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Frankenmuth, Michigan

Tuesday, October 13, 2026

Depart from the Meijer Parking Lot
in Bowling Green at 8:15 a.m.

Cost: \$140/ person

Includes: By Motorcoach, eat at
Zehnders, shop 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

FireKeepers Casino Trip

Battle Creek, Michigan

Wednesday, January 20, 2027

Enjoy luxury motor coach
transportation, snacks and non-
alcoholic beverages, onboard
entertainment, and four hours at the
casino.

**Your \$75 trip fee includes \$20 in
casino Freeplay and \$5 in food
vouchers, plus gratuities,
giveaways, and a 50/50 raffle
along the way.**

Registration deadline: December
30, 2026. **Questions/Booking:**
Wood County Committee on Aging
at 419.353.5661, To pay by credit
card call BB Travel at 419.345.8149
Don't miss out on this exciting
casino adventure! **Space is limited,**

Veterans Day Recognition Monday, November 2 from 1 to 4 p.m.

Honoring veterans in their homes

In honor of Veterans Day, we will be recognizing Wood County veterans throughout
Wood County in their homes on Monday, November 2.

Veterans who have registered for this program will receive a slice of pie, a yard sign and
a poppy pin delivered to their home. If you are an interested veteran or would like to
thank a veteran please register by calling the Programs Department at 419.353.5661
or email programs@wccoa.net by Friday, October 23.



NOTE:

Submit veteran's name, address, branch of
service, and phone number. Let them know
that they will need to be home on Monday,
November 2 and answer the door to be
acknowledged.

This event is sponsored by:

*Hanneman Family Funeral Homes &
Crematory, The Willows of Bowling Green,
Ohioans Home Health Care and Hospice.
Pies sponsored by Bowling Green Manor*

Afternoon of Performances Musical, Theatrical and Recitation of Poetry

In Memory of Kapil Melkote

Friday, October 23 from 1 to 3 p.m.

Wood County Senior Center

Mission Statement

The Bowling Green High School Day of Service honors the legacy of a beloved
alumnus, Kapil Melkote, whose life was defined by compassion, community, and a
commitment to serving others. Kapil loved Bowling Green, and believed that every
student can contribute with their unique abilities to make our school and community
stronger. Through meaningful acts of service, students from Bowling Green High
School will come together to give back to the community that has shaped them, while
discovering the power each individual has to make a difference. This events mission is
to inspire a lasting spirit of service—encouraging students to lead with kindness, serve
with purpose, and carry forward a legacy of giving that strengthens our community and
inspires others.



From our Executive Director

Dear Friends,

As we enter the fall season, I want to thank the residents of Wood County for their continued support of the Wood County Committee on Aging and the older adults we serve every day.

This November, voters will have the opportunity to support the levy for renewal. I want to remind everyone that this is not a new tax, but a renewal of the existing levy that helps fund the essential services and programs older adults rely on to remain healthy, independent, and connected to their communities.

Behind every meal delivered, every ride provided, and every phone call answered is a person whose quality of life has been improved through the support of this community. Many of our participants are neighbors, friends, parents, grandparents, veterans, and former community leaders who simply need a helping hand to continue living independently.

I encourage every eligible voter to learn more about the levy renewal, ask questions, and most importantly, make a plan to vote. Your support has a direct impact on the lives of older adults across Wood County.

On behalf of our Board of Directors, staff, volunteers, and the thousands of seniors we serve, thank you for your continued support of the Wood County Committee on Aging. Together, we can ensure that Wood County remains a community where older adults are valued, respected, and supported.

Please remember to vote YES for the Wood County Committee on Aging's Senior Services Levy renewal on Tuesday, November 3, 2026. Thank you for your support of older adults throughout Wood County!

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.



Friends Donation: Wesley Long, Geoffrey Howes, Sean & Sandy Williams, Susan Moenter

In Honor of the Rossford Area Senior Center: Karen Reinhart

In Support of Medical Transportation: Laura Pierce

In Support of Home Delivered Meals: Robin Euler, Debra Humes, Sharon Stratmann

In Memory of Gary Pfothhauer: Lanny Milligan

In Memory of Becky Bhaer: Barbara Miller, Jackie Metz, Edith E. Olds

In Honor of Arlo & Joyce Grodi: Carrie Newby

In Memory of Pat Wenz: Lisa Waples

In Memory of Carl D. Snyder: Rick & Jackie Metz

In Memory of Denise C. Niese: John R. Blinn

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.

Sincerely, Alisha Nenadovich

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

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 p.m. 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.

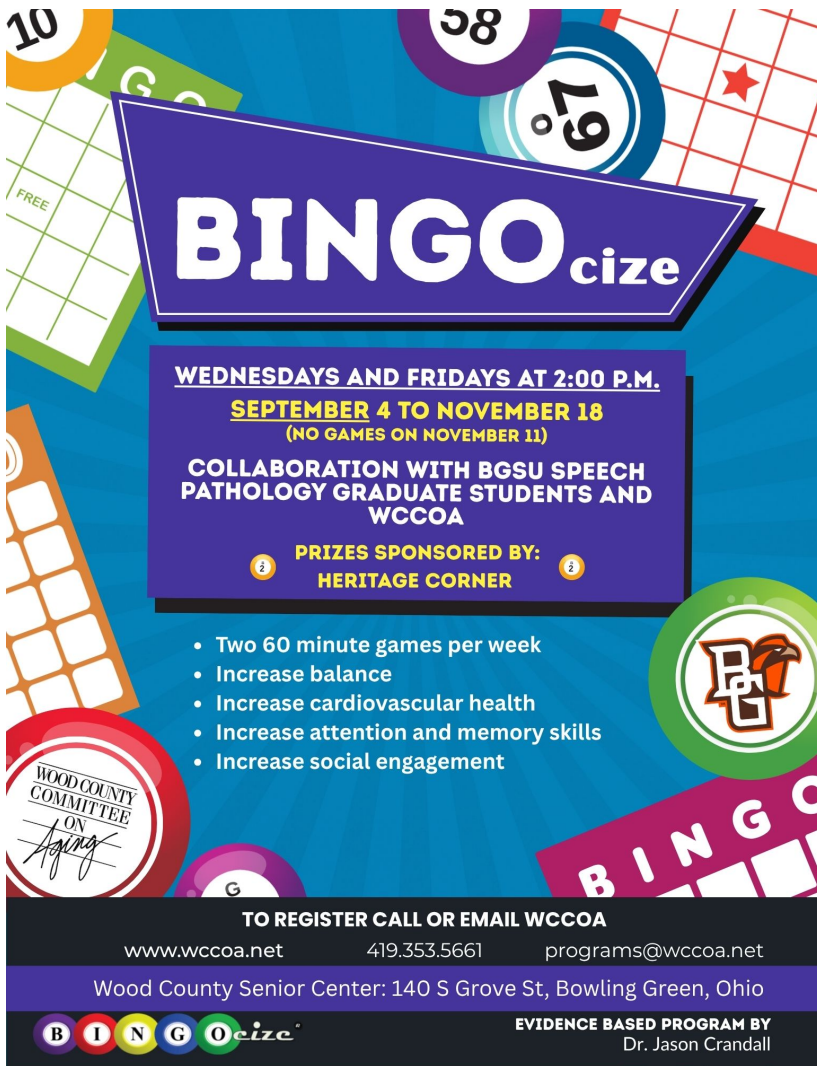
Discover Croatia, Slovenia, and the Adriatic Coast

