, balance confidence, home safety tips, and easy ways to reduce the risk of falls at home and in the community. Learn practical strategies to help you move with greater confidence and continue doing the things you love.

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Fall Semester 2026

Course Offerings

Healthy Aging in the Community (Cont.)

Health & Wellness

September 16: Healthy Aging in Place – Living Well at Home & in the Community

Healthy aging is about more than just staying safe. It's about staying connected, engaged, and enjoying life. This session explores daily habits, routines, social connections, and wellness strategies that support independence and quality of life. Discover ways to stay active, connected, and thriving in your home and community.

Cemeteries & Tombstones

History

Wednesday, September 2 (Rain date September 16)

2 to 3:30 p.m.

Wednesdays, October 7 & November 4

2 to 3 p.m.

INSTRUCTOR: *Geoff Howes, Retired Professor of German Language and Culture, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

***The first session on September 2, with a rain date of September 16, will include a trolley trip to a local cemetery. The pick-up and drop-off site is 140 S. Grove Street, Bowling Green.*

COURSE OUTLINE:

How the dead are remembered informs us about a particular culture and its history. In this course, we will look at the history and aesthetics of cemeteries and grave markers, especially in the Midwest and Northwest Ohio. From Victorian ornamentation to modern expressions of individual personalities, the course will show how the design of gravestones reflects the aesthetics of the era. The course will walk through Wood County cemeteries via history, looking through familial, local, and national lenses.

Wednesday, September 2 (Rain date September 16)

A visit to a local Wood County cemetery on a trolley is included in the first session for guided discussion. Transportation and instruction is provided. Bring your own seat cushion. Seating limited to 30.

Wednesday, October 7 & Wednesday, November 4

Class presentation at the Wood County Senior Center

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Fall Semester 2026

Course Offerings

Moments That Matter: Connection, Meaning & Well-being

Emotional Health

Thursdays, September 3, October 1 & November 19

2 to 3:30 p.m.

INSTRUCTOR: *Bryan Cavins, Owner & Principal Consultant of Pathfinder Leadership Solutions, LLC.*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

September 3: Moments That Matter: Noticing Perspective, Presence & Meaning

This opening session invites participants to reflect on everyday moments that tend to stay with us and then consider why they matter. Through conversation and shared stories, participants explore how perspective, presence, and life experience influence how moments are perceived and remembered.

October 1: Shaping Meaningful Moments with Others: Connection, Gratitude & Shared Experience

This session focuses on relationships and the moments we share with family, friends, and peers. Participants explore how attention, appreciation, and small gestures can strengthen connection and make everyday interactions more meaningful, using conversation and reflection rather than instruction.

November 19: Moments That Carry Forward: Purpose, Community & Meaning Across Seasons of Life

The final session invites thoughtful conversation about purpose, contribution, and the ways individuals continue to shape moments for others over time. Participants reflect on influence, community, and how ordinary interactions can leave a lasting impression as seasons of life change.

Easy Italian

Language & Culture

Tuesdays, September 8, 15, 22, 29, October 6 & 13

10 to 11 a.m.

INSTRUCTOR: *Mariella Zucchi-Bingman, born and raised in Genova, Italy; Former Elementary & Intermediate Italian Language & Culture Professor, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

Get a little piece of Italy! This course will cover cultural issues that are traditionally important in Italy, including territory, food, family, art, immigration, traditions and new social challenges. We will also learn vocabulary words and phrases important to speak in a basic Italian conversation. All this will come in an easy, fun and communicative format, so no prior experience is needed. Lessons will build upon the previous session each week. Each session will entail 25 minutes of presentations and discussions, a 5-minute break, and 20 minutes of conversation and vocabulary practice. Finally, the last 10 minutes will be open for Q&A.

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Fall Semester 2026

Course Offerings

Simply Cooking

Cooking

Wednesdays, September 16, 23, 30 & October 7

3 to 4:30 p.m.

