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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, so register early.**

Rock and Roll Hall of Fame Cleveland

Tuesday, February 9, 2027

Shopping at the West Side Market, Tickets to Rock and Roll Hall of Fame. **Registration deadline:** January 1, 2027 **Questions/Booking:** Wood County Committee on Aging at 419.353.5661. To pay by credit card call, BB Travel at 419.345.8149.

Grandparents Raising Grandchildren Holiday Project

Help us give back during the upcoming holiday season by supporting local grandparents who are raising their grandchildren.

Wood County Job & Family Services, Bowling Green Kiwanis and WCCOA have partnered to provide a joyful holiday to these families in need. Monetary donations will be accepted at all Senior Center locations and will be used to purchase gifts for grandchildren (birth to 17 years of age).

Are you a raising your grandchild/grandchildren and need some help this holiday season? Interested grandparents in need are asked to complete an application.

The application deadline is Tuesday, December 1, 2026.

Pick up your application at any Wood County Senior Center or visit our website at www.wccoa.net

NOTE: Applications will be available at any Wood County Senior Center or visit our website www.wccoa.net Please return applications to the Programs Department.



Be Part of Our 2027 Senior Center Calendar!

We're looking for older adults who would like to be featured in our 2027 Senior Center Calendar!

Each month will spotlight members of our senior center community and celebrate the people who make our center special. This is your chance to share your smile, personality, and love of the senior center with everyone throughout the year.



Come be part of the fun and help us make our 2027 calendar one to remember! Calendar will be for sale in the later part of December. The first session will take place on Friday, November 6 with 6 slots that are 15 minutes each from 2 to 3:30 p.m. and then Friday, November 20 with 6 slots that are 15 minutes each from 2 to 3:30 p.m. Call the Programs Department at 419.353.5661 or email programs@wccoa.net

From our Executive Director

Dear Friends,

November is a time to reflect on the things we are most grateful for, and this year I would like to offer a special thank you to the veterans in our community. We are deeply grateful for your service, sacrifice, and commitment to our country. Your dedication has helped protect the freedoms we enjoy every day, and we are honored to serve many veterans through our programs and services.

As we celebrate Thanksgiving, I am also thankful for the volunteers, staff, donors, caregivers, and community partners who help make our mission possible. Together, we are helping older adults throughout Wood County remain healthy, independent, and connected.

On behalf of everyone at the Wood County Committee on Aging, thank you for being part of our community. We wish you a happy Veterans Day, a joyful Thanksgiving, and a wonderful holiday season ahead.



Sincerely, Alisha Nenadovich

A handwritten signature in black ink that reads '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.



Friends OF WOOD COUNTY
COMMITTEE ON *Aging*

Annual Campaign:

Geoffrey Howes, R. Hogan, Nick & Colleen Schroeder,
Mary Ann Hoare

Home Delivered Meals: Robin Euler, Darlene Collins

In Honor of Nina Reinbolt: Dawn Friedman

In Honor of Arlo & Joyce Grodi: Carrie Newby

In Honor of his 95th Happy Birthday: Loren Phillips

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

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

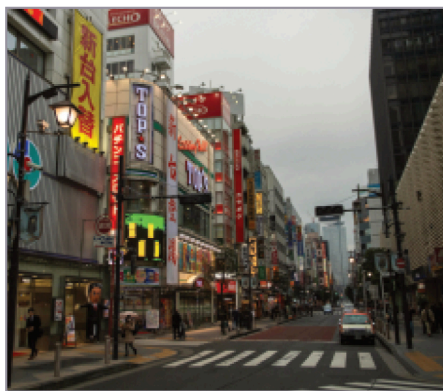
April 2 to April 9, 2027

- 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.
- 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 and save \$100 per person.
- Single \$6,799 Double \$5,699 per person. After December 8 rates increase.
- Cancellation waiver and insurance recommended \$429 per person.



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, 2027 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

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

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



Travel to Wright-Patterson Airforce Museum

Friday, November 13, 2026

**Arrive at the Meijer in Bowling Green
at 8 a.m. and depart at 8:30 a.m.**

Return by 5:30 p.m.

Cost: \$62

Join us for a special trip to Wright-Patterson Air Force Base on Friday, November 13! Veterans and their friends will have the opportunity to explore aviation history, learn about the proud legacy of our nation's military, and enjoy a day of camaraderie with fellow veterans. We will depart from Meijer in Bowling Green, Ohio. Come spend the day honoring service, sharing experiences, and discovering the history of American aviation.

Call now to register for this great trip!

Sponsored by:



**All Senior Centers participants
can take part in this trip.**

Holiday Parade Breakfast

Saturday, November 21 from 9 to 10 a.m.

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

Enjoy a complimentary breakfast including pancakes, sausage, fruit, and a muffin prior to the Bowling Green Holiday parade! A special caroling event may occur.

