

IN THIS ISSUE

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

Frankenmuth, Michigan

Tuesday, October 13, 2026

Depart from the BG Meijer Parking Lot at 8:15 a.m. Cost: \$140/ person

Includes: Motorcoach transportation, eat at Zehnders family style lunch, shopping opportunity in Frankenmuth, Bronner's Christmas Wonderland, and more. 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

AARP Driver Safety Program

Thursday, October 8 from
12:30 p.m. to 5 p.m.

Wood County Senior Center

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Fee for AARP members: \$20; non-members: \$25. Members should have their member number available. ALL payments are made to the AARP Driver Safety Class.

Registration is required by calling 419.353.5661 or email programs@wccoa.net

Return of the Annual Scavenger Hunt

Hosted by the Wayne Area and Pemberville Area Senior Centers

Friday, September 25 at the Pemberville Area Senior Center

Come for lunch at 12 p.m. and event begins at 1 p.m.

Reservation for lunch need by Thursday, September 24

call the Pemberville site to make your reservations

This is an invitation to all senior centers to **gather up 4 players maximum and the rest can be observers** to take part in a fun, interactive scavenger hunt.

Rules are as follows:

- Groups are to bring all of the items in one bag that might be called out from our master list.
- The host will call out the item and a point person will bring the item up to our judges.
- Judges are Sheriff Mark Washlyshn and some deputies. They will tally the points from each items. The team with the most overall points will have their name entered on the Scavenger Hunt plaque.

Plaque is sponsored by:

Three Meadows Post Acute Care.

Door prizes sponsored by The Willows, Bridge Home Health and Hospice and Refreshments by Otterbein.

Register with your site manager today.

The winning Team will display the plaque at their site for the next year!



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.

From our Executive Director

Dear Friends,

For more than 51 years, our mission has remained the same: helping older adults maintain their independence, dignity, and quality of life. Every day, that mission comes to life through the transportation, home-delivered meals, senior center activities, wellness programs, caregiver support, and other services highlighted throughout this newsletter.

These programs help older adults remain connected to their communities and continue living independently for as long as possible.

That is why the Senior Services Levy on the November 3 ballot is so important. The levy provides approximately 70% of WCCOA's operating funds, allowing us to continue delivering critical services to thousands of older adults across Wood County. We are proud to be good stewards of taxpayer dollars, with 90 cents of every dollar spent directly on programs and services that benefit seniors.

As you read this newsletter, I hope you will see the impact these services have on the lives of your friends, neighbors, and family members. We ask for your help in sharing that story. Please talk with others about the importance of senior services and encourage them to Vote YES on the Senior Services Levy on November 3.

Thank you for your continued support of WCCOA and the mission we proudly carry forward each day. Together, we can ensure that Wood County remains a community where older adults are valued, supported, and empowered to age with dignity.

Sincerely,
Alisha Nenadovich



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:

Pam Lent, Geoffrey Howes, Barbara Kunkle, Neysa Ramos, Roberta & Paul Vermaaten, Carl A. Lipp, Doug & Sharla Cook

Rossford Eagles #2322:

In Honor of the Rossford Area Senior Center

In Memory of Lyn Long: Rose Drain

In Memory of Tim Noblit: Margie Noblit

Friends Donation: Jeanne Stoner

Kitchen Fund: Perrysburg Rotary Community Foundation

In Memory of Denise C. Niese: John R. Blinn, Darlene Schnabel

In Memory of Mary Lucille Pattay: Vickie Vincent

In Honor of PHS Class of 1976: Perry Flanagan

Governing Board Election Update:

WCCOA has implemented a new process for Governing Board elections. If you are interested in voting, you must sign up in advance, as only registered electors will be eligible to vote. There are four candidates running for three open Governing Board seats, each serving a two-year term beginning January 1, 2027. Voting will take place in mid-October.

To register as an elector, stop by or call the Wood County Senior Center at 419-353-5661, or contact your Site Manager at any WCCOA location.

If you have questions, please contact Alisha Nenadovich, Executive Director, at 419-353-5661.

AGENCY SERVICES

Lunch

Monday - Friday

Hours Vary by Location

Hot lunches are available. See your location's page for meal times 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 can be donated to the Wood County Committee on Aging.

Visit:

www.krogercommunityrewards.com
and register or re-enroll today.

You need to re-enroll every year.

Our organization number is: VB952



MemoryLane Care Services still has availability and is currently offering a special scholarship opportunity for residents of Wood and Henry County!

For a limited time, individuals can try our Day Center for FREE and experience our engaging activities, caring environment, and supportive community. In addition to fun and social programs, our experienced staff is trained to assist with personal care needs and we have a nurse on-site to address medical concerns.

At our adult day program, every day is filled with laughter, music, and meaningful moments-where friendships bloom, creativity flows, and joy is part of the routine. It's a safe place where memories are celebrated and smiles never go out of style!

If you are a caregiver to someone who has Dementia, our Caregiver Coffee group meets every Thursday at 1:00 pm in the Senior center. If you have any questions please call Izzy or Emily at 419-270-5200.

For more information about our day center, visit Memorylanecareservices.org

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@wccoa.net.



To register for any Shoreline trip, contact the Programs Department at 419.353.5661 or email programs@wccoa.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

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 cover 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

Social Fun: Enjoy each other's company—perfect 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.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Mondays, September 28 to November 2

12:45 p.m. to 2:45 p.m.

Grand Rapids Area Senior Center

Cost: \$20

Are you limiting your activities due to this fear?

Are you becoming physically weak?