INSTRUCTOR: *Alyssa Kern and Kierstin Randall, Senior Dietetic students, BGSU*

LOCATION: 1201 Ridge St., Bowling Green, OH 43403. Building: Health and Human Services, Room 127

***Participants must provide their own transportation. Contact the WCCOA Programs Department if you need a BGSU parking pass. See page 17 for parking lot details.*

ADDITIONAL COST: Either \$7 per class or \$25 for all 4 sessions

***It is recommended to bring containers from home to bring any food back home with you that you would like!*

COURSE OUTLINE:

Join us for a four-week cooking series designed to build confidence in the kitchen through hands-on learning and practical meal preparation. Participants will develop essential knife skills, explore a culturally inspired recipe, create a football-themed entrée perfect for entertaining, and learn the fundamentals of baking through a homemade quick bread. Throughout the course, participants will gain valuable food preparation techniques, nutrition knowledge, and strategies for preparing enjoyable meals for themselves, family, and friends.

September 16: Pico de Gallo & Fruit Salad

Enhance your skills in the kitchen as you learn how to chop a variety of your favorite fruits and vegetables to make healthy and delicious snacks. Participants will make a delicious pico de gallo by learning and enhancing knife skills to make a quick, easy and healthy snack that could be made any day. Nutrition information and recipes will be provided.

September 23: Sanyet El Batates & Salatat Zabadee (Egyptian baked potatoes & yogurt cucumber dip)

These recipes will combine cooking skills and a basic understanding of cultural foods. Recipes will be simple and easy, blending flavors that you may not think to try together while making you curious about other cultural foods. Impress your family and friends when you tell them of the Egyptian dishes you made and of their history and nutritional content.

September 30: Game Day Buffalo Meatball Calzones

Prepare Buffalo Meatball Calzones, a flavorful handheld meal perfect for football season and casual gatherings. Participants will assemble calzones using prepared ingredients while practicing basic cooking techniques and food safety skills. This session highlights simple meal preparation strategies that can help individuals cook satisfying, protein-rich meals for themselves, family, or friends.

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Fall Semester 2026

Course Offerings

Simply Cooking (Cont.)

Cooking

October 7: Quick Breads: Homemade Chocolate Chip Banana Bread, Bagels & Soft Pretzel Bites

Discover the versatility of bread by preparing chocolate chip banana bread, soft pretzel bites, and homemade bagels. Participants will practice essential baking techniques, including measuring, mixing, shaping, and baking, while learning how simple ingredients can be transformed into a variety of homemade baked goods. This session highlights practical baking skills, creative recipe applications, and ways to prepare fresh, flavorful breads for everyday meals and snacks.

Genocide & the Holocaust

History

Thursdays, September 17 & 24

Zoom option available

10 to 11 a.m.

INSTRUCTOR: *Thomas Sorosiak, PhD., Award-Winner & Author on Contemporary Germany, Retired Professor of History, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

September 17: Introduction

The first session provides an introduction to the stages of genocide and how they lead to the extermination of an entire group of people, based on religious belief, race, or political affiliation. A specific example of genocide will be a review of how Adolf Hitler became the leader of Germany and the Nazi Party in the 1930s until his suicide in 1945. During this time period, the Holocaust will be discussed in the context of it being an event separate from the events of World War II.

September 24: Methods

The Holocaust will be explained from the perspective of the 'Final Solution' planning by the leadership of the Nazi Party; the methods employed, the daily life in concentration camps, death camps, and satellite camps throughout Europe will all be explored. Specific topics of medical experimentation, torture methods, music, and concentration camp commanders' profitability at the expense of the prisoners will also be included. A few hand-outs will be provided to enhance the sessions and possible discussion.

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Fall Semester 2026

Course Offerings

Nutrition & You

Health

Wednesdays, September 23 & 30

11 a.m. to 12 p.m.

INSTRUCTOR: *Laura Brubaker, MFN, RDN, LD, Assistant Clinical Professor, Dietetic Internship Director, and Dietetic Interns, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

September 23: Protein, Protein, Protein—What About Healthy Fats and Complex Carbohydrates?

The 2026 Dietary Guidelines increased recommended protein intake for Americans to 1.2-1.6 grams per kilogram of body weight. Join Associate Clinical Professor Laura Brubaker and BGSU's Dietetic Interns to learn about why this change was made, how serving sizes of healthy fats and complex carbohydrates are affected, and how these changes can be put to work when purchasing items on your grocery list. We will also discuss how to increase the protein according to recommendations for those affected with kidney disease.

