

## Golden Age News

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

[www.henrycountyseniorcenter.com](http://www.henrycountyseniorcenter.com)



*Senior Day  
Henry County Fair  
Tuesday, August 13th  
10am—12pm*

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

*Lunch & Prizes Sponsored by:  
American Legion Post 3000  
United Healthcare  
Henry County Hospital  
Bridge Home Health Hospice  
Senior Center Advocates  
Corn City State Bank  
Vancrest Health Care Center  
Northcrest Nursing & Rehab  
Culligan Water of NW Ohio*

*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 2024**

Dear Seniors,

Welcome to August. I can't believe how fast the summer goes by.

Senior Day at the Fair is Tuesday August 13<sup>th</sup> from 10:00am – 12:00 noon at the Fairgrounds to celebrate! Free admission for those over 60 years of age. Those who attend our entire program will be given meal tickets good at different food vendors. Couples married over 50 years should send us their names and anniversary date, prizes awarded but only if present at the event. We will also celebrate our Seniors of the Year, and listen to the sounds of Spittin Image, those crazy brothers who make us all laugh and smile...and are pretty good singers too!

Please note that we are starting our Fall Rummage Sale planning with a volunteer meeting on Wednesday August 7<sup>th</sup> at 12:30pm. Bring your grandkids and join us for a special Family Day on Thursday August 8<sup>th</sup>. Then, August 22<sup>nd</sup> starts our afternoon Farmer's Market in our shelter house. Find information on all these events throughout the newsletter.

Hope to see you all at the Senior Center!!

Penni Bostelman  
Executive Director

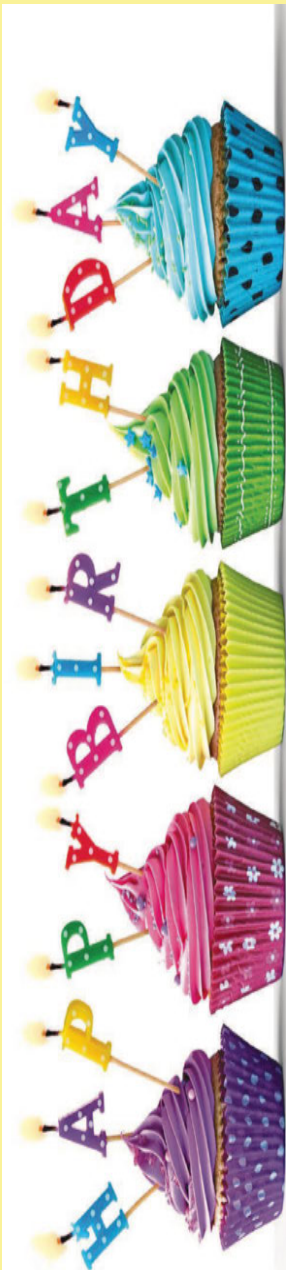
## *Henry County Senior Center Fair Booth August 8th—15th*

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. 7th—Aug 13th. 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.