Registration is required to attend the breakfast and will be available starting Wednesday, November 1. If you need to cancel your spot please let us know 48 hours prior to the event so that we can call participants on our wait list.



Following breakfast, head downtown to enjoy the BG Community Holiday Parade at 10:30 a.m. or enjoy the event with the parade streamed on the dining room TV! The parade is supported by the Bowling Green Chamber of Commerce. The event showcases many area businesses through floats, cars, bands, and much more!

Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net to register and receive your ticket. Space is limited to the first 75 participants registered!

**The holiday parade breakfast
is sponsored by:**



SPECIAL EVENTS



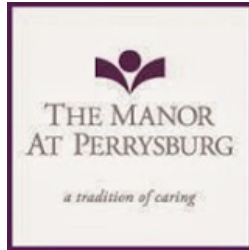
Football Pick' em Challenge November 7 to December 19, 2026

Are you ready for some football fun? Join the Wood County Committee on Aging's Football Pick'em Challenge! Test your football knowledge by predicting the winners of each week's matchups and see how your picks stack up against fellow participants. Whether you're a lifelong football fan or just enjoy a little friendly competition, everyone is welcome to join the excitement. Pick your teams, track your wins, and let's see who takes home bragging rights!

Winner will receive a \$100 gift card

Sponsored by:

All Senior Centers can participate in this challenge.



Gnome Craft

Monday, November 2 at 10 am

Wood County Senior Center

Cost \$5

Make your own gnome decoration! Fall or Holiday theme options are available. All instructions and materials will be supplied.

Registration required.



Care Compass Project

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

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, MemoryLane and CarePatrol Care.

Wood County Senior Center

Cards & Games

Billiards Room

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

Euchre Mondays and Fridays at 1 p.m.

Hand & Foot

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

Bingo Tuesdays at 1 p.m.

Dominoes Tuesdays at 3 p.m.

Cribbage Wednesdays at 1 p.m.

Mah Jongg Thursdays at 1 p.m.

Party Bridge Fridays at 1 p.m.

Please call the Programs Department

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

Clay Lessons: Holiday Ornaments

Monday, November 2 and 23, 2026 from 2 to 3:30 p.m.

Wood County Senior Center

Design clay ornaments for the holidays. On the second session color and decorate your ornament

Cost: \$10 **Register today!**

Instructor Tiffany Miller, BGSU Education student



Exploring the Fine Arts

Thanksgiving Mosaics with Foam

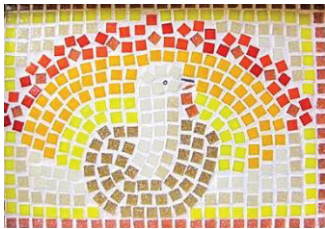
Monday, November 9 from 2 to 3:30 p.m.

Wood County Senior Center

During this session we will design a mosaic produced from colorful foam with Thanksgiving and fall patterns. Cost: \$10

Register today!

Instructor Tiffany Miller, BGSU Education student



Exploring the Fine Arts

Winter Wonderland Watercolor Painting

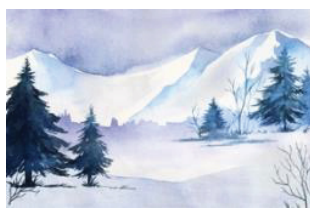
Monday, November from 2 to 3:30 p.m.

Wood County Senior Center

During this session we will use techniques to paint a winter wonderland watercolor painting. Cost: \$10

Register today!

Instructor Tiffany Miller, BGSU Education student



The Bob Ross Experience Painting Class

Tuesday, November 24 from 2 p.m. to 5 p.m.

Wood County Senior Center

Cost: \$50 per person, supplies included, Bob Ross is recognized as one of the most iconic and memorable personalities on public television. His gentle approach and homespun humor Bob Ross has taught, inspired and entertained millions of people around the country and around the world. With more than 1,500 Bob Ross teachers holding local workshops every day, you can paint just like Bob Ross does on TV – in a few hours! Classes are specially suited for beginners; you need no previous experience to attend.



(As Bob Ross always said, "We don't make mistakes, we just have happy accidents.") Hosted by Nate Miller, CRI®. **Advanced registration required by Tuesday, November 17**

Class is limited to the first 12 registered.

Technology Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

Tablet loans are available for *six weeks* at a time to Wood County seniors.



Hotspot Loans

A hotspot is a portable Wi-Fi device. Hotspot loans are available for four weeks at a time to Wood County seniors.

To inquire about the technology loans, contact the Programs Department at 419.353.5661 or 1.800.367.4935

Interested in joining online programs and do not have access to the internet or a tablet? Take part in our technology loan program and we will teach ways to stay connected with us throughout the week. All Zoom programs will be listed under the site pages with **Zoom option** indicated.