If you answered "yes" to either question
then 'A Matter of Balance' is for you!

During this 8-week class, participants will learn to:

- View falls as controllable, Set goals for increasing activity
- Make changes to reduce fall risk at home, exercise to increase strength and balance

Participants will receive a manual for training purposes and a certificate upon completion of the course.

Instructed by Danielle Brogley and Luke Holland

**Registration required by calling 419.353.5661 or
programs@wccoa.net**

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@wccoa.net or drop off
or mail a form to: Wood County Senior Center
For more information, contact WCCOA Programs Department



SPECIAL EVENTS

Fall Prevention Screenings

Hosted by BGSU School of Physical and Occupational Therapy

Friday, September 18 Appointment times from
12 p.m. to 2:30 p.m. (1 hr 15 mins each)
Several appointment for each time slot.
Wood County Senior Center

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

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

Space is limited and appointments are required.

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

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@wccoa.net

Care Compass Project

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

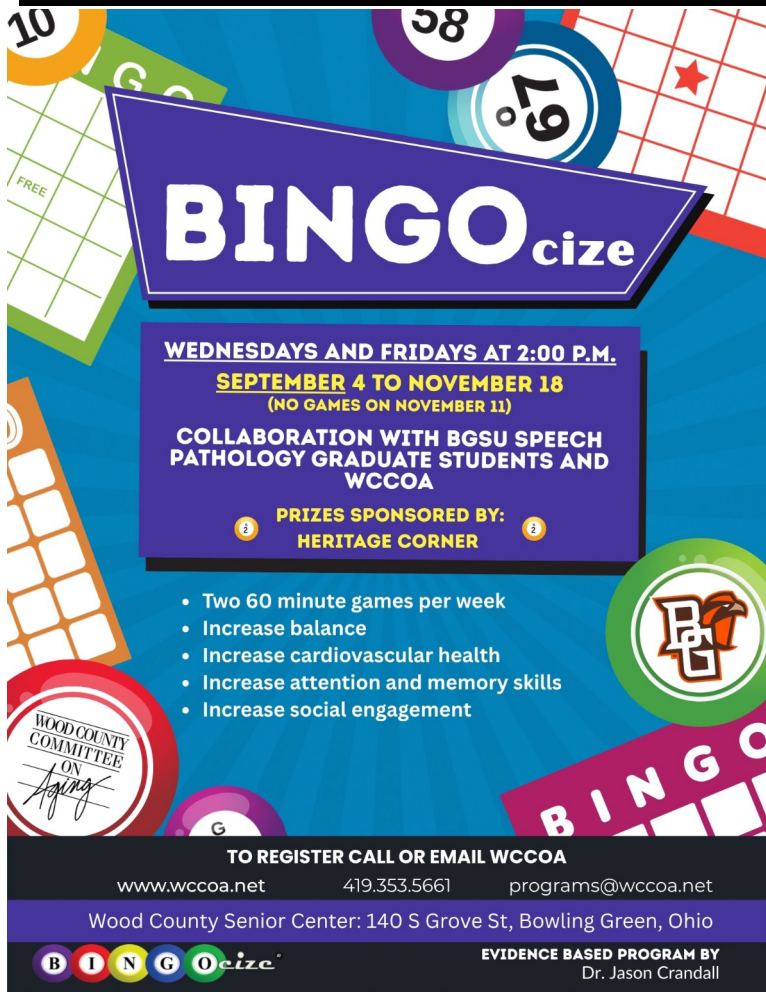
Topic: Dementia Support & Community Resources

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@wccoa.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.

AROUND THE COUNTY EVENTS & CLASSES



BINGOsize

WEDNESDAYS AND FRIDAYS AT 2:00 P.M.
SEPTEMBER 4 TO NOVEMBER 18
 (NO GAMES ON NOVEMBER 11)

COLLABORATION WITH BGSU SPEECH
 PATHOLOGY GRADUATE STUDENTS AND
 WCCOA

PRIZES SPONSORED BY:
 HERITAGE CORNER

- Two 60 minute games per week
- Increase balance
- Increase cardiovascular health
- Increase attention and memory skills
- Increase social engagement

TO REGISTER CALL OR EMAIL WCCOA
 www.wccoa.net 419.353.5661 programs@wccoa.net
 Wood County Senior Center: 140 S Grove St, Bowling Green, Ohio

EVIDENCE BASED PROGRAM BY
 Dr. Jason Crandall



Exploring Fine Arts in a New Lens Clay Lanterns

Monday, September, 14 and 24
 at 2 to 3:30 p.m.

Wood County Senior Center

Cost: \$25

In the first week of this multi-week lesson, individuals will design and assemble a clay lantern. Once fired and cooled, the second lesson will focus on decorating and painting our clay lanterns. These lessons will focus on learning about staying patient and determined during extended periods of time.

Register today!

Instructor Tiffany Miller, BGSU Education student

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.

Baseball Trip

Cleveland vs Detroit

Friday, September 4

Progressive Field Game starts at 2 p.m.

Included in price:

Food Voucher, Luxury Transportation, Gratuity

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

Return between 7:30 p.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@wccoa.net

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.

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.**

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 & 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.

Yoga

Cost: \$40 for 6 weeks

Beginner: Monday, September 21 to October 26 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, September 22 to October 27 at 10:30 a.m.

Cost: \$40 for 6 weeks

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

Intermediate:

Thursday, September 17 to October 22 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.**

Pilates

Tuesday, September 1 to October 6 at 9 a.m.