**BAKE**  
  
**SALE**

**Baked Good  
Donations  
Needed!**



- |                       |                           |                         |                        |
|-----------------------|---------------------------|-------------------------|------------------------|
| 1 Meienburg, Larry    | 7 Kuesel, Mary            | 14 Snyder, Rebecca      | 23 Busch, Margaret     |
| 1 Flory, Carol        | 7 Pollock, Charlotte      | 15 Schweinhagen, Rupert | 23 Bunke, Mary         |
| 1 Osborn, Geraldine   | 7 Leitner, Dawn           | 15 Tovar, Aurelia       | 24 Rhoads, David       |
| 1 Smith Jr, Harold    | 8 Edmonds, George         | 15 Vance, Ralph         | 24 Bohn, Marcia        |
| 1 Thomas, Thomas      | 8 Fackler, Margaret       | 15 Jones, Charlotte     | 24 Christy, Arlene     |
| 2 Joseph, Mary        | 8 Hile, Diana             | 15 Walker, Dorothy      | 24 Westrick, Georgiann |
| 2 Yaichner, Betty     | 8 Allen, Robert           | 15 Hodge, Dallas        | 25 Schueler, Marilyn   |
| 2 Beck, Norma         | 8 Snyder, Peggy           | 15 Weber, Cheryl        | 25 Schortgen, Marilyn  |
| 2 Baden, Vernon       | 8 Dickman, Jim            | 15 Edwards, Melanie     | 25 Coutcher, Susan     |
| 2 Miller, Connie      | 9 May, Grace              | 15 Behm, Rebecca        | 25 Bisher, Stephen     |
| 2 Smith, Mary         | 9 Gruenhagen, Rozella     | 15 Rohrs, Debra         | 25 Huffman, Roger      |
| 2 Hintz, Marylou      | 9 Beham, Linda            | 16 Jackson, Lee         | 26 Brown, Mary         |
| 2 Nemoyer, Nancy      | 9 Bockelman, John         | 16 Michaelis, Karen     | 26 Kline, Richard      |
| 2 Dennie, Sandra      | 9 Geno, Michael           | 17 Andrews, George      | 26 Perry, Becky        |
| 2 Riblet, Gary        | 10 Schuster, Sharon       | 17 Panning, Robert      | 26 Bowser, Joy         |
| 2 Vocke, Steven       | 10 Alafa, Guadalupe       | 17 Chaney, Sue          | 27 Buchhop, Joann      |
| 3 Minnick, Norman     | 10 Hill, Donald           | 17 Jockett, Melanie     | 27 Mahnke, Richard     |
| 3 Berman, Wayne       | 10 Lymanstall, Rose       | 18 Dachenhaus, Janis    | 27 Streicher, Louis    |
| 3 Ferner, Ronald      | 10 Spangler, Myra         | 18 Firman, Dolores      | 28 Westhoven, Gerald   |
| 3 Borstelman, Elaine  | 10 Winhoven, Candace      | 18 Dent-Weiss, Rebecca  | 28 Swearingen, John    |
| 4 Basselman, Marilyn  | 10 Bowser, William        | 18 Krueger, Kenneth     | 28 Warner, Thomas      |
| 4 Cameron, Donna      | 10 Farrell, Margo         | 18 Maynard, Candy       | 28 Farmer, Donald      |
| 4 Gerken, Carol       | 11 Cook, Elizabeth        | 19 Chapman, William     | 29 Huff, Anella        |
| 4 Stout, Rosa         | 11 Shepard, Janet         | 19 Treft, William       | 29 Knepley, Marilyn    |
| 5 Lankenau, Nancy     | 11 Bowers, Tamara         | 19 Kirkendall, Elaine   | 29 Erford, Mary        |
| 5 Barron, Barbara     | 11 West, Jodi             | 19 Reetz, Linda         | 29 Silveus, Arita      |
| 5 Meyers, Eugene      | 12 Bischoff, Frances      | 19 Weirich, Roger       | 29 Rosonowski, Donna   |
| 5 Meyer, Joseph       | 12 Freytag, Theodore      | 20 Myers, James         | 30 Yaichner, Patsy     |
| 5 Engel, Terry        | 12 Mahlman, Donald        | 20 Martinez, Hazel      | 30 Prather, Linda      |
| 5 McCarthy, Karen     | 12 Lanzer, Marvin         | 20 Lee, Bernice         | 30 Whiting, Sally      |
| 5 Norden, Kathy       | 12 Boesel, Rebecca        | 20 DeBolt, Dennis       | 31 Gerschutz, Helen    |
| 5 Longmore, Monica    | 12 Huesca, Roberto        | 21 Kerwin, Janet        | 31 Brubaker, Bernita   |
| 5 Mires, Jeff         | 12 Schwiebert, Mattie     | 21 Snyder, Florence     | 31 Weaner, LouAnn      |
| 6 Myrice, Mary Jane   | 12 Cartmell-Herzig, Debra | 21 Krueger, Marlyn      | 31 Joseph, Miles       |
| 6 Foreman, Gary       | 12 Semelka, Jeanette      | 22 Rauch, Irene         | 31 Rathge, Donna       |
| 6 Collins, Anne       | 12 Greenhagen, David      | 22 Smith, Wanda         | 31 Zachrich, Linda     |
| 6 Deaton, Merle       | 12 Fahy, John             | 22 Shambarger, James    | 31 Spires, Estela      |
| 7 Myles, Mary         | 13 Bischoff, Bonnie       | 22 Tonjes, Judith       | 31 Yoder, Sheryl       |
| 7 Powell, Mary        | 13 Desgranges, Robin      | 22 Herring, Jeanine     |                        |
| 7 Wachtman, William   | 14 Brinkman, Harry        | 22 Sonnenberg, Brenda   |                        |
| 7 Baus, Neal          | 14 Abell, Raymond         | 22 Eickhoff, Beverly    |                        |
| 7 Zickefoose, Rogeana | 14 McClure, Marybeth      | 22 Huber, Gary          |                        |
| 7 Flores, Guadalupe   | 14 Gottschalk, Kathi      |                         |                        |
| 7 Helberg, Robert     |                           |                         |                        |



