WOOD COUNTY COMMITTEE ON Aging

YOUR COUNTY CONNECTION

Non-profit serving eight locations throughout Wood County | **December 2026**

IN THIS ISSUE

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

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 to go towards your lunch, plus gratuities, giveaways, and a 50/50 raffle along the way.

Registration deadline: December 30, 2026. **Questions/Booking**: WCCOA at 419.353.5661. To pay by credit card, call BB Travel and Tour 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 on Tuesday, Feb., 9

Shopping at the West Side Market, Tickets to Rock and Roll Hall of Fame. **Cost:** $130
Registration deadline: January 1, 2027
Questions/Booking: Trip information call 419.353.5661. To pay by credit card call, BB Travel and Tour at 419.345.8149.

21st Annual Poetry Contest

Theme: The Stories We Carry

Every life holds a story worth sharing! We invite Wood County residents age 50 and older to express themselves through poetry to share treasured memories and meaningful relationships to lessons learned and dreams for tomorrow. Share the moments, people, and experiences that have shaped your life in this year's poem.

Share your creativity in WCCOA's Poetry Contest, judged by the Bowling Green State University Writing Department! The first-place winner will receive a $100 gift card.
Who Can Enter: Wood County residents age 50 and older.
Submission Dates: January 20–March 31 by 4 p.m.
Rules:

- Submit up to two original, unpublished poems, each no longer than one page.
- Poems must be typed in English, double-spaced in 12-point Times New Roman, or handwritten. Handwritten poems will be typed exactly as submitted.
- Include your name, address, phone number, and email (if applicable).

Winners will be announced by the end of April on WCCOA's blog and Facebook page. All poems will be compiled into a book, available for pickup at the Wood County Senior Center, 140 South Grove St., Bowling Green. Additional copies are $5.

Please note: All submissions become WCCOA property and may be published online or in print. Winners will be contacted and photographed for media purposes.





Threads of Democracy: Textiles and Memory Book Talk

Tuesday, January 26, 2027 from 4 to 6 p.m.
Wood County Senior Center

Join us for our first Book Talk of the Threads of Democracy Project, where we will feature Michelle Sweetser, Head Librarian and University Archivist for the BGSU Center for Archival Collections (CAC) and avid quilter, to lead a discussion of themes from Betsy Ross and the Making of America, by Marla R. Miller. Books available for advance reading. "Betsy Ross and the Making of America by Marla R. Miller. **Registration encouraged, to pick up your book at the Wood County Senior Center.**

She will feature personal quilts and other collections of textile-related memories in her talk, which relates to broader themes of women in textile work in early America.

A quilt-a-thon will follow on April 8 from 3 to 7 p.m. and April 19 from 12 to 4 p.m.

This project is supported in part by the National Endowment for the Arts. To find out more about how National Endowment for the Arts grants impact individuals and communities, visit www.arts.gov. We also want to acknowledge Arts Midwest, which is supporting the implementation of this grant project.

From our Executive Director

Dear Friends,

As we close another year, I want to extend my heartfelt thanks for your support of the Wood County Committee on Aging. Because of caring community members like you, older adults throughout Wood County receive nutritious meals, reliable transportation, meaningful social connections, and the support they need to remain independent.

Your generosity helps us fulfill our mission of providing older adults with the programs and services they need to thrive. Together, we are making a difference in the lives of thousands of older adults every day.

As you consider your year-end giving, I invite you to support our Annual Campaign. Your gift will help ensure that older adults continue to receive the essential services they depend on.

Thank you for your partnership, kindness, and commitment to the older adults of Wood County.

Wishing you a joyful holiday season and a healthy, happy New Year.

Sincerely, Alisha Nenadovich

OUR MISSION
The mission of the Wood County Committee on Aging, Inc., shall be to provide older adults with services and programs which empower them to remain independent and improve the quality of their lives.

OUR VISION
The Wood County Committee on Aging aspires to be recognized as the premiere agency for the provision of services for older adults and their families in Wood County.



Friends OF WOOD COUNTY COMMITTEE ON Aging

Annual Campaign: Nancy Gerdeman, Geoffrey Howes, Carrie Newby, John F. Kolbeck, Richard & Marilynn Ward, Jeanne A. Stoner

Facility Use Donation: League of Women Voters of Bowling Green, Take Stock! Investment Club

In Memory of Irene Szavuly - Ethel Vanko

In Honor of Beverly Hirzel - Alan Hirzel

In Honor of Home Delivered Meals at the North Baltimore Area Senior Center - St. Luke's Evangelical Lutheran Church

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, assist in dining room, 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.

Shoreline Charters & Tours

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

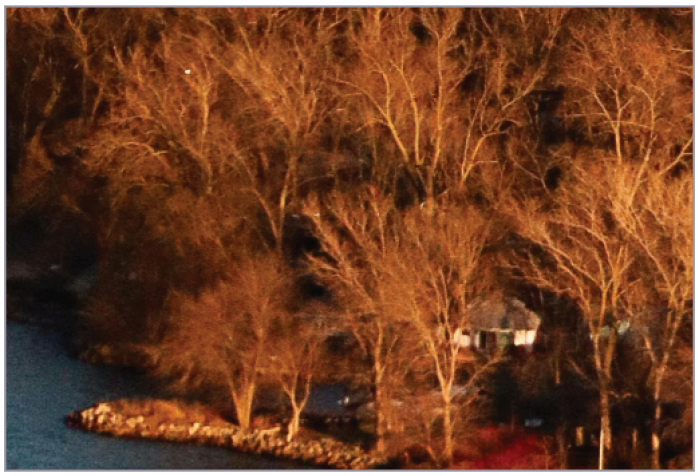
- Airfare and touring in a Motorcoach
- 9 Nights with 7 breakfasts, 2 lunches, 5 Dinners
- Activity Level 4
- **Highlights**: Chihuly Glass Museum or Space Needle, Seattle's Pike Place Market, Mount St. Helen's Visitor Center, Timberline Lodge Tour, Multnomah Falls, Whale Watch Cruise, Oregon Sand Dunes 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

collette
celebrating **100 years** of travel together

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. Deposit of $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, Takayma, 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.

LivelyU
LIFELONG LEARNING ACADEMY

About Our Courses

LivelyU Lifelong Learning Academy courses are not your typical classes as they delve into greater detail on a wide range of topics you've always wanted to know more about! All courses are led by volunteer professionals in the field of study they are presenting.

How can I learn about the classes being offered?
Courses are featured in a brochure separate from this newsletter, available at all WCCOA locations in January. Spring Semester runs from March through May, 2027.