Cost: \$20 for 6 weeks

Exercise focused on mind-body conditioning, core strength, flexibility, muscle balance, and postural alignment through controlled, low-impact movements. Instructed by **Robin Miller, Certified 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.**

SILKI Dancers

Cost: Free

Tuesdays at 5:45 p.m.

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

Cardio Drumming

Cost: \$25, (Minimum of 12)

Wednesday, September 2 to October 7 from 2:15 to 3:15 p.m.

Intermediate level class

Sallie Hand, 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**

Club F.I.T.

Cost: Free Thursdays at 1 p.m.

Works on strengthening exercises and stretching for functional mobility.

By Area Physical Therapists.

Boosting Your Bone Health

Cost: \$20 for 6 weeks

Fridays, August 28 to October 2 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.**

SilverSneakers

Cost: \$20 for each 6 weeks sessions

*SilverSneakers is FREE for members

VIRTUAL Classic: Zoom

Wednesdays, August 12 to September 16 at 9:30 a.m. Focuses on

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

Fridays, August 21 to September 25 at 9:30 a.m.

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

Cardio & Tone (In-Person):

Wednesdays, August 12 to September 16 at 10:15 a.m.

Fridays, August 21 to September 25 at 10:15 a.m.

Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

Wood County

In-person programs for the
**WOOD COUNTY
SENIOR CENTER**

Located in Bowling Green
Lunch served between
11:30 a.m. and 1 p.m.

Please call the Wood
County Senior Center
at 419.353.5661 to register
or for more information.

Lively Voices Senior Choir

Mondays from 3 to 4 p.m.

A fun, low-pressure choir for older adults who enjoy singing and making music together. No prior choir experience is required—just a willingness to participate, socialize, and have a good time.

Registration required.

Guitar Circle

Wednesdays at 11 a.m.

For intermediate to advanced players. Registration required.

Facilitated by John Zanfardino.

Guitar Circle for Beginners

1st and 3rd Thursdays at 11 a.m.

For new beginner players and 11:30 a.m. for beginners with some experience working on songs.

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.

Sundae Bar

Tuesday, September 1 at 12:30 p.m.

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

Zoology

Tuesday, September 1 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:** Helpful Corals, Clams and Crustaceans.

Prerecorded Great Courses.

BG Knitter's Guild

Wednesday, September 2 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 September at 1 p.m.

3 "Oklahoma" (1955)

10 "Paddington" (2014)

17 "Paddington 2" (2017)

24 "My Big Fat Greek Wedding 3" (2023)

Facilitated by Kris Eridon.

Fall Safety "When to Call 911"

Thursday, September 3 at 11 a.m.

Bowling Green Fire Department.

Hearing Life

Tuesday, September 1

at 10 a.m. to 12 p.m.

By appointment this clinic will provide a free hearing assessment and hearing aid clinic. A presentation on your safety when purchasing your hearing aids.

Creative Writing Club

Thursdays, September 3 and 17 at 10:30 a.m. to 12 p.m.

Write your stories. Join other writers of all skill levels as we write together, share, feedback and improve our craft. **Hosted by Sandra Faulkner.**

Brain Body Builders Class

Friday, September 4 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 31. Light Breakfast provided by *Dynamic Differences, LLC.* Presented by *Elizabeth Harrison, Dynamic Differences, LLC.*

Happy Hour (Zoom option)

Friday, September 4 at 12:30 p.m.

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

Refreshments sponsored by Otterbein.

Name That Tune Bingo

Tuesday, September 8 at 10:30 a.m.

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

Blood Pressure &

Blood Sugar Screening

Tuesday, September 8 from 11 a.m. to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Fabric Cutting Project

Tuesday, September 8 at 1 p.m.

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

Short Story Reading Club

Tuesdays in September from 3 to 4 p.m.

Each week you will be sent home with a short story to read and we will discuss in the following class. Class time will be used to examine the story.

Registration is required to receive your story to read ahead of time.

Facilitated by Joe Elis.

Dinner & Movie

Tuesday, September 8 at 3:30 p.m.

Movie: "The War with Grandpa" (2020) Chuckle through the entire

movie as a grandfather moves in with a boy's family, taking over his bedroom. Prank after prank, the boy plots to get his room back but Grandpa stands his ground. Starring Robert De Niro, Uma Thurman and Oakes Fegley as the boys. **Dinner reservations needed by 2 p.m.**

Virtual Tour of the Wood County Museum

Wednesday, September 9 at 11 a.m. Take a virtual tour of the museum that will spotlight three new exhibits. Can't go to the museum? We will view the exhibits together via video at the center. **Presented by Mike McMaster, Wood County Museum.**

Karaoke

Wednesday, September 9 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, September 10 & September 24 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.**

Craft: Rock Garden Creations

Monday, September 14 at 1 p.m. Join us as we use paint markers to decorate rocks for our very own make and take rock garden. All materials and supplies will be provided. **Hosted by Cathi Acqui.**

Nails

Monday, September 14 at 2 p.m. Have your nails painted today. **By appointment.** Facilitated by Cathi Acqui.