FITNESS CLASSES

All of the classes are held at the Wood County Senior Center in Bowling Green and are one hour long unless otherwise noted. Registration is required by contacting the Programs Dept. at 419.353.5661 or 800.367.4935
Cash, Credit Card 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, November 9 to December 21
No class November 16

from 3:30 to 4:30 p.m.

Cost: \$15 for 6 weeks

Designed to optimize physical function for those with Parkinson's disease or other movement disorders. **DPT, Certified Instructor.**

Sitting Strong

Mondays, Thursdays 10 to 10:45 a.m.

Cost: Free

Seated, low-impact workouts. 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

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

Standing and balancing postures and wind down postures on the floor.

Intermediate:

Thursday, Oct. 29 to Dec. 10 at 11 a.m.

Cost: \$40 for 6 weeks

Variety of seated, standing and lying postures supported by different props.
Caroline Dickinson, Certified Instructor.

Pilates

Tuesday, Oct. 27 to Dec. 1 at 9 a.m.

Cost: \$20 for 6 weeks

Mind-body conditioning, core strength, flexibility, with low-impact movements.
Robin Miller, Certified Instructor

Floor and Core

Tues., Nov. 24 to Dec. 29 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.

Chair Yoga

Tuesdays, Oct. 20 to Nov. 24 at 1 p.m.

Cost: 20 for 6 weeks

JoAnn Weislak, Certified Instructor

Cardio Drumming

Wednesday, November 25 to December 30 from 2:15 to 3:15 p.m.

Cost: \$25, (Minimum of 12)

Intermediate level class

Sallie Hand, Certified Instructor

Beginner-Intermediate Tai Chi

Wed., November 18 to December 23 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/Advanced Tai Chi

Thursday, November 12 to January 14

at 4:30 p.m. (no class Nov 26, December 24, 31)

Cost: \$60 for 6 weeks

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

Open Windows Dance Class

Wednesday, October 7 to December 2 (no class Nov. 4 or 25)

Cost: \$20 for 6 weeks

Walking Club

Thursdays at 9:30 a.m.

Meet in lobby. **Lead by Wood Haven Health Care.**

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, November 20 to January 15 at 1 p.m. (no class Nov. 27, Dec. 25, Jan. 1)

Cost: \$20 for 6 weeks

Low-impact exercise, to strengthening muscles that support bone health and to prevent falls.

Gabe Placke, Certified Instructor

SilverSneakers

Cost: \$20 for each 6 weeks sessions

**SilverSneakers is FREE for members*

VIRTUAL Classic: Zoom

Wednesdays, November 4 to

December 9 at 9:30 a.m.

Fridays, November 13 to January 8 at 9:30 a.m. (no class Nov. 27, Dec. 25, Jan. 1)

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, November. 13 to January 8 at 10:15 a.m. (no class Nov. 27, Dec. 25, Jan. 1)

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 November 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 Elias.

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.

"The Habits and Dress of the Native Americans of Wood County"

Monday, November 2 at 11 a.m.

A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Mini Film Series: Immigration

Nov. 2: Human Flow (Ai Wei-wei, 2017)

Nov. 9: Siblings/Geschwister (Thomas Arslan, 1997)

Nov. 16: Berlin, Alexanderplatz (Burhan Qurbani, 2020)

In this mini-film series, we will look at the experiences of different kinds of immigrants to Germany: refugees from the war in Syria, labor migrants from Turkey, and irregular immigration from the west coast of Africa. There will be a brief introduction before each film and an opportunity for discussion afterwards, led by your host, **Dr. Kristie Foell. Dr. Foell is Assoc. Prof. of German at BGSU**, where she directed the International Studies program for a decade. She is currently a fellow of the Institute for the Study of Culture and Society (ICS), which sponsors this series.

HearingLife Clinic

Tuesday, Nov. 3 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, November 3 at 12:30 p.m.

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

Zoology

Tuesday, November 3 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:** Deadly Invertebrates: Vectors and Parasites. **Prerecorded Great Courses.**

BG Knitter's Guild

Wednesday, November 4 at 4 p.m.

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

Creative Writing Club

Thursdays, November 5 & 19 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 November at 1 p.m.

5 "Meet Me In St. Louis" (1944)

12 "The Man Who Saved Christmas" (2002)

19 "A Christmas Carol: The Musical" (2004)

Facilitated by Kris Eridon.

Brain Body Builders Class

Friday, November 6 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,

October 26. Light Breakfast provided by *Dynamic Differences, LLC.*

Presented by Elizabeth Harrison, Dynamic Differences, LLC.

Happy Hour (Zoom option)

Friday, November 6 at 12:30 p.m.

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

2027 Calendar Photo Shoot

Friday, Nov. 6 & 20 from 2 to 4 p.m.

We're looking for older adults who would like to be featured in our 2027 Senior Center Calendar! Each month will spotlight members of our senior center community and celebrate the people who make our center special. This is your chance to share your smile, personality, and love of the senior center with everyone throughout the year. Come be part of the fun and help us make our 2027 calendar one to remember! **Register today to take part in this event.**

Craft: Rock Garden Creations

Monday, November 9 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.**

T.V. Series Featuring History's Greatest Mysteries

Monday, November 9 at 1 p.m.