Where are the courses held? Currently, all course will be held at the Wood County Senior Center (140 S. Grove Street, Bowling Green) or other off-site listed locations.

How can I take these courses? Pay a flat fee of $20 to take part in all of the courses. Registration is required for each individual courses you are planning to attend!

Contact the Programs Department of the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or email programs@wccoa.net to learn more!

Dessert for Dinner, Dancing and DJ T-Town

Celebrate friendship and love with us! Bring your guy and gal friends to enjoy a delightful afternoon at our "Desserts for Dinner" event, where sweet treats take center stage!

Celebrate Valentine's Day in style with an array of delicious desserts at various stations from decadent cakes to mouthwatering pastries. The desserts and pastries are sponsored by various businesses. Indulge your sweet tooth while enjoying a vibrant atmosphere featuring a live music from DJ T-Town. Enjoy his spinning romantic and upbeat tracks.

Friday, February 12, from 2 to 4 p.m.
Wood County Senior Center Cost: $5

Whether you're celebrating with a partner, friends, or treating yourself, this event promises a fun and festive way to enjoy the holiday. Don't miss out on the perfect blend of sweets and music—reserve your spot today!
Call to register 419.353.5661 or email programs@wccoa.net



bowling green arts council

Better Than Ever Area Artists Over 50

February 3 to February 27, 2027
Wood County Senior Center
Exhibition call for artists

Anyone age 50+ living within 100 miles of Wood County is eligible to participate. Individual artists may submit up to two (2) original works in any two-dimensional medium. BGAC members may submit up to three (3) artworks. You may join BGAC at BGArtsCouncil.com. Work previously exhibited at a BGAC show is not eligible. BGAC reserves the right to reject any work. Size limit is 4' Height and Width.
Registration Fees: All entry fee information will be available on the BGArtsCouncil.com website. Group entries are not permitted. Registration due December 1 to January 15, 2027. Artists can bring their work to the Wood County Senior Center on Monday, January 25 from 1 to 4 p.m. Exhibition dates are February 1 to February 26 and artists can pick up their work on Monday, March 2 from 1 to 4 p.m.

Registration Procedures: Eligible artists who meet the above eligibility requirements may complete the online form until January 15 on the Bowling Green Arts Council website, BGArtsCouncil.com and mail your check to the address below by January 15. You may also mail or drop off the entry form with your check for $20 payment to BGAC to the Wood County Senior Center by January 15.

Opening Reception Friday, January 29 from 5 to 8 p.m. at the Wood County Senior Center which is open to the public

Mail or drop off your application to BG Arts Council c/o Wood County Senior Center, 140 S Grove St., Bowling Green, OH 43402 (Note name of artist in the check memo section)
Registration Fees/Forms must be postmarked / delivered

SPECIAL EVENTS





Grandparents Raising Grandchildren

Holiday Project

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

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

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).

The application deadline is Tuesday, December 1, 2026.
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.

Wednesday, February 3, 2027 from 11 a.m. to 1 p.m.
Wood County Senior Center

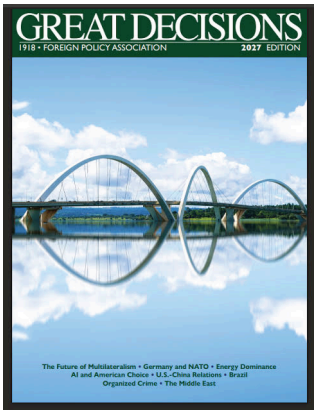
The Care Compass Project is free and open to all current and future caregivers. Respite available by MemoryLane Care Serivces for care recipients by preregistering.

11a.m. IDEAS An innovative dementia approach to assess why behaviors are happening and what you can do about them. MemoryLane Care Services.

Lunch is provided by Brookdale of Bowling Green for the first 20 participants. In-Person & On Zoom Option.

12 p.m. Dementia Friends Training This informative training helps participants better understand dementia, recognize how it affects individuals and their families, and learn simple ways to make our community more welcoming and supportive.

Registration is required by calling Programs at 419.353.5661 or by emailing programs@wccoa.net
The Care Compass Project is brought to the community by: Brookdale of BG, MemoryLane Care Services, Heartland Hospice, Optimal Aging Institute and CarePatrol.



Great Decisions 2027

Saturdays, January 23 to February 28, 2027 from 9:30 to 11a.m.
Wood County Senior Center (In person or ZOOM Option)
Presented by University Professors.
This series is co-sponsored by American Association of University Women & WCCOA, Inc.

Books will be available in January of 2027 and can be preordered by purchasing in advance.
The cost of the books are $38 checks payable to Wood County Committee on Aging.

January 23 American Foreign Policy and Future of Multilateralism by Anthony Knopps, MPS, Adjunct Professor, Department of Political Science

January 30 The Future of Germany in Europe and The Atlantic World by Dr. Stephan Fritsch, Associate Professor, Department of Political Science

February 6 Organized Crime in the Americas by Dr. Amilcar E Challu, Professor, Department of History

February 14 American Options in the Middle East by Dr. Catherine Cassara, Professor Emeriti, Journalism and Communication

February 21 Brazil and the Global South; Confronting a New America by TBA

February 28 AI and American Choices by Dr. Stephan Fritsch, Associate Professor, Department of Political Science

Registration is required as we will call you if a session is cancelled due to inclement weather. Call the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Wood County Senior Center

Cards & Games

Billiards Room

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

Euchre **Mondays and Fridays at 1 p.m.**

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

Bingo **Tuesdays at 1 p.m.**

Dominoes **Tuesdays at 3 p.m.**

Cribbage **Wednesdays at 1 p.m.**

Mah Jongg **Thursdays at 1 p.m.**

Party Bridge **Fridays at 1 p.m.**
Please call the Programs Department

Puzzles **Available daily in the lounge**

Scrabble *Monday, December 28 at 1:15 p.m.*

Your time matters—and it counts!

The Wood County Committee on Aging is asking all volunteers to record their volunteer hours in your centers system. 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!

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.

Zoom Programs

Happy Hour Friday, December 4 at 12:30 p.m.
Meeting ID: 860 7802 6362 **Password**: happy

Preparing for Winter Wednesday, December 16 at 11 a.m.
Meeting ID: 817 8891 8068 **Password:** health

Bingo Friday, December 18 at 1 p.m.
Meeting ID: 875 8170 1327 **Password**: bingo

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

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 p.m.
Cost: $15 for 6 weeks
Designed to optimize physical function for those with Parkinson's disease or other movement disorders. **Certified Instructor from BGSU.**

Sitting Strong

Mondays, Thursdays 10 a.m.
Cost: Free
Seated, low-impact workouts 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, December 14 to January 25 (no class Jan. 18) at 10:30 a.m.
Cost: $40 for 6 weeks
Chair yoga stretches, gentle standing postures with support of chair or wall.