## DONATION WISH LIST

Postage Stamps,  
Chocolate,  
Candy,  
Coffee,  
Tea Bags,  
Antibacterial  
Wipes,  
Zip Lock Bags

### Tech Help with Joe



Joe Burgei from NOCAC will be here **Thur. Aug. 22nd** 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 will typically be here on the 2nd Tues. & 4th Thurs. of each month.



## Busch's Orchard

Pop Up Farmers Market will be here on Thursdays starting August 22nd from 4:30 to 5:30 at The Henry County Senior Center Shelter House. Area Office on Aging coupons will be accepted.

# Thank You for your Support!!

## Thank You

Henry County Health Department  
 HCSC Advocate Group  
 Jane Crandall  
 Immanuel Lutheran Church, Deshler  
 St. Peter Lutheran Church, Holgate  
 Bridge Home Health/Hospice-Bingo Sponsor  
 Vancrest Health Care Center-Bingo Sponsor  
 Genacross Lutheran Services-Meal & Bingo Sponsor  
 Northcrest Nursing & Rehab-Meal & Bingo Sponsor  
 Paramount Elite-Bday Bash Meal Sponsor  
 Food Boxes-Paul Heddaeus & Judy Morua  
 Becky Mansfield & Sheila Vajen-Bingo Callers

**Special "Thank You" to all our Fair Day Sponsors (listed on the front page) We appreciate all you do for us at the senior center year round!**

## Donations

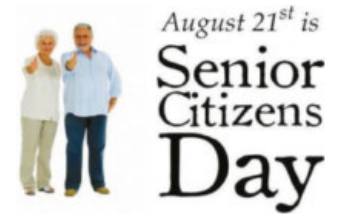
John & Mary Jane Kline, Harriet Nearing, Linda Dickey, Doris Reighard, Jerri Holder, Fe Soriano, Bonnie Martin, David Valentine, Delilah Lumpkins, Karen Germann, Barb Dancer, Brenda Carpenter, Bette Lighthill

## Memorials

Frank Smith by Fred Smith, Tracy & Julie Busch  
 Shirley Distel by Art & Lois Germann, Beth Cook

## Newsletter Mailing Volunteers

Diana Rhodes, Marg Abel, Janet Foxe, Beth Cook, Jean Knipp, Jan Westhoven, Karen Cain, Linda Dickey, Viv Dominique, Betty Marihugh, Jan Franz, Marybeth McClure, Deb Franz, Becky Mansfield, Mary DeWitt, Lois Casper



## SUMMER QUILT RAFFLE

1 FOR \$1 3 FOR \$2 8 FOR \$5

This beautiful quilt was made in our craft room by our quilting group. Proceeds benefit the HCSC. Drawing will be held in August on Senior Day at the fair.