Ball Toss Baseball Game

Monday, September 14 at 1 p.m. 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, September 14 at 1 p.m.
S: 3 E: 7, 8

Brain Training

Tuesday, September 15 at 9 a.m.
"The Power of Mind Over Body."
Topic: How a Revolution in Medicine Can Benefit You. **Registration required** by September 11. Breakfast by **Brookdale of Bowling Green.** **Materials provided by Wood Haven Healthcare.**

Breakfast Club

Wednesday, September 16 at 9 a.m.
Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advanced registration encouraged.**

Cold and Flu Season

Wednesday, September 16 at 11 a.m.
We will focus on the importance of keeping good hygiene during the fall and winter season. Learn how they will address these health concerns. **Presented by Mercy Family Health and Residency Program.**

Trivia Night

Wednesday, September 16 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

Reader's Café

Tuesday, September 22 at 3 p.m.
Compare books that have been turned into movies! **Feature:** Grinding it out by Ray Kroc and the movie The Founder. Books & audiobooks available for loan by August 25. **Registration required.**

Card Bingo

Thursday, September 24 at 1 p.m.
Bridge Home Health and Hospice.

Lunch & Learn: Understanding Medical Aid in Dying (MAID) in the United States

Friday, September 25 at 11:30 a.m.
Medical Aid in Dying is an end-of-life option that allows terminally ill patients to request medication from a physician to die a planned, peaceful death. Currently available in thirteen U.S. states and Washington, D.C., MAID provides an additional end-of-life option for individuals facing terminal illness. To access MAID, patients must be diagnosed with a terminal condition expected to cause death within six months, be mentally competent to make the decision, and meet specific state requirements. Each jurisdiction has its own eligibility criteria and procedural safeguards.

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

Zoom option. Registration required.

Zoom Bingo

Friday, September 25 at 1 p.m.
Call for the zoom code.

Coffee & Coloring

Monday, September 28 at 10 a.m.
Donuts provided by **Wood Haven Health Care** Bring your own supplies.

Scrabble Open Play

Monday, September 28 at 1:15 p.m.
Host Rita Eckert.

Vascular Screening

Tuesday, September 29 11 a.m. to 1 p.m.
Vascular screenings help detect blockages or narrowing in the carotid artery. The procedure is non-invasive and takes about 10 minutes to complete. Generally recommended for people over age 55 with risk factors like a family history of stroke or heart attack. **Appointments required.**

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.**

Bingo

Tuesdays and Fridays at 9:15 a.m.
Wednesdays at 1:30 p.m.
Multiple cards. Prizes supplied by
group.

Line Dancing

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

Bridge

Tuesdays at 1 p.m.
Facilitated by Dan Bartels.

Club F.I.T.

**Wednesdays at 10 a.m. Schaller
Building.**
This fitness interactive teaching
program will provide guidance on
strengthening exercises and stretching
tips to keep you active and
independent. Facilitated by various
local therapy departments. **Cost: FREE**
Registration required.

Bingo

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

Tai Chi

Thursdays at 9:30 a.m.

Schaller Building

Practice the movements of Tai Chi in a
group setting with support to create a
healthy way to move. Peer Led.

Needlework Group

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

Line Dancing Improver

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

Veterans Coffee Hour

Thursday, September 3 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 Tournament

Thursday, September 3 at 12:45 p.m.
Registration required.

Happy Hour

Friday, September 4 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, September 4 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.

Breakfast Club

Tuesday, September 8 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, September 8 at 12:30 p.m.
Play one bingo card. Prizes.

Facilitated by St. Clare Commons.

Seminar Series: Presidential Highlights

**Wednesday, September 9 at 12:30
p.m.**
This series will highlight over 250
years of presidents. Learn fun facts
about our country's leaders. **This
month: Rutherford B. Hayes**

Hand and Foot

**Wednesday, September 9 at 12:45
p.m.**
Registration required.

Chair Yoga

**Thursday, September 10 to October
15 at 2 p.m.**
Schaller Building
Cost: \$20 for 6 weeks
Engage your breath, practice sensory
awareness, and enjoy the movement of
the body. **JoAnn Weislak, Certified
Instructor. Registration required.**

Where Were You? First Edition

Thursday, September 10 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is 25th Anniversary of the 9/11
attacks. **Facilitated by Comfort
Keepers.**

Pinochle

Monday, September 14 at 12:45 p.m.
Registration required.

Mystery Restaurant

Monday, September 14 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.**

Friends in Fellowship

Tuesday, September 15 at 10:30 a.m.
Join us for conversations, laughter and
encouragement. **Sponsored by Ohio
Living.**

Virtual Tour of the Wood

Perrysburg continued

County Museum

Tuesday, September 15 at 12:30 p.m.

Take a virtual tour of the museum that will spotlight three new exhibits. Can't go to the museum? We will view the exhibits together via video at the center. **Presented by Mike McMaster, Wood County Museum.**

Birthday Celebration

Wednesday, September 16 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Manor at Perrysburg.

Blood Pressure & Blood Sugar Screening

Thursday, September 17 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.

Texas Hold'em Tournament

Monday, September 21 at 1 p.m.

Cardio Drumming

Mondays, September 21 to October 26 (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.

Class: Mah Jongg

Tuesday, September 22 at 12:30 p.m.
This class is for anyone wanting to learn how to play Mah Jongg. You will learn the American Mah Jongg. Everything will be provided to those who are beginners. Everyone else who wants to come for open play are encouraged to bring their sets and their 2026 Mah Jongg card. **Peer instructor Sue Matney.**

Movie Day

Tuesday, September 22 at 12:45 p.m.
Feature: "Still Mine" (2012)
Synopsis: Based on a true story, the movie follows, an 89-year-old farmer

who decides to build a new, accessible home for his ailing wife, whose memory is fading due to dementia.

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

Cold and Flu Season

Wednesday, September 23 at 11:15 a.m.

This presentation will focus on the common differences between the cold and flu. Find ways to protect yourself and tips to stay well.
Presented by Mercy Family Health and Residency Program.

Coffee and Coloring

Thursday, September 24 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

Thursday, September 24 at 12:30 p.m.

