

## 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  
10 am—12 pm*

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

Free fair admission for seniors for the day.

Please call into the HCSC with Wedding Anniversaries over 50 years to be recognized at the fair.



*Henry County Fair  
HCSC 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. 8th—Aug 14. 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.

# Henry County Senior Center

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

**JULY 2024**

Dear Seniors,

Is it hot enough for ya yet? Wanted to remind everyone to make sure you stay hydrated this summer and wear protective clothing and sunscreen to prevent those sunburns.

Check out some summer tips inside this newsletter.

Thank you to anyone who helped with our Rummage Sale and Bake Sale in June, both were a huge success and what a fun time to work along side old and new friends...and the shirts were great! We have shirts on sale at the front desk if anyone would like to purchase one.

We continue to search for a variety of activities and programs to serve ALL of our seniors. If you have any suggestions or ideas on things you would like us to try, please tell a staff member or drop us a note with the activity, your name and phone number in case we have questions. We have several groups who help with these activities and ideas. If you would like to join our Program Committee, Advocate group, On the Road Again Travel committee, or Garden Club, please let us know.

We ask that you please continue to check in each time you enter the senior center, this is a great way for us to see why people are coming in and lets us know who to call if a certain class is canceled or rescheduled etc.

We continue to look for part time employees to help with Meals on Wheels deliveries and to drive the bus on our trips. Pick up an application or just come talk to us about these possibilities.

Save the date for Tuesday August 13<sup>th</sup> – that will be Senior Day at the Henry County Fair! Hope to see you all at the Senior Center!

Penni Bostelman  
Executive Director

**Friday, July 26th at 12:10PM**

**Henry County Sherriff's Office** will be here for a presentation on RapidSOS. This is new technology which Henry County has recently implemented.

RapidSOS is a secure life-saving data base used to share critical health and medical information with 911 and first responders in the event of an emergency. After the presentation, representatives from our sheriffs department will be on hand for questions and to help sign up participants for the program.