S: 3 E: 11, 12

Nails

Monday, November 9 at 2 p.m. Have your nails painted today. **By appointment.** **Facilitated by Cathi Acqui.**

Name That Tune Bingo

Tuesday, November 10 at 10:30 a.m.

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

Blood Pressure & Blood Sugar Screening

Tuesday, November 10 from 11 a.m. to 12:30 p.m.

Wood Haven Health Care.

Fabric Cutting Project

Tuesday, November 10 at 1 p.m.

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

Dinner & Movie

Tuesday, November 10 at 3:30 p.m.

Movie: "Golda" (2023): Helen Mirren stars in this historical drama focusing on the high-stakes decisions faced by Golda Meir, Israel's "Iron Lady," during the Yom Kippur War in 1973.

Dinner reservations needed by 2 p.m.

Entertainment: Guitar Circle

Tuesday, November 10 at 4:45 p.m.

Karaoke

Wednesday, November 11 at 4 p.m.

Facilitated by Woodlane.

1:1 Technology Help

Thursday, November 12 & Tuesday, November 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.**

Musical Entertainment

Thursday November 12 at 1 p.m.

Mathew Meeker, sponsored by Faye Lam.

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.

Registration required.

Stock Picking Contest and Year End Financial

Considerations

Monday, November 16 at 10 a.m.

In May, we initiated this WCCOA seminar series and started a stock market contest. This month we will announce the winner. Also, we'll review the most important financial decisions facing many as the year concludes.

Presented by Tom McArdle, Edward Jones.

Bean Bag Baseball

Monday, November 16 at 1 p.m.

Facilitated by Craig and Mary Soneson.

Brain Training: Brain Bright Therapy

Tuesday, November 17 at 9 a.m.

This session will feature a special presentation on brain health and appointments for neuroassessments.

Registration required by November 10. Breakfast by **Brookdale of Bowling Green. Materials by Wood Haven Healthcare.**

Card Bingo

Tuesday, November 17 at 1 p.m.

Bridge Home Health and Hospice.

Breakfast Club

Wednesday, November 18 at 9 a.m.

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

Osteoporosis (Zoom option)

Wednesday, Nov. 18 at 11:15 a.m.

Mercy Family Health and Residency Program.

Trivia Night

Wednesday, November 18 at 6 p.m.

Win prizes. **Dynamic Differences, LLC**

Lunch & Learn: (Zoom Option)

"AI and the Nonprofit Sector: NW Ohio and Beyond"

Friday, November 20 at 11:30 a.m.

Abhishek Bhati, Ph.D. Associate Professor of Political Science (BGSU)

First 25 registered receive lunch.

Registration required.

Zoom Bingo (call for code)

Friday, November 20 at 1 p.m.

Coffee & Coloring

Monday, November 23 at 10 a.m.

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

Reader's Café

Tuesday, November 24 at 3 p.m.

Compare books turned into movies!

Feature: The Finest Hours by Michael J. Tougias . Books & audiobooks available for loan by October 27.

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.

Texas Hold'em Tournament

Monday, November 2 & 16 at 1 p.m.

Mah Jongg Open Session

Tuesdays in November at 12:30 p.m.
Everyone else who wants to come for
open play are encouraged to bring
their sets and their 2026 Mah Jongg
card. **Peer facilitator Sue Matney.**

Veterans Coffee Hour

Thursday, November 5 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, November 5 at 12:45 p.m.
Registration required.

Happy Hour

Friday, November 6 at 12:30 p.m.
This hour is filled with fun, trivia and
riddles to start the month off right.
Zoom option.

Puzzlemania

Friday, November 6 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 300 piece puzzle the
quickest! Prize awarded to winning
team. Five team limit per session.
Registration required.

Pinochle

Monday, November 9 at 12:45 p.m.
Registration required.

Mystery Restaurant

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

Bingo

Tuesday, November 10 at 12:30 p.m.
Play one bingo card. Prizes.
Facilitated by St. Clare Commons.

Hand and Foot

**Wednesday, November 11 at 12:45
p.m.**
Registration required.

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.
Registration required.

Musical Entertainment

Thursday November 12 at 1 p.m.
Guitarist: Dan Cadaret

Where Were You? First Edition

Thursday, November 12 at 12:30 p.m.
This discussion will ask you to
remember your firsts. This month's
topic is "Thanksgiving Traditions?"
Facilitated by Comfort Keepers.

Friends in Fellowship

Tuesday, November 17 at 10:30 a.m.
Join us for conversations, laughter and
encouragement. **Sponsored by Ohio
Living.**

Perrysburg continued

"The Habits and Dress of the Native Americans of Wood County"

Tuesday, November 17 at 12:30 p.m.
A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Birthday Celebration

Wednesday, November 18 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Sponsored by Manor at Perrysburg.

