

Golden Age News

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

www.henrycountyseniorcenter.com



HOURS

Monday 8AM—7PM
Tues.-Fri. 8AM—4PM



*Senior Day
Henry County Fair
Tuesday, August 18th
10 am—12 pm*

Come join us at the Henry County Fair for entertainment, senior center updates, presentation of senior of the year, lunch and more!

Fair admission on that day is free to seniors over 60.

Please call the HCSC at 419-599-5515 with Wedding Anniversaries over 50 years to be recognized during our program.



Henry County Senior Center

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

JULY 2026

Happy July, friends!

Summer is in full swing, and so are we. After what seemed like a never-ending winter, this month feels like it showed up wearing sunglasses, carrying a beach towel, and ready to party! Whether you're joining us for a cool treat, a lively activity, or simply good company, we're thrilled to spend this bright season with you.

July is the perfect time to try something new, reconnect with friends, and soak up the simple joys—like a warm breeze, a good laugh, or a perfectly sweet slice of watermelon. We've packed the calendar with fun events, celebrations, and opportunities to stay active, social, and inspired.

Let's make this month sparkle with positivity, community, and a whole lot of summer cheer. Don't forget to mark your calendar for Senior Day at the Henry County Fair coming up on Tuesday, August 18th!

Here's to sunshine, friendship, and all the good things July brings!

Angela

Henry County Fair HCSC Booth *August 13th—19th*

We will once again be participating in the Henry County Fair. Volunteers are needed to work our fair booth for the duration of the event. Our booth this year will be promoting the HCSC and selling crafts made by our crafting groups. See the front desk to sign up to work a shift.

We will **not** be selling baked goods at the fair this year due to health concerns (no refrigeration) at the fair. Instead we will be having a fair inspired bake sale on Thursday, August 13th. This bake sale will only be at the senior center. Please bring your donated goods to the center on Wednesday, August 12th.