September 30: Vitamin and Mineral Needs for Bodies Enjoying Their 6th, 7th, or 8th Decade of Life

Should everyone be taking vitamin and mineral supplements? What if more than one healthcare provider recommends a vitamin and/or mineral supplement? Can vitamin and mineral needs be met from diet alone? Join Associate Clinical Professor Laura Brubaker and BGSU's Dietetic Interns for a discussion about vitamin and mineral needs for those 65 years of age or more. During this lesson we will sample common foods that help meet daily vitamin and mineral needs and discuss basic advice for vitamin and mineral supplements.

From Bears to Coons

Fascinating Careers

Monday, September 28

2 to 3 p.m.

INSTRUCTOR: *Bill Lorenzen, Wildlife Extermination Expert*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

Unwanted furry pests around your home? Get an insider's perspective on the business of extermination. From an exterminator of several decades, learn about the variety of traps they handle, types of bait they use, and regulations they follow. This session will share the species' habits, characteristics, and how intelligence can change how an exterminator approaches a trapping. Also, learn about the hunting of the last bear recorded in Wood County, as retold by Bill, the grandson of the man who hunted it. Audience questions are encouraged to guide course content.

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Fall Semester 2026

Course Offerings

Mid-Century Jewelry: Gold, Silver, Diamonds & Pearls

Art

Tuesdays, September 29, October 27 & November 17

2 to 3 p.m.

INSTRUCTOR: *Fern Larking Kao, Antique Collector & Sales*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

September 29: Attendees can bring in one to two piece(s) of gold jewelry for appraising.

The first session will discuss aspects of gold jewelry gold purities, maker's marks, and characteristics associated with mid-century jewelry, as well as the aesthetic cultural influences of the time period.

October 27: Attendees can bring in one to two piece(s) of silver jewelry for appraising.

The class will explore notable trends and designers who helped define the era and discuss how silver jewelry reflected changing tastes and lifestyles during the postwar years. There will be hands-on examination and discussion, learning how style, craftsmanship, and hallmarks can provide clues to a piece's history.

November 17: Attendees can bring in one to two piece(s) of gold jewelry for appraising.

In the final session, participants will learn the fundamentals of diamond and pearl identification, such as diamond cuts, settings, and the differences between natural, cultured, and imitation pearls. The class will explore how diamonds and pearls have been incorporated into jewelry and fashion during the mid-20th century.

Gallery Group

Art

Wednesday, September 30 OR Thursday, November 12

2 to 3 p.m.

DOCENTS: *Michael Coomes and Sally Dreier, Toledo Museum of Arts (TMA) Docents*

LOCATION: Toledo Museum of Art, 2445 Monroe St., Toledo

****Participants must provide their own transportation to the museum. Parking at TMA is now free for everyone.**

September 30 at 2 p.m. Glass Pavilion (Glass Artworks & Community Gallery)

November 12 at 2 p.m. Glass Pavilion (Glass Artworks & Community Gallery)

Gallery Group offers an opportunity to explore engaging themes in the Toledo Museum of Art's collection.

These guided experiences invite participants to learn about and enjoy art together in a welcoming social setting.

This course has a maximum of 10 participants. If you are unable to attend a session, notify the Programs Department at least 24 hours in advance so we can contact our waitlist.

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Fall Semester 2026

Course Offerings

Elon Musk: Richest Man Alive

Exceptional People

Tuesday, October 6

Zoom option available

4 to 5 p.m.

INSTRUCTOR: *Dr. Earl Campbell, MD, Emeritus Professor of Medicine MCO, UTM*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

How have aspects of Elon Musk's life been translated into his success? We will examine some major themes, which run through the life of this exceptional person, such as brutality, abuse, and humiliation from his early childhood. Themes which contrast with his intelligence will also be discussed, such as his ability to drive himself to the point of exhaustion, his work ethic, his mental and physical predispositions, and particularly his unique creativity. Information is presented with biases for participants to draw their own conclusions. No prior knowledge of Elon Musk is required to follow.

Israeli-Palestinian Conflict and Mainstream Media

Foreign Policy

Thursdays, October 8 & 15

Zoom option available

2 to 3:30 p.m.