Blood Pressure & Blood Sugar Screening

Thursday, November 19 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Mercy Health.

Euchre Tournament

Thursday, November 19 at 12:45 p.m.
Registration required.

Hand and Foot

Monday, November 23 at 12:45 p.m.
Registration required.

Movie Day

Tuesday, November 24 at 12:45 p.m.
Feature: "Hachi: A Dog's Tale" (2009)
Synopsis: Young Ronnie reveals to his classmates that his personal hero is a dog named Hachi. Ribbed by his fellow pupils, Ronnie goes on to tell the remarkable story of his grandfather's friendship with the dog.
Registration required. Sponsored by Walker Witzler Shank Funeral Homes & Crematory.

Card Bingo

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

Osteoporosis

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.

Gentle Yoga

Thursday, October 29 to December 10 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.**

Cardio Drumming

Mondays, November 30 to January 4 (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.**



Featuring our Perrysburg Volunteer
Carol Labounty



Calling All WCCOA Volunteers!

Your time matters—and we want to make sure it counts!

The Wood County Committee on Aging is asking all volunteers to record their volunteer hours in MY Senior Center. Keeping an accurate record of your hours helps us recognize the incredible impact our volunteers make throughout the year.

Why Record Your Hours?

Help WCCOA track the valuable time donated by our volunteers. Ensure your service is included in our agency's annual volunteer totals.

- Help us recognize and celebrate you at our Annual Volunteer Banquet!
- Make sure your contributions are accurately recognized and appreciated.

Every hour makes a difference! Whether you volunteer regularly or occasionally, please take a moment to record your hours in MY Senior Center each time you volunteer.

Your Time. Your Service.

Your Impact.

Thank you for sharing your time, talents, and heart with the Wood County Committee on Aging. We couldn't do what we do without you!

Please start recording your volunteer hours 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.

Bingo

Monday, November 2 at 12:30 p.m.
Prizes awarded **Wood Haven Health
Care.**

Name That Tune BINGO

Tuesday, November 3 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, November 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.**

Bingo

Wednesday, November 4 at 12:30
p.m.
**Sponsored by Bridge Home Health
and Hospice.**

TikTok Challenge

Wed., November 4, 11, 18, 25 at 1 p.m.
NOTE: Each session will work on video
content creation. (Attend on September
30 for the recording of the video.)

"The Habits and Dress of the Native Americans of Wood County"

Thursday, November 5 at 12:15 p.m.
A brief look at the clothing styles and
life of Wood County's Native Americans
in 1820s. **Mike McMaster, Wood
County Museum.**

Scattergories

Friday, November 6 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.

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.
Registration required.

Wayne Public Library

Monday, November 16 at 12:30 p.m.
Learn more about what programs the
library has to offer at this session.

Spelling Bee (Zoom options)

Tuesday, November 17 at 12:30 p.m.
Challenge yourself to a fun and
interactive spelling bee game. This
session is an opportunity to work on
your cognitive skills and have some
fun.

Birthday Celebration

Wednesday, November 18 at 12 p.m.
**Cupcakes sponsored by The Willows
of Bowling Green.**

Breakfast Club

Thursday, November 19 at 9:30 a.m.
Meet at the Country Farmhouse 117 E.
Main Street, Wayne. Cost on own.
Registration required.

My Life, My Legacy

Thursday, November 19 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.**

Seminar Series: Meditation

Monday, November 9 at 12:30 p.m.
This series will highlight the use of
meditation and its practice.
Prerecorded Great Courses.

Rootbeer Float Friday

Friday, November 20 at 12:30 p.m.
**Facilitated by Wood Haven Health
Care.**

Trivia Battle Challenge

Friday, November 20 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.

Restaurant Night

Tuesday, November 24 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, November 25 at 12:30
p.m. Pick up the article prior to the
session. **Facilitated by Lauren
Firsdon, WCCOA.**

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

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 November at 11 a.m.

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

Chair Zumba

Tuesdays and Thursdays in November 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 November 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, November 3 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.

Bingo

Wednesdays in November at 12:30 p.m

Play several rounds of bingo with us.

Rootbeer Floats

Monday, November 9 at 12:30 p.m.

Facilitated by Wood Haven Healthcare.

Breakfast Club

Tuesday, November 10 at 9:30 a.m.

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

Power of Therapy

Wednesday, Nov. 11 at 12:30 p.m.

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

Cholesterol Screening

Thursday, November 12 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.

Senior Financial Foundations

Thursday, November 12 at 10:30 a.m.

This presentation will focus on financial stability, scam awareness, Medicare and much more. **Presented by Briar Hill Health Care Campus.**

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.

Registration required.

Mexican Train Dominoes

Friday, November 13 at 12:30 p.m.

Cold and Flu Season

Monday, November 16 at 12:30 p.m.