1 Schink, Nancy	10 Hornish, Jenny	17 Jones, Gary	25 Osborn, Edward
1 Sigg, Mildred	10 Hatcher, Mark	18 Teachout, Nancy	25 Maassel, Patricia
1 Cochran, Janet	10 Kistner, Mary	18 Gasche, John	25 Buchhop, Diane
1 Gibbs, Karen	11 Vasher, Dorothy	18 Dietrich, Carol	25 Yonek, Bonnie
1 Kenning, Ed	11 Ashbaugh, Colleen	18 VanMeter, Russell	25 Sahm, Nancy
1 Wentling, Eileen	11 Kane, Roberta	18 Williams, Vickie	25 Kempfer, Ronald
1 Lange, Betty	11 Wachtman, Loren	18 Fitzenreiter, Jennifer	27 Kruse, Vivian
1 Martinez, Bonnie	11 Stevens, Kathy	18 Gibson, Tammy	27 Tilse, Mary Lou
1 Lawrence, Ronald	11 Bogert, Tina	18 Kahrs, Michelle	27 Hoffer, Richard
1 Micomonaco, Costantino	11 Smith, Jane	19 Jaqua, Carolyn	27 Ohlrich, Diana
1 Sparks, Patricia	12 Esparza, Juanita	19 Benson, Janice	27 Lammy, James
1 Wallace, Terry	12 Rouiller, Lou	19 Brown, Rose	27 Bell, Lois
2 Junge, Roberta	12 Moore, Gerald	19 Wiemken, Mary	28 Behrman, Frances
2 Lange, Robert	12 Mora, Bobbie	19 Fulmer, Thomas	28 McMaster, Gary
3 Amador, Ruben	12 Nelson, Beverly	19 Goure, Michael	28 Bressler, William
3 Ressler, Duane	12 Miller, Curtis	19 Lindhorst, Connie	28 Thome, Vincent
3 Cichocki, John	12 Hesterman, Randall	19 Proudfoot, Karen	28 Miller, Randy
3 Schnitkey, Mary	12 Schluter, Mark	19 Kuhlman, Connie	28 Conrad, Nancy
3 Huber, Beverly	12 Miller, Douglas	19 Miller, Alan	28 Heath, Greg
3 Bretz, Cinda	12 Brubaker, Mike	20 Callahan, LaRena	28 Westrick, Barb
4 Carter, Barbara	12 Swann, Robert	20 Thatcher, Del	28 Kuser, John
4 Brettel, Norm	13 George, Harold	20 Hicksted, Steven	28 Reitman, Bruce
4 DeBruin, Walter	13 Korak, John	20 Spiess, Diane	28 Barringer, Ann
4 Leatherman, Barbara	13 Wiemken, Donald	21 Martinez, Jose	28 Smith, Darlene
4 Bahler, Marilyn	13 Kern, Susie	21 Morris, Allarae	29 Rohdy, James
4 Bahler, Larry	13 Bostelman, Betty	21 Gineman, Shirley	29 Blue, Gail
4 Small, Gloria	13 Murdock, Carole	21 Bartelheim, James	29 Busch, James
4 Breece, Terry	13 Simms, Ana	21 Hoffman, Bonnie	29 Rettig, Linda
5 Niebergall, Donald	13 Kovar, Laura	21 Rudolph, Douglas	29 Buyer, Marlene
5 Dettmer, Bonnie	13 Gineman, Angela	21 Mears, Linda	29 Dunbar, Malinda
5 McGovern, Ann	14 Behnfeldt, Nancy	21 Myers, Ulrike	29 Ireland, Teresa
5 Boyd, Sandra	14 Buckley, Frances	21 Shawber, Julie	29 Vollmar, Theresa
5 Eis, Marty	14 Pippin Sr, Walter	22 Buehrer, Dean	30 Christy, James
6 Engel, Victor	14 Brogan, Sherry	22 Kosnik, Merline	30 Warncke, Ruth
6 Emenhiser, Steve	14 Wesche, Mary	22 Byrley, Linda	30 Spencer, David
6 Zimmerman, Rebecca	14 Ehlers, Daniel	22 Cassidy, Cynthia	30 Tobias, Dorothy
7 Lighthill, Bette	15 Bauer, Robert	23 McMahan, Andrew	30 Rellstab, Deb
7 West, Brad	15 Coulon, Maggie	23 Thome, Marilyn	30 Schroeder, Jana
7 McClory, Brenda	15 Cunard, Cynthia	23 Bartels, Timothy	30 Resendez, Juan
8 Maringer, Gloria	15 Baerlin, David	23 Christensen, Dorothy	30 Shull, Susan
8 Weaver, Michael	15 Meyer, Ken	23 Miller, H Michael	31 Maassel, Donald
8 Croft, Keri	15 Delgado, Irene	23 Godeke, Henry	31 Briskey, Jequeta
8 Hartford, Jenny	16 Winzeler, Cindy	23 Meyers, Scott	31 Conrad, David
9 Wachtmann, Melvin	16 Prall, Brenda	23 Gorris, Michelle	31 Kolbe, Carolyn
9 Schweter, Sandra	16 Klamer, Linda	24 Wachtmann, Margaret	31 Benson, Stephen
9 Bartels, Brenda	16 Hogrefe, Sally	24 Dachenhaus, Imogene	31 Melendez, Omar
9 Oxender, Michael	16 Evers, Tabb	24 Ashenfelter, Rosalie	31 Pitzen, Carrie
9 Grieser, Vicki	16 Shadday, Rick	24 Samlow, Vicki	31 Johnson, Cindy
9 Crawford, Tony	16 Zeller, Carol	24 Saneholtz, Vicki	
9 Meece, Sharon	17 Fuller, Margaret	24 Richardson, William	
10 Westhoven, Janet	17 Fahrner, Virginia	24 Bowen, Nancy	
10 Gooding, Judy	17 Snyder, Charleen	24 Fahy, Julie	
10 Morey, Jan	17 McCaig, Polly	25 Small, Donna	

DONATION WISH LIST

Postage Stamps,
Coffee,
Chocolate,
Candy,
Powdered Coffee
Creamer,
Antibacterial
Wipes,
Tissues,
Paper Towels,
New Puzzles,
Zip Lock Bags

The HCSC will be closed July 3rd in observation of the 4th of July.

Thank You for your Support!!