INSTRUCTOR: *Dr. Catherine Cassara, Emerita Professor of Journalism & Media, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

U.S. citizens are struggling to understand what is happening in the Middle East by reading mainstream media. American news media have not thoroughly covered the unrest overseas, and they especially have difficulties covering conflict between the Israelis and Palestinians. From the neutral perspective of a former BGSU public affairs-journalism professor and Middle-East traveler, the two sessions will examine the following:

- 1) Look at the roots of the conflict
- 2) Explore the issues raised by traditional mainstream media coverage of the conflict
- 3) Explore some of the places where more reliable and thoughtful information can be found.

No former knowledge of the conflict is required.

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Fall Semester 2026

Course Offerings

Human Trafficking in Ohio:

Understanding, Awareness & Action

Advocacy

Wednesdays, October 7, 14 & 21

Zoom option available

10 to 11:30 a.m.

INSTRUCTOR: *Tracy Goss McGinley & Lara B. Wilken, BGSU Professors & Co-Founders of the BGSU Labor Trafficking Education and Research Initiative*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

October 7: Understanding Human Trafficking Through an Interprofessional Lens

In this session, participants will achieve three objectives: define human trafficking, identify locations and populations more susceptible to trafficking, and distinguish barriers to identification through an interprofessional lens. To conclude, we will explore ways to get involved in the fight against human trafficking.

October 14: Understanding Sex Trafficking in Ohio & Beyond

Building upon the foundational knowledge from Session 1, this presentation takes a deeper look at sex trafficking and its impact throughout Ohio. Participants will gain a better understanding of how sex trafficking occurs in Ohio and across the nation.

October 21: Labor Trafficking in Ohio: A Documentary & Discussion

The final session focuses on labor trafficking, an often overlooked form of human trafficking that occurs in a variety of industries and settings. Participants will view a documentary discussing labor trafficking in Ohio. Following the screening, the presenters will facilitate a question-and-answer discussion, providing an opportunity for participants to reflect on the documentary, ask questions, and learn about ongoing efforts to combat labor trafficking through education, research, and community engagement.

Trial Courts: Resolvers of Disputes

Criminal Justice

Friday, October 16

10 to 11 a.m.

INSTRUCTOR: *Judge Joel Kuhlman, Judge at the Wood County Court of Common Pleas*

LOCATION: Wood County Courthouse, 1 Court House Square, Bowling Green, **Court #4**

****Meet in lobby after security. Participants must provide their own transportation to the courthouse.**

COURSE OUTLINE:

This one-hour session provides an introduction to trial courts and their essential role in resolving legal disputes. Participants will learn how trial courts function within the judicial system, the types of cases they hear, and the processes used to ensure fair and impartial resolution of conflicts.

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Fall Semester 2026

Course Offerings

Bible: What Not & Why Not

Spirituality

Mondays, October 19, 26, November 2, 9 & 16

2 to 3 p.m.

INSTRUCTOR: *Derrick Torrey, Pastor*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

This five-session series traces the unfolding conflict between good and evil throughout the bible, beginning in Genesis and culminating in the crucifixion of Jesus. Participants will examine the plan of redemption through the promised “seed” and explore how ongoing spiritual battle is revealed throughout the biblical journey.

October 19: The Woman and the Serpent – The Beginning of the Conflict

The series begins in the Garden of Eden with the fall of humanity and God's promise of the coming “seed”. Participants will explore the continual conflict between good and evil, focusing on the struggle between the offspring of the woman, the serpent, and the foundation for plan of redemption.

October 26: From the Fall to the Flood – Preserving the Promised Seed

This session follows the biblical timeline from Adam's fall through the Great Flood in the days of Noah. Participants will examine judgment upon a corrupt world while also recognizing preservation of the faithful remnant, showing a continuing plan of salvation for every nation, tribe, and people.

November 2: The Covenant with Abraham – The Promise

Participants will explore the promise to Abraham and the promises made through his descendants. This session looks at the significance of the promises and God's intention to extend blessings and salvation to all people.

November 9: The House of David – The Battle Continues

This session examines the rise of Israel's monarchy through David, from the defeat of Goliath to David's own moral failures. Participants will consider how the promise to David advances through the coming of Jesus, despite human weakness and continued spiritual opposition.