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



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**



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



SPECIAL EVENTS

NAMI Family and Friends Seminar

Tuesday, October 20 and 9 a.m. to 1 p.m.

Wood County Senior Center

This seminar aids families/community members who have loved ones with a mental health conditions on how to best support them. It's an opportunity for community members to meet with others who are in similar situations and gain community support. This is offered as a 90-minute seminar. **Registration required.**

Senior Day for Bowling Green High School

Varsity Soccer Team

Thursday, October 15 at 7 p.m.

Bowling Green High School Soccer fields.

All participants are invited to join us at the game to celebrate their success. Celebrate by wearing your school colors and take part in the game festivities. **Register with the Wood County Senior Center for more details. Call 419.353.5661**

The Sight Center of Northwest Ohio is launching a free Adjusting to Vision Loss Peer Group at the Wood County Senior Center in October, providing older adults with vision loss an opportunity for connection, encouragement, practical support and hope. The group will meet monthly on the second Thursday from 10 to 11 AM. and feature guest speakers, assistive technology demonstrations and discussions on living with permanent vision loss; **registration is required by calling the Wood County Committee on Aging at 419.353.5661.**



Care Compass Project

Wednesday, November 4, 2026 11 a.m. to 1 p.m. from Wood County Senior Center

Topic: Caregiver 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 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.

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

Puzzles Available daily in the lounge

Scrabble Monday, October 28 at 1:15 p.m.



Discover us on YouTube:

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

Program & Service Scholarship Fund

Would you like to participate in programs, classes or events but do not have the resources to do so?

The WCCOA Program & Service Scholarship Fund can assist you! Fill out the application form 30 days prior to an event, class or program to be considered for a scholarship. Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

AROUND THE COUNTY EVENTS & CLASSES

Exploring the Fine Arts

Wind Chimes

October 5 from 2 to 3:30 p.m.

Wood County Senior Center

Design and create your own wind chimes using beads and found materials available to us. These featured designs will provide a unique flare to your outdoor decor. Cost: \$5

Register today!

Instructor Tiffany Miller, BGSU Education student



Exploring the Fine Arts

Landscape Suncatchers

October 5 from 2 to 3:30 p.m.

Wood County Senior Center

Design and create your own suncatcher with landscape patterns using a variety of material including tissue paper. Cost: \$10

Register today!

Instructor Tiffany Miller, BGSU Education student



Exploring the Fine Arts

Flower Vase Painting

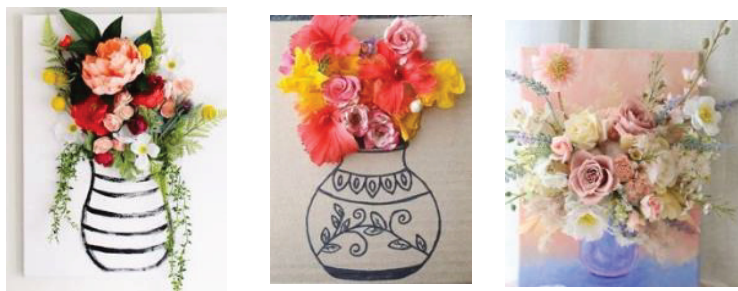
October 12 from 2 to 3:30 p.m.

Wood County Senior Center

During this session we will design and paint a flower vase on a 8 by 10 canvas and then add artificial flowers to create a 3d piece of art. Cost: \$10

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.

Exploring the Fine Arts

Picture Frames with Zentangle Patterns

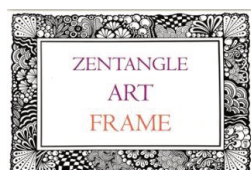
October 19 from 2 to 3:30 p.m.

Wood County Senior Center

During this session we will learn the basics of zentangle to create intricate patterns on a picture frame. Cost: \$5

Register today!

Instructor Tiffany Miller, BGSU Education student



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

Mondays, August 10 to November 2 from 3:30 to 4:30 p.m.

Cost: \$30 for 12 weeks

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

Mondays, Wednesdays & Fridays at 11:30 a.m.

Cost: Free

Strengthening muscles and increasing range of motion for daily activities Can sit or stand. **Jenny Triggs & Tari Geer, Certified Instructors**

Tai Chi Practice

Mondays at 2 p.m. & Wednesdays at 1 p.m.

Cost: Free

Peer-led step-by-step instruction.

Yoga

Beginner: Monday, November 2 to December 7 at 10:30 a.m.

Cost: \$40 for 6 weeks

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

Advanced: Tuesdays, November 3 to December 8 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, October 29 to December 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, October 13 to November 17 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

Tuesday, October 13 to November 17 at 4:15 p.m.

Cost: \$30 for 6 weeks

Strengthening your core on the floor and improve balance. **Sheila Brown, Certified Instructor.**

SILKI Dancers

Tuesdays at 5:45 p.m.

Cost: Free

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

Cardio Drumming

Wednesday, October 14 to November 18 from 2:15 to 3:15 p.m.