**RapidSOS**

# BIRTHDAYS

- |                          |                       |                           |                      |
|--------------------------|-----------------------|---------------------------|----------------------|
| 1 Schink, Nancy          | 10 Kistner, Mary      | 17 McCaig, Polly          | 26 Fruchey, Keith    |
| 1 Cochran, Janet         | 10 Naida, Thomas      | 18 Rader, Joanne          | 27 Heitman, Mary     |
| 1 Gibbs, Karen           | 11 Vasher, Dorothy    | 18 Teachout, Nancy        | 27 Hoffer, Richard   |
| 1 Kenning, Ed            | 11 Winkle, Joyce      | 18 Gasche, John           | 27 Somoza, Edmundo   |
| 1 Wentling, Eileen       | 11 Kane, Roberta      | 18 Dietrich, Carol        | 27 Drewes, Kenneth   |
| 1 Lange, Betty           | 11 Seelig, Eugene     | 18 VanMeter, Russell      | 27 Ohlrich, Diana    |
| 1 Martinez, Bonnie       | 11 Brooks, Bill       | 18 Williams, Vickie       | 27 Lammy, James      |
| 1 Micomonaco, Costantino | 11 Smith, Betty       | 18 Fitzenreiter, Jennifer | 27 Knipp, Molly      |
| 1 Marshall, Theresa      | 11 Smith, Jane        | 18 Gibson, Tammy          | 27 Bell, Lois        |
| 1 Sparks, Patricia       | 12 Esparza, Juanita   | 19 Jaqua, Carolyn         | 28 Gerken, Victor    |
| 1 Cichocki, Ellie        | 12 Rouiller, Lou      | 19 Benson, Janice         | 28 Behrman, Frances  |
| 1 Wallace, Terry         | 12 Mora, Bobbie       | 19 Jeffries, Robert       | 28 Boesling, Frieda  |
| 3 Amador, Ruben          | 12 Nelson, Beverly    | 19 Goure, Michael         | 28 McMaster, Gary    |
| 3 Lambert, Shirley       | 12 Kruse, Rick        | 19 Lindhorst, Connie      | 28 Howard, Marion    |
| 3 Schnitkey, Mary        | 12 Miller, Curtis     | 19 Kristi, Thommas        | 28 Bressler, William |
| 3 Huber, Beverly         | 12 Hesterman, Randall | 19 Kuhlman, Connie        | 28 Ferner, Linda     |
| 3 Bretz, Cinda           | 13 George, Harold     | 20 Callahan, LaRena       | 28 Thome, Vincent    |
| 4 Carter, Barbara        | 13 Fifer, Delorus     | 20 Bernath, Carol         | 28 Miller, Randy     |
| 4 Brenneman, Bonnie      | 13 Korak, John        | 21 Germann, Arthur        | 28 Conrad, Nancy     |
| 4 DeBruin, Walter        | 13 Boehm, Kay         | 21 Martinez, Jose         | 28 Heath, Greg       |
| 4 Bahler, Marilyn        | 13 Kern, Susie        | 21 Morris, Allarae        | 28 Kuser, John       |
| 4 Small, Gloria          | 13 Bostelman, Betty   | 21 Gerken, Rose           | 28 Reitman, Bruce    |
| 5 Niebergall, Donald     | 13 Murdock, Carole    | 21 Burgel, Dennis         | 29 Rohdy, James      |
| 5 Sherman, Gary          | 13 Prigge, Rebecca    | 21 Hoffman, Bonnie        | 29 Barton, Patricia  |
| 5 McGovern, Ann          | 13 Schroeder, Donald  | 21 Rudolph, Douglas       | 29 Blue, Gail        |
| 5 Flowers, Lynette       | 13 Kovar, Laura       | 21 Myers, Ulrike          | 29 Busch, James      |
| 6 Kohls, Richard         | 14 Behnfeldt, Nancy   | 21 Shawber, Julie         | 29 Rettig, Linda     |
| 6 Aguiar, Vilma          | 14 Pippin Sr, Walter  | 22 Steele, Patricia       | 29 Buyer, Marlene    |
| 6 Engel, Victor          | 14 Brogan, Sherry     | 22 Kosnik, Merline        | 29 Ireland, Teresa   |
| 6 Fry, Larry             | 14 Dauwalter, Deborah | 22 Byrley, Linda          | 30 Johnson, Sandra   |
| 6 Camp, Donald           | 14 VanMeter, Kurt     | 22 Inselmann, Vivian      | 30 Snider, Shirley   |
| 7 Sigg, Mildred          | 14 Steusloff, Melissa | 23 Nicholson, Martha      | 30 Christy, James    |
| 7 Lighthill, Bette       | 14 Ehlers, Daniel     | 23 McMahan, Andy          | 30 Warncke, Ruth     |
| 7 Morrison, Robert       | 15 Gonia, Sharon      | 23 Christensen, Dorothy   | 30 Spencer, David    |
| 7 Petzoldt, Lowell       | 15 Weaver, Roger      | 23 Meyers, Scott          | 30 Jennings, Bervia  |
| 7 McClory, Brenda        | 15 Coulon, Maggie     | 24 Wachtmann, Margaret    | 30 Rellstab, Deb     |
| 8 Strayer, Russell       | 15 Cunard, Cynthia    | 24 Dachenhaus, Imogene    | 30 Schroeder, Jana   |
| 8 Maringer, Gloria       | 15 Baerlin, David     | 24 Ashenfelter, Rosalie   | 30 Resendez, Juan    |
| 8 Weaver, Michael        | 15 Meyer, Ken         | 24 Samlow, Vicki          | 30 Shull, Susan      |
| 8 Croft, Keri            | 16 Schlotz, Norma     | 24 Saneholtz, Vicki       | 30 Edwards, Joy      |
| 9 Wachtmann, Melvin      | 16 Holers, Connie     | 24 Bowen, Nancy           | 31 Conrad, David     |
| 9 Schweter, Sandra       | 16 Winzeler, Cindy    | 24 Fahy, Julie            | 31 Kolbe, Carolyn    |
| 9 Kohn, Norma            | 16 Hogrefe, Sally     | 25 Small, Donna           | 31 Hodge, Vernie     |
| 10 Vorwerk, Kathryn      | 17 Franz, Irene       | 25 Hoffman, Melvin        | 31 Johnson, Cindy    |
| 10 Westhoven, Janet      | 17 Fuller, Margaret   | 25 Thielman, Byrde        |                      |
| 10 Briggs, John          | 17 Bostelman, Kathryn | 25 Osborn, Edward         |                      |
| 10 Morey, Jan            | 17 Fahrer, Virginia   | 25 Kirkendall, Craig      |                      |
| 10 Hornish, Jenny        | 17 Snyder, Charleen   | 25 Buchhop, Diane         |                      |
|                          | 17 Edgar, Dennis      | 26 Doty, Carolyn          |                      |



**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. July 25th** 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 4th Thursday of each month.

