

Golden Age News

203 Rohrs Street
Napoleon, OH 43545
419-599-5515

www.henrycountyseniorcenter.com



*Senior Day
Henry County Fair
Tuesday, August 12th
10am—12pm*

*Come join us at the fair for
entertainment, senior center
updates, presentation of seniors
of the year, lunch and more!*

Lunch Sponsored by:

*Bert G Taylor American
Legion Post #300,
Corn City Bank,
Vancrest of Holgate,
Dental Excellence,
Culligan Water of NW Ohio,
Ohio Senior Insurance,
Henry County Agricultural
Society-Fair Board,
HCSC Advocate Group*

*Entertainment:
"Spittin' Image"*

Sponsored by: Civista Bank



Henry County Senior Center

*"To empower and inspire older adults to
thrive in all aspects of their lives"*

AUGUST 2025

Dear Seniors,

Can you believe it's already August? Summer is flying by, and I hope you're staying cool and enjoying the sunshine while it lasts—fall will be here before we know it!

I'm thrilled to invite you to one of our favorite annual events: Senior Day at the Henry County Fair on Tuesday, August 12th from 10:00 AM until 12:00 PM! If you're 60 or older, your admission to the Fair is completely FREE! Stick around for the whole program, and you'll receive tickets to select a free lunch from a variety of fair vendors. This year's celebration will include prizes for couples married 50+ years (send us your names and anniversary date to enter), recognition of our Senior of the Year, updates from the Senior Center, and live entertainment from Spittin' Image!

Don't forget—we've extended our Monday hours until 7:30 PM through August! It's a perfect time to try a fitness class, join a friendly game of euchre or cards, and connect with others in the community.

Plus, mark your calendar: our Farmer's Market kicks off Thursday, August 21st from 4:30 – 5:30 PM. We'll be accepting vouchers from the Area Office on Aging, so come stock up on fresh, local goodies!

As always, my door is open—stop in and say hello anytime. I can't wait to see you soon!

Warmly,
Angela

*Henry County Fair HCSC Booth
August 7th—14th*

Workers are needed to work our fair booth for the duration of the fair. See the front desk to sign up to work a shift.

We will also need baked good donations to sell at our booth. Donations will be accepted Aug. 6th—Aug 12th. Please remember to donate only nonrefrigerated items. Cookies, breads &



muffins are great! No icing, please.

Donations may be dropped off at the senior center or the fair booth. Thank you!