Cost: \$25, (Minimum of 12)

Intermediate level class
Sallie Hand, Certified Instructor

Beginner-Intermediate Tai Chi

Wednesdays, October 7 to November 11 at 4:30 p.m.

Cost: \$60 for 6 weeks

Using the 24 Movement Yang Form this class is designed to increase balance and mobility. **Richard Messer, Instructor.**

Intermediate to Advanced Tai Chi

Thursday, October 1 to November 5 at 4:30 p.m.

Cost: \$60 for 6 weeks

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

Fridays, October 9 to November 13 at 1 p.m.

Cost: \$20 for 6 weeks

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

SilverSneakers

Cost: \$20 for each 6 weeks sessions

*SilverSneakers is FREE for members

VIRTUAL Classic: Zoom

Wednesdays, October 1 to November 5 at 9:30 a.m. Focuses on

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

Fridays, October 2 to November 6 at 9:30 a.m.

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

Cardio & Tone (In-Person):

Wednesdays, November 4 to December 9 at 10:15 a.m.

Fridays, October 2 to November 6 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.

Short Story Reading Club

Tuesdays in October 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. Facilitated by Joe Elis.

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.

Creative Writing Club

Thursdays, October 1 & 15 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.

Thursday Theater

Thursdays in October at 1 p.m.

1 "Dancing Lady" (1933)

8 "Flying Down to Rio" (1933)

15 "Top Hat" (1935)

22 "Roberta" (1935)

29 "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe" (2005)

Facilitated by Kris Eridon.

Brain Body Builders Class

Friday, October 2 at 9 a.m.

Join us as we work on our cognitive skills and practice exercises and games that will promote longevity.

Registration required by Monday,

September 28. Light Breakfast provided by *Dynamic Differences, LLC*. Presented by Elizabeth Harrison, *Dynamic Differences, LLC*.

Flu & COVID Vaccine Clinic

Friday, October 2 - 10:30 to 12 p.m.

Insurance will be billed for those who have coverage and \$20 for those who do not. NO payment will be collected at the clinic. **Facilitated by the Wood County Health Department.**

Registration encouraged.

Happy Hour (Zoom option)

Friday, October 2 at 12:30 p.m.

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

Refreshments sponsored by Otterbein.

"Mrs. Olive Peaney, ' Foully Murdered': A Murder Mystery."

Monday, October 5 at 11 a.m.

Can you help solve the March 1st, 1895 murder? **Mike McMaster, Wood County Museum.**

Craft: Fall Potholders/Hotpads

Monday, October 5 at 10 to 1 p.m.

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

HearingLife

Tuesday, Oct., 6 at 10 a.m. to 12 p.m.

By appointment this clinic will provide a free hearing assessment and hearing aid clinic.

Sundae Bar

Tuesday, October 6 at 12:30 p.m.

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

Zoology

Tuesday, October 6 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:** Bees, Butterflies, and Saving Biodiversity **Prerecorded Great Courses.**

BG Knitter's Guild

Wednesday, October 7 at 4 p.m.

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

1:1 Technology Help

Thursday, October 8 & 22 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.**

AARP Driver Safety Program
Thursday, October 8 from
12:30 p.m. to 5 p.m.

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**

Craft: Rock Garden Creations
Monday, October 12 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 Acquri.**

T.V. Series Featuring History's Greatest Mysteries

Monday, October 12 at 1 p.m.
S: 3 E: 9, 10

Nails

Monday, October 12 at 2 p.m. Have your nails painted today. **By appointment.** Facilitated by Cathi Acquri.

Name That Tune Bingo

Tuesday, October 13 at 10:30 a.m.
Name the song to cover a bingo space.
Facilitated by Heritage Corner.

Blood Pressure & Blood Sugar Screening

Tuesday, October 13 from 11 a.m. to 12:30 p.m.
Bridge Home Health and Hospice.

Fabric Cutting Project

Tuesday, October 13 at 1 p.m.
Used for stuffing dog and cat beds for a homeless shelter. **Facilitated by Ramona Pupos.**

Dinner & Movie

Tuesday, October 13 at 3:30 p.m.
Movie: "Ferrari" (2023): This film is set in the summer of 1957 and focuses on Enzo Ferrari's auto empire in crisis as he pushes his team to the edge in a treacherous race across Italy. **Dinner reservations needed by 2 p.m.**

Karaoke

Wednesday, October 14 at 4 p.m.
Facilitated by Woodlane.

Fall Safety

Thursday, October 15 at 11 a.m.
Learn how to use a fire extinguisher.
Bowling Green Fire Department.

Ball Toss Baseball Game

Monday, October 19 at 1 p.m.
Ball Toss Baseball offers a relaxed, inclusive way to enjoy the spirit of the game. ***Facilitated by Craig and Mary Soneson.***

Making Your Money Last in Retirement

Monday, October 19 at 10 a.m.
Investment strategies how to address inflation, health care expenses and market volatility, as well as ways to prepare for the unexpected. An update on the ongoing stock market contest will be discussed. **Presented by Tom McArdle, Edward Jones.**

Brain Training

Tuesday, October 20 at 9 a.m.
"Human Personality."
Topic: What Is Personality?
In this introductory lecture, we will examine how strongly related a particular personality characteristic is to behaviors, and emotions.

Registration required by October 16.
Breakfast by **Brookdale of Bowling Green.** **Materials provided by Wood Haven Healthcare.**

Breakfast Club

Wednesday, October 21 at 9 a.m.
Location: Meet at Falcon Family Restaurant (1021 S. Main St. BG) Cost on your own. **Advanced registration encouraged.**

Sleep Disturbances

(Zoom option)
Wednesday, October 21 at 11:15 a.m.
Mercy Family Health and Residency Program.

Musical Entertainment

Wednesday, October 21 at 1 p.m.
Guitarist Dan Cadaret.

Trivia Night

Wednesday, October 21 at 6 p.m.
Win prizes. **Elizabeth Harrison, M.A. CCC-SLP Dynamic Differences, LLC**

Card Bingo

Thursday, October 22 at 1 p.m.
Bridge Home Health and Hospice.