Size 62" X 74"



NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____
NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____



Come learn to play Mahjong on International Mahjong Day Thurs, August 1st at 10:30

Lina and her crew will help you master this very addictive game! All are welcome. We typically play Mahjong on Mondays at 11:00 and sometimes continue playing after lunch and into the afternoon. PONG!!

## Olympic Games 2024

Friday, August 2, 2024

We will celebrate the 2024 Summer Olympics with some summer time competitions. Come be a part of the fun! Opening game torch walk will begin at 11:15AM. Make sure you are ready for some fun! Medals and prizes will be awarded to the winners.

Meal & BINGO will be sponsored by Genacross Lutheran Services.



This is also National Water Balloon Day, some games you may get a little wet.



Our Fall Rummage Sale will be held September 19th—21st. Volunteer Meeting for the sale will be held August 7th at 12:30 in the conference room.





## GRANDKIDS DAY AT THE CENTER

Your grandchildren are invited to spend the day at the senior center.

**Thursday, August 8th**

Special sun catcher craft, line dancing, games, lunch & BINGO will be planned for the day. Line Dancing at 10:00

Craft & Games at 10:30

Lunch & BINGO at 12:00

Please RSVP for the craft and lunch by 8/5/24. Lunch fee \$3.00 for the kids.



## WOODSHOP



Come check out our woodshop! Interested in helping out in the shop? We are in need of some woodshop mentors. Contact us for more information.



## WATERCOLORS WITH SHIRLEY

Learn to paint with brushes, sponges and some not so traditional items. Registration for this class is appreciated. This class is typically offered on the 1st & 3rd



## 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.

## EXERCISE CLASSES



**EXERCISE WITH CAROL**  
Mon. at 10:00  
Wed. at 10:00

## CARDIO DRUMMING

Tuesdays at 10:30  
with Emily  
Thursdays at 8:30  
with Video  
Fridays at 10:00  
with Video



Not able to attend Cardio Drumming in person....Check out our class on YouTube....Search...."Senior Center Drumming with Emily"



## Chair Assisted Yoga with Heather

In August  
Tuesdays at 9:30  
In September  
Chair Yoga will  
move to Thursdays  
at 3:20

## BALANCE CLASS

Tuesdays at 1:00  
**YOGA VIDEO**  
Wednesdays at 12:45  
**TAI CHI VIDEO**  
Fridays at 12:45



**LINE DANCING WITH LINDA**  
Thursdays  
at 9:30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		31	1 Int. Mahjong Day	2 <b>SPONSORED MEAL</b> HCSC Olympic Games
		<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:00 Lunch</p> <p><b>Building will be closed at 12:30 for Staff Training on 7/31/24.</b></p>	<p>8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda <b>10:30 Come learn to play Mahjong W/Lina</b> 12:45 Euchre</p> 	<p>8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>11:15 Olympic Games</b> <b>12:00 Genacross Meal/BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball</p> 
5	6	7	8 <b>SPONSORED MEAL</b> Grandkids Day	9
<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 12:30 On the Road Again Meeting 2:00 Pickleball</p>	<p>8:00-9:00 Walking/Gym 9:30 Chair Yoga/Heather 10:30 Cardio Drumming 10:30 Bible Study 12:30 Advocate Mtg. 1:00 Balance Exercises 1:00 Hand &amp; Foot 2:00 Pickleball</p>	<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolors/Shirley 12:30 Cornhole 12:30 Rummage Sale Meeting 12:45 Chair Yoga Video 2:00 Pickleball</p>	<p>8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda <b>10:00 Grandkids Day-Craft/Games/BINGO</b> <b>12:00 Northcrest Meal/BINGO Sponsor</b> 1:15 Euchre</p> 	<p>8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball</p> 
12	13 <b>Senior Center Closed</b>	14	15	16 <b>OPEN MIC</b>
<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball</p>	<p><b>Join us for Senior Day at The Henry County Fair. Home delivered meals will still be distributed.</b></p> 	<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball</p>	<p>8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Movie &amp; Popcorn 12:45 Euchre</p>	<p>8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>11:45 Nat. Tell A Joke Day/Open Mic</b> 12:45 Tai Chi Video 2:00 Pickleball</p>
19 Nat. Potato Day	20	21 Nat. Senior Citizens Day	22	23
<p>8:00-9:45 Adv Pickleball <b>9:00 Manicures/Pedicures</b> 10:00 Exercise/Carol 11:00 Mahjong <b>12:30 BINGO/Vancrest</b> 2:00 Pickleball</p> 	<p>8:00-9:00 Walking/Gym 9:30 Chair Yoga/Heather 10:30 Cardio Drumming <b>10:00 Caregiver Group</b> 10:30 Bible Study 1:00 Balance Exercises 1:00 Hand &amp; Foot 2:00 Pickleball</p>	<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolors/Shirley 11:00 Cancer Support 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball</p> 	<p>8:00-8:30 Walking/Gym 8:30 Cardio Drumming <b>9:00 Tech Help with Joe Appt. Required</b> 9:30 Line Dance/Linda 12:45 Euchre</p> <p>4:30-5:30 Farmers Market</p>	<p>8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball</p>
26 Nat. Dog Day	27	28 <b>SPONSORED MEAL</b> Nat. Bow Tie Day	29	30
<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 2:00 Pickleball</p> 	<p>8:00-9:00 Walking/Gym 9:30 Chair Yoga/Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 1:00 Balance Exercises 2:00 Pickleball</p>	<p>8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks <b>11:45 BDay Bash-Paramount Elite</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball</p> 	<p>8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre</p> <p>4:30-5:30 Farmers Market</p>	<p>8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball</p>