November 16: "It Is Finished" – The Sacrifice

Reflecting on Jesus's words, "It is finished," the final session will consider the meaning of sacrificial death, and the truth that unless a seed dies, it remains alone, but through death comes the harvest of salvation.

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Fall Semester 2026

Course Offerings

Sustainability 101: Simple Steps to Cut Your Carbon Footprint and Make A Difference

Environmental Studies

Tuesday, October 20

Zoom option available

10 to 11 a.m.

INSTRUCTOR: Nick Hennessy, J.D., Ph.D., Retired BGSU Sustainability Manager & Adjunct Faculty, School of Earth, Environment & Sustainability

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

Confused by the multitude of sustainability messages out there that can be hard to understand, put into practice, or that sometimes even contradict each other? Are you concerned about the state of the environment and the future of our planet and looking for guidance and direction on what steps to take to truly make a positive difference? What's an environmentally conscious senior to do? Through demonstration, interactive sharing and hands-on learning, this presentation will answer that question. Participants will be provided a simple but solid understanding of sustainability principles, their importance to the planet and real life, day to day actions that can be taken by participants to reduce their carbon footprint and make an impactful difference. Nick Hennessy spent 17 years working with BGSU students, faculty and staff to reduce the institution's environmental impact through policies, practices and education in waste reduction, resource conservation, energy conservation and emissions reduction as well as sharing the sustainability message. Some of those experiences will be shared and adapted to participant's own situations.

Unsolved Crimes: Exploring Elements that Cause Crimes to Go "Unsolved"

Criminal Justice

Tuesday, October 27

10 a.m. to 12 p.m.

Friday, October 30 (Tour date)

10 to 11:30 a.m.

INSTRUCTOR: Jackie Keen, Ph.D., Associate Teaching Professor in Criminal Justice, BGSU

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green (Class)

Ohio Bureau of Criminal Investigation, 750 N College Dr, Bowling Green (Tour)

****Participants must provide their own transportation. Registration of vehicle with WCCOA is required.**

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Fall Semester 2026

Course Offerings

Unsolved Crimes: Exploring Elements that Cause Crimes to Go “Unsolved” (Cont.)

Criminal Justice

COURSE OUTLINE:

Tuesday, October 27: Unsolved Crimes

What happens when the trail goes cold? How do investigators breathe new life into cases that have remained unsolved for weeks, months, or even years? Throughout this presentation we will provide a behind-the-scenes look at the persistence and precision required to seek justice for Ohio’s most vulnerable victims. Participants will explore the specialized techniques used by state and federal law enforcement agencies to help solve cases. The course will highlight the critical role of advocates, the importance of victim-centered interviewing, and the reality of how cases are prioritized. Attendees will walk away with a deeper understanding of the modern tools being used to ensure that no victim is forgotten and no case is truly closed.

Friday, October 30: Bureau of Criminal Investigations Tour

Take a guided tour of the Ohio Bureau of Criminal Investigations crime lab. See where and how a variety of services are utilized by BCI personnel, both through the laboratory and investigative departments.

Tour limited to the first 19 people registered for the course. If you are unable to make it to the tour, please call at least 24 hours in advance so we can call people from our waiting list.

Note that all registered participants will need to submit vehicle details to WCCOA.

Parking lot location information can be found on page 18.

Trigonometry + You

Mathematics

Thursdays, October 29, November 5, 12 & 19

10 to 11 a.m.

INSTRUCTOR: *George Carver, Scientist, Mathematician*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

This four-session series is a nice refresher or introduction to the world of trigonometry and its associated concepts. Using clearly instructed explanations and examples, participants will learn to solve problems in topics such as angles, triangles, applications, trigonometrical functions, polar coordinates, vectors, and complex numbers. The course encourages and taps into skills of critical thinking, problem-solving, and curiosity in real-world applications.

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Fall Semester 2026

Course Offerings

How to Have Better Conversations

Communication

Tuesdays, November 3 & 10

10:30 a.m. to 12 p.m.

INSTRUCTOR: *Dr. Sandra L. Faulkner, Professor of Media and Communication, BGSU*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

“Good conversation can make us feel alive. It can stave off loneliness, one of today’s greatest threats.

It can satisfy us in ways that few other things do” (Alison Wood Brooks, 2025, p. xxi).