Lunch & Learn: No Pill Left Behind (Zoom Option)

Friday, October 23 at 11:30 a.m.
Mercy College nursing students will share the latest stats on medication usage and medication reminder systems. Decorate your own pill container and play medication bingo. No medical advice on your current medications will be provided.
First 25 registered receive lunch.
Sponsored by Buckeye Hospice. Registration required.

Afternoon of Performances

Friday, October 23 from 1 to 3 p.m.
Bowling Green High School Students.

Zoom Bingo (call for code)

Friday, October 23 at 1 p.m.

Coffee & Coloring

Monday, October 26 at 10 a.m.
Donuts provided by **Wood Haven Health Care** Bring your own supplies.

Pretrial Process & Sentencing

Monday, October 26 at 11 a.m.
Wood County Judge Joel Kuhlman.

Reader's Café

Tuesday, October 27 at 3 p.m.
Compare books turned into movies!
Feature: The Girls with All the Gifts by Mike Carrey. Books & audiobooks available for loan by August 25.
Registration 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.

Flu & COVID Vaccine Clinic

Tuesday, Sept. 29 - 10:30 to 12 p.m.
Insurance will be billed for those who
have coverage and \$20 for those who
do not. NO payment will be collected at
the clinic. **Facilitated by the Wood
County Health Department.**
Registration encouraged.

Veterans Coffee Hour

Thursday, October 1 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, October 1 at 12:45 p.m.
Registration required.

Happy Hour

Friday, October 1 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, October 1 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.

Texas Hold'em Tournament

Monday, October 5 & 19 at 1 p.m.

Class: Mah Jongg

Tuesday, October 6 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.**

The Pretrial Process and Sentencing

Wednesday, October 7 at 12:30 p.m.
Learn about the court system from
Wood County Judge Joel Kuhlman.

Where Were You? First Edition

Thursday, October 8 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is first Halloween memories.
Facilitated by Comfort Keepers.

Seminar Series

Scams: What's Happening?

Friday, October 9 at 12:15 p.m.
Bankers will share the most common
scams and how you can avoid being a
victim to them. **Presented by
WesBanco Bank, Inc.**

Pinochle

Monday, October 12 at 12:45 p.m.
Registration required.

Mystery Restaurant

Monday, October 12 at 4 p.m.
Meet at Perrysburg Senior Center to
learn about your surprise location for
dinner. Cost on own. **Hosted by
Marcine Miller. Registration required
and limited to 8 participants.**

Breakfast Club

Tuesday, October 13 at 9 a.m.
Join us as we gather to start the
morning off with good food and

Perrysburg continued

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

Bingo

Tuesday, October 13 at 12:30 p.m.
Play one bingo card. Prizes.
Facilitated by St. Clare Commons.

Hand and Foot

Wednesday, October 14 at 12:45 p.m.
Registration required.

Cholesterol Screening

Thursday, October 15 at 10 a.m. to 12 p.m.
Have your total cholesterol checked during this appointment. This testing is provided by Mercy Health. No appointments are needed and testing is free.

Blood Pressure &

Blood Sugar Screening

Thursday, October 15 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.

Halloween Lunch and Learn: Spooky Conversations

Friday, October 16 at 12 p.m.
Let's take the fear out of some of our toughest conversations! Join us for a fun, interactive Halloween-themed lunch and learn where we'll play games, answer questions, bust myths and talk about making important decisions before a crisis happens. Come ready to test your knowledge, share your thoughts and win some prizes along the way!
Because talking about the future doesn't have to be scary! **Registration required.** **Sponsored by Ohio Living**

Cardio Drumming

Mondays, October 19 to November 23 (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.

Friends in Fellowship

Tuesday, October 20 at 10:30 a.m.
Join us for conversations, laughter and encouragement. **Sponsored by Ohio Living.**

"Mrs. Olive Peaney, ' Foully Murdered: A Murder Mystery."

Tuesday, October 20 at 12:15 p.m.
Can you help solve the March 1st, 1895 murder? **Presented by Mike McMaster, Wood County Museum.**

Birthday Celebration

Wednesday, October 21 at 12 p.m.
Enjoy birthday wishes and sweet treats. **Sponsored by Manor at Perrysburg.**

AARP Driver Safety Course

Thursday, October 22 from 12:30 p.m. to 5 p.m.
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**

Card Bingo

Thursday, October 23 at 12:30 p.m.
Play bingo using a deck of cards.
Facilitated by Bridge Home Health and Hospice.

Hand and Foot

Monday, October 26 at 12:45 p.m.
Registration required.

Movie Day

Tuesday, October 27 at 12:45 p.m.
Feature: "My Girl" (1991)
Synopsis: Set in Pennsylvania during the summer of 1972, My Girl follows Vada Sultenfuss (Anna Chlumsky), an 11-year-old hypochondriac obsessed with death. Raised by her widowed mortician father, Vada navigates growing up, her father's new romance, and a deep bond with her best friend,

Thomas J. (Macaulay Culkin), culminating in a sudden, life-changing tragedy. **Registration required.** **Sponsored by Walker Witzler Shank Funeral Homes & Crematory.**

Sleep Disturbances

Wednesday, October 28 at 11:15 a.m.
This presentation will focus on common sleep disturbances. Find ways to gain better sleep and enhance your overall wellbeing.
Presented by Mercy Family Health and Residency Program.

Coffee and Coloring

Thursday, October 29 at 10:30 a.m.
Enjoy the relaxing benefits of coloring while enjoying a cup of coffee and conversation. Bring your own supplies.



Craft: Fall Potholders/ Hotpads

Friday, October 30 at 10 to 1 p.m.
This hands on session will teach basic hand weaving skills to create a decorative but usable potholder or hotpad. All instructions and supplies are provided. ***Instructed by Susan Jaros.*** **Cost \$5 Registration required as space is limited.**

Gentle Yoga

Thursday, September 17 to October 22 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.**

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.

My Life, My Legacy

Friday, October 1, 15, & 29 at 12:30 p.m.

A six-session guided program to organize what your family may someday need to preserve what you never want to lose. **Registration required.** Facilitated by Barndt Funeral Home.

Scattergories

Friday, October 2 at 1 p.m.

Play several rounds of a thinking game where you race against the timer to list unique words that fit a specific category and start with a designated letter.