Advanced: Tuesdays, December 15 to December 29 at 10:30 a.m.
Cost: $20 for 3 weeks
Standing and balancing postures and wind down postures on the floor.

Intermediate:
Thursday, December 17 to January 28 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, December 8 to January 12 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

Tuesday, November 24, 30 & December 7 at 4:15 p.m.
Cost: $15 for 3 weeks
Strengthen 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, December 8 to January 26 at 1 p.m.
Cost: $20 for 6 weeks
JoAnn Weislak, Certified Instructor

Cardio Drumming

Wednesday, December 2 Holiday Drop in Class cost $5
December 9 to January 13 from 2:15 to 3:15 p.m.
Cost: $25 (Minimum of 12)
Sallie Hand, Certified Instructor

Beginner-Intermediate Tai Chi

Wednesday, 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 December 24, 31)**
Cost: $60 for 6 weeks
Using the 24 Movement Yang form of Tai Chi. **Richard Messer, Instructor.**

Open Windows Dance Class

Wednesday, January 13 to February 17 Cost: $20 for 6 weeks.

Walking Club Indoors

Thursdays at 9:30 a.m.
Meet in lobby. Hosted by **Wood Haven**

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 strengthen muscles that support bone health 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 11 to December 9 at 9:30 a.m.
Fridays, November 13 to December 4 at 9:30 a.m. Register for the zoom code.

Cardio & Tone (In-Person)

Free Classes this month
Wednesdays, December 2 & 9 at 10:15 a.m.
Fridays, December 4 & December 11 at 10:15 a.m.
Use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

Wood County

In person programs for the
WOOD COUNTY SENIOR CENTER
Located in Bowling Green
Lunch served between
11:30 a.m. and 1 p.m.

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

Lively Voices Senior Choir
Mondays from 3 to 4 p.m.
A fun, low-pressure choir for older adults who enjoy singing and making music together. No prior choir experience is required—just a willingness to participate, socialize, and have a good time.
Registration required.

Guitar Circle
Wednesdays at 11 a.m.
For intermediate to advanced players. **Registration required**. Facilitated by John Zanfardino.

Guitar Circle for Beginners
1st and 3rd Thursdays at 11 a.m.
For beginner players and 11:30 a.m. for beginners with some experience working on songs. **Registration required**. Facilitated by John Zanfardino.

Watercolor Group
Thursdays 10 a.m. to noon.
Open session where you can share techniques and tips. Bring (and take with you) all materials.

Veterans Coffee Social
Fridays at 10 a.m.
Share stories, listen to engaging speakers and work on projects.
Donuts sponsored by Brookdale of Bowling Green and Bridge Home Health and Hospice.

Friday Flick Picks
Fridays at 1 p.m.
Each week, an attendee will pick the following week's movie from a curated selection of films.

Mobile Health Unit
Tuesday, December 1 from 10 a.m. to 12 p.m.
Free screenings for blood pressure, blood cholesterol, blood glucose, hemoglobin A1C, heart rate, and SPO2. **Wood County Health Department**

Mystery Box Holiday Game
Monday, December 1 at 1 p.m.
Do you want to find a new holiday game for your family get together this year? To play the game you complete the activities based on the clues to discover the contents in the box. There will be a prize for the winner.
Facilitated by Kathy Hansen.

HearingLife Clinic
Tuesday, December 1 from 10 a.m. to 12 p.m.
By appointment this clinic will provide a free hearing assessment and hearing aid clinic.

Sundae Bar
Tuesday, December 1 at 12:30 p.m.
Enjoy an ice cream sundae and all the fixings. **Sponsored by The Willows.**

SINGO
Tuesday, December 1 at 1 p.m.
Players listen to short song clips played by a host, mark matches on their cards, and shout "Singo!" upon completing a winning line or pattern. Win prizes. **Facilitated by BGSU students.**

BG Knitters' Guild
Wednesday, December 2 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, December 3 & December 17 from 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 December at 1 p.m.
3 "Little House on the Prairie: Christmas at Plum Creek" (1974) and "A Christmas They Never Forgot" (1982)
10 "Christmas Angel in the House" (2011)
17 "Holiday Inn" (1942 Color)
31 "It's a Wonderful Life" (1947 Color)
Facilitated by Kris Eridon.

Brain Body Builders Class
Friday, December 4 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, November 25. Light Breakfast provided by *Dynamic Differences, LLC. Presented by Elizabeth Harrison, Dynamic Differences, LLC.*

Happy Hour (Zoom option)
Friday, December 4 at 12:30 p.m.
This hour is filled with fun, trivia and riddles to start the month off right.
Refreshments sponsored by Otterbein.

"Amos Dewese and The Terrible Winter" 1843-1844
Monday, December 7 at 11 a.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

Create a Holiday Wreath
Monday, December 7 at 2 p.m.
Create a beautiful decorative wreath for the holidays. All materials and instruction supplied. Cost: $20
Registration required. Sydney Brown, BGSU Art student

Name That Tune Bingo
Tuesday, December 8 at 10:30 a.m.
Name the song to cover a bingo space.
Facilitated by Heritage Corner.

Blood Pressure & Blood Sugar
Tuesday, Dec. 8 from 11 a.m. to 12:30 p.m.
Hosted by Wood Haven Health Care.

Fabric Cutting Project
Tuesday, December 8 at 1 p.m.
Used for stuffing dog and cat beds for a homeless shelter. **Facilitated by Ramona Pupos.**

Chair Volleyball
Tuesday, December 8 at 1 p.m.
Join us for a fun game of volleyball all from the seat of your chair. Rules and game details will be provided.
Led by Mary and Craig Soneson.

Dinner & Movie
Tuesday, December 8 at 3:30 p.m.
Movie: "The Holdovers (2023): Set in 1970, this film features a curmudgeonly history teacher who forms an unlikely bond with a troubled student and the school cook over Christmas break.
Dinner reservations needed by 2 p.m.

Entertainment: Guitar Circle
Tuesday, December 8 at 4:45 p.m.

Holiday Dinner
Tuesday, December 8 at 5:30 p.m. by reservation. Call 419.353.5661

Karaoke
Wednesday, December 9 at 4 p.m.
Facilitated by Woodlane.

1:1 Technology Help
Thursday, December 10 & Tuesday, December 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.**

Entertainment Fluitest
Thursday, December 10 at 10:45 a.m.
Featuring Miguel Hudson

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required.