### Happy Independence Day

Come help us celebrate Independence Day!

Wednesday, July 3rd

Yard Games at 11:15 am

Sponsored Lunch at 12:00 & BINGO following.

Lunch and BINGO sponsored by Genacross Lutheran Services of Napoleon



# 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  
 Hospice of Northwest Ohio-BINGO Sponsor  
 Paul Martin & Sons-Bday Bash Meal Sponsor  
 Food Boxes-Paul Heddaeus & Judy Morua  
 Becky Mansfield & Sheila Vajen-Bingo Callers  
 Deb Hoops-Father's Day Drawing Gifts

## Donations

Linda Dickey, Marian Barry, Georgie Westrick. Roger Sell, Cheryl Hicksted, Janet Foxe, Judy Pierce, Elaine Borstelman, Shirley Distel, Sarah Erb, Jerry Mapes, Carol Gerken Lones, Paula Moore, Harriet Schroeder, Anella Huff, Joan Hardesty, Cheryl Helberg, Jerri Holder

## Newsletter Mailing Volunteers

Diana Rhodes, Marg Abel, Deb Baker, Janet Foxe, Beth Cook, Jean Knipp, Jan Westhoven, Janet Meyer, Karen Cain, Judy Groves, Karen German, Deb Wensink, Diana Kruse, Linda Dickey, Linda Nelson, Viv Dominique, Carol Gerken Lones, Betty Marihugh

## Rummage Sale Thank You

Rummage Sale Workers- for drop off, sale days & tear down crew  
 Napoleon High School Football Team  
 Henry County Fair Ground-Tables  
 Bake Sale-bakers, workers & monetary donations

## 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 _____

## Summer Crisis Program through Northwest Ohio Action Commission



The Home Emergency Assistance Summer Crisis Program provides a one-time benefit to help with cooling expenses during the summer months. Seniors over the age of 60 who earn below 175 percent of the federal poverty guidelines may qualify. In Henry County, call NOCAC Community Service office at 419-599-2481 with questions and for help applying.

## Patrick Henry Pen Pal Visit



## LET YOUR CREATIVITY FLOW



Come check out our woodshop! Interested in helping out in the shop? Have wood-working experience? We are in need of some woodshop mentors. Contact Ann at the Senior Center for more information.



We are in search of volunteers who would like to share their artistic talents. We are always looking for fun art classes to hold in our art room. Interested in volunteering to lead a class, contact Ann at the senior center.



### **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 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.

## 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"



**\*NEW CLASS\***  
**for the summer**  
**Chair Assisted Yoga**  
**with Heather**  
Tuesdays at 9:30










**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
1	2	3 <b>SPONSORED MEAL</b>	4 <b>CENTER CLOSED</b>	5
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 12:30 On the Road Again Meeting 2:00 Pickleball	8:00-9:00 Walking/Gym 9:30 Chair Yoga/ Heather 10:30 Cardio Drumming 10:30 Bible Study 11:00 Crocheting 12:45 Advocate Meeting 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors 10:00 Exercise/Carol 11:00 HCHD BP Checks <b>11:15 Yard Games</b> <b>12:00 Genacross Meal/ BINGO Sponsor</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball		8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 
8 Nat Freezer Pop Day	9 Nat Cow Appreciation Day	10	11 <b>SPONSORED MEAL</b>	12
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball 	8:00-9:00 Walking/Gym 9:30 Chair Yoga/ Heather 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol <b>11:00 Cancer Support</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda <b>12:00 Northcrest Meal/BINGO Sponsor</b> 1:15 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
15 Nat Gummi Worm Day	16	17 Nat Hot Dog Day	18	19
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong <b>12:30 BINGO/Vancrest</b> 2:00 Pickleball 	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 11:00 Crocheting 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors/Shirley 10:00 Exercise/Carol 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Movie/Popcorn 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:45 Tai Chi Video 2:00 Pickleball
22	23 Nat Gorgeous Grandma Day	24 <b>SPONSORED MEAL</b>	25	26
8:00-9:45 Adv Pickleball 9:00 Manicures/Pedicures 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball	8:00-9:00 Walking/Gym 9:30 Chair Yoga Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks <b>11:45 BDay Bash— Paul Martin &amp; Sons</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:00 Tech Help with Joe Appt. Required 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming <b>12:10 Henry Co. Sherriff's Office-RapidSOS Presentation</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
29	30	31	1	2 <b>SPONSORED MEAL</b>
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 2:00 Pickleball	8:00-9:00 Walking/Gym 9:30 Chair Yoga/ Heather 10:30 Cardio Drumming 10:30 Bible Study 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:00 Lunch <b>Building will be closed at 12:30 for Staff Training on 7/31/24.</b>	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/ BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball

# JULY 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.
- Chef Salad is available to replace a hot meal.
- **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 to sign up for Meals on Wheels.**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <b>Sponsored Meal</b>	4 CENTER CLOSED	5
Cream Chipped Beef Baby Baker Potatoes Peas & Carrots Fruited Jello Salad	Country Fried Steak Corn Casserole Broccoli & Cheese Ambrosia Salad	Pulled Pork Sandwich Mac & Cheese Ranch Green Beans Pears		Bratwurst w/ Sauer Kraut Bake Beans Potato Salad Corn Bread Apple Slices
8 Freeze Pop Day	9	10	11 <b>Sponsored Meal</b>	12
Turkey Manhattan Over mashed Potatoes Brussel Sprouts Apricots	Roast Pork & Gravy Vegetable Fried Rice Tossed Salad w/ Dressing Apple Waldorf Salad	Cheeseburger Calico Beans Cole Slaw Mixed Fruit	Sloppy Joe Sandwich German Potato Salad Apple Crisp Carrot & Celery Sticks w/ Ranch Dressing Rice Krispy Square	Stuffed Bell Pepper Potatoes-Cooks Choice Summer Salad Banana
15	16	17 N'tl Hot Dog Day	18	19
Baked Chicken Breast Red Skin Potatoes Boiled Cabbage & Carrots Applesauce Graham Cracker Snack	Pancakes Sausage Patty Hashbrown Casserole Blue Berry Topping Fruit Punch	Hot Dog Baked Beans Peas String Cheese Pineapple	Lasagna California Blend Vegetables Cole Slaw Peaches Garlic Bread	Ham Loaf Mashed Potatoes & Gravy Mixed Vegetables Fresh melon
22	23	24 <b>Sponsored Meal</b>	25	26
Beef & Cheese Burrito Spanish Rice Fiesta Corn Lettuce Salad Pears & Pineapple	White Cheddar Mac & Cheese Capri Blend Vegetables Stewed Tomatoes Fruited Jello Salad	Hot Chicken Sandwich Tator Rounds Corn Mandarin Orange Jello  Congregates: Birthday Cake	BBQ Pork Chop Au Gratin Potatoes Corn Casserole Ambrosia Salad  MOWS: Birthday Cake	Beef & Noodles Mashed Potatoes Green Beans Orange Dreamsicle Salad
29	30	31	1	2 <b>Sponsored Meal</b>
Egg & Cheese Bake Hashbrown Potatoes Sausage Links Cherry Crisp	Pork Cutlet w/ Maple Syrup Glaze Harvard Beets Fresh Fruit	Chicken Salad Sandwich 3 Bean Salad Bag of Potato Chips Mixed Fruit	Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Grape Salad	Baked Spaghetti California Blend Vegetables Tomato & Cucumber Salad Sunshine Salad



**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:**

- \* Henry County resident age 60 & over.
- \* Agree to yearly assessments.
- \* 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.

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.