Interpersonal relationships are the foundation for our individual, relational, and community health, and the cornerstone of interpersonal relationships is conversation. Understanding what makes for good conversation and working on conversational skills is important for relationship building. In this class, we will discuss the importance of good conversation, learn a research-based formula for having better conversation, and make and practice conversational goals.

Center of Conflict: Ohio Country During the Revolutionary

History

Friday, November 6

10 to 11 a.m.

INSTRUCTOR: *Joel E. Burg, B.A., M. A. Living Historian Specializing in Early American & Military History*

LOCATION: Wood County Committee on Aging, 140 S. Grove St., Bowling Green

COURSE OUTLINE:

Ohio territory was a frontier battlefield during the American Revolution. In honor of our country’s 250th anniversary, listen as a living historian retells how the British, colonists, and native Americans all fought over the same lands, leaving the Ohio territory in a hotbed of contention and further military conflict. Learn of how this contention led to a milestone event in 1774.

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Fall Semester 2026

BGSU Map

BGSU Map of Teaching Kitchen & Parking - Simply Cooking



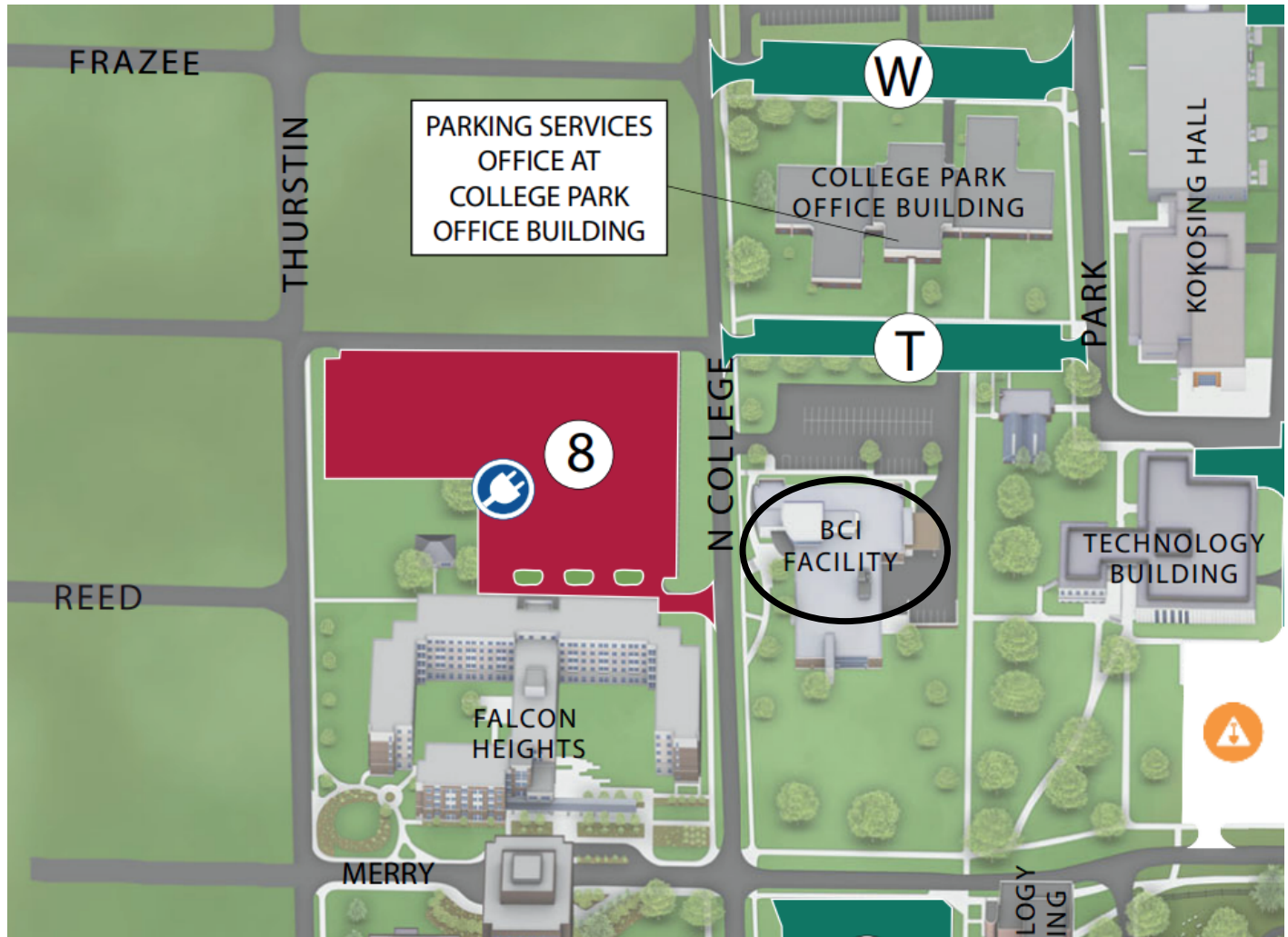
The Teaching Kitchen is the location on campus where participants can attend the “Simply Cooking” course. Visitor parking is in Lots 7B and 7A. These are the orange lots shown in the map above. From these parking lots, there's a short and easy walk to the Teaching Kitchen, which is circled above. If you are a retired BGSU staff or faculty, you can register your car for free. Contact BGSU Parking Services (419.372.2776) for information. **Please contact the Programs Department if you need a parking pass or any assistance.**