# AUGUST 2024 Lunch Menu

Drive Through  
Congregate & MOW  
Suggested Donation  
\$3.00 (60 & over)

Dine-In for guests etc.  
(under 60)  
\$ 6.00

- Menu meal served daily 12:00 - 12:30 p.m. - **RSVP by 2:00pm the day before - 419-599-0033.** We cannot guarantee meals for those who do not RSVP.
- **MOW - PLEASE CALL 419-599-0033 BY 7:00 A.M. TO CANCEL OR CHANGE A MEAL.**
- To inquire about ingredient content, please call the Senior Nutrition program.
- 2% Milk is served daily.
- Frozen Meals will be delivered to Meals on Wheels clients (at an earlier date) for the Holidays that the Senior Center is closed.
- No eligible person 60 or over shall be denied a nutrition service because of failure to contribute all or part of the suggested donation for that service. All donations are kept confidential.
- Turkey & Cheese Sandwich is available to replace main entrée of a meal, if ordered 24 hours in advance.
- Chef Salad is available to replace a hot meal, if ordered 24 hours in advance.
- **Menus may change due to availability of certain foods.**
- Drive through meals are available from 11:00 - 11:30 a.m. at the East side of the Senior Center Building KITCHEN DOORS on Monday, Tuesday, Thursday and Friday. Wednesday meal may be picked up on Tuesday.
- **Call the HCSC at 419-599-5515 if interested in Meals On Wheels, an assessment will be performed prior to receiving meals.**