Craft: Rock Garden Creations
Monday, December 14 at 1 p.m.
Join us as we use paint markers to decorate rocks for our very own make and take rock garden. All supplies will be provided. **Hosted by Cathi Arcuri.**

T.V. Series: History's Greatest Mysteries
Monday, December 14 at 1 p.m.
S: 4 E: 1, 2

Bean Bag Baseball
Monday, December 14 at 1 p.m.
Lead by Craig and Mary Soneson.

Create Wooden Dolls
Monday, December 14 at 2 p.m.
Create beautiful dolls with a decorative box. Great gift or keepsake. All materials and instruction supplied. Cost: $20 **Registration required.**
Sydney Brown, BGSU student

Nails
Monday, December 14 at 2 p.m.
By appointment by Cathi Arcuri.

Brain Training
Tuesday, December 15 at 9 a.m.
Great courses session on Key Traits: Extraversion and Neuroticism by Professor Mark Leary. Discussion to follow. **Registration required** by December 10. Breakfast by **Brookdale of Bowling Green. Materials by Wood Haven Healthcare.**

Craft: Holiday Potholders
Tuesday, December 15 at 10 a.m.
All instructions and supplies are provided. **Instructed by Susan Jaros.** Cost $5 Registration required.

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

Preparing for Winter (Zoom option)
Wednesday, December 16 at 11 a.m.
Gather tips on how to stay safe. **Mercy Family Health & Residency Program.**

Trivia Night
Wednesday, December 16 at 6 p.m.
Prizes awarded. **Facilitated by Dynamic Differences, LLC**

QR Codes 101
Thursday, December 17 at 1 p.m.
Learn about QR codes and practice using them on your own smart devices.
Presented by Sydney Ameling,

Ugliest Holiday Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Wear your ugliest holiday sweater.

Pinecone Ornaments
Monday, December 21 at 2 p.m.
All materials and instruction supplied. Cost: $10 **Registration required.**
Sydney Brown, BGSU student

Reader's Café
Tuesday, December 22 at 3 p.m.
Compare books turned into movies!
Feature: The Same Kind of Different as Me by Ron Hall. Books for loan.
Registration required.

Zoom Bingo (call for code)
Friday, December 18 at 1 p.m.

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

Vision/Memory Box
Monday, December 28 at 2 p.m.
Get ready for the 2027 year or reflect on 2026. Bring your own pictures, newspapers, or magazines as desired.
Cost: $5 Sydney Brown, BGSU

Noon Years Eve
Thursday, December 31 at 12 p.m.
Ring in the New Year with us! Enjoy a toast and traditional send off of 2026.

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.

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

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.**

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.

Bingo at the Northeast Site
Tuesday, December 1 at 12:30 p.m.
Join the participants at our Northeast Area Senior Center for BINGO. Registration required by calling the NE site at 567.249.4921 for lunch reservations. **Sponsored by Walker Funeral Homes.**

QR Codes 101
Wednesday, December 2 at 12:15 p.m.
Learn about QR codes and practice using them on your own smart devices. Plan on bringing a smart phone or tablet to take part in this class.
Presented by Sydney Ameling, WCCOA

Lunch and Learn: Medical Aid in Dying
Thursday, December 3 at 12 p.m.
Gain factual materials about what Medical Aid in Dying actually is—and isn't in a judgment-free space where you can ask questions. The goal is to help you understand this additional end-of-life option and how it complements high-quality hospice and palliative care.
Program and Lunch sponsored by Molly McMahonGraziano, Outreach Coordinator, Ohio End of Life Options. Registration limited to 16 participants.

Gentle Yoga
Thursday, December 3, 10, 17 at 11 a.m.
Schaller Building
Cost: $10 for 3 weeks
Engage your breath, practice sensory awareness, and enjoy the movement of the body. **JoAnn Weislak, Certified Instructor. Registration required.**

Veterans Coffee Hour
Thursday, December 3 at 11 a.m.
This social hour is an opportunity for veterans to gather to share stories and support each other. **Hosted by Randy Powers. Donuts provided by Comfort Keepers.**

Euchre Tournament
Thursday, December 3 at 12:45 p.m.
Registration required.

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

Puzzlemania
Friday, December 4 at 12:45 p.m.
Do you enjoy a good jigsaw puzzle? We are hosting Puzzlemania, where teams of two to four people will compete to complete a 300 piece puzzle the quickest! Prize awarded to winning team. Five team limit per session.
Registration required.

Texas Hold'em Tournament
Monday, December 7 at 1 p.m.

Breakfast Club
Tuesday, December 8 at 9 a.m.
Join us as we gather to start the morning off with good food and company. Meet at American Table, 580 Craig Dr., Perrysburg. **Cost on own.**
Host: Judy Schlink.

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

Perrysburg continued

Facilitated by St. Clare Commons.

NAMI Family and Friends Seminar

Wednesday, December 9 from 9 a.m. to 1 p.m.
This seminar aids families/community members who have loved ones with mental health condition 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.**

Hand and Foot

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

Holiday Lunch

Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Where Were You? First Edition

Thursday, December 10 at 12:30 p.m.
This discussion will ask you to remember your firsts. This month's topic is "A Memory of Your Favorite Holiday Gift" **Facilitated by Comfort Keepers.**

Card Bingo

Friday, December 11 at 12:30 p.m.
Play bingo using a deck of cards.
Facilitated by Bridge Home Health and Hospice.

Pinochle

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

Cardio Drumming

Mondays, December 14 to January 25 (6 weeks) at 2:30 p.m. (no class January 18)
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.

Mystery Restaurant

Monday, December 14 at 4 p.m.
Meet at Perrysburg Senior Center to learn about your surprise location for dinner. Cost on own. **Hosted by Marcine Miller. Registration required and limited to 8 participants.**

"Amos Dewese and The Terrible Winter" 1843-1844

Tuesday, December 15 at 12:30 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

Birthday Celebration

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

Blood Pressure & Blood Sugar Screening

Thursday, December 17 from 11 to 1 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Mercy Health.

Euchre Tournament

Thursday, December 17 at 12:45 p.m.
Registration required.

New Year, No Scams

Friday, December 18 at 12:30 p.m.
Gain valuable tips on how to protect yourself from scams and fraud coming into the new year! **Presented by Wesco Bank.**

Ugliest Holiday Sweater, Hot Cocoa & Cookies:

Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater. Join in the fun and festiveness by showing off this great piece of clothing! Be sure to stick around for a photo opportunity.

Texas Hold'em Tournament

Monday, December 21 at 1 p.m.