1 Meienburg, Larry	9 Edmonds, Melvalee	20 DeBolt, Dennis
1 Flory, Carol	9 Ankney, Lana	20 McGee, Donald
1 Smith Jr, Harold	9 Bockelman, John	21 Snyder, Florence
1 Thomas, Thomas	10 Graber, Gloria	21 Johnson, Jack
1 Nartker, Cecilia	10 Dross, Bruce	22 Smith, Wanda
1 Mendez, Mary Ann	10 Hill, Donald	22 Tonjes, Judith
2 Joseph, Mary	10 Spangler, Myra	22 Sherrick, Barbara
2 Beck, Norma	10 Bowser, William	22 Eickhoff, Beverly
2 Baden, Vernon	10 Farrell, Margo	24 Bohn, Marcia
2 Miller, Connie	11 Johnson, Judith	24 McClure, James
2 Smith, Mary	11 Cook, Elizabeth	24 Westrick, Georgiann
2 Hintz, Marylou	11 Dulle, Agnes	24 Maas, Ruth
2 Homan, Larry	11 Luginbill, James	24 Norden, Marlene
2 Brown, Jeffrey	11 Shultz, James	24 Homan, Vicki
2 Dennie, Sandra	12 Bischoff, Frances	25 Schortgen, Marilyn
2 Riblet, Gary	12 Freytag, Theodore	25 Coutcher, Susan
2 Dehn, Brenda	12 Boesel, Rebecca	25 Fruth, Lynette
3 Borstelman, Elaine	12 Schwiebert, Mattie	26 Brown, Mary
3 Ralston, Sophia	12 Cartmell-Herzig, Debra	26 Kline, Richard
3 Small, Ruth	12 Semelka, Jeanette	26 Perry, Becky
4 Basselman, Marilyn	12 Greenhagen, David	26 Dobbelaere, Sheryl
4 Cameron, Donna	13 Webb, Dorothy	26 Roe, James
4 Gerken, Carol	13 Oehrtman, Sandy	26 Bowser, Joy
4 Tussing, Cathie	13 Hunter, Rodney	26 Engel, Shellie
4 Stout, Rosa	13 Desgranges, Robin	27 Mahnke, Richard
4 Blue, Karren	14 Abell, Raymond	27 Johnson, Lavora
4 Danser, Steven	14 McClure, Marybeth	27 Fritz, Norbert
5 Barron, Barbara	14 Gottschalk, Kathi	27 Streicher, Louis
5 Hill, Diana	15 Schweinhagen, Rupert	27 Ritter, Carol
6 Larson, Linda	15 Tovar, Aurelia	27 Crawford, Franklin
6 Belmares, Socorro	15 Jones, Charlotte	27 Gray, Virgil
6 Foreman, Gary	15 Niebergall, Karan	28 Burkholder, Janet
7 Myles, Mary	15 Edwards, Melanie	28 Warner, Thomas
7 Wachtman, William	15 Rohrs, Debra	28 Franz, Deborah
7 Flores, Guadalupe	17 Chaney, Sue	28 Goodman, Debra
7 Helberg, Robert	17 Jockett, Melanie	28 Farmer, Donald
7 Leitner, Dawn	18 Dent-Weiss, Rebecca	28 Schwab, Tina
7 Franks, Nelson	18 McColley, Ted	29 Knepley, Marilyn
8 Edmonds, George	18 Maynard, Candy	29 Erford, Mary
8 Fackler, Margaret	19 Chapman, William	29 Silveus, Arita
8 Sidle, Anita	19 Treft, William	29 Hanna, Lois
8 Hile, Diana	19 Reetz, Linda	29 Smith, Susan
8 Mengerink, Cindy	19 Beck, Linda	30 Apple, Donald
8 Allen, Robert	19 Meyer, Diane	30 Luderman, Duane
8 Snyder, Peggy	19 Nelson, Franell	30 Yaichner, Patsy
8 Dickman, Jim	19 Baldassari, Donna	30 Trietch, Brenda
8 Smith, Tim	20 Lee, Bernice	31 Weaner, LouAnn
8 Nickels, Dean	20 Ringle, Dave	31 Joseph, Miles
9 May, Grace		31 Ritter, Terrance
9 Gruenhagen, Rozella		31 Yoder, Sheryl
9 Drewes, Marsha		

Extended Summer Hours

In August the Henry County Senior Center will be open on Monday evenings till 7:30pm. Exercise Classes, Euchre, Cards, Games, Open Art Room, Socializing and more will be offered.



**Thursday,
August 21st**



Pop Up

Farmer's Market
Busch's Orchard will be here on Thursdays starting August 21st from 4:30 to 5:30 at The Henry County Senior Center Shelter House. Area Office on Aging coupons will be accepted.



DONATION WISH LIST

Postage Stamps,
Decaf. Coffee,
Chocolate,
Candy,
Powdered Coffee
Creamer,
Antibacterial
Wipes,
Tissues,
Paper Towels,
New Puzzles

Tech Help with Joe

Joe Burgei from NOCAC will be here **Thursday, August 28th** to help you with any technical issues you are having with your cell phone, tablets, laptops, etc. Schedule your appointment with Joe at the front desk. Joe is typically be here on the 2nd Tues. & 4th Thurs. of each month.

Thank You for your Support!!

