

Golden Age News

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

www.henrycountyseniorcenter.com



HOURS

MON **8AM-7PM**
TUES-FRI **8AM-4PM**



2027 MEDICARE OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

Now is the time to compare your current coverage to new choices for 2027. Select a plan that best fits for your needs and budget.

At Medicare.gov, you can do a side-by-side comparison of plan coverage, costs, and quality ratings to help you see the difference between plans and feel confident in your choice.

We will have trained volunteers and licensed agents here at the Henry County Senior Center who can help you navigate through the Medicare process.

Beginning Wednesday, September 9th, you can call the Henry County Senior Center at 419-599-5515 to schedule an appointment.

Henry County Senior Center

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

SEPTEMBER 2026

Dear friends,

Welcome to September! As summer begins to wind down and we ease into the cooler days of early fall, we hope this month brings you a renewed sense of energy, connection, and comfort. September is a wonderful time for fresh starts, meaningful gatherings, and appreciating the simple moments that make our community so special.

We have plenty of activities, programs, and friendly faces waiting for you here at the Center. Whether you're joining us for a meal, trying something new, or simply stopping in to say hello, we're grateful to share this season with you.

Here's to a month filled with good health, new memories, and the joy of spending time together. We look forward to seeing you soon!

Warmly,
Angela

thank you

A special thanks goes to all of our sponsors who made Senior Day at the Henry County Fair possible!

Lunch & Prizes Courtesy of:

Alzheimer's Association
Anthem

Bert G. Taylor American Legion #300
Bridge Home Health & Hospice
Culligan Water of NW Ohio
Henry County Ag Society - Fair Board
Henry County Senior Center Advocates

Entertainment Courtesy of:

Civista Bank



DONATION WISH LIST

Postage stamps,
coffee, chocolate,
candy, powdered
coffee creamer,
antibacterial
wipes, tissues,
paper towels, new
puzzles, Ziploc
bags

1 - Brown, Laura
1 - Flory, Suzanne
1 - Gerken-Lones, Carol
1 - Haase, Susan
1 - Hardy, Teresa
1 - Huber, Jennifer
1 - Smith, Ronald W.
2 - Edwards, Darrell
2 - Eitzman, Peggy
2 - Espinoza, Jimmy
2 - Gerhardt, Walter
2 - Koppenhofer, Tony
2 - Setzer, Cyril
3 - Aschemeier, Cathy
3 - Cline, Juanita
3 - Dachenhaus, Randall
3 - Knipp, Steve
3 - McCabe, Elaine
3 - Phillips, Prudy
3 - Rastocan, Albert
4 - Fitzwater, Janice
4 - Krasienko, Aurora
4 - McOscar, Joe
4 - Parker, Connie
4 - Schroeder, JR
5