Play bingo using a deck of cards.
Facilitated by Bridge Home Health and Hospice.

Fall Fest

Friday, September 25 at 12:30 p.m.
Celebrate the new season today with a pumpkin bake off and take part in the dress the scarecrow relay race.
Please register if entertaining the baking portion.
Sponsored by Heritage Corner.

Hand and Foot

Monday, September 28 at 12:45 p.m.
Registration required.

Toledo Stories: The Trail Fire of 1961

Tuesday, September 29 at 12:45 p.m.
One of Toledo's firefighting deadliest disasters. This documentary delves

into the story of the truck explosion that happened on June 10, 1961.
Previously Recorded.



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.**

Card Games

Thursdays, from 11 to 2 p.m.

Name That Tune BINGO

Tuesday, September 1 at 12:30 p.m.
Guess the name of the song to cover a
bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Blood Pressure & Blood Sugar Screening

**Wednesday, September 2 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, September 2 at 12:30
p.m.**

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

TikTok Challenge

**Wednesday, September 2, 9, 16, 23,
30 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. Attend
on September 30 for the recording of
the video.

Bingo

Wednesday, Sept. 2 at 12:30 p.m.

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

Bingo

Friday, September 4 at 12:30 p.m.

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

Virtual Tour of the Wood County Museum

Thursday, September 10 at 12 p.m.

Take a virtual tour of the museum that
will spotlight three new exhibits. Can't
go to the museum? We will view the
the exhibits together via video at the
center. **Presented by Mike McMaster,
Wood County Museum.**

Decades Day

Friday, September 11 at 12:30 p.m.

Today we will do everything like it is
the 1980's! Dress in your favorite styles
from the 80's bring in memorabilia and
objects from that decade, and enjoy
fun 1980's trivia while we listen to
popular music from that decade.

Dementia Friends

Monday, September 14 at 12:15 p.m.

Learn how small acts of understanding
can make a big difference! Our
Dementia Friends program helps
participants better understand
dementia, recognize common
challenges, and discover simple ways
to support individuals living with
dementia and their families. Join us to
learn, connect, and become a more
dementia-friendly friend in our
community. **Danielle Brogley, WCCOA**

Seminar Series: Presidential Highlights

Tuesday, September 15 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, September 16 at 12 p.m.
Cupcakes sponsored by The Willows.

Breakfast Club

Thursday, Sept. 17 at 9:30 a.m.

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

Rootbeer Float Friday

Friday, September 18 at 12:30 p.m.

Enjoy an old fashioned rootbeer
float with friends.

**Facilitated by Wood Haven Health
Care.**

Trivia Battle Challenge

**Friday, September 18 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 by
Heritage Corner.

Wayne Public Library

**Monday, September 21 at
12:30 p.m.**

Short Story/Article Review

**Wednesday, September 23 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. Pick up the article
prior to the session. **Facilitated by
Lauren Firsdon, WCCOA.**

Scavenger Hunt

**Friday, September 25 at 12 p.m. for
lunch and game at 1 p.m.**

Lunch will be served at the
Pemberville site. The Wayne site will
be closed for lunch. **Trophy
sponsored by Three Meadows
Post Acute Care. Event sponsors
include The Willows of Bowling
Green, Wood Haven Health Care
and more. Registration required.
See the front page for more details.**

Restaurant Night

Tuesday, September 29 at 5 p.m.

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

North Baltimore

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

Please call the North
Baltimore Senior Center at
419.257.3306 to register
or for more information.

Tai Chi Chair Stretches

Monday through Friday in September
at 10 a.m.

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

Bible Study

Tuesdays 9:30 a.m. to 10:30 a.m.

Join us for a self led review of the
readings and a group discussion.
Occasional speakers will attend. Muffin
and coffee bar available.

Make it and Take It Craft

Tuesday, September 1 at 12:30 p.m.

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

**Facilitated by the North Baltimore
Public Library.**

Tech Q and A

Thursday, September 3 at 10:30 a.m.

This reoccurring "Tech Talk" series is
designed to help participants navigate
everyday challenges relating to their
cell phones, laptops, or tablets.

**Facilitated by Briar Hill Health
Campus.**

Menu Talk

Thursday, September 3 at 12:15 p.m.

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

Breakfast Club

Tuesday, September 8 at 9:30 a.m.

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

Power of Therapy

Wednesday, September 9 at
12:30 p.m.

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

Seminar Series: Presidential Highlights

Thursday, September 10 at 12:30 p.m.

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

Mexican Train Dominoes

Friday, September 11 & 25 at 12:30
p.m.

Rootbeer Floats

Monday, September 14 at 12:30 p.m.

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

Story/Article Review

Tuesday, September 15 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, September 16 at 12 p.m.

Enjoy birthday wishes and sweet treats.

Sunflower Day

Thursday, September 17 at 12:30 p.m.

A bright and cheerful day made just for
you! Come enjoy sunflower crafts,
paintings and a photo booth. Bring a
friend and let's Bloom together.

Trivia Battle Challenge

Friday, September 18 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.**

Pain Control and Aging

Monday, September 21 at 12:30 p.m.

Learn about ways to detect, address and
manage the pain you may have as you
age. These tips will aid you in navigating
your health for your own personal
wellbeing. **Presented by Mercy Family
Health and Residency Program.**

Game Day

Thursday, September 24 at 12:30 p.m.

**Facilitated by Wood Haven
Healthcare.**

Blood Pressure &

Blood Sugar Screening

Monday, September 28 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.**

Virtual Tour of the Wood

County Museum

Monday, September 28 at 12:15 p.m.