Thank You

HCSC Advocate Group
Genacross Lutheran Services-Meal & Bingo Sponsor
Northcrest Nursing & Rehab-Bazaar Meal & Bingo Sponsor
Bridge Home Health/Hospice-Bingo Sponsor & Ask A Nurse
Vancrest Health Care Center-Bingo Sponsor
Henry County Hospital-Bday Bash Meal Sponsor
Food Boxes-Paul Heddaeus, Judy Morua & Jeff Mires
Becky Mansfield -Bingo Caller
Immanuel Church, Deshler & St. Peter Church, Holgate
Jane Crandall
Henry County Health Department, Care 360 Hospice,
Soaring Arts Studio, NOCAC, Maumee Valley Guidance

Donations

John & Mary Jane Kline, Dave Heaston, Janice Knepley, Fe Soriano, Phyllis Crawford, Lynn Knipe, Donna Bankey, Rita Small, Roger & Connie Sell, Bette Lighthill, Herb Riggs, Barb Ganser, Tom & Geri Holder, Cindy Rosebrook

Memory of Mary Flory-Sheila Parcher

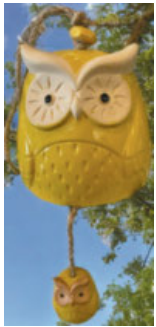
Memory of Louis & Mary Hellen Witte-Hellen Witte

Newsletter Mailing Volunteers

Janet Foxe, Beth Cook, Sandy Foreman, Linda Dickey, Bette Lighthill, Joan Hardesty, MaryBeth McClure, Deb Baker, Betty Marihugh, Deb Franz, Deb Wensink, Jean Knipp, Judy Groves, Linda Nelson, Diana Rhodes



The Soaring Arts Studio at the HCSC for Pottery Class



Owl Wind Chimes

Aug 4th & 25th at 11:00am

Please sign up & pay by 8/1/25.

Fee \$10.00

(which is for both sessions)

If class is full, put your name on the wait list and we will call you for the next class offered.

Decluttering & Downsizing

Friday, Sept. 5th at 12:10

Learn some tips to follow to avoid hanging on to items which do not bring you joy or of true need.

This presentation will touch on how to recognize and avoid hoarding habits in ourselves.

Presented by Karen VonDeylen, LISW-S from Maumee Valley Guidance Center.



TWO NEW EXERCISE PROGRAMS STARTING IN AUGUST

Tai Chi with Robert Sullivan

Mondays & Wednesdays at 9:00am to 10:30am

This class will run for 10 weeks. Starting Monday, August 4th and held in the Reflection Room. Come learn this ancient Chinese Art Form. Tai Chi has been shown to improve core strength, relieve stress, boost memory, reduce pain, improve balance and flexibility.



WARRIOR Rhythm ROOTS

Fridays at 11:00am

WARRIOR Rhythm ROOTS is inspired by tree roots that provide nourishment, stability and life to its branches and limbs. The verb "root" which means to establish deeply. This class uses yoga inspired sequence, resistance training and cardio. Enhance your balance, flexibility & strength. The class can be done with or without shoes, and with the full or partial support of a chair. Lead by Melissa Spiller.

VASCULAR SURGERY

Many people overlook the possibilities of vein disease. If you suspect you are dealing with a vein problem or you require treatment for a vein disease, the medical staff is here to help.

Vascular Surgery offers treatments for the following medical issues:

- ✓ Chronic leg swelling
- ✓ Venous thrombosis
- ✓ Spider veins
- ✓ Venous compression
- ✓ Peripheral arterial disease
- ✓ Venous stasis and ulcers
- ✓ Varicose veins
- ✓ Fistula
- ✓ Uterine fibroid tumors

HENRY COUNTY HOSPITAL
Your Partner For Life

Dr Delos Reyes will be here at HCSC on **August 21st** from 12 to 2 to answer questions regarding your vascular health. Presentation at 12:10.