Movie Day

Tuesday, December 22 at 12:45 p.m.
Feature: "A December Bride" (2016)
Synopsis: A holiday wedding brings no joy to the bride's cousin, who was once engaged to the groom. But she might find her true love there when she gains a fake fiance.
Registration required. Sponsored by Walker Witzler Shank Funeral Homes & Crematory.

Preparing for Winter

Wednesday, December 23 at 11:15 a.m.
Gather tips on how to stay safe and protected inside and outside your home this winter season. **Presented by Mercy Family Health and Residency Program.**

Hand and Foot

Wednesday, December 28 at 12:45 p.m.
Registration required.

Coffee and Coloring

Thursday, December 31 at 10:30 a.m.
Enjoy a relaxing morning of coffee and coloring. Bring your own coloring supplies or use the ones provided.

Noon Year's Rocking Eve

Thursday, December 31 at 12 p.m.
Ring in the New Year with us! Enjoy a toast, hats and blowers as we ring in the New Year! **Sponsored by Otterbein.**

Wayne

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

Please call the Wayne Area Senior Center at 419.288.2896 to register or for more information.

Card Games
Thursdays, from 11 to 2 p.m.

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

Blood Pressure & Blood Sugar Screening
Wednesday, December 2 from 11 to 12:30 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals.
Facilitated by Bridge Home Health and Hospice.

Bingo
Wednesday, December 2 at 12:30 p.m.
Sponsored by Bridge Home Health and Hospice.

TikTok Challenge
Wed., December 2, 9, 16, 23 & 30 at 1 p.m.
NOTE: Each session will work on video content creation. (Attend on December 30 for the recording of the video.)

My Life, My Legacy
Thursday, Dec. 3 & 17 at 12:30 p.m.
This series is a 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, December 4 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.

Bingo
Monday, December 7 at 12:30 p.m.
Wood Haven Health Care.

Mobile Health Unit
Tuesday, December 9 from 10 a.m. to 12 p.m.
Free screenings for blood pressure, blood cholesterol, blood glucose, hemoglobin A1C, heart rate, and SPO2.
Wood County Health Department

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

"Amos Dewese and The Terrible Winter" 1843-1844
Friday, December 11 at 12:15 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

Commodity Crisis: Farmers, Markets, and the Rural Economy of the 1920s
Monday, December 14 at 12:30 p.m.
This program explores the challenges that foreshadowed the nation's economic collapse. **Facilitated by Wood County Parks District.**

Short Story/Article Review
Tuesday, December 15 at 12:30 p.m.
Pick up the article prior to the session.
Facilitated by Lauren Firsdon, WCCOA.

Birthday Celebration
Wednesday, Dec. 16 at 12 p.m.
Sponsored by The Willows of Bowling Green.

Breakfast Club
Thursday, Dec. 17 at 9:30 a.m.
Meet at the Country Farmhouse, 117 E. Main Street, Wayne. Cost on own.
Registration required.

Ugliest Holiday Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater.

Trivia Battle Challenge
Friday, December 18 at 12:30 p.m.
Sponsored by Heritage Corner.

Rootbeer Floats
Friday, December 18 at 12:30 p.m.
Sponsored by Wood Haven.

Wayne Library
Monday, Dec. 21 at 12:30 p.m.
Enjoy a programs presented by the public library.

QR Codes 101
Tuesday, December 22 at 12:30 p.m.
Learn about QR codes and practice using them on your own smart devices. Plan on bringing a smart phone or tablet to take part in this class. **Sydney Ameling, WCCOA**

Lunch with Santa
Wednesday, Dec. 23 at 11 a.m.
Enjoy a pizza party with gifts, games, and photos with Santa. **Sponsored by Buggy Whip Bakery, FriendShip Kitchen, and Kirkland's Home of Perrysburg.**

Restaurant Night
Tuesday, December 29 at 5 p.m.
Meet at the Center to travel to a restaurant to enjoy dinner. Cost on own (range $20 to $35)
Registration required.

Noon Year's Eve
Thursday, Dec. 31 at 12 p.m.
Ring in the New Year with us! Enjoy a toast, hats and blowers as we celebrate a New Year together.

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 December at 11 a.m.
Focus on stretching, breathing and movement in a safe and controlled environment.

Chair Zumba
Tuesdays and Thursdays in December 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.

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

Cardio Drumming
Fridays in December 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, December 1 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.**

Mobile Health Unit
Thursday, December 3 from 10 a.m. to 12 p.m.
Free screenings for blood pressure, blood cholesterol, blood glucose, hemoglobin A1C, heart rate, and SPO2. **Wood County Health Department**

Technology Q & A
Thursday, December 3 at 10:30 a.m.
This presentation will assist you with navigating technology challenges. ***Presented by Briar Hill Health Care Campus.***

Craft: Holiday Potholders
Friday, December 4 at 10 a.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.**

Monday Morning Mingle
Monday, December 7 at 10 a.m.
Join us to share your weekend happenings, swap stories and pictures of the grandkids, and catch up with friends. The coffee bar opens at 10 a.m. Pull up a chair and enjoy a little conversation!

QR Codes
Monday, December 7 at 12:30 p.m.
Learn about QR codes and practice using them on your own smart devices. Plan on bringing a smart phone or tablet to take part in this class. **Presented by Sydney Ameling,**

Breakfast Club
Tuesday, December 8 at 9:30 a.m.
Meet at McDonald's, 12776 Deshler Rd., North Baltimore. **Cost on own.**

Power of Therapy
Wednesday, December 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.**

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Mexican Train Dominoes
Friday, December 11 at 12:30 p.m.

Rootbeer Floats
Monday, December 14 at 12:30 p.m.
Wood Haven Healthcare.

Story/Article Review
Tuesday, December 15 at 12:30 p.m.
We will read a short story or article together and then enjoy a discussion. You are welcome to pick up the article prior to the session. **Facilitated by North Baltimore Public Library.**

Birthday Celebration
Wednesday, December 16 at 12 p.m.

Trivia Battle Challenge
Friday, December 18 at 12:30 p.m.
Let's test our trivia knowledge. Donuts awarded to the winning center each quarter. **Sponsored by Heritage Corner.**

Ugliest Holiday Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater.

Preparing for the Winter
Monday, December 21 at 12:30 p.m.
This prerecorded video will share some tips on how to stay safe and protected inside and outside this winter season. **Prerecorded by Mercy Family Medicine Residency Program.**

Blood Pressure & Blood Sugar Screenings
Monday, Dec. 28 at 11 to 12:30 p.m.
Facilitated by Bridge Home Health and Hospice.