Thank You

HCSC Advocate Group
 Genacross Lutheran Services-Meal & Bingo Sponsor
 Northcrest Nursing & Rehab- Meal & Bingo Sponsor
 Bridge Home Health/Hospice-Bingo Sponsor & Ask Nurse
 Vancrest Health Care Center-Bingo Sponsor
 NAMI (JULY)-B Day Bash Meal Sponsor
 Immanuel Church, Deshler & St. Peter Church, Holgate
 Henry County Health Department,
 Lutheran Church Charities, Napoleon Schools
 Soaring Arts Studio, NOCAC

Newsletter Mailing Volunteers

Janet Foxe, Beth Cook, Diana Rhoades, Sandy Foreman, Becky Mansfield, Viv Dominique, Deb Franz, Judy Groves, Marge Abel, Jan Franz, Teresa Kiessling, Joanie Hardesty

Donations

Bette Lighthill, Sylvia Lozier, Lee Jackson, Tammy Klingshirn, Janet Foxe, John & Mary Jane Kline, John & Kim Steele, Barb Danser, Connie Sell, Terry Rettig

Memory of Ann Kuczkowski by Helen Witte
 Memory of James A Shumaker by Anonymous



QUILT RAFFLE

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

Our quilters are raffling off this beautiful Christmas Quilt. The winner will be drawn on Senior Day at the Henry County Fair. Proceeds benefit the HCSC.

Size: 42" x 50"

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

Toe Nail Clinics



The Henry County Senior Center offers toe nail clinics on Thursdays as scheduled. Toe Nail Clinic locations are offered in Napoleon, Holgate & Deshler. Call the HCSC for an appointment. Fee \$10.00 cash per person paid to the technician. Kindly soak your feet prior to your appointment and bring a towel.

Struggling to pay for home repairs, rent, heating bills, etc.? Give the following organizations a call to see if they can help.

* Northwest Ohio Community Action Commission
 419-599-2481

* Maumee Valley Planning Organization
 419-784-3882



Pottery Class

July 6th & 27th at 11:00am

Fee for pottery class is \$15.00.

Sign up at the HCSC front desk.



BIRD FEEDER



SCAMS WITH OFFICER RUBIO

Come learn the signs to identify frauds and scams with Napoleon Police Officer Rubio.

Wednesday, July 15th at 11AM

AMERICAN RED CROSS

Thursday, July 9th at 11:00am. Ashley Maple from the American Red Cross will be here to talk about services they provide and also volunteer positions available.



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.



LET YOUR CREATIVITY FLOW

JULY CRAFT CLASS

July 14th @ 10:00 AM

Solar Light dipped in Nail Polish & Star Spangled Banner Craft



Please sign up and pay \$5.00 for this class at the front desk.



WATERCOLORS WITH SHIRLEY

Registration is required for this class. Class is offered on the 1st & 3rd Wednesday of the month at 10:00 am. Please register and pay \$2.00 per class at the front desk.



QUILTING WITH BETH

Come quilt with us! **Every Tuesday** from 1:00 pm to 3:00 pm in the Art Room. All skill levels are welcome!



CARD MAKING WITH DEB

Make some greeting cards with Deb. This class will be held Thursday, July 9th in our Art Room at 10:30. Please register and pay at the front desk.

EXERCISE CLASSES

CARDIO DRUMMING

Tuesdays at 10:00
with Emily

Fridays at 10:00
Video



EXERCISE WITH CAROL
Mondays at 10:00
Wednesdays at 10:00

YOGA VIDEO
Wednesdays at 11:00
TAI CHI VIDEO
Fridays at 12:45

WARRIOR Rhythm ROOTS WITH MELISSA

Come check out this low impact, yoga style class.

Mondays & Fridays at 11:00



ZUMBA GOLD! NEW CLASS FOR THE SUMMER!

Instructor: Emily Faerber

Summer Zumba
Thursdays, 8:15-9:00 AM

Last Class: August 20th

No Instructor on July 16th - video will be shown



Low impact exercise class designed for seniors. No dance experience needed!