This prerecorded video will share some beneficial tips on ways to recognize whether you have cold or flu symptoms and how to stay healthy this season.

Prerecorded by Mercy Family Medicine Residency Program.

Story/Article Review

Tuesday, November 17 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, November 18 at 12 p.m.

Caramel Apples and Cider

Thursday, November 19 at 12:30 p.m.

Spend a sweet fall afternoon with us! Dip and decorate your own caramel apple. Sip some sweet cider, visit, laugh and enjoy good company.

Trivia Battle Challenge

Friday, November 20 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.**

Apple Pie Social

Monday, November 23 at 12:30 p.m.

We welcome the community to join us for pie, coffee and socializing. Come for the pie stay for the fellowship!

Blood Pressure & Blood Sugar Clinic

Monday, November 23 at 11 to 12:30 p.m.

Facilitated by Bridge Home Health and Hospice.

"The Habits and Dress of the Native Americans of Wood County"

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

A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Rossford

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

**Please call the Rossford
Area Senior Center at
419.666.8494 to register
or for more information.**

Coffee and Coloring

Monday, November 2 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, November 3 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, November 3 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.

Movie Trivia

Wednesday, November 4 at 12:30 p.m.

Take part in some fun trivia that will have you recalling movie names, actors and actresses and much more.

Bingo

Thursday, November 5 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, November 6 at 12:30 p.m.

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

Zoom option with the Wood County Senior Center site.

Word Search Challenge

Monday, November 9 at 11 a.m.

Enjoy a cup of coffee while exercising your cognitive skills with a word search

Sundae Monday

Monday, November 9 at 12:30 p.m.

Enjoy a sundae with the fixings provided by **Compass Care Management.**

“The Habits and Dress of the Native Americans of Wood County”

Tuesday, November 10 at 12:15 p.m.

A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Breakfast Club

Thursday, November 12 at 9 a.m.

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

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.

Registration required.

Game Day: Mystery Game

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

Kingston of Perrysburg.

Craft: Jar Luminary

Friday, November 13 at 10:30 a.m.

Using Mason Jars, lights and decorations, we will add fall scents to create a beautiful decorative piece.

Facilitated by Susan Jaros & Keva Rogers

Pies for Guys

Friday, November 13 at 1 p.m.

Enjoy some delicious desserts while sharing conversations and coffee.

Facilitated by Heritage.

Cards & Dominoes

Monday, November 16 at 10:30 a.m.

Bunco

Monday, November 16 at 12:30 p.m.

Name That Tune Bingo

Tuesday, November 17 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, November 18 at 12 p.m.

Sponsored by Ohioans Home Health.

Trivia Battle Challenge

Thursday, November 19 at 12:30 p.m.

Let's test our trivia knowledge against other Wood County Senior Centers.

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

Veterans Coffee Hour

Friday, November 20 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.**

Understanding Guardianship

Monday, November 23 at 11 a.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.

Trivia Bingo

Tuesday, November 24 at 12:30 p.m.

Wood Haven Healthcare.

Games: Ladderball/ Cornhole

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

Facilitated by Bob Counterman.

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 November from 10 to 2
p.m.

Breakfast Club

Mondays in November 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 November at 10 a.m.

Donuts and 3/13

Fridays in November 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, November 3, 10, 17, 24 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, November 3 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, November 4 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, November 5 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, November 5 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.

Thanksgiving Lunch

Thursday, November 12 at 11:30 a.m.
Registration required.

Walbridge Talk

Thursday, November 12 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.

Blood Pressure & Blood Sugar Screening

Friday, November 13 at 11 a.m.
Wood Haven Health Care.

Sundae Monday

Monday, November 16 at 12:30 p.m.

Enjoy a sundae with the fixings
provided by **Compass Care
Management.**

Birthday Celebration

Wednesday, November 18 at 12 p.m.
Enjoy birthday wishes and sweet treats.
Cake sponsored by Orchard Villa.

Card Bingo

Thursday, November 19 at 12:45 p.m.
**Facilitated by Bridge Home Health
and Hospice.**

Don't You Forget It

Monday, November 23 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, November 24 at 12:30 p.m.

"The Habits and Dress of the Native Americans of Wood County"

Wednesday, November 25 at 12:15
p.m.

A brief look at the clothing styles and
life of Wood County's Native Americans
in 1820s. **Mike McMaster, Wood
County Museum.**



Driver Safety



AARP Driver Safety Course

Wednesday, December 2
Northeast Area Senior Center
10 to 2 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

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 October at 1 p.m.

Move and Groove

Mondays, in November at 11:30 a.m.

Join us before lunch with an easy 15 minutes of moving through the decades. Starting in the 30's come enjoy some tunes while we move our bodies. Dancing is optional. Seated or standing movements. **Facilitated by Brittany Ruehl.**

TED Talk: The Science of Making Fruits and Veggies Last Longer

Monday, November 2 at 12:30 p.m.