Noon Year's Eve
Thursday, December 31 at 12 p.m.
Ring in the New Year with us! Game day is at 12:30 with **Wood Haven Health Care.**

Rossford

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

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

Blood Pressure & Blood Sugar Screening

Tuesday, December 1 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, December 1 at 12:30 p.m.
This 30-minute session will focus on balance, strength, and range of motion movements to help you stay safe. **Facilitated by Partners in Home care. Registration required.**

Bingo

Thursday, December 3 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, December 4 at 12:30 p.m.
This hour is filled with fun, trivia and riddles to start the month off right. **Zoom option with the Wood County Senior Center site.**

Coffee and Coloring

Monday, December 7 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.

Bean Bag Baseball

Monday, December 7 at 1 p.m.
Facilitated by Craig and Mary Soneson.

"Amos Dewese and The Terrible Winter" 1843-1844

Tuesday, December 8 at 12:15 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

QR Codes

Wednesday, December 9 at 11 a.m.
Learn about QR codes and practice using them on your own smart devices. Plan on bringing a smart phone or tablet to take part in this class. **Sydney Ameling, WCCOA**

Breakfast Club

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

Holiday Lunch

Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Game Day: Mystery Game

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

Divas and Desserts

Friday, December 11 at 1 p.m.
Enjoy some delicious desserts while sharing conversations and coffee. **Facilitated by Heritage.**

Word Search Challenge

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

Sundae Monday

Monday, December 14 at 12:30 p.m.
Enjoy a sundae with the fixings provided by **Compass Care Management.**

Name That Tune Bingo

Tuesday, December 15 at 12:30 p.m.
Music will be playing as we guess the names of the songs on our bingo card to win prizes. **Facilitated by Heritage Corner.**

Birthday Celebration

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

Trivia

Wednesday, December 17 at 12:30 p.m.
Take part in some fun trivia that will have you recalling movie names, actors and actresses and much more.

Veterans Coffee Hour

Friday, December 18 at 11 a.m.
This social hour is an opportunity for veterans to gather to share stories and support each other. **Donuts by Care360 Hospice.**

Ugliest Holiday Sweater, Hot Cocoa & Cookies:

Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater. Be sure to stick around for a photo opportunity.

Cards & Dominoes

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

Bunco

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

Trivia Battle Challenge

Thursday, December 24 at 12:30 p.m.
Let's test our trivia knowledge against other Wood County Senior Centers. Donuts awarded to the winning center each quarter. **Sponsored by Heritage Corner.**

Games: Ladderball or Cornhole

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

Trivia Bingo

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

Noon Year's Eve

Thursday, December 31 at 12 p.m.
Ring in the New Year with us!

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 December from 10 to 2 p.m.

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

Walk Around the Gym
Daily in December at 10 a.m.

Donuts and 3/13
Fridays in December at 9:45 a.m.
Enjoy a fun card game of 3/13 with some donuts from Don's.
Cost: $1.50 per donut.

Take Control of Exercise
Tuesdays in December at 10:30 a.m.
This exercise DVD from the Arthritis Foundation is designed to improve flexiblity, strength, and core muscles using resistance bands.

Bingo
Tuesday, December 1 at 12:30 p.m.
Join us as we play several rounds of bingo. **Prizes are sponsored by Walker Funeral Homes and Crematory.**

Mystery Restaurant
Thursday, December 1 at 4 p.m.
Meet at Center to learn about your surprise location for dinner. Cost on own. $12 to $25. **Registration required by Thursday before and limited to 12 participants.**

AARP Driver Safety Course
Wednesday, Dec., 2 at 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.**

Fitness for Fall Prevention
Wednesday, December 2 at 12:45 p.m.
This 30-minute session will focus on balance, strength, and range of motion movements to help you stay safe.
Facilitated by Partners in Home Care. Registration required.

Left, Right and Center Game
Thursday, December 3 at 12:30 p.m.

Craft: Holiday Potholders
Monday, December 7 at 10 a.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.**

Reminiscing Time
Tuesday, December 8 at 12:30 p.m.
Topic: What is your favorite holiday memory?

Craft: Snowman
Wednesday, Dec. 9 at 10:45 a.m.
All instructions and materials provided. Cost: $6.00 **Reservations required.**

"Amos Dewese and The Terrible Winter" 1843-1844
Wednesday, Dec. 9 at 12:15 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Walbridge Talk
Thursday, December 10 at 12:15 p.m.
Presented by Mayor Ed Kalanko.

Blood Pressure & Blood Sugar
Friday, December 11 at 11 a.m.
Wood Haven Health Care.

Safety Tips: Winter Readiness
Monday, Dec. 14 & Tuesday, Dec. 22 at 12:15 p.m.
Lake Township Fire Department.

QR Codes 101
Tuesday, December 15 at 12:30 p.m.
Learn about QR codes and practice using them on your own smart devices. Plan on bringing a smart phone or tablet to take part in this class.

Birthday Celebration
Wednesday, December 16 at 12 p.m.
Cake sponsored by Walker. Holiday Movie, hot cocoa and snack.

Card Bingo
Thursday, December 17 at 12:45 p.m.
Bridge Home Health and Hospice.

Ugliest Holiday Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater and stick around for a photo.

Sundae Monday
Monday, December 21 at 12:30 p.m.
Compass Care Management.

Left, Right and Center Game
Wednesday, Dec. 23 at 12:30 p.m.

Don't You Forget It
Wednesday, Dec. 30 at 12:30 p.m.
This is a push-your-luck dice game where players roll nine dice to collect matching numbers and score points, but lose their turn's points if the dice spell out "forget it".

Noon Year's Eve
Thursday, December 31 at 12 p.m.
Ring in the New Year with us!

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 December at 1 p.m.

Move and Groove
Mondays, in December at 11:30 a.m.
Join us before lunch with an easy 15 minutes of moving through the decades starting in the 70's. Come enjoy some tunes while we move our bodies. Dancing is optional. Seated or standing movements. **Facilitated by Brittany Ruehl.**

"Amos Dewese and The Terrible Winter" 1843-1844
Tuesday, December 1 at 12:15 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

Closed for Blood Drive Thursday, December 3.

Trip: Meet at Rapids Edge for Coffee
Thursday, December 3 from 9:30 to 10:30 a.m.
We are closed for the Church Blood Drive! So lets meet for coffee at Rapids Edge, 24125 Front St, Grand Rapids, OH 43522 and support the newest business here in town! Cost on own. Advance registration encouraged.

Brain Games
Thursdays, in December 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, December 4 at 10:30 a.m.
Facilitated by Bridge Home Health and Hospice.

Blood Pressure & Blood Sugar Clinic
Friday, December 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.