Monday	Tuesday	Wednesday	Thursday	Friday
		31	1	2 <b>Sponsored Meal</b>
		Chicken Salad Sandwich 3 Bean Salad Bag of Potato Chips Mixed Fruit Cup  Building will be closed at 12:30 for Staff Training on 7/31/24	Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Grape Salad	Baked Spaghetti California Blend Vegetables Tomato & Cucumber Salad Sunshine Salad
5	6	7	8 <b>Sponsored Meal</b> Grandkids Day	9
Salisbury Steak Stewed Tomatoes Au Gratin Potatoes Fruited Lime Jello Salad	Creamed Chicken Over Buttermilk Biscuit Glazed Carrots Mandarin Orange Salad	Cheeseburger Baked Beans Peas Pineapple Cup	Dinner Ham Mashed Potatoes & Gravy Corn Applesauce Rice Krispy Square  Kids Alternate: Hot Dog	Baked Potato Broccoli & Cheese Sauce Pasta Salad Apple Slices
12	13 Senior Day at the Fair	14	15	16
Creamed Chip Beef Red Skin Potatoes Peas & Carrots Tropical Fruit	<b>Senior Center Closed Meal on Wheels Only</b>  Pork Chop Over Spanish Rice Fiesta Corn Fruited Cherry Jello	Hot Beef Sandwich Baked Beans Corn Mandarin Orange Cup	Egg & Cheese Bake Sausage Patty Hashbrown Potatoes Fresh Melon	Brat Sauerkraut Celery & Carrot Sticks Corn Grapes
19	20	21	22	23
Chicken Fettuccine Alfredo Broccoli Blush Pears	Cabbage Roll Mashed Potatoes & Gravy Apple Waldorf Salad	Pulled Pork Sandwich Mac & Cheese Ranch Green Beans Pineapple	Goulash Mixed Vegetables Cole Slaw Garlic Bread Orange Dreamsicle Salad	Baked Fish Sandwich Tartar Sauce Corn Casserole Potato Salad Apple Sauce
26	27	28 <b>Sponsored Meal</b>	29	30
Country Fried Steak & Gravy Glazed Carrots Stewed Tomatoes Peaches	Turkey & Noodles Mashed Potatoes Harvard Beets Ambrosia Salad	Sloppy Joe Sandwich Hashbrowns Ranch Beans Mixed Fruit Cup	Baked Chicken Breast Boiled Cabbage & Carrots Red Skin Potatoes Watergate Salad	Ham Salad Sandwich Summer Pasta Salad String Cheese Potato Chips Melon



**ADVANCED PICKLEBALL**  
Mon, Wed & Fri  
8:00-9:45



**PICKLEBALL**  
Mon, Tues,  
Wed & Fri  
2:00-4:00

**The Henry County Senior Center serves on average over 310 meals to home bound residents daily.**

**Qualifications to be on the Henry County Meals-On-Wheels Program:**

- \* Primarily homebound/Does not work outside of the home.
- \* Agree to be home when the meals are delivered.
- \* Unable or difficult to prepare your own meals.
- \* Demonstrates limitations due to physical difficulties.
- \* Shows medical necessity.
- \* Henry County resident age 60 & over.
- \* Agree to yearly assessments.

An initial assessments will be performed by HCSC staff prior to being enrolled in the Meals-On-Wheels program to verify qualifications. After the initial assessment, evaluations will be performed yearly.



For more information on the Meals-On-Wheel program call the Henry County Senior Center at 419-599-5515.

**Wednesday, September 11th Evening Meal**



Join us for an evening of good food and fellowship followed by a presentation from Jeff Mires. Jeff a native from Napoleon, OH served for 22 years as a U.S. Secret Service Agent in Washington, DC. He provided service to 5 U.S. Presidents: Ronald Regan, George HW Bush, Bill Clinton, George W Bush & Barack Obama. His assignments included the White House, Emergency Response Team, Counter Sniper Unit, Magnetometer Operations Unit & Foreign Missions Branch. Jeff's travels took him to 49 U.S. States and over 24 foreign countries. He will reflect on his career and speak on his experiences during the 9-11 tragedies. The menu for the evening will be posted in the September newsletter. You will need to RSVP for this event by 9/6/24. \$6.00 donation for the 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 26th at 11:00am in the Conference Room.



**MANICURES & PEDICURES**

Sheila Salinas, a licensed cosmetologist will be here on Monday, August 19th & Sept 16th. Please schedule your appointment at the front desk, where you can also view a price list.



**MONTHLY FOOD BOX**

If you are interested in receiving a monthly food box, please come to the Senior Center & complete an application. The application will then be submitted for approval. After approval **you** will receive notification that a box has been designated for you. The food box can then be picked up by you at The Henry County Transportation Building at; 1805 Oakwood Avenue Napoleon from 10:30am to 11:30am on the fourth Wednesday of each month. Go to the back of the building by the loading docks. The next date for pick up is **Wednesday, August 28, 2024.**

**TRANSPORTATION SERVICES**

Transportation services may be 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. Please call 419-592-8726 to schedule your ride.