Take a virtual tour of the museum that
will spotlight three new exhibits. Can't
go to the museum? We will view the
the exhibits together via video at the
center. **Presented by Mike McMaster,
Wood County Museum.**

Program & Service Scholarship Fund

Would you like to participate in
programs, classes or events but do not
have the resources to do so?
The WCCOA Program & Service
Scholarship Fund can assist you! Fill
out the application form 30 days prior
to an event, class or program to be
considered for a scholarship. Call
419.353.5661 or 800.367.4935 or email
programs@wccoa.net

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.

Blood Pressure & Blood Sugar Screening

Tuesday, September 1 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.**

Fitness for Fall Prevention

Tuesday, September 1
at 12:30 p.m.

This 30-minute session will focus on
balance, strength, and range of motion
movements to help you stay safe.

**Facilitated by Partners in Home
care. Registration required.**

Homemade Ice Cream

Wednesday, September 2 at 11:30
a.m.

Join us as we create a delicious treat
the old fashion way!

Rossford Public Library

Program Updates

Thursday, September 3 at 12:30 p.m.
**Facilitated by the Rossford Public
Library.**

Happy Hour

Friday, September 4 at 12:30 p.m.

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

**Zoom option with the Wood County
Senior Center site.**

Coffee and Coloring

Thursday, September 17 at 11 a.m.

Enjoy a quiet morning of coloring for
relaxation and conversation. Grab a
cup of coffee to start your morning off
right.

Virtual Tour of the Wood County Museum

Tuesday, September 8 at 12:15 p.m.

Take a virtual tour of the museum that
will spotlight three new exhibits. Can't
go to the museum? We will view the
the exhibits together via video at the
center. **Presented by Mike McMaster,
Wood County Museum.**

Lunch and Learn:

Wednesday, September 9 at 11:15
a.m. Learn about medicaid spend
down and funeral preplanning.

Bingo

Wednesday, September 9 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, September 10 at 9 a.m.
Meet at American Table, 580 Craig Dr.,
Perrysburg. Cost on own. **Host: Judy
Schlink.**

Game Day: Mystery Game

Thursday, September 10 at
12:30 p.m.
Kingston of Perrysburg.

Pies for Guys

Friday, September 11 at 1 p.m.
Enjoy some delicious desserts while
sharing conversations and coffee.
**Facilitated by Partners in Home
Care.**

Word Search Challenge

Monday, September 14 at 11 a.m.
Enjoy a cup of coffee while exercising
your cognitive skills with a word search.

Sundae Monday

Monday, September 14 at 12:30 p.m.

Enjoy a sundae with all the toppings
provided by Otterbein.

Name That Tune Bingo

Tuesday, September 15 at 12:30 p.m.

Music will be playing as we guess the
names of the songs on our bingo card.
Fill up the spaces with a line or dedicated
full card and win prizes. **Facilitated by
Heritage Corner.**

Birthday Celebration

Wednesday, September 16 at 12 p.m.
Sponsored by Ohioans Home Health.

Veterans Coffee Hour

Friday, September 18 at 11 a.m.

This social hour is an opportunity for
veterans to gather to share stories and
support each other. **Donuts by Care360
Hospice.**

Cards & Dominoes

Monday, September 21 at 10:30 a.m.

Bunco

Monday, September 21 & 28 at 12:30
p.m.

Brain Games

Wednesday, September 23 at 11 a.m.

Join us for some fun and interactive
games that will promote cognitive
stimulation. **Presented by Danielle
Brogle, WCCOA.**

Trivia Battle Challenge

Thursday, September 24 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: Presidential Highlights

Friday, September 25 at 11:30 a.m.
This month: Theodore Roosevelt

Games: Cornhole

Monday, September 28 at 12:30 p.m.
Facilitated by Bob Counterman.

Trivia Bingo

Tuesday, September 29 at 12:30 p.m.
Wood Haven Healthcare.

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 September from 10 to 2
p.m.**

Breakfast Club

Mondays in September at 9:30 a.m.
Meet at the Susie's Skillet, 101 S. Main
Street, Walbridge. Cost on own.
Registration required.

Walk Around the Gym

Daily in September at 10 a.m.

Take Control of Exercise

**Tuesday, September 1, 8, 15, 22, 29 at
10:30 a.m.**

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

Fitness for Fall Prevention

**Wednesday, September 2 at
12:45 p.m.**

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

Left, Right and Center Game

Thursday, September 3 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, September 3 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 September at 9:45 a.m.

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

Cost: \$1.50/ donut.

Virtual Tour of the Wood County Museum

**Wednesday, September 9 at
12:15 p.m.**

Take a virtual tour of the museum that
will spotlight three new exhibits. Can't
go to the museum? We will view the
the exhibits together via video at the
center. **Presented by Mike McMaster,
Wood County Museum.**

Cholesterol Screening

**Thursday, September 10 from 10 a.m.
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.

Walbridge Talk

Thursday, September 10 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.

Birthday Celebration

Wednesday, September 16 at 12 p.m.

Enjoy birthday wishes and sweet treats.
**Cake sponsored by Healthcare
Advocates.**

Blood Pressure & Blood Sugar Screening

Thursday, September 17 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, September 17 at 12:45 p.m.

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

Sundae Monday

Monday, September 21 at 12:30 p.m.

Enjoy a sundae and all the toppings.
Facilitated by Otterbein.