TED Talk: How to Spot Fake AI Photos
Monday, December 7 at 12:30 p.m.
How do you know if that shocking photo in your feed is real, or just another AI fake? Digital forensics expert Hany Farid explains how he helps journalists, courts and governments find structural errors in AI-generated images, offering four practical tips everyday individuals can use when facing the internet's war on reality.

Donut Bingo
Wednesday, December 9 at 10:30 a.m.
Instead of the same old prizes we will be playing for donuts. **Facilitated by Wood Haven Healthcare.**

Canvas Art Party
Wednesday, December 9 at 12:30 p.m.
Join us as we paint. No experience is needed, all materials and instruction are provided.
Registration is required.
Limited to 6 participants. Call the center to see if there are openings.
Instructed by Lori Lawton, ATR.

Breakfast Club
Thursday, December 10 at 9 a.m.
Meet at American Table, 580 Craig Dr., Perrysburg. Cost on own.
Host: Judy Schlink.

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Eyeglass Repair
Friday, December 11 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.**

Birthday Celebration
Wednesday, December 16 at 12 p.m.
Cake by Wood Haven Health Care.

Trivia Battle Challenge
Friday, December 18 at 12:30 p.m.
Let's test our trivia knowledge with this friendly competition with the other Senior Centers. Donuts awarded to the winning center each quarter.
Sponsored by Heritage Corner

Ugly Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater. Be sure to stick around for a photo opportunity.

Noon Years Eve
Thursday, December 31 at 12 p.m.
Ring in the New Year with us!

Discover us on YouTube:
Wood County Committee on Aging, Inc.
View our over 375 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 at 11 a.m.

Dominoes
Wednesday, December 2 & 16 at 10 a.m.

"Amos Dewese and The Terrible Winter" 1843-1844
Wednesday, December 2 at 12:15 p.m.
A brief look at the impact of a terrible winter in 1843 to 1844. **Mike McMaster, Wood County Museum.**

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

Household Bingo
Thursday, December 3 at 12:30 p.m.
Everyone bring a household item to play. Play ten rounds of bingo for fun! **Final cover all prizes provided by Otterbein.**

Minutes with the Mayor
Monday, December 7 at 12:30 p.m.
Updates from our Mayor Edwin Wozniak.

Donuts, Discussion & Coloring
Tuesday, December 8 at 10 a.m.
Enjoy a friendly conversation about current events while coloring and sipping on some coffee and eating donuts. **Facilitated by Wood Haven Healthcare.**

Mystery Restaurant
Wednesday, December 9 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.**

Musical Entertaiment
Thursday, December 12 from 11 a.m. to 12 p.m.
Featuring Dan Cadaret on Guitar

Holiday Lunch
Thursday, December 10 at 11:30 a.m.
Registration required by Monday, December 7.

Bingo
Thursday, December 10 at 12:30 p.m.
Prizes by Wood Haven Health Care.

Therapy Talks: The Heart of the Matter: Emotional Wellness
Friday, December 11 at 12:30 p.m.
A representative from Functional Pathways will share tips on habits that help you thrive.

Blood Pressure & Blood Sugar Clinic
Monday, December 14 from 11 a.m. to 12:30 p.m.
This clinic is an opportunity to have your blood pressure and blood glucose monitored by health professionals. **Facilitated by Bridge Home Health and Hospice.**

Card Bingo
Monday, December 14 at 12:30 p.m.
Bridge Home Health and Hospice.

Birthday Celebration
Wednesday, December 16 at 12 p.m.
Cake sponsored by Wood Haven Healthcare.

Library Talks & Craft
Wednesday, December 16 at 12:30 p.m.
Facilitated by Pemberville Library.

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

Ice Cream Social
Thursday, December 17 at 12:30 p.m.
Enjoy some ice cream and toppings provided by **Compass Care Management.**

Ugliest Holiday Sweater, Hot Cocoa & Cookies:
Friday, December 18 at 12:30 p.m.
Enjoy cookies and hot cocoa while wearing your ugliest holiday sweater and stick around for a photo.

Name That Tune
Tuesday, December 22 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, December 23 at 12:30 p.m.
The lecture in the series will examine "Evolution of the Verse/Chorus Song." This lecture examines types of songs, their construction, and the evolution of song structure in American musical theatre culminating in today's verse/chorus structure. Presented by Professor Bill Messenger. **Prerecorded Great Courses.**

Noon Year's Eve
Thursday, December 31 at 12 p.m.
Ring in the New Year with us! Enjoy hats, blowers and a toast to ring in the New Year.

WCCOA SUPPORT GROUPS

Care Compass Project
Wednesday, February 3 from 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, December 3 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@wccoa.net to register for this group.

Adjusting to Vision Loss Peer Group
Thursday, December 10 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., December 2 & 16 at 1 p.m.
Location: Wood County Senior Center
140 S. Grove Street, Bowling Green
This support group is for those who have experienced a loss in their lives. We aim to connect, discuss, teach, encourage, provide support, and assist those grieving and adjusting to loss. **New attendees must pre-register; please call ahead at 419.353.5661 or 800.367.4935**



OTHER LOCAL SUPPORT GROUPS

National Alliance on Mental Illness (NAMI) Family Support
First & Third Tuesday of each month at 3 p.m.
This group is for families of those with mental illness.
Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

NAMI Connections Recovery Support
Wednesdays at noon
This group is for individuals with mental illness.
Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

Living Through Loss Grief Support
Third Monday of each month
Location: Blanchard Valley Hospital
1900 S. Main Street, Findlay
Contact: Bridge Home Health & Hospice for more information and to register at 419.423.5351

Grief Share
Faith-based weekly grief support group
Location: St. Mark's Lutheran Church, BG
Contact: Joan Staib 419.308.1134 or Jan Ruffner 419.308.4072 for more information.

Grandparents Raising Grandchildren
Offered monthly by the Wood County Educational Service Center at Lake, Rossford and Bowling Green Schools. **Contact:** To register call Sara Nidiffer 419.409.2087 or snidiffer@wcesc.org

Alzheimer's Association Caregiver Support
First Friday of the month at 12 p.m.
Location: Perrysburg First Church, 200 West 2nd Street, Perrysburg
Contact: To register call the Alzheimer's Association of Northwest Ohio at 1.800.272.3900.

Spousal or Partner Loss Support
Second & fourth Tuesday of each month at 3 p.m.
Location: Hospice of Northwest Ohio, 30000 E. River Road, Perrysburg
Contact: Hospice of Northwest Ohio for more information and to register at 419.661.4001

DaZy Aphasia Support Group
Fridays at 1:30 p.m.
Location: BGSU Health & Human Services Building
Contact: Debbie Zuchowski 419.442.1453 Call 419.661.4001 to register.