## Summer Safety Tips



**Stay Hydrated**  
Drink 8 or more glasses of water per day to stay healthy & hydrated



**Know the Side Effects of Medications**  
Some medications have side affects such as drowsiness or sun sensitivity



**Stay Cool**  
Stay in the A/C, indoors, go swimming, etc.



**Wear Light, Loose Fitting Clothing**  
Wear breathable clothing and light colors that reflect the sun



**Have Emergency Contacts**  
Have a list of people to call in case of emergency



**Know the Weather Forecast**  
Plan your days accordingly depending on the weather



## 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, July 29th at 11:00am in the Conference Room.



## MANICURES & PEDICURES

Sheila Salinas, a licensed cosmetologist will be here on Monday, July 22nd & August 19th. Please schedule your appointment at the front desk, where you can also view a price list.



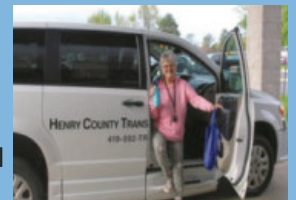
## MONTHLY FOOD BOX

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, July 24, 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.





Thank you to all our volunteers! The success of our rummage sale and bake sale are due to the hard work and countless hours our volunteers work to make our Henry County Senior Center a huge success! You are all appreciated!



### 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 July meetings will be held on Friday the 5th & 19th at 11:00am.

### 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, July 10th at 11:00am. The sessions are lead by Tiffany Day from The Henry County Health Department.



### 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, July 9th 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, July 17th, 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.**

**Unholy Toledo Driving Tour, Anelo's Northwood Villa**-Mon. July 8th / 9:00am to 3:00pm. **TRIP FULL.**

**Cow Appreciation Day/ Sunnyville Farms (milking process)/ H.O.O.V.E.S for Veteran's (service to veterans)**-Tue. July 9th / 9:00am to 4:30pm. Cost \$20. Lunch at Mail Pouch, Swanton & ending the day with Sweet Dreams Ice Cream. **Registration began in May.**

**Ann Arbor Art Fair**-Thursday, July 18th / 8:00am to 6:00pm. **TRIP FULL.**

**Copper Moon Studio**-Thur. July 25th / 9:30am to 2:00pm. Cost \$56 includes transportation and class to make a garden stake. Closed toe shoes are mandatory in the studio. Lunch on your own expense at Loma Linda's. **Registration began in June.**

**Liverpool Legend, Beatles Experience, Findlay**-Friday, July 26th / 4:30pm to 10:00pm. Cost \$70 includes ticket and transportation. Dinner will be on your own expense at Baker's Café. **Registration began in June.**

**Kingwood Center Gardens, Mansfield**-Tues. July 30th / 8:00am to 5:30pm. Cost \$50 includes tour of the mansion and beautiful gardens. Lunch will be on your own at Buehler's Café on the mansion grounds. **Registration began in June.**

**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 in Stryker, Stoney Ridge Winery in Bryan & Homestead Bulk Food in Archbold**-Friday, August 16th / 10:30am to 3:00pm. Cost \$15. All purchases are at your own expense. **Registration began in June.**

**Detroit Princess River Boat Lunch Cruise**-Thursday, August 22nd / 9:00am to 6:00pm. Cost \$86 includes your ticket, lunch and transportation. Spend 2 hours on the Detroit River, view the Canada and US sides along with 3 different lighthouses. **Reg began in June.**

**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.**

**Toledo Zoo**-Wed. Sept 11th / 9:00am to 4:00pm. Cost \$13 includes transportation, entrance is free that day for seniors. Lunch is on your own at the zoo. **Registration begins July 1st.**

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

**The Texas Tenors, Niswonger**-Sat. October 5th / 4:30pm to 11:00pm. Cost \$84 includes ticket and transportation. Dinner is at your own expense at Dick's Steakhouse in Kalida. **Registration began in June.**

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

**"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. **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 begins July 10th.**

**Great Lakes Shopping Trip**-November-Look for more information on this trip in an upcoming newsletter.

**"Menopause II" The Musical, Van Wert**-Wed, March 26th. Look for more information on this trip in an upcoming newsletter.

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.

When going on trips, Please park by the grass hill and leave the parking spaces closest to the buildings for seniors participating in activities at the senior center. Thank you!

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- 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)
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Program Director, Ann Like  
Receptionist, Angie Thomas  
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



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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: Pat Birtcher, Cindy Cramer, Jeanette Okuley, Pam Schwiebert  
Meals on Wheels Drivers: Rick Arps, Kenny Buchenberg, 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.