LET YOUR CREATIVITY FLOW

CRAFT CLASSES



Thursday,
August 7th at
10:30am

Teacup Suncatcher &
CD Art

Sign up & Pay \$5.00
by 8/4/25



WATERCOLORS WITH SHIRLEY

Learn to paint with brushes, sponges and some not so traditional items.
Registration for this class is appreciated.
Class is typically offered on the 1st & 3rd Wednesday of the month at 10:00am.



QUILTING WITH BETH

Come quilt on the 2nd & 4th Tuesdays of each month at 1:00pm to 3:00pm in the Art Room. Check out this class for beginners.



CARD MAKING WITH DEB

Make some greeting cards with Deb.
August 14th at 10:30am in the Art Room.
Please Register & Pay for the class by 8/11/25.

EXERCISE CLASSES



CARDIO DRUMMING

Tuesdays at 10:30
with Emily

Thursdays at 8:30

Fridays at 10:00



EXERCISE WITH CAROL

Mondays at 10:00
Wednesdays at 10:00

YOGA VIDEO
Wednesdays at 12:45

TAI CHI VIDEO
Fridays at 12:45

WARRIOR Rhythm ROOTS WITH MELISSA

Fridays at 11:00am



NEW

TAI CHI
WITH ROBERT
Mon. & Wed. at 9:00am



DANCEFIT WITH CHRISTINE

Mondays at 4:15 Low Imp. & Mondays at 5:30 High Imp.



CHAIR YOGA WITH HEATHER

Tuesdays at 9:30am

BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



LINE
DANCING
WITH
LINDA
Thursdays
at 9:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Pottery Class 11:00 Mahjong 11:00 Book Club 12:30 Veteran's Group 2:00 Pickleball 4:15 DanceFit-Low Imp 5:00 Euchre 5:30 DanceFit-High Imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 12:45 Chair Yoga Video 1:00 Cards/Games 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group 11:00 Warrior Rhythm 12:00 Genacross Meal/ BINGO Sponsor 12:45 Tai Chi Video 2:00 Pickleball
4	5	6	7 SPONSORED MEAL	8 Nat. Pickleball Day
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Pottery Class 11:00 Mahjong 12:45 On the Road Mtg. 2:00 Pickleball 4:15 DanceFit-Low Imp 5:00 Euchre 5:30 DanceFit-High Imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 12:45 Advocate Mtg 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 HCHD BP Checks 12:45 Chair Yoga Video 1:00 Cards/Games 2:00 Pickleball 5:00 Volunteer Dinner	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Craft Class 12:00 Northcrest Meal/BINGO Sponsor 1:15 Euchre	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball  NATIONAL PICKLEBALL DAY AUGUST 8
11 Nat. Son & Daughter Day	12 Center Closed	13	14	15
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball 4:15 DanceFit-Low Imp 5:00 Euchre 5:30 DanceFit-High Imp	Senior Day at the Henry County Fair Program 10am-12pm 	8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Alzheimer's Group with Soaring Arts 12:45 Chair Yoga Video 1:00 Cards/Games 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card Making/Deb 11:00 Financial Abuse Presentation 12:45 Euchre 	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 11:00 Grief Group 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
18	19	20	21	22
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Mahjong 12:30 BINGO/Vancrest 2:00 Pickleball 4:15 DanceFit-Low Imp 5:00 Euchre 5:30 DanceFit-High Imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 Alzheimer's Empowering Caregivers 11:00 WISE Program Maumee Valley Guidance 12:45 Chair Yoga Video 1:00 Cards/Games 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:10 Dr Reyes HCH Vascular Clinic 12:45 Euchre  4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
25	26 Nat. Dog Day	27 SPONSORED MEAL	28	29
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Pottery Class 11:00 Mahjong 11:00 Book Club 12:30 Veteran's Group 2:00 Pickleball 4:15 DanceFit-Low Imp 5:00 Euchre 5:30 DanceFit-High Imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball 	8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10:15 "Ask a Nurse" 11:00 HCHD BP Checks 11:45 BDay Bash- HC Hospital-Dr. Lauf 12:30 BINGO/Bridge HH 12:45 Chair Yoga Video 1:00 Cards/Games 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:00 Tech Help with Joe Appt. Required 11:00 Tech Help/Joe Couponing Apps 9:30 Line Dance/Linda 12:45 Euchre  4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball

August 2025 Lunch Menu		MOW & Congregate Suggested Donation \$3.00 (60 & over)	Dine-In Guests (under 60) \$ 6.00	
MOWs are delivered on Mondays, Tuesdays, Thursdays & Fridays. Wednesday's meal is delivered with Tuesdays meal. Meals are delivered between 10:30am and 1:30pm based on your location in the route you are assigned.				
The suggested donation is \$3.00 per meal, higher donations are much appreciated and welcomed. The driver will bring a donation envelope on Thursday. You can send your donation back with your driver, mail it in, or pay online on our website.				
No eligible homebound person 60 or over, residing in Henry County, shall be denied nutrition service because of failure to contribute all or part of the suggested donation for that service. Homebound eligibility status is determined by an assessment.				
Chef Salads are available to replace Hot Meals, Turkey & Cheese Sandwiches are available to replace the main Entrée of a Meal. All substitutions need to be made by 7:00AM. 2% Milk is served daily.				
MOW - PLEASE CALL 419-599-0033 BY 7:00AM. TO CANCEL OR CHANGE A MEAL.				
To inquire about ingredient content, please call the Senior Nutrition Manager.				
Frozen Meals will be delivered to Meals on Wheels clients (at an earlier date) for the Holidays that the Senior Center is closed, if requested.				
Drive through meals are offered from 11-11:30 at the east kitchen door. Meals must be ordered by 7:00 AM. No meal PU on Wednesdays.				
Menus may change due to availability of certain foods.				
Call the HCSC at 419-599-5515 if interested in Meals on Wheels, an assessment must be completed to determine eligibility prior to receiving meals.				
Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 SPONSORED MEAL
Hamburger Gravy over Mashed Potatoes Brussel Sprouts Grapes Cornbread	Egg, Cheese & Bacon Bake Sausage Patty Tater Tots Peaches & Pears	Hot Chicken Sandwich Baked Beans Peas & Carrots Fruit Cocktail	Parmesan Chicken w/ Marinara Sauce Roasted Broccoli Wax Beans Fresh Fruit	Dinner Ham Sweet Potatoes Green Bean Casserole Cranberry Jello Salad
4	5	6	7	8
Pork Chop w/Gravy Redskin Potatoes Sweetcorn Casserole Baked Apples	Chicken Fettuccine Alfredo Buttered Peas Harvard Beets Ambrosia Salad	Hot Beef Sandwich Glazed Carrots Sauerkraut Salad Cheese Cubes Peaches	Beef Burrito Fiesta Corn Stewed Tomatoes Blush Pears Cornbread	Tuna Noodle Casserole Au Gratin Potatoes Italian Green Beans Apple Waldorf Salad
11	12 CENTER CLOSED	13	14 SPONSORED MEAL	15
Salisbury Steak w/ mushrooms Lima Beans Corn Pears	MOW ONLY Cheeseburger Baked Beans Mixed Vegetables Applesauce Come See us at the fair!	Chicken Salad on Wheat Bread Pea Salad Hard Boiled Egg Peaches	Baked Spaghetti California Blend Veggies Garlic Bread Cole Slaw Dreamsicle Salad Cookie	Crème of Broccoli Soup Saltine Crackers Redskin Potatoes Beef Stick Sunshine Salad
18	19	20	21	22
Beef & Noodles Parmesan Brussel Sprouts Stewed Tomatoes Applesauce	Cranberry Glazed Chicken Breast Sweet Potatoes Lime Pear Jello Salad	Pulled Pork Sandwich Calico Beans Peas & Carrots Mandarin Jello Salad	Meatloaf Mashed Potatoes w/ Gravy Corn Fresh Melon	Salmon Patty Scalloped Potatoes Sweet Corn Casserole Grape Salad
25	26	27 SPONSORED MEAL	28	29
Pork Roast Seasoned Cabbage & Carrots Baby Baker Potatoes Fruited Jello Salad	Maple Pancakes Sausage Patty Hashbrowns Baked Apples Fruit Punch	Sloppy Joe Sandwich Green Bean Casserole German Potato Salad Grape Salad Cong: BD Cake	Lasagna Roasted Broccoli Fruit Crisp Tossed Salad w/Dressing Garlic Bread MOWS: BD Cake	Chicken & Dumplings Peas & Carrots Coleslaw Fresh Fruit