BALANCE & STRETCH WITH ANN

Tuesdays at 1:00 pm



LINE DANCING WITH LINDA
Thursdays at 9:30 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 SPONSORED MEAL	2	3 CENTER CLOSED
8:00-9:50 Adv Pickleball 10:00 Exercise/Video 11:00 Mahjong 11:00 Rhythm & Roots 1:00 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming/Emily Beck 10:30 Bible Study 1:00 Balance Class 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Video 11:00 HCH BP Checks 10:00 Watercolors 10:45 "Damascus" Comfort Dog Visit 11:00 Chair Yoga Video 12:00 Genacross/ Meal & BINGO Sponsor 1:00 Cards/Games 1:30 Pickleball	8:15 ZUMBA GOLD w/ Emily Faerber 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	
6	7	8	9 SPONSORED MEAL	10
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 11:00 Soaring Arts Pottery 12:45 On the Road Mtg. All seniors are welcome! Bring your ideas. 1:00 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming/Emily Beck 10:30 Bible Study 12:45 Advocates Mtg. 1:00 Balance Class/ Video 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Chair Yoga Video 11:00 Alzheimer's Group 11:00 Soaring Arts 1:00 Cards/Games 1:00 Pickleball	8:15 ZUMBA GOLD w/ Emily Faerber 9:30 Line Dance/Linda 10:30 Cards w/Deb 11:00 Red Cross Presentation 12:00 Northcrest/ Meal & BINGO Sponsor 1:15 Euchre 1:30 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
13	14	15	16	17
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 1:00 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming/Emily Beck 10:00 Craft Class 10:00 Caregiver Group 10:30 Bible Study 1:00 Balance Class 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolors/ Shirley 11:00 Officer Rubio- Scam Presentation 11:00 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:15 Exercise Video 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Support 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
20	21	22 SPONSORED MEAL	23	24
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 11:30 "Frozen" Performance by Maumee Valley Civic Theater 12:30 Vancrest/BINGO 1:30 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming/Emily Beck 10:30 Bible Study 1:00 Balance Class 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:15 "Ask a Nurse" 11:00 Chair Yoga Video 11:00 HCHD BP Checks 11:00 Chair Yoga Video 11:45 B Day Bash Meal Sponsored by NAMI 12:30 BINGO/Bridge Home Health Hospice 1:30 Pickleball	8:00 Tech Help /Joe 8:15 ZUMBA GOLD w/ Emily Faerber 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
27	28	29	30	31
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Soaring Arts Pottery 11:00 Book Club 11:00 Rhythm & Roots 1:00 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming/Emily Beck 10:30 Bible Study 1:00 Balance Class 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:Chair Yoga Video 1:30 Cards/Games 1:00 Pickleball	8:15 ZUMBA GOLD w/ Emily Faerber 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball

JULY 2026 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 Tuesday's 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
29	30	1 SPONSORED MEAL	2	3 CENTER CLOSED
Pork Chop w/ Gravy Broccoli Baby Baker Potatoes Applesauce	Goulash Mixed Vegetables Cottage Cheese Pineapple Tidbits	Cheeseburger Tator Tots Baked Beans Mandarin Orange Jello Brownie	Chicken & Noodles Red Skin Potatoes Cucumber/Tomato Salad Blueberry Cobbler	
6	7	8	9 SPONSORED MEAL	10
Beef Stew Red Skin Potatoes Cottage Cheese Pineapple Buttermilk Biscuit	Chicken Fettucine Alfredo Roasted Broccoli Celery Sticks & Peanut Butter Cup Cinnamon Applesauce	Ham Salad on Wheat Bread Three Bean Salad Potato Salad Cheese Cubes Pear cup	Baked Spaghetti California Blend Vegetables Cole Slaw Grape Salad Garlic Bread Cookie	Sausage Gravy over Mashed Potatoes Ranch Seasoned Mixed Vegetables Pasta Salad Apple Slices
13	14	15	16	17
Egg Bacon & Cheese Bake Beef Sausage Bites French Toast Casserole Cantaloupe	Sweet & Sour Chicken Vegetable Fried Rice Broccoli Fruit Juice Cherry Crisp	Sloppy Joe Sandwich Baked Beans Tator Tots Baby Carrots Mixed Fruit Cup	Stuffed Pepper Mashed Potatoes & Gravy Green Beans Fruited Jello Salad	Pork Roast w/Cranberry Sauce Cooked Cabbage & Carrots String Cheese Peaches
20	21	22 SPONSORED MEAL	23	24
Chipped Beef Gravy Red Skin Potatoes Peas & Carrots Pineapple Tidbits & Pears	Chicken Cordon Bleu Scalloped Potatoes Scandinavian Vegetables Apricots	Dinner Ham Sweet Potatoes Green Bean Casserole Peach Cup CONG: Birthday Cake	Lasagna Calif. Blend Vegetables Cole Slaw Watergate Jello Salad Garlic Bread MOWS: Birthday Cake	Egg Salad Sandwich on Wheat Bread Pea Salad Pickled Beets Cottage Cheese Pineapple
27	28	29	30	31
Salisbury-Steak Mushrooms Mac & Cheese Stewed-Tomatoes Blushing Pears	Pork Chop w/Gravy Roasted Broccoli Calico Beans Mandarin Orange Salad	Hot Chicken Sandwich Fiesta Corn Scalloped Potatoes Mixed Fruit Cup	Meatloaf Mashed Potatoes & Gravy Green Beans Apple Waldorf Salad	Brat w/Sauerkraut German Potato Salad Peas & Carrots Ambrosia Salad



The Henry County Health Department offers Blood Pressure checks two times a month at the Henry County Senior Center. Come visit with Pam on the first and fourth Wednesday of the month from 11:00 am to 12:00 pm.