### GRIEF SUPPORT GROUP

Losing a loved one can leave you feeling hopeless, lost, and alone. This group offers you a chance to connect with others who are grieving and learn ways to cope with the many feelings associated with your loss. The August meetings will be held on Friday the 2nd & 16th at 11:00am.



### National Bow Tie Day

Did you know that Wednesday, August 28th is National Bow Tie Day? Come celebrate with us! Wear your craziest Bow Tie and you may just win a prize. That day we will celebrate all August Birthdays, have a sponsored lunch by Paramount Elite and finish off with BINGO sponsored by Bridge Home Health and Hospice.

### CANCER SUPPORT GROUP

Cancer is becoming a disease that seems to touch everyone in one way or another. If you or a loved one is currently battling cancer or the after effects of cancer treatment, this group is for you! The next meetings will be Wednesday, August 21st at 11:00am. The sessions are lead by Tiffany Day from The Henry County Health Department.



### 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.



### 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, August 20th at 10:00am.



### Who is Eligible

- 60 or over
- Those with a medical condition that requires air conditioning
- Those with a disconnect notice or have been disconnected
- Within 175% of the Federal Poverty Guidelines (\$52,500 for a family of four)

2024  
JULY 1-SEPT 30

## Summer Cooling Program

### POSSIBLE BENEFITS AVAILABLE



Payment towards an Electric bill. PIPP customers may also be eligible for payment.



Air Conditioner and/or fan



Central Air Unit repair up to \$1500

\*\*In Henry County call LuAnn Mull at 419-599-2481

**CALL TO SCHEDULE AN APPOINTMENT**  
**419-219-4641**  
[WWW.NOCAC.ORG](http://WWW.NOCAC.ORG)



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, Aug 21st, Sept 25th, Oct 30th / 9:00am to 4:00pm. Cost \$15 per person which covers your cost of transportation. Lunch at the casino is at your own expense. **Registration is ongoing.**

**Tecumseh Paddling Company**-Friday, August 2nd / 8:00am to 4:30pm. Cost \$47. We will spend 4-5 hours kayaking the River Raisin. You may get wet! Please bring an old pair of tennis shoes along with a dry set of cloths to put on for the ride home. In a small cooler (that will fit in your kayak) please bring a packed lunch and drinks. **Registration began in June.**

**Carlin Honey, Stoney Ridge Winery & Homestead Bulk Food** -Friday, August 16th / 10:30am to 3:00pm. **TRIP FULL.**

**Detroit Princess River Boat Lunch Cruise**-Thursday, August 22nd / 9:00am to 6:00pm. Cost \$96 includes your ticket, lunch and transportation. We have 2 charter busses going! **Registration is ongoing.**

**Johnston Farm & Indian Agency, Piqua/Temple of Tolerance, Wapakoneta**-Thursday, August 29th / 9:00am to 5:30pm. Cost \$38. Explore an 1800's farm and more. Lunch is on your own expense at Cracker Barrel. **Registration began in June.**

**Goodwill Shopping Trip to Ottawa, Findlay & Tiffin**-Thursday, September 5th / 9:30am to 6:00pm. Cost \$20. Lunch will be at your own expense at Cracker Barrel, Findlay. **Registration begins August 5th.**

**Toledo Zoo**-Wed. Sept 11th / 9:00am to 4:00pm. **TRIP FULL.**

**Mud Hens VS Columbus Clippers**-Wed. Sept 18th / 10:00am to 5:00pm. Cost \$25 includes ticket, hotdog lunch and transportation. **Registration began in July.**

**Car Caravan to Northeast Ohio**-September 25th through 27th. Cost \$200.00 to the Senior Center (includes 2 nights lodging based on double occupancy per room) & \$50.00 to your driver. If you sign up a car of four together, the driver goes free. Many stops will be planned including wineries, shops & covered bridges around Ashtabula and Lake Erie. **Registration begins August 8th.**