Left, Right and Center Game

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

Don't You Forget It

**Thursday, September 24 at 12:30
p.m.**

Roll the dice to see if you can come up
with (Don't You Forget It). You asked to
bring this game back, so here you go.
Have fun rolling the dice and have a
few laughs along the way. **Hosted by
Markeita Phillips, WCCOA**

Seminar Series: Presidential Highlights

Tuesday, September 30 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



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

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 September at 1 p.m.

Virtual Tour of the Wood County Museum

Tuesday, September 1 at 12:15 p.m.

Take a virtual tour of the museum that will spotlight three new exhibits. Can't go to the museum? We will view the exhibits together via video at the center. **Presented by Mike McMaster, Wood County Museum.**

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

Thursday, September 3 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.**

Bingo

Friday, September 4 at 10:30 a.m.

Facilitated by Bridge Home Health and Hospice.

Blood Pressure & Sugar Clinic

Friday, September 4 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.

Menu Talk

Friday, September 4 at 12:15 p.m.

Food Service Director Angie Bradford will share information on our agency's nutritional program and menu options for 2027.

Donut Bingo

Wednesday, September 9 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, September 9 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, September 10 at 9 a.m.

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

TED Talk: The Art of Reading Minds

Monday, September 14 at 12:30 p.m.

Have you ever wanted to read someone's mind? Mentalist Oz Pearlman is billed as one of the world's greatest mind readers...and yet, he says he doesn't have any special powers. In this spectacular talk he demonstrates his skills on a live audience in the TED theatre.

Birthday Celebration

Wednesday, September 16 at 12 p.m.
Cake by Wood Haven Health Care.

Seminar Series: Presidential Highlights

Thursday, September 17 at 11:30 a.m.

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

Trivia Battle Challenge

Friday, September 18 at 12:30 p.m.

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

Sponsored by Heritage Corner

Laughter Yoga by Video

Monday, September 21 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.

Eye Glass Repair

Friday, September 25 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.**

Would You Rather Exercise?

Monday, September 28 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.**

The Passport to the Senior Centers Project

Passport cards will be available for pickup at any one of our eight senior center locations 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, September 2, and 16 at 10 a.m.

Bridge

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

Virtual Tour of the Wood County Museum

Wednesday, September 2 at 12:15 p.m.

Take a virtual tour of the museum that will spotlight three new exhibits. Can't go to the museum? We will view the exhibits together via video at the center. **Presented by Mike McMaster, Wood County Museum.**

Household Bingo

Thursday, September 3 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, September 4 at 12:30 p.m.

Donuts, Discussion & Coloring

Tuesday, September 8 at 10 a.m.
Enjoy a friendly conversation about current events with some coffee and

donuts. **Facilitated by Wood Haven Healthcare.**

Club F.I.T.

Tuesday, September 8 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.

Mystery Restaurant

Wednesday, September 9 at 4:30 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, September 10 at 12:30 p.m.
Prizes by Wood Haven Health Care.

Therapy Talks: Mastering Oral Health

Friday, September 11 at 12:30 p.m.
A representative from Functional Pathways will share tips on habits that help you thrive.

Blood Pressure & Sugar Clinic

Monday, September 14 from 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, September 14 at 12:30 p.m.
Bridge Home Health and Hospice.

Birthday Celebration

Wednesday, September 16 at 12 p.m.
Cake sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, September 16 at 12:30 p.m. Let's test our trivia knowledge against other Wood County Senior Centers. **Quarterly prize sponsored by Heritage Corner.**

Library Talks & Craft

Wednesday, September 16 at 12:30 p.m.
Facilitated by Pemberville Library.

Summer Series: Part 3 Hydration and Daily Activity for Healthy Aging

Friday, September 18 at 12:30 p.m.
A refreshing early fall workshop focused on fueling the body and staying energized through simple, sustainable habits. Participants will learn about hydration needs, functional nutrition for bone and brain health, and easy movement "snacks" that support digestion, sleep, and mobility.
Presented by Lindsay Riegle OTD, OTR/L, LSVT

Name That Tune BINGO

Tuesday, September 22 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Movie Day

Thursday, September 24 at 12:30 p.m.
Feature: "Bus Stop" is a 1956 American romantic comedy-drama. **Snacks by Wood Haven Health Care.**

Picnic and Scavenger Hunt

Friday, September 25 at 10:30 a.m.
Lunch and refreshments will be served. Teams are required to bring various items that could potentially be on the scavenger hunt list. See front page for details. **Registration required.**

Seminar Series: Presidential Highlights

Monday, September 28 at 12:30 p.m.
This month: Abraham Lincoln

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 program designed for networking 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, September 3 at 5:45 p.m.

Location: Wood County Senior Center,
140 S. Grove Street,
Bowling Green

This support group is for those who are newly diagnosed for 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@wccoa.net to register for this group.

Grasping Your Grief

Wednesdays, September 2 & 16
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	September 16	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, September 17 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. For an **Appointment call WCCOA and ask for 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.
North Baltimore Area Senior Center	November 12	10:30 a.m. to 12:30 p.m.

Senior Legal

Seniors have a right to live with independence and control over decisions that affect them. Legal Aid of Western Ohio, Inc. empowers and protects seniors and connects them to critical information and helpful resources. Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

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

Clinic Site	Date	Time
Perrysburg Area Senior Center	September 3	2 to 4 p.m.
Wood County Senior Center	September 10	3 to 5 p.m.

Blood Pressure & Blood Glucose

Facilitated by Bridge Home Health and Hospice

Clinic Site	Date	Time
Rossford Area Senior Center	September 1	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	September 2	11 a.m. to 12:30 p.m.
Grand Rapids Area Senior Center	September 4	11 a.m. to 12:30 p.m.
Wood County Senior Center	September 8	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	September 14	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	September 17	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	September 28	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.