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LIFELONG LEARNING ACADEMY

Fall Semester 2026

BGSU Map

BGSU Map of BCI Building & Parking - Unsolved Crimes BCI Tour



The Ohio Bureau of Criminal Investigation is the location on-campus for participants of the BCI crime lab tour. Visitor parking is in Lot 8, the lot in red above. Parking in this lot will allow for only a short walk to the BCI building, which is just across N. College Street and circled above. **Instructions on door entrance and parking request instructions will be released to participants closer to the tour date. No payment for the BCI parking pass is required. Please contact the Programs Department if any assistance is needed.**

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Fall Semester 2026

Calendar

September				
Monday	Tuesday	Wednesday	Thursday	Friday
	1) 4 p.m. (Zoom option) New Therapeutic Approach to Alzheimer's	2) 10 a.m. (Zoom option) Healthy Aging in the Community 2 p.m. Cemeteries & Tombstones (Trolley)**	3) 2-3:30 p.m. Moments that Matter	4)
7)	8) 10 a.m. Easy Italian	9) 10 a.m. (Zoom option) Healthy Aging in the Community	10)	11)
14)	15) 10 a.m. Easy Italian	16) 10 a.m. (Zoom option) Healthy Aging in the Community 2 p.m. Cemeteries & Tombstones (Trolley Rain Date)** 3-4:30 p.m. Simply Cooking*	17) 10 a.m. (Zoom option) Genocide & the Holocaust	18)
21)	22) 10 a.m. Easy Italian	23) 11 a.m. Nutrition & You 3-4:30 p.m. Simply Cooking*	24) 10 a.m. (Zoom option) Genocide & the Holocaust	25)
28) 2 p.m. From Bears to Coons	29) 10 a.m. Easy Italian 2 p.m. Mid-Century Jewelry	30) 11 a.m. Nutrition & You 2 p.m. Gallery Group* 3-4:30 p.m. Simply Cooking*		

* Denotes classes held at an offsite location

**Denotes classes held at an offsite location with transportation to site and back from 140 S Grove St. provided

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Fall Semester 2026

Calendar

11/1/2025 - 11/2/2025 11/3/2025 11/4/2025 11/5/2025

October				
Monday	Tuesday	Wednesday	Thursday	Friday
			1) 2-3:30 p.m. Moments that Matter	2)
5)	6) 10 a.m. Easy Italian 4 p.m. (Zoom option) Elon Musk	7) 10 a.m. (Zoom option) Human Trafficking in Ohio 2 p.m. Cemeteries & Tombstones 3-4:30 p.m. Simply Cooking*	8) 2-3:30 p.m. (Zoom option) Israeli-Palestinian Conflict & Mainstream Media	9)
12)	13) 10 a.m. Easy Italian	14) 10 a.m. (Zoom option) Human Trafficking in Ohio	15) 2-3:30 p.m. (Zoom option) Israeli-Palestinian Conflict & Mainstream Media	16) 10 a.m. Trial Courts*
19) 2 p.m. Bible: What Not & Why Not	20) 10 a.m. (Zoom option) Sustainability 101	21) 10 a.m. (Zoom option) Human Trafficking in Ohio	22)	23)
26) 2 p.m. Bible: What Not & Why Not	27) 10 a.m. to 12 p.m. Unsolved Crimes 2 p.m. Mid-Century Jewelry	28)	29) 10 a.m. Trigonometry + You	30) 10 to 11:30 a.m. Unsolved Crimes: BCI Tour*