To all who volunteer at the Henry County Senior Center, you are invited to our Volunteer Appreciation Dinner.

We love all our volunteers and want to show you how much you are appreciated!

Wednesday, August 6, 2025 at 5:00pm.
A refreshing summer meal will be catered by Mama Mir's Kitchen. Kindly RSVP if you plan to attend.



Thank you to the Henry County Board of Commissioners for sponsoring the Volunteer Appreciation Meal!

BOOK CLUB



If you would like to expand your horizons by reading books from different genres, please call and join our group! Next Book Club meeting is **Monday, August 25th** at 11:00am in the Conference Room.



The next SeaGate Food Box pick up is **Wednesday, August 27, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.

INSIDE PICKLEBALL

ADVANCED PICKLEBALL—Mon, Wed. & Fri. 8:00 to 9:50

PICKLEBALL— Mon, Tues, Wed. & Fri. 2:00 to 4:00

Interested in a pickleball lesson? Contact the front desk and we will set one up for you with Betty Naas!



Outside Courts are open for the summer!

Wellness Initiative for Senior Education (WISE)

Mark Sanchez from Maumee Valley Guidance Center will be coming to the HCSC on the third Wednesday of the month at 11:00am to offer this evidence based program. WISE is a Prevention & Wellness program for Older Adults to promote health.

Dates & Topics

August 20th-Understanding Changes with Aging
September 17th-Aging Sensitivity
October 15th-Valuing Cultural & Generational Diversity
November 19th-Medications and the Older Adult
December 17th-Substance Misuse and the Older Adult
January 21st-An Enhanced Quality of Life

This program offers valuable information on health, wellness, medication, stress, depression and substances.

Summer Crisis Program through NOCAC

The Home Energy Assistance Summer Crisis Program provides benefits to help with cooling expenses for seniors over 60 who financially qualify. The program can help with an electric bill, air conditioning repair/replacement, & fans. Call LuAnn at 419-599-2481 for help with the application process.

ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny who facilitate our new Alzheimer's Support Group the next meeting will be held on **Wednesday, Aug. 13th at 11:00am**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!

The support group will give you a place to talk with others who understand the disease and know what you are going through. The meetings will be held on the second Wednesday of the month at 11:00am.

ALZHEIMER'S ART THERAPY



During the support group the Soaring Arts Studio will be offering art therapy in our art room for seniors with dementia. Caregivers will be able to bring their loved one with them, have their family member involved in an art project while the support group is going on.



Need some medical questions answered, home health advice, medication concerns or just need to talk. Make an appointment with Christy Montgomery, RN with Bridge Home Health and Hospice.

Christy will be at the HCSC on the fourth Wednesday of the month. Call the HCSC to schedule your appointment. Appointments will be scheduled in 15 minute increments from 10:15am to 11:30am. Christy will not be diagnosing illnesses just answering questions on generalized topics. The next sessions will be held **August 27th**. Call the HCSC to schedule your appointment.

TRANSPORTATION SERVICES

Transportation services are available through the Senior Center via the Henry County Transportation Network for transportation to the Senior Center and medical appointments.

The HCTN requires a 24 hour advance notice for scheduling a trip in town and 48 hours for out of town appointments. Call 419-592-8726 to schedule your ride.



Thank You

TO OUR SPONSORS

The following businesses and organizations have made monetary donations for our Senior Day at the Henry County Fair.