September 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Chop or King Ranch Chicken Casserole, tomato-zucchini blend vegetables, pears, cherry crunch	2 Beef Stroganoff or Teriyaki Salmon, noodles, squash, tossed salad, melon	3 Chipped Ham or Chicken Salad Sandwich, baked bean salad, celery with peanut butter, mandarin orange salad, ice cream	4 Goulash or Pecan Crusted Tilapia, Far East blend vegetables, banana, peaches and cream granola
7 All Sites Closed for Labor Day.	8 Bratwurst or Grilled Chicken, mashed potatoes sauerkraut, pineapple & cottage cheese, Rice Krispy treat	9 Turkey Stew or Ham and Bean Soup, cornbread, heritage slaw, rosy applesauce, fruit sorbet	10 Chicken Paprikash or Meatloaf, noodles, mixed vegetables, cauliflower peanut salad, peaches	11 Scalloped Potatoes & Ham or Lemon Pepper Tilapia, Kyoto blend vegetables, pickled beets, grape juice, pudding
14 Country Fried Steak or Chicken and Noodles, mixed vegetables, heritage slaw, orange	15 Chef Salad with Ham, Egg and Cheese or Tuna Salad, potato salad, mixed fruit, banana nut muffin	16 Birthday Lunch. Spaghetti with meatballs, corn, cucumber salad, apple juice, cake and ice cream	17 Pork Roast or Teriyaki Chicken, sweet potatoes, spinach salad, melon	18 Pepper Steak or Catfish, wild rice, broccoli, pineapple, cherry crisp
21 Sweet and Sour Chicken or Pork Cutlet, wild rice, oriental vegetables, tropical fruit, mandarin oranges in orange Jell-o	22 Pulled Pork or Salmon Patty, roasted sweet potatoes, Texas caviar, rosy applesauce, fig cookies	23 Turkey or Liver and Onions, au gratin potatoes, celery sticks, orange sections	24 Chipped Beef or Creamed Chicken, mashed potatoes, midori blend vegetables, apricots	25 Chipped Turkey or Ground Bologna Sandwich, potato salad, baby carrots, melon, brownie
28 Meat and Bean Chili or Ham and Potato Soup, cornbread, pea salad, apricots, fruited Jell-o	29 Chicken A La King or Swedish Meatballs, rice, succotash, carrot, raisin salad, rosy applesauce	30 Sausage, Cheese & Egg Casserole or Turkey Sausage Links, biscuit, red-skin potatoes, baked apples, 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.

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.

Zoology: Helpful Corals, Clams and

Crustaceans Tuesday, September 1 at 4:30 p.m.
Prerecorded Great Courses.

BG Knitter's Guild

Wednesday, September 2 at 4 p.m.

Karaoke

Wednesday, September 9 at 4 p.m.

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

Dinner & Movie

Tuesday, September 8 at 3:30 p.m.

Movie: The War with Grandpa (2020) Chuckle through the entire movie as a grandfather moves in with a boy's family, taking over his bedroom. Prank after prank, the boy plots to get his room back but Grandpa stands his ground. Starring Robert De Niro, Uma Thurman and Oakes Fegley as the boy. **Dinner reservations needed by 2 p.m.**

Trivia Night

Wednesday, September 16 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

Reader's Café

Tuesday, September 22 at 3 p.m.

Compare books that have been turned into movies!

Feature: Grinding it out by Ray Kroc and the movie The Founder. Books & audiobooks available for loan by August 25. **Registration required.**

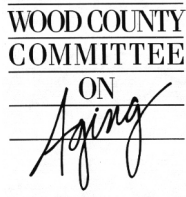
September 2026

Tuesday	Wednesday	Thursday
1 Turkey tetrazzini, brussel sprouts, rosy applesauce, blueberry crisp	2 Mushroom Steak, au gratin potatoes, broccoli, peaches and pears, cookies	3 Pork Chop, mixed vegetables, 3 bean salad, orange, cream pie
8 Birthday Dinner Roast Beef, cheese potato bake, Scandinavian vegetable blend, grape juice, cake and ice cream	9 Lemon Salmon, rice, sweet potato, heritage coleslaw, ambrosia salad	10 Chicken Alfredo, green beans, Caesar salad, garlic bread, peaches, éclair cake
15 Pepper Steak, rice, oriental vegetables, coleslaw, strawberries with pound cake	16 Chicken Tenders Salad with egg and cheese, pea salad, citrus sections, banana muffin, lemon bar	17 Meat Lasagna, roasted cauliflower, spinach salad, bread stick, apple, pudding
22 Bacon, Egg & Cheese Bake, hashbrowns, cheese biscuit, orange juice, spiced apples	23 Fried Chicken Sandwich, tater tot fries, marinated vegetable salad, grapes, cookies	24 BBQ Ribs, baked potato, corn relish, fruit jell-o, cherry strudel bites
29 Ground Beef Tacos with cheese, lettuce and tomatoes, black beans and rice, orange sections, pie	30 Sweet and Sour Chicken, rice, Oriental vegetables, pea salad, cantaloupe	

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

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

DINNER MENU



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Wood County Committee on Aging, Inc.

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

To contact WCCOA: wccoa@wccoa.net

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

We're on the Web!

www.wccoa.net

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

 **BLOGSPOT**
woodcountycommitteeonaging.blogspot.com

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Search Wood County Committee on Aging, Inc.



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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