**The Texas Tenors, Niswonger**-Sat. October 5th / 4:30pm to 11:00pm. **TRIP FULL.**

**Niagara Falls Excursion**—October 7th through 10th. **Final payments due 9/2/24. TRIP FULL.**

**History & Hops Tour, Toledo**-Friday, October 18th / 2:20pm to 8:00pm. Cost \$18. On this driving tour you will learn about the roots of Toledo's grand brewing heritage. Dinner will be at your own expense at Maumee Bay Brewing Company.

**Registration begins August 21st.**

**"Whose Live Anyway" Improve Comedy, Stranahan**-Sat. October 19th / 4:00pm to 11:00pm. Cost \$90. Dinner at your own expense will be at Shawn's Tavern, Waterville. Join us for this hilarious song and improv comedy show. Featuring Greg Proops, Jeff B Davis, Ryan Stiles & Joel Murray. **Registration began in June.**

**"Always Olivia" Olivia Newton-John Tribute, Niswonger**-Fri. November 8th / 4:30pm to 11:00pm. Cost \$60. Dinner at your own expense at Black Angus, Van Wert. **Registration began in July.**

**Great Lakes Crossing Outlet Shopping Trip**-Mon. November 18th / 8:00am to 6:00pm. Cost \$34. Lunch will be at your own expense. **Registration begins September 4th.**

**Upcoming Trips:** Michael Cavanaugh, Christmas Show in Findlay-Sunday, December 15th, Jo Dee Messina in Findlay-Friday, January 24th, "Menopause II" The Musical in Van Wert-Wed, March 26th. More information on these trips and more will come in next months newsletter.

If a trip is full, always put your name on the wait list in case we have a cancelation or expand the trip.

All of our outings are now being rated on pace and mobility level for participants to judge if a trip is suitable for their activity comfort. Level 1 being the least active to Level 4 being more physically challenging. Please refer to the trip book for a description of the levels and each trip flyer for the level that particular outing is rated.

**Effective September 1, 2024 all credit card transactions will be subject to a transaction fee.**  
**\$0-\$50=\$2.00 Fee, \$51-\$100=\$4.00 Fee, Over \$100=4% Fee**

When going on a trip, Please park by the grass hill and leave the parking spaces closest to the building for seniors participating in activities at the senior center. Thank You!

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- Birth and death certificates
- Breastfeeding support
- Campground inspections
- Car seat checks and distribution
- Children with Medical Needs
- Communicable disease investigation
- Community health data
- Cribs for Kids
- Emergency preparedness
- Grief Recovery Method
- Health education and promotion
- Help Me Grow
- Henry County Cares
- Health improvement coalitions
- Immunizations
- Mosquito control
- Naloxone education/distribution (Project DAWN)
- Nuisance investigations
- Public pool and restaurant inspections
- School nursing
- Septic system inspection and permits
- Traffic safety (Safe Communities)
- Water Testing

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Program Director, Ann Like

Receptionist, Angie Thomas

Finance Coordinator, Jan Heddaeus

Custodian, Peg Adams

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

Volunteer Dance Instructor: Linda Warren

Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr

Volunteers/Assistants: Dick Beck, Beth Cook, Jan Franz, Art Germann, Karen Germann,  
Paul Heddaeus, Betty Marihugh, Donna McGhee, Linda Rettig, Rita Small, Deb Wensink

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



#### SENIOR NUTRITION PROGRAM.....419-599-0033

Senior Nutrition Manager, Sandy Schlosser

Senior Nutrition Head Cook, Vicky Badenhop

Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman

Dish Room: Bill Hatcher, Don Hill

Volunteer Kitchen Assistants: Cindy Cramer, Jeanette Okuley, Pam Schwiebert

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

Jayne Myers, Gayla Rohrs, Martin Verni, Mike Whitman, Mackenzie Moore



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