Lunch Sponsored by:

Bert G Taylor American Legion Post #300,
Corn City Bank,
Vancrest of Holgate,
Dental Excellence,
Culligan Water of NW Ohio,
Ohio Senior Insurance,
Henry County Agricultural Society,
HC Fair Board,
HCSC Advocate Group

Entertainment: "Spittin Image"
Sponsored by: Civista Bank

Please thank them for their gracious donation with your patronage!

Protecting Seniors from Financial Abuse

Thursday, August 14th at 11:00am

This interactive presentation is designed to help older adults recognize common scams, spot red flags, and learn how to safeguard themselves financially. Come learn how to stay safe! Presented by Sydney Schliesser, Financial Coach from NOCAC.

**FINANCIAL
ELDER ABUSE**

The Empowered Caregiver Responding to Dementia Behaviors

Wednesday, August 20th at 11:00am

Understand common behavior changes and how they are a form of communication. Presented by Marybeth Torse, from The Alzheimer's Association.



Couponing Apps

Thursday, August 28th at 11:00

Come hear how you can save money using your phone! Joe Burgei from NOCAC will be here to show you how to use Apps on your phone to help you with couponing. Who doesn't love to save money! No scissors needed!!



INFORMAL VETERAN GROUP

Monday, August 25th at 12:30 Held on the 4th Monday of the month. Lead by Kelly Mobley Volunteer Coordinator for Care 360. Kelly retired from the Air Force in 2005 after 23 years of service. She served as a Law Enforcement Specialist, Military Training Instructor, Drug & Alcohol Counselor and Training Education Manager. She has vast knowledge of services available to veterans. The group will share experiences to offer comfort and camaraderie for those who have served. All veterans are welcome!



CAREGIVER SUPPORT GROUP

Our Caregiver Support Group meets on the second Tuesday of each month in the Conference Room. The overall goal of this group is to enhance caregivers' coping skills, through mutual support and information sharing. All are welcomed. Our next meeting will be held on **Tuesday, Aug. 5th at 10:00am.**

BIBLE STUDY

Join our Bible Study Group, meetings are held every Tuesday at 10:30am in the Reflection Room. This group explores the Bible in a way to know God better. Through his words we come to know not only the nature and attributes of God, but we also come to understand his plan for each of us.



Please call 419-599-5515 with any questions. Information shared is confidential.



On the Road Again...HCSC Travel for the 60+ Crowd

REGISTRATION FOR TRIPS ARE IN PERSON ONLY, AT THE HENRY COUNTY SENIOR CENTER. EACH TRIP HAS ITS OWN BEGINNING REGISTRATION DATE.

Detailed flyers about the trips below, and flyers of newly planned trips, can be found in a notebook on the coffee table in the Senior Center lobby.

Hollywood Casino Days- Wednesdays - **Sept 17th, Oct 15th** / 9:00am to 3:30pm. Cost \$15 includes transportation. Lunch at the casino is at your expense. **Registration is ongoing.**

The Sunflower-Lindsey, OH-Wed. Aug. 6th / 9:30am to 2:30pm. Cost \$29 includes sunflower field visit and mason jar sunflower pick. Lunch is on your own at Granny's Kitchen. **Registration begins June 5th.**

Mud Hens Evening Game-Friday, August 15th / 5:30pm to 10:30pm. Cost \$35 includes ticket, hotdog lunch and transportation. **Registration begins June 26th.**

Ohio Caverns-Tues. Aug. 19th / 8:00am to 5:00pm. Cost \$60, includes transportation admission to two one hr. tours. Wear a jacket and closed toe shoes. Many sets of stairs involved. Lunch is on your own at Woody's. **Registration begins July 2nd.**

Proper Tea at Clara J's Tea Room, Maumee-Wed. August 27th / 10:15am to 3:30pm. Cost \$47 includes proper tea, transportation and visit to the Toledo Botanical Gardens. **Registration begins July 7th.**