Survivors of Suicide Loss
1st & 3rd Wednesday of each month at 6 p.m.
Offered by Wood County Suicide Prevention Coalition
Location: 1250 Ridgewood Dr., Bowling Green
Contact: NAMI at 419.352.0626

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	December 23	1 to 3 p.m.
Pemberville Area Senior Center	January 6	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, December 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	March 2027	9 to 11 a.m.
	March 2027	9 to 11 a.m.
	March 2027	9 to 11 a.m.
North Baltimore Area Senior Center by Mercy Health	March 2027	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	March 2027	2 to 4 p.m.
Wood County Senior Center	March 2027	3 to 5 p.m.

Blood Pressure & Blood Glucose

Clinic Site	Date	Time
Rossford Area Senior Center by Bridge Home Health and Hospice	December 1	11 a.m. to 12:30 p.m.
Wayne Area Senior Center by Bridge Home Health and Hospice	December 2	11 a.m. to 12:30 p.m.
Grand Rapids Senior Center by Bridge Home Health and Hospice	December 4	11 a.m. to 12:30 p.m.
Pemberville Area Senior Center by Bridge Home Health and Hospice	December 14	11 a.m. to 12:30 p.m.
Wood County Senior Center by Wood Haven Health Care	December 8	11 a.m. to 12:30 p.m.
Northeast Area Senior Center by Wood Haven Health Care	December 11	11 a.m. to 12:30 p.m.
North Baltimore Area Senior Center by Bridge Home Health and Hospice	December 28	11 a.m. to 12:30 p.m.

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.

December 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.	**1** Hamloaf or Chicken and Noodles, corn, orange, peachy fine dessert.	**2** King Ranch Chicken Casserole or Beef Lasagna, green beans, tossed salad, fruit salad.	**3** Bratwurst or Turkey Burger, mashed potatoes, sauerkraut, apricots, brownie.	**4** Hamburger Pie or Pecan Crusted Tilapia, Scandinavian blend vegetables, pickled beets, cantaloupe and grapes
7 Tuscan Chicken or Liver and Onions, mashed potatoes, black-eyed susan salad, carrot sticks.	**8** Chicken Tenders or Pork Chop, squash, tossed salad, apple, Rice Krispy Treat.	**9** Beef Spanish Rice or Chicken Lasagna, Kyota vegetables, peaches, apple crisp.	**10 Holiday by reservation** Roast Beef, baked potato, carrots, mandarin orange salad, fruit of the forest pie.	**11** Meatloaf or Shrimp Poppers, corn, cabbage apple, raisin salad, grapes.
14 Beef Philly or Turkey Meatball Sub, potato wedge, cucumber salad, oranges, cookies.	**15** Pork Ribette or Honey Mustard Chicken, baked sweet potato, cauliflower peanut salad, emerald pears.	**16 Birthday Celebration** Hamloaf or Chicken Chimichunga, succotash blend vegetables, potato salad, fruit juice, cake and ice cream	**17** Spaghetti and Meatsauce or Lemon Pepper Pollock, peas and mushrooms, tossed salad, glazed bananas and strawberries, vanilla wafers	**18** Hamburger or Hot Dog, baked beans, coleslaw, apple, cookies.
21 Veal Picatta or Chicken Stir Fry, brown rice, Asian blend vegetables, apricots, fruity fine dessert	**22** Roast Pork or Vegetable Lasagna, Key West vegetables, zucchini and tomato salad, peaches.	**23** Ham and Potato Soup or Turkey Stew, heritage slaw, cornbread, grapes, apple juice	**24** Happy Holidays All sites closed	**25** All sites closed in observance of the holidays
28 BBQ Beef or Shredded Chicken, sweet potato fries, coleslaw, tropical fruit, pudding	**29** Chef Salad with Ham and Egg or Tuna Salad on a bed of lettuce, pickled beets, cantaloupe & grapes, blueberry muffin	**30** Chicken Parmesan or Liver and Onions, au gratin potatoes, pea salad, mandarin orange salad.	**31 Noon Year's Eve** Pork Roast or Cube Steak, mashed potatoes, sauerkraut, citrus, sherbet.	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.

December 2026

Tuesday	Wednesday	Thursday
1 Chef Salad with Ham and Egg, corn relish, apricots, french bread, cookies	**2** Meatloaf, mashed potatoes, succotash, fruited jell-o, sherbet	**3** Lemon Pepper Cod, wild rice, stewed tomatoes, carrot sticks, mandarin orange salad, spice cake
8 Holiday & Birthday Glazed Ham, cheese potato bake, green beans, mandarin orange salad, cake and ice cream	**9** Grilled Cheese, tomato soup, three bean salad, peaches with cottage cheese, cookies	**10** Chicken Wings, french fries, coleslaw, fresh fruit, brownie
15 Calico Beans, Caesar salad, carrots, pineapple, cookies	**16** Chicken Cordon Bleu, rice, broccoli, cantaloupe and grapes, blueberry crisp	**17** White Chicken Chili, corn muffin, heritage slaw, celery sticks with peanut butter, orange sections, chocolate cream pie
22 Chicken Salad on a Croissant, pickled beets, pea salad, citrus sections, cheesecake	**23** Hamloaf, au gratin potates, cauliflower, emerald pears, graham crackers	**24** **Happy Holidays** **All sites closed**
29 Stuffed Green Pepper, corn, melon, macaroni salad, cherry chrisp	**30** Black-eyed Peas Hash, broccoli, tomato juice, grapes, gingerbread cake	**31** **Happy Holidays** **No evening meal**

BG Knitter's Guild

Wednesday, December 2 at 4 p.m.

Dinner & Movie

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

Movie: The Holdovers (2023): Set in 1970, this film features a curmudgeonly history teacher who forms an unlikely bond with a troubled student and the school cook over Christmas break. It was a winner at the AARP Movies for Grownups Awards. **Dinner reservations needed by 2 p.m.**

Karaoke

Wednesday, December 9 at 4 p.m.

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

Trivia Night

Wednesday, December 16 at 6 p.m.

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

Dynamic Differences, LLC

Reader's Café

Tuesday,December 22 at 3 p.m.

Compare books that have been turned into movies! Feature: The Same Kind of Different as Me by Ron Hall Books & audiobooks available for loan by November 24. **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.

Wood County Committee on Aging, Inc.
140 South Grove Street
Bowling Green, Ohio 43402
419.353.5661 or 1.800.367.4935

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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, December 24 to Friday, December 31, 2026 in observance of the Holidays.

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