It's a hard nut to crack: in order to prevent food waste, we rely on plastic packaging and refrigeration, which harm the environment. What if we could turn to nature to address these challenges? Engineer and chemist Jenny Du shares how a simple plant-based innovation — using the same elements found in fruit and vegetable peels — can extend the shelf life of produce, while also fighting food waste and spurring a healthier, more sustainable food system.

"The Habits and Dress of the Native Americans of Wood County"

Tuesday, November 3 at 12:15 p.m.

A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Brain Games

Thursdays, in November at 10:30 a.m.

This month's game: name your five. We will play five rounds of naming five things in a random category, you will have 30 seconds to write down your five. Come laugh, think and enjoy everyone's answers.

Bingo

Friday, November 6 at 10:30 a.m.

Facilitated by Bridge Home Health and Hospice.

Blood Pressure & Sugar Clinic

Friday, November 6 from 11 to 12:30 p.m.

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

NAMI Friends and Family Seminar

Monday, November 9 at 12:30 p.m.

NAMI family and friends, which helps people who have loved ones with a mental health condition on how to best support them. It's an opportunity for folks to meet with other people in similar situations and gain community support. Presented by Courtney Rice, NAMI. **Registration with NAMI.**

Donut Bingo

Wednesday, November 11 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, November 11 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. CALL center to see if there are openings.

Instructed by Lori Lawton, ATR.

Breakfast Club

Thursday, November 12 at 9 a.m.

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

Thanksgiving Lunch

Thursday, November 12 at 12 p.m.

Registration required.

Birthday Celebration

Wednesday, November 18 at 12 p.m.

Cake by Wood Haven Health Care.

Trivia Battle Challenge

Friday, November 20 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

Eye Glass Repair

Friday, November 20 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 350 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.

Minutes with the Mayor

Monday, November 2 at 12:30 p.m.
Updates from our Mayor Edwin Wozniak.

Club F.I.T.

Tuesday, November 3 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.

"The Habits and Dress of the Native Americans of Wood County"

Wednesday, Nov., 4 at 12:30 p.m.
A brief look at the clothing styles and life of Wood County's Native Americans in 1820s. **Mike McMaster, Wood County Museum.**

Household Bingo

Thursday, November 5 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.**

Dominoes

Wednesday, November 4 and 18 at 10 a.m.

Bridge

Thursdays in November at 9 a.m.

To join the group, call for more details.

Blood Pressure & Sugar Clinic

Monday, November 9 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, November 9 at 12:30 p.m.
Bridge Home Health and Hospice.

Donuts, Discussion & Coloring

Tuesday, November 10 at 10 a.m.

Enjoy a friendly conversation about current events with some coffee and donuts. **Facilitated by Wood Haven Healthcare.**

Name That Tune (Zoom Option)

Tuesday, November 11 at 12:30 p.m.
Guess the name of the song to cover a bingo space. Prizes awarded.
Facilitated by Heritage Corner.

Mystery Restaurant

Wednesday, November 11 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.**

Thanksgiving Lunch

Thursday, November 12 at 12 p.m.
Registration required.

Bingo

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

Therapy Talks: Safety From Head to Toe

Friday, November 13 at 12:30 p.m.

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

Birthday Celebration

Wednesday, November 18 at 12 p.m.
Cake sponsored by Wood Haven Healthcare.

Trivia Battle Challenge

Wednesday, November 18 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, November 18 at 12:30 p.m.
Facilitated by Pemberville Library.

Ice Cream Social

Thursday, November 19 at 12:30 p.m.
Enjoy some ice cream and toppings provided by **Compass Care Management.**

Name That Tune BINGO

Tuesday, November 24 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, November 25 at 12:30 p.m.
The first lecture in the series will examine "The Minstrel Era 1828-1900)." 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.

QR Codes

Monday, November 30 at 12:30 p.m.
Learn ways to practice opening QR codes on your personal smart device. This is a hands on training session. Bring your device with you. **Presented by Sydney Ameling, WCCOA**

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, November 5 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, November 12 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., November 4 & 18 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	November 18	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 by Mercy Health	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

Clinic Site	Date	Time
Rossford Area Senior Center by Bridge Home Health and Hospice	November 3	11 a.m. to 12:30 p.m.
Wayne Area Senior Center by Bridge Home Health and Hospice	November 4	11 a.m. to 12:30 p.m.
Grand Rapids Senior Center by Bridge Home Health and Hospice	November 6	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center by Bridge Home Health and Hospice	November 9	11 a.m. to 12:30 p.m.
Wood County Senior Center by Wood Haven Health Care	November 10	11 a.m. to 12:30 p.m.
Northeast Area Senior Center by Wood Haven Health Care	November 13	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center by Bridge Home Health and Hospice	November 23	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.