Craft: Fall Potholders/Hotpads

Friday, October 2 at 10 to 1 p.m.

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

Bingo

Monday, October 5 at 12:30 p.m.

Prizes awarded **Wood Haven Health Care.**

Flu & COVID Vaccine Clinic

Tuesday, October 6 - 10:30 to 12 p.m.

Insurance will be billed for those who have coverage and \$20 for those who do not. NO payment will be collected at the clinic. Facilitated by the Wood County Health Department.

Registration encouraged.

Name That Tune BINGO

Tuesday, October 6 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, October 7 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, October 7 at 12:30 p.m.

Sponsored by Bridge Home Health and Hospice.

TikTok Challenge

Wed., October 7, 14, 21, 28 at 1 p.m.

NOTE: Each session will work on video content creation. (Attend on September 30 for the recording of the video.)

"Mrs. Olive Peaney, ' Foully Murdered: A Murder Mystery."

Thursday, October 8 at 12 p.m.

Can you help solve the March 1st, 1895 murder? **Presented by Mike McMaster, Wood County Museum.**

The Night Sky

Friday, October 9 at 12:30 p.m.

Join us as we explore the starry night and examine the local display of the magic night sky. Presented by the Wood County Parks District.

Seminar Series: Meditation

Monday, October 12 at 12:30 p.m.

This series will highlight the use of meditation and its practice.
Prerecorded Great Courses.

Breakfast Club

Thursday, October 15 at 9:30 a.m.

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

Rootbeer Float Friday

Friday, October 16 at 12:30 p.m.

Facilitated by Wood Haven Health Care.

Trivia Battle Challenge

Friday, October 16 at 12:30 p.m.

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

Wayne Public Library

Monday, October 19 at 12:30 p.m.

Vascular Screening

Tuesday, October 20 from 12:30 p.m. to 2 p.m.

Vascular screenings help detect blockages or narrowing in the carotid arteries. The procedure is non-invasive and takes about 10 minutes to complete. Recommended for those over the age 55 with risk factors like a family history of stroke or heart attack. **Appointments required.**

Birthday Celebration

Wednesday, October 21 at 12 p.m.
Cupcakes The Willows of BG.

Restaurant Night

Tuesday, October 27 at 5 p.m.

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

Short Story/Article Review

Wednesday, October 28 at 12:30 p.m.

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

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 for Balance

Mondays in October at 11 a.m.

Focus on stretching, breathing and movement in a safe and controlled environment.

Chair Zumba

Tuesdays and Thursdays in October at 11 a.m.

This is a fun, low-impact way to stay active, boost your energy, and share some laughs with your friends.

Fellowship Gathering

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.

Cardio Drumming

Fridays in October at 11 a.m.

This self facilitated group will enjoy movement with music to work on strengthening the upper body. Balls provided and sticks.

Make it and Take It Craft

Tuesday, October 6 at 12:30 p.m.

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

Facilitated by the North Baltimore Public Library.

Flu & COVID Vaccine Clinic

Wednesday, October 7 from 10:30 to

12 p.m.

Insurance will be billed for those who have coverage and \$20 for those who do not. NO payment will be collected at the clinic. **Registration encouraged.**

Bingo

Wednesdays in October at 12:30 p.m.
Play several rounds of bingo with us.

Understanding Guardianship

Thursday, October 8 at 12:30 p.m.

This seminar will explain what guardianship is, when it may be needed, and how the process works. Discover more about your role as a guardian.

Mexican Train Dominoes

Friday, October 9 & 23 at 12:30 p.m.

Craft: Fall Potholders/Hotpads

Monday, October 12 at 10 to 1 p.m.

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

Rootbeer Floats

Monday, October 12 at 12:30 p.m.

Facilitated by Wood Haven Healthcare.

Breakfast Club

Tuesday, October 13 at 9:30 a.m.

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

Power of Therapy

Wednesday, October 14 at 12:30 p.m.

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

Preparing for the Winter

Thursday, October 15 at 12:30 p.m.

Join us for a helpful Winter Preparation Seminar filled with practical ways to stay safe, warm and prepared during

the colder months. Learn simple ways to prepare your home, vehicle, and yourself before winter weather arrives!

Trivia Battle Challenge

Friday, October 16 at 12:30 p.m.

Sponsored by Heritage Corner.

Oral Health

Monday, October 19 at 12:30 p.m.

Prerecorded by Mercy Family Medicine Residency Program.

Story/Article Review

Tuesday, October 20 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, October 21 at 12 p.m.

The Night Sky

Friday, October 23 at 12:30 p.m.

Join us as we explore the starry night sky. **Presented by the Wood County Parks District.**

"Mrs. Olive Peaney, ' Foully Murdered': A Murder Mystery."

Monday, October 26 at 12 p.m.

Can you help solve the March 1st, 1895 murder? **Presented by Mike McMaster, Wood County Museum.**

Pumpkin Painting

Tuesday, October 27 at 12:30 p.m.

Pumpkins and supplies provided.

Blood Pressure & Sugar

Wednesday, October 28 at 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

Game Day

Thursday, October 29 at 12:30 p.m.

Wood Haven Healthcare.

Fall Festival

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

Enjoy games, autumn fun and food. **Registration required.**

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.

Bingo

Thursday, October 1 at 12:30 p.m.
Join us as we play several rounds of
bingo called by Susan Jaros. **Prizes
are sponsored by Horton Hauling.**

Happy Hour

Friday, October 2 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

Monday, October 5 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.

Blood Pressure & Blood Sugar Screening

Tuesday, October 6 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 Bridge Home Health
and Hospice.**

Fitness for Fall Prevention

Tuesday, October 6 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.**

Breakfast Club

Thursday, October 8 at 9 a.m.
Meet at American Table, 580 Craig Dr.,
Perrysburg. Cost on own. **Host: Judy
Schlink.**

Game Day: Mystery Game

Thursday, October 8 at 12:30 p.m.
Kingston of Perrysburg.

Cholesterol Screening

Friday, October 9 at 10 a.m. to 12
p.m.
Have your total cholesterol checked
during this appointment. This testing is
provided by Mercy Health. No
appointments are needed and testing
is free.