Toledo Zoo-Wed. September 3rd / 9:00am to 4:00pm. Cost \$15 includes transportation and lunch. Entry to the zoo is free that day for seniors. **Registration begins July 31st.**

Edsel Ford House & Gardens-Gross Point, MI-Thur. September 4th / 8:00am to 4:00pm. Cost \$55 includes entrance to home & garden and transportation. Lunch at the Ford Home will be at your own expense. **Registration begins Aug. 6th.**

Musical/Comedy "The Book of Mormon" Marathon Center-Thur. Sept 25th / 4:30pm to 11:00pm. Cost \$85 includes ticket to show and transportation. Dinner at Logan's Irish Pub will be at your own expense. **Registration begins August 7th.**

Party Bus-Friday, September 26th / 1:00pm to 9:00pm. Cost \$10 includes transportation. Stops will include: Knotty Vines Farm & Winery, Michindoh Winery & Stoney Ridge, where we will at dinner and Aaron Hertzfeld will be performing. All drinks & food are at your own expense. **Registration begins August 14th.**

Toledo Zoo-Wed. October 1st / 9:00am to 4:00pm. Cost \$10 includes transportation. Entry to the zoo is free that day for seniors. Lunch at the zoo will be at your own expense. **Registration begins Sept 3rd.**

Classic Women of Country Show & Frankenmuth-Oct 8th-9th / Depart at 9:00am 10/8/25 and return by 6:00pm 10/9/25. Cost \$175 per person based on 2 people per room. You must sign up in pairs of 2 for this trip. Trip includes tribute concert, dinner and overnight accommodations at Zehnder's, shopping in Frankenmuth & Birch Run. **Reg. begins Aug. 21st.**

Darlington Christmas Store & Glenbrook Mall, Fort Wayne-Tues. October 28th / 9:00am to 4:30pm. Cost \$12 includes your transportation. Lunch at Golden Corral will be at your own expense. **Registration begins August 21st.**

Tanger Outlet Mall, Columbus-Wed. Nov. 5th / 8:00am to 6:00pm. Cost \$35 which includes your transportation. After departing outlet at 2:30pm we will stop for an early dinner at G & R Tavern in Waldo, OH. **Registration begins on Sept. 18th.**

Toledo Walleye vs Cincinnati Cyclones-Wed. Nov 12th / 9:00am to 4:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. **Registration begins Sept. 25th.**

Toledo Walleye vs Bloomington Bison-Wed. Dec 3rd / 9:00am to 4:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. **Registration begins Oct. 2nd.**

Meadowbrook Hall Tour & Holiday Lights-Wed. Dec 10th-more information to come in our next newsletter.



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Custodian: Peg Adams

Exercise Instructors: Carol Gerken Lones, Emily Beck, Heather Miller Klingler,

Christine Hershberger, Melissa Tisi-Spiller

Volunteer Exercise/Dance Instructors: Linda Warren, Robert Sullivan

Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr, Soaring Arts Studio

Volunteers/Assistants: Dick Beck, Beth Cook, Janet Foxe, Jan Franz, Art Germann,

Karen Germann, Jan Heddaeus, Paul Heddaeus, Beth Jenny, Dawn Leitner,

Betty Marihugh, Donna McGhee, Betty Naas, Linda Rettig, Pastor Janine Shearer,

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Bus Drivers: Randy Barnes, Jan Franz, Suzanne Holman, Donna McGhee



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Senior Nutrition Head Cook, Vicky Badenhop

Senior Nutrition Assistant, Jordan Kline

Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman

Dish Room: Bill Hatcher, Don Hill

Volunteer Kitchen Assistants: Jeanette Okuley, Pam Schwiebert

Meals on Wheels Drivers: Rick Arps, Jordan Kline, Carla Lambert,

Madison Moore, Gayla Rohrs, Martin Verni, Mike Whitman

The Henry County Senior Center is funded by: Henry County Senior Levy, Donations,
The Area Office on Aging of Northwest Ohio, & HCSC Advocates.