November 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Veal Picatta or Chicken Stir Fry, brown rice, Asian blend vegetables, apricots, fruity fine dessert	3 Roast Pork or Vegetable Lasagna, Key West blend vegetables, zucchini and tomato salad, peaches	4 Goulash or Almadine Pollock, Scandinavian blend vegetables, Caesar salad, pineapple, ice cream	5 Ham and Potato Soup or Turkey Stew, heritage slaw, cornbread, grapes, apple juice	6 Beef Potato Bake or Tuna and Noodles, lima beans, cauliflower pea salad, citrus sections, graham crackers
9 Sloppy Joe or Shredded Chicken Sandwich, sweet potato fries, corn relish, tropical fruit, pudding	10 Chef Salad with Ham and Egg or Tuna Salad, pickled beets, cantaloupe and grapes, blueberry muffin	11 Sweet and Sour Chicken or Pork Cutlet, rice, peas and carrots, peaches and pears, pineapple juice	12 <u>Thanksgiving by reserevation</u> Turkey, mashed potatoes, stuffing, green beans, cranberry fruited jello-o, pumpkin pie	13 Stuffed Green Pepper Soup or White Chicken Chili, broccoli salad, banana, bran muffin, apple crisp
16 Macaroni and Cheese with Ham or Chicken and Dumplings, stewed tomatoes, three bean salad, mandarin oranges in jell-o	17 Pepper Steak or Teriyaki Chicken, rice, oriental vegetables, Asian salad, rosy applesauce	18 <u>Birthday Celebration by reservation.</u> Cube Steak, brussel sprouts, redskin potato salad, pineapple, cake and ice cream	19 Black Eyed Peas Hash or Turkey Tetrazzini, Sicilian blend vegetables, apple, berry blend with yogurt and granola	20 Chipped Turkey or Bologna Salad, baked bean salad, coleslaw, peaches, cookie
23 Chipped Beef or Creamed Chicken, mashed potatoes, sugar snap peas, biscuit, pudding.	24 Calico Beans or Chicken Wings, carrots, broccoli salad, banana	25 Vegetable Soup or Broccoli Soup, chicken salad sandwich, celery with peanut butter, orange sections	26 Happy Thanksgiving All sites closed	27 All sites closed in observance of the holiday
30 Country Fried Steak or BBQ Chicken Breast, scalloped potatoes, citrus slaw, tropical fruit		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.	

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.

Served Tuesday through Thursday, 5:30 to 6 p.m. at the Wood County Senior Center

Reservations required by 2 p.m. that day. Menu is subject to change.

There is a \$4 suggested donation for those over 60 and \$7 fee for those under 60 years of age.
When making your reservation, a chicken breast can be requested instead of the listed entrée.

BG Knitter's Guild

Wednesday, November 4 at 4 p.m.

Zoology: Bees, Butterflies, and Saving Biodiversity

Tuesday, November 3 at 4:30 p.m.

Dinner & Movie

Tuesday, November 10 at 3:30 p.m.

Movie: Golda (2023): Helen Mirren stars in this historical drama focusing on the high-stakes decisions faced by Golda Meir, Israel's "Iron Lady," during the Yom Kippur War in 1973. Dinner reservations needed by 2 p.m.

Entertainment Guitar Circle

Tuesday, November 10 at 4:45 p.m.

Karaoke

Wednesday, November 11 at 4 p.m.

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

Trivia Night

Wednesday, November 18 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, November 24 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 October 27.

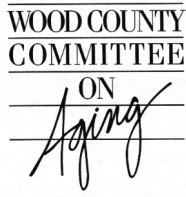
Registration required.

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

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

November 2026

Tuesday	Wednesday	Thursday
3 Bratwurst, small whole potatoes, sauerkraut, oranges and apples	4 Chicken Salad Sandwich, cream of broccoli soup, carrot sticks, melon, cookies	5 Cabbage Roll, capri blend vegetables, pasta salad, banana, fruit juice, cheesecake
10 Thanksgiving and Birthday Dinner by reservation. Turkey, mashed potatoes, stuffing, green beans, cranberry fruited jell-o, pumpkin pie	11 Goulash, corn, marinated vegetable salad, strawberries and grapes, lemon bar	12 Teriyaki Chicken Breast, rice, Oriental blend vegetables, Asian salad, apple crisp
17 Hotdog, baked beans, potato salad, orange, brownie	18 Chicken Supreme, rice pilaf, Prince Charles blend vegetables, heritage slaw, mandarin oranges in jell-o	19 Spaghetti and Meat Sauce, Winter blend vegetables, tossed salad, garlic bread, blueberry crisp
24 Chicken Tenders, french fries, broccoli salad, rosy applesauce, cake	25 Stuff Chicken Breast, rice, Capri blend vegetables, melon, peach cobbler	26 Thanksgiving Day All sites closed



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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.



All Wood County Senior Centers will be closed on Thursday, November 26 to Friday, November 27, 2026 in observance of Thanksgiving.

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