Divas and Desserts

Friday, October 9 at 1 p.m.
Enjoy some delicious desserts while
sharing conversations and coffee.
Facilitated by Heritage.

Word Search Challenge

Monday, October 12 at 11 a.m.
Enjoy a cup of coffee while exercising
your cognitive skills with a word search.

**"Mrs. Olive Peaney, ' Foully
Murdered': A Murder Mystery."**
Tuesday, October 13 at 12:15 p.m.
Can you help solve the March 1st, 1895
murder? **Presented by Mike
McMaster, Wood County Museum.**

The Pretrial Process and Sentencing

Wednesday, October 14 at 12:30 p.m.
Learn about the court system from
Wood County Judge Joel Kuhlman.

Popcorn Bar

Thursday, October 15 at 11 a.m.
Stop in to try a variety of popcorn
flavors.

Flu & COVID Vaccine Clinic

Friday, October 16 from 10:30 to 12
p.m.
Insurance will be billed for those who
have coverage and \$20 for those who

do not. NO payment will be collected at
the clinic. **Registration encouraged.**

Veterans Coffee Hour

Friday, October 16 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, October 19 at 10:30 a.m.

Bunco

Monday, October 19 & 26 at 12:30 p.m.

Name That Tune Bingo

Tuesday, October 20 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, October 21 at 12 p.m.
Sponsored by Ohioans Home Health.

Trivia Battle Challenge

Thursday, October 22 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.**

Games: Ladderball

Monday, October 26 at 12:30 p.m.
Facilitated by Bob Counterman.

Trivia Bingo

Tuesday, October 27 at 12:30 p.m.
Wood Haven Healthcare.

Craft: Fall Potholders/Hotpads

Thursday, October 29 at 10 to 1 p.m.
This hands on session will teach basic
hand weaving skills to create a decorative
but usable potholder or hotpad. All
instructions and supplies are provided.
**Instructed by Susan Jaros. Cost \$5
Registration required as space is
limited.**

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 October from 10 to 2 p.m.

Breakfast Club

Mondays in October 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 October at 10 a.m.

Left, Right and Center Game

Thursday, October 1 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, October 1 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 October at 9:45 a.m.

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

Cost: \$1.50/ donut.

Take Control of Exercise

Tuesday, October 6, 13, 20 , 27 at
10:30 a.m.

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

Bingo

Tuesday, October 6 at 12:30 p.m.

Join us as we play several rounds of
bingo. **Prizes are sponsored by
Walker Funeral Homes and
Crematory.**

Fitness for Fall Prevention

Wednesday, October 7 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.**

Craft: Fall Potholders/Hotpads

Thursday, October 8 at 10 to 1 p.m.

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

Walbridge Talk

Thursday, October 8 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.

The Pretrial Process and Sentencing

Monday, October 12 at 12:30 p.m.

Learn about the court system from
Wood County Judge Joel Kuhlman.

Flu & COVID Vaccine Clinic

Tuesday, October 13 from 10:30 to 12
p.m.

Insurance will be billed for those who
have coverage and \$20 for those who
do not. NO payment will be collected at
the clinic. **Registration encouraged.**

"Mrs. Olive Peaney, ' Foully Murdered': A Murder Mystery."

Wednesday, October 14 at 12:15 p.m.

Can you help solve the March 1st, 1895
murder? **Presented by Mike
McMaster, Wood County Museum.**

Blood Pressure & Blood Sugar Screening

Thursday, October 15 at 11 a.m.

Bridge Home Health and Hospice.

Card Bingo

Thursday, October 15 at 12:45 p.m.

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

Fall Harvest Party

Friday, October 16 at 12:30 p.m.

Fall is in the air, with the leaves
changing and the cool weather. So, why
not enjoy some apple cider (hot or
cold) along with a treat, plus fall trivia.

Sundae Monday

Monday, October 19 at 12:30 p.m.

Enjoy a sundae and all the toppings.

Facilitated by Otterbein.

Birthday Celebration

Wednesday, October 21 at 12 p.m.

Enjoy birthday wishes and sweet treats.
Cake sponsored by Orchard Villa.

Craft: Spoon Scarecrows

Wednesday, October 21 at 12:30 p.m.

Turn a wooden spoon into a scarecrow.
Use your imagination to make a cute
scarecrow. **Registration required
limited to 6.** Cost: \$6

Don't You Forget It

Thursday, October 22 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**

Left, Right and Center Game

Tuesday, October 27 at 12:30 p.m.

Seminar Series: TED TALK

Wednesday, October 28 at 12:30 p.m.

How to discover your authentic self --
at any age _In a talk packed with wry
wisdom, pop culture queen Bevy Smith
shares hard-earned lessons about
authenticity, confidence, mature
success and why, if you put in the work,
"life gets greater later."

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.**

Closed for Blood Drive

Thursday, October 1

Bingo

Tuesdays and Fridays at 10:30 a.m.

Card Games

Wednesdays in October at 1 p.m.

Bingo

Friday, October 2 at 10:30 a.m.

Facilitated by Bridge Home Health
and Hospice.

Blood Pressure & Sugar Clinic

Friday, October 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.

Flu & COVID Vaccine Clinic

Monday, October 5 from 10:30 to 12
p.m.

Insurance will be billed for those who
have coverage and \$20 for those who
do not. NO payment will be collected at
the clinic. **Registration encouraged.**

Move and Groove

Monday's, in October at 11:30 a.m.

Join us before lunch with an easy 15
minutes of moving through the
decades. Starting in the 20's come
enjoy some tunes while we move our

bodies. Dancing is optional. Seated or
standing movements. **Facilitated by
Brittany Ruehl.**

TED Talk: 300 Years of Classical Music in 18 Minutes

Monday, October 5 at 12:30 p.m.

Does the world still need classical
music? What about orchestras? In this
gorgeous talk and performance,
violinist Joshua Bell and the Chamber
Orchestra of America play selections of
classical music masterpieces — from
Mozart's Symphony No. 25 to
Schubert's Unfinished Symphony and
more — sharing why this art form
remains a singularly unifying force.

"Mrs. Olive Peaney, ' Foully Murdered': A Murder Mystery."

Tuesday, October 6 at 12:15 p.m.