Monday, July 20th at 11:30am

The Maumee Valley Civic Theater cast from "Frozen" will be here to perform for us. Ask Angela about how you can purchase a ticket for the full performance.

Show Dates: July 23rd—26th

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 27th** at 11:00 am in the Conference Room.

ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny for our Alzheimer's Support Group, next meeting will be **Wed. July 8th at 11:00 am**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!



During the support group the Soaring Arts Studio will be offering art projects in our art room for seniors. 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. All seniors are welcome to attend.



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 22nd, 2026**. Please call SeaGate at 419-244-6996 for information on the enrollment process.

Need a lesson on Pickleball?
Betty Naas is here to help!

INSIDE PICKLEBALL



Our outdoor courts are open and ready for play!

MORNING PICKLEBALL

Mon, Tues, Wed, & Fri.
8:00 AM to 9:50 AM

AFTERNOON PICKLEBALL

Monday through Friday
Every Afternoon (see calendar)
Early Evening Hours
on Monday



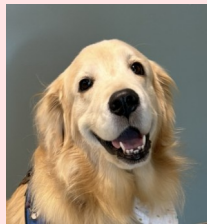
Tech Help with Joe

Joe Burgei from NOCAC will be here **Thursday, July 23rd** 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 here on the 4th



Our 4 Legged Friend Visits

"Damascus"
Comfort Dog Visit
July 1st @ 10:45

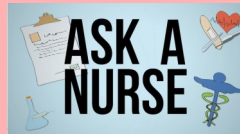


"Minnie"
Our very own HCSC dog. Here most days.



CARDS & GAMES

Mahjong - Monday @ 11:00 am.
Euchre - Monday @ 4:00 pm & Thursday @ 12:30 pm.
Hand & Foot or Three/Thirteen - Wednesdays @ 1:00 pm.
Open tables for cards & games anytime!



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

Barb will be at the HCSC on the fourth Wednesday of the month. Appointments will be scheduled in 15 to 30 minute increments from 10:15 am to 11:30 am. Barb will not be diagnosing illnesses just answering questions on generalized topics. The next sessions will be held **July 22nd**. Call the HCSC to schedule your appointment.



Thank you to all our amazing volunteers who helped with our rummage sale and bake sale. We appreciate you all!



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 meeting will be held on **Friday the 17th at 11:00am**.

INFORMAL VETERAN GROUP

Monday, July 27th 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 Reflection 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 14th at 10:00am**.

BIBLE STUDY

Join our Bible Study Group, meetings are held every Tuesday at 10:30am in the Conference 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. Detailed flyers about the trips below, and flyers of newly planned trips, can be found in a notebook on the coffee table in the HCSC lobby.

Hollywood Casino Days-Wed. July 15th / 9:00am to 4:00pm. Cost \$15 covers your transportation. Lunch will be at your own expense at the casino. Level 1 of 4. **Registration is ongoing.**

Luckey Lavender Farm-Wed, July 8th / 10:00am to 3:30pm. **TRIP FULL.**

Detroit Princess Riverboat Lunch Cruise-July 9th / 8:45am to 6:00pm. **TRIP FULL.**

"9 to 5" The Musical, Ritz Theatre-Fri, July 17th / 3:30 to 11:00. **TRIP FULL.**

Fort Wayne TinCap Baseball Game-Wednesday, July 22nd / 10:30am to 5:00pm. Cost \$35 includes your ticket, transportation and hot dog meal voucher. Level 2 of 4. **Registration began April 9th.**

Historical Cruise on Maumee River, narrated by Taylor Moyer-Wed, Aug 5th / 3:30pm to 9:30pm. Cost \$60 includes cruise and transportation. Dinner on your own will be at Ye Olde Durty Bird. Level 1 of 4. **Reg. began June 18th.**

Jimmy Buffett Musical & Dinner at Cornwell's, Turkeyville USA-Tues, August 11th/ 9:30am to 5:00pm. **TRIP FULL.**