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Fall Semester 2026

Calendar

11/1/2026 - 11/30/2026 (November)

November				
Monday	Tuesday	Wednesday	Thursday	Friday
2) 2 p.m. Bible: What Not & Why Not	3) 10:30 a.m. -12 p.m. How to Have Better Conversations	4) 2 p.m. Cemeteries & Tombstones	5) 10 a.m. Trigonometry + You	6) 2 p.m. Center of Conflict
9) 2 p.m. Bible: What Not & Why Not	10) 10:30 a.m. -12 p.m. How to Have Better Conversations	11)	12) 10 a.m. Trigonometry + You 2 p.m. Gallery Group*	13)
16) 2 p.m. Bible: What Not & Why Not	17) 2 p.m. Mid-Century Jewelry	18)	19) 10 a.m. Trigonometry + You 2-3:30 p.m. Moments that Matter	20)
23)	24)	25)	26)	27)
29)	30)			

* Denotes classes held at an offsite location

** Denotes classes held at an offsite location with transportation to site and back from 140 S Grove St. provided

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Frequently Asked Questions

➤ Do I need to register in advance?

Yes. Registration helps ensure adequate space and materials for each class.

➤ Do I have to live in Wood County to participate?

No. LivelyU is open to participants both inside and outside of Wood County.

➤ Can I attend just one class or session?

Yes. Participants may attend individual sessions unless otherwise noted.

➤ How long are typical LivelyU classes?

Most classes are approximately one hour in length unless otherwise noted.

➤ Can I join a class after the first session?

Yes, as space allows. Some multi-session courses may build on earlier material.

➤ Do I still need to pay the full \$20 if I attend only one class?

Yes. The \$20 fee covers participation in the LivelyU program for the semester.

➤ Is the \$20 LivelyU fee refundable?

No. The semester fee is non-refundable.

➤ Where are LivelyU classes held?

Classes take place at Wood County Committee on Aging locations, with select off-site programs offered. See specific course description for more details.

➤ Are any courses online?

Select on-site programs have an additional Zoom option. See specific course descriptions for further details.



Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

Wood County Committee on Aging, Inc.

140 S. Grove Street,

Bowling Green Ohio 43402

Phone: 419.353.5661 or 800.367.4935

Email: programs@wcco.net

Website: www.wcco.net

LivelyU Fall 2026 Record of Registration

Name: (PRINT) _____

Email: (PRINT) _____

Payment Type: _____

Personal Record of the classes I have registered for:



Class	Date	Time

Step-by-Step: Register for a Class Using a QR Code

1. Open Your Smartphone Camera or QR Scanner App Most smartphones (iPhone and Android) can scan QR codes using the default camera app. If your phone doesn't support this, download a free QR code scanner app from your app store.

2. Scan the QR Code Point your camera steadily at the QR code above. Wait for a pop-up notification or link to appear on the screen.

3. Tap the Link

Tap the QR code pop-up notification, which will direct you to a registration form.

4. Fill Out the Registration Form

Enter your name, contact details, and any other required information.

5. Submit the Form

After entering all the necessary information, tap submit.

6. Check for Confirmation

You may see a confirmation message on-screen and/or receive a confirmation email.

You may also register using this URL: <https://forms.gle/aLWVeMNFcGC7pTPd6>



Optimal Aging Institute

BOWLING GREEN STATE UNIVERSITY

Wood County Committee on Aging, Inc.

140 S. Grove Street
Bowling Green, Ohio 43402

Phone: 419.353.5661

Email: programs@wcoa.net

Website: www.wcoa.net

WOOD COUNTY
COMMITTEE



Wood County Committee on Aging, Inc.
140 S. 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/

Content contributed by:
Jacquelyn O'Dowda Burns, Eric Myers, David Neuendorff,
Jennifer Wagner, Frank Day & Pam Day.

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