Can you help solve the March 1st, 1895
murder? **Presented by Mike
McMaster, Wood County Museum.**

Seminar Series: Fascinating Professions

Wednesdays in October at 11 a.m.

Come join us this month as we dive
into the inner workings of the police
radio system for the Wood County
Sheriff's Office and for 911.

Breakfast Club

Thursday, October 8 at 9 a.m.

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

Brain Games

Thursdays in October at 10:30 a.m.

Name Your 5. We will play 5 rounds of
naming 5 things in a random category,
you will have 30 seconds to write down
your 5.

Craft: Fall Potholders/Hotpads

Friday, October 30 at 10 to 1 p.m.

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

are provided. **Instructed by Susan
Jaros. Cost \$5 Registration required
as space is limited.**

Donut Bingo

Wednesday, October 14 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, October 14 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.

Trivia Battle Challenge

Friday, October 16 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

Birthday Celebration

Wednesday, October 21 at 12 p.m.

Cake by Wood Haven Health Care.

The Pretrial Process and Sentencing

Thursday, October 22 at 12:30 p.m.

Learn about the court system from
Wood County Judge Joel Kuhlman.

Eye Glass Repair

Friday, October 30 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.



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

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, October 7, and 21 at 10 a.m.

Bridge

Thursdays in October at 9 a.m.

To join the group, call for more details.

Flu & COVID Vaccine Clinic

Thursday, October 1 from 10:30 to 12 p.m.

Insurance will be billed for those who have coverage and \$20 for those who do not. NO payment will be collected at the clinic. **Registration encouraged.**

Household Bingo

Thursday, October 1 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.

Minutes with the Mayor

Monday, October 5 at 12:30 p.m.
Updates from our mayor Edwin Wozniak.

Club F.I.T.

Tuesday, October 6 at 11 a.m.

This fitness interactive teaching program will provide guidance on strengthening exercises and stretching tips to keep you active and independent. **Facilitated by Wood Haven Healthcare.** Cost: FREE
Registration required.

Mrs. Olive Peaney, 'Fouly Murdered': A Murder Mystery."

Wednesday, October 7 at 12:15 p.m.

Can you help solve the March 1st, 1895 murder? **Presented by Mike McMaster, Wood County Museum.**

Bingo

Thursday, October 8 at 12:30 p.m.
Prizes by Wood Haven Health Care.

Therapy Talks: Step with Confidence A Guide to Fall Prevention

Friday, October 9 at 12:30 p.m.
A representative from Functional Pathways will share tips on habits that help you thrive.

Blood Pressure & Sugar Clinic

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

Donuts, Discussion & Coloring

Tuesday, October 13 at 10 a.m.
Enjoy a friendly conversation about current events with some coffee and donuts. **Facilitated by Wood Haven Healthcare.**

Craft: Fall Potholders/Hotpads

Tuesday, October 13 at 10 to 1 p.m.
This hands on session will teach basic hand weaving skills to create a

decorative but usable potholder or hotpad. All instructions and supplies are provided. ***Instructed by Susan Jaros.*** **Cost \$5** **Registration required as space is limited.**

Movie Day

Thursday, October 20 at 12:30 p.m.

Feature: "Unbroken" (2014)

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

Snacks by Wood Haven Health Care.

Birthday Celebration

Wednesday, October 21 at 12 p.m.

Cake sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, October 21 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, October 21 at 12:30 p.m.
Facilitated by Pemberville Library.

Name That Tune BINGO

Tuesday, October 27 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Seminar Series: Great American Musicals

Wednesday, October 28 at 12:30 p.m.
The first lecture in the series will examine "The Essence of the Musical." We will examine over 200 years of musical theatre and examine how Vaudeville began in New York City. Presented by Professor Bill Messenger.
Pre recorded Great Courses.

Halloween Party

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

Wear your favorite Halloween costume and take part in our costume contest. Enjoy cookies and cupcakes.

WCCOA SUPPORT GROUPS

Care Compass Project

Wednesday, November 4 at 11 a.m. to 1 p.m.

Location: Wood County Senior Center,

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, October 1 at 5:45 p.m.

Location: Wood County Senior Center,

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@wcco.net to register for this group.

Adjusting to Vision Loss Peer Group

Thursday, October 8 at 10 a.m.

Location: Wood County Senior Center

Those with vision loss have an opportunity for connection, encouragement, practical support, feature guest speakers, assistive technology demonstrations and

discussions on living with permanent vision loss. Registration is required by calling the WCCOA at (419) 353.5661.

Grasping Your Grief

Wed., October 7 and 21 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.

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@wcsc.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
Wood County Senior Center	October 21	1 to 3 p.m.
Pemberville Area Senior Center	November 4	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	December 3	2 to 4 p.m.
Wood County Senior Center	December 10	3 to 5 p.m.

Blood Pressure & Blood Glucose

Facilitated by Bridge Home Health and Hospice

Clinic Site	Date	Time
Grand Rapids Area Senior Center	October 2	11 a.m. to 12:30 p.m.
Rossford Area Senior Center	October 6	11 a.m. to 12:30 p.m.
Wayne Area Senior Center	October 7	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center	October 12	11 a.m. to 12:30 p.m.
Wood County Senior Center	October 13	11 a.m. to 12:30 p.m.
Northeast Area Senior Center	October 15	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center	October 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.