Gospel Barn, Hillsdale-Sat Aug 22nd / 9:30am to 4:00pm. Cost \$40 includes transportation and Ernie Haase & Signature Sound Show. Lunch at Acusport Grille will be on your own. **Reg. began June 17th.**

Buc ee's & Hawthorn Hill Estate Tour-Wed Aug 26th / 7:30am to 6:00pm. Cost \$50 includes tour and transportation. Meal will be at your own expense at Blueberry Cafe. Level 3 of 4. **Registration begins July 2nd.**

Liberty Aviation Museum & Shopping in Port Clinton-Thur. Sept 10th / 8:30am to 4:30pm. Cost \$30. Lunch at Tin Goose Diner & afternoon refreshment stop at Dock's Beach House, will be at your own expense. **Reg. began June 4th.**

Tiffan Flea Market-Sat, Sept 12th / 8:00am to 3:00pm. Cost \$14. Lunch will be at your own expense at the food trucks. Over 300 vendors of new and vintage items. Level 2 of 4. **Registration begins July 16th.**

Toledo Zoo-Wed. Sept 16th / 9:00am to 4:00pm. Cost \$15 with lunch and transportation included. Zoo entrance to seniors is free that day. Level 2 of 4. **Registration begins on August 5th.**

Thrifty Tuesday in Fort Wayne- Tues, Sept 22nd / 8:45am to 6:00pm. Cost \$15. Several stops at local Fort Wayne Thrift Stores. Lunch at Electric Works at your expense. **Registration begins August 13th.**

Tanger Outlet Mall-Wed, Oct 14th / 8:00am to 4:00pm. Cost \$35. We will depart the mall after shopping and head to G & R Tavern for a meal and refreshments, at your own expense. **Registration begins September 3rd.**

Savannah Trips-September 27th-October 2nd & October 4th-9th / **Final payments are due. Registration is closed.**

Haunted Toledo-Fri. October 23rd / 1:00pm to 6:30pm. Cost \$25 includes entrance to Mortuary Manor, a 128 year old former funeral home which is now a mortuary museum and paranormal center. We will dine at Angelo's Northwood Villa (which is at your own expense) and hear of the history of the restaurants Prohibition days and the ghostly apparitions. Level 2 of 4. **Registration begins August 6th.**

Christmas Tree Festival and Lunch at Log Cabin Traditions-Wed Dec 2nd / 9:30am to 3:30pm. Cost \$46 which includes your lunch. Explore the Allen County Museums Christmas Tree Festival then have a private home cooked 5 course meal at Log Cabin Traditions. Level 2 of 4. **Registration begins October 15th.**

*****All trip sales are final, tickets are transferable to another senior, but not refundable. Thank you!*****

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, with several steps involved. Please refer to the trip book for a description of each level.

Credit Card transactions will be subject to a transaction fee.
\$0-\$50=\$2.00 Fee \$51-\$100=\$4.00 Fee Over \$100=4% Fee



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www.henrycoh.org



- Animal bite investigation
- 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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HENRY COUNTY SENIOR CENTER 419-599-5515

Executive Director, Angela Sosebee

Program Director, Ann Like

Receptionist, Elizabeth Gribler

Administrative Assistant, Adrienne Waisner

Custodian, Peg Adams

Exercise Instructors: Carol Gerken-Lones, Emily Beck, Melissa Tisi-Spiller, Emily Faerber

Volunteer Dance Instructor, Linda Warren

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

Volunteers/Assistants/Group Leaders: Rick Arps, Dick Beck, Marsha Bischoff, Robert Borck,

Beth Cook, Jane Crandall, Linda Dickey, Joe Distel, Janet Foxe, Jan Franz, Karen Germann,

Vicki Giesige, Jan Heddaeus, Paul Heddaeus, Beth Jenny, Dawn Leitner, Bette Lighthill,

Becky Mansfield, Betty Marihugh, Bonnie Martin, Donna McGhee, Judy Morua, Betty Naas,

Jeanette Okuley, Karla Panning, Linda Rettig, Pastor Janine Shearer, Rita Small,

Pam Schwiebert, Maryann Walden

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

Senior Nutrition Assistant, Jordan Kline

Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman, Barb Westrick

Kitchen Help: Bill Hatcher, Jeff Gribler

Meals on Wheels Drivers: Jeff Gribler, Jordan Kline, Carla Lambert,

Madison Moore, Gayla Rohrs, John Steele, 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.