October 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
No older person shall be denied services because of a failure to contribute to all or part of such service. Participants shall determine for themselves what	they are able to contribute towards the cost of the service. Nutrition and ingredient information is available upon request.		1 Black Eyed Peas Hash, or Turkey Tetrazzini, Sicilian blend vegetables, apple, berry blend, yogurt and granola	2 Roast Beef or Pecan Crusted Tilapia, brussel sprouts, grapefruit sections, cherry crisp
5 Chipped Beef or Creamed Chicken, mashed potatoes, sugar snap peas, mandarin orange salad, pudding	6 Calico Beans or Chicken Wings, carrots, broccoli salad, banana	7 Stuffed Green Pepper or Reuben Casserole, Riviera blend vegetables, pineapple and cottage cheese, fruit sorbet	8 Vegetable Soup or Broccoli Soup, chicken salad sandwich, celery sticks with peanut butter, orange sections	9 Meatloaf or Chicken Kiev, mixed vegetables, spinach and orange salad, grapes and pears, graham crackers
12 Country Fried Steak or BBQ Chicken Breast, scalloped potatoes, citrus slaw, tropical fruit,	13 Hamloaf or Chicken and Noodles, corn, orange, peachy fine dessert and granola	14 King Ranch Casserole or Beef Lasagna, green beans, tossed salad, fruit salad	15 Bratwurst or Turkey Burger, sauerkraut, mashed potatoes, apricots, brownie	16 Hamburger Pie or Pecan Crusted Tilapia, Scandinavian blend vegetables, pickled beets, cantalope and grapes
19 Tuscan Chicken or Liver and Onions, mashed potatoes, black eyed susan salad, carrot sticks	20 Chicken Tenders or Pork Chop, squash, tossed salad, apple , Rice Krispy Treat	21 Birthday Celebration Meatloaf, corn, coleslaw, grapes, cake and ice cream	22 Chicken Paprikash or Baked Ham, tomatoes and zucchini, Texas Caviar Bean, orange	23 Beef Spanish Rice or Chicken Lasagna, white rice, Kyota vegetables, peaches, apple crisp
26 Beef Philly or Turkey Meatball Sub, potato wedge, cucumber salad, oranges, cookies	27 Pork Ribette or Honey Mustard Chicken Breast, baked sweet potatoes, cauliflower peanut salad, emerald pears	28 Hamloaf or Chicken Chimichanga with cheese, succotash blend vegetables, potato salad, fruit juice, brownie	29 Spaghetti Meatsauce or Lemon Pepper Pollock, peas and mushrooms, tossed salad, glazed bananas and strawberries, vanilla wafers	30 Hamburger or Hot Dog, baked beans, coleslaw, apple,

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: Bees, Butterflies, and Saving

Biodiversity

Tuesday, October 6 at 4:30 p.m.
Prerecorded Great Courses.

BG Knitter's Guild

Wednesday, October 7 at 4 p.m.

Karaoke

Wednesday, October 14 at 4 p.m.

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

Dinner & Movie

Tuesday, October 13 at 3:30 p.m.

Movie: Ferrari (2023): Directed by Michael Mann and starring Adam Driver, this film is set in the summer of 1957 and focuses on Enzo Ferrari's auto empire in crisis as he pushes his team to the edge in a treacherous race across Italy.

Dinner reservations needed by 2 p.m.

Trivia Night

Wednesday, October 21 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, October 27 at 3 p.m.

Compare books that have been turned into movies!

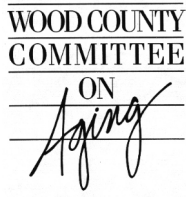
Feature: The Girls with All the Gifts by Mike Carrey (2016) . Books & audiobooks available for loan by August 25.

Registration required.

October 2026			
Tuesday	Wednesday	Thursday	
		1	Smoked Sausage, baked sweet potatoes, cauliflower salad, pineapple
6 Country Fried Steak, mashed potatoes, European blend vegetables, citrus sections, spice cake	7 Chef Salad with ham, egg and cheese, three bean salad, strawberries, angel food cake	8	Chicken Cordon Bleu, rice pilaf, broccoli, peach crisp
13 Birthday Celebration Baked Ham, squash, corn relish, grapes and pears, cake and ice cream	14 Hamburger with cheese, french fries, broccoli salad, cinnamon applesauce, brownie	15	White Chicken Chili, carrot and celery sticks, cauliflower peanut salad, fresh fruit, gingerbread salad
20 BBQ Ribs, cheesy potato bake, tossed salad, ambrosia salad	21 Chicken Alfredo, green beans, tomato zucchini salad, banana, cake	22	Cornd Beef, boiled potatoes, cooked cabbage and carrots, orange sections, ice cream
27 Ground Beef Tacos with cheese, lettuce and tomatoes, black beans and rice, apple juice, pie	28 Salisbury Steak, Winter Blend vegetables, redskin mashed potatoes, peaches, cookies	29	Pecan Crusted Tilapia, rice, Nantucket vegetable blend, coleslaw, grapes

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.



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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

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



Newsletter Subscriptions

If you receive your newsletter in the mail, you will see a date printed at the bottom of your address label above. This date tells you when your newsletter subscription expires. At that time, you will stop receiving the newsletter by mail. You may re-subscribe by stopping by the nearest WCCOA Senior Center (locations listed below). You will be asked to fill out a purple form and pay the subscription fee. Subscriptions for the newsletter are renewed on an annual basis and cost \$5 for Wood County residents and \$12 for those who live outside of Wood County. Free access to the newsletter is also available by email and on the WCCOA website.

WCCOA SENIOR CENTER LOCATIONS

Grand Rapids Area Senior Center **419.601.1896**
23019 Kellogg Road, Grand Rapids, Ohio 43522
Monday through Friday 10 a.m. to 2 p.m.

North Baltimore Area Senior Center **419.257.3306**
215 N. 2nd Street, North Baltimore, Ohio 45872
Monday through Friday 10 a.m. to 2 p.m.

Northeast Area Senior Center **567.249.4921**
705 N. Main Street, Walbridge, Ohio 43465
Monday through Friday 10 a.m. to 2 p.m.

Pemberville Area Senior Center **419.287.4109**
220 Cedar Street, Pemberville, Ohio 43450
Monday through Friday 10 a.m. to 2 p.m.

Perrysburg Area Senior Center **419.874.0847**
140 W. Indiana Avenue, Perrysburg, Ohio 43551
Monday through Friday 8:30 a.m. to 4:30 p.m.

Rossford Area Senior Center **419.666.8494**
400 Dixie Highway, Rossford, Ohio 43460
Monday through Friday 10 a.m. to 2 p.m.

Wayne Area Senior Center **419.288.2896**
202 E. Main Street, Wayne, Ohio 43466
Monday through Friday 10 a.m. to 2 p.m.

Wood County Senior Center **419.353.5661**
140 S. Grove Street, Bowling Green, Ohio 43402
Monday 8 a.m. to 5 p.m.; Tuesday through Thursday
8 a.m. to 7 p.m.; Friday 8 a.m. to 4 p.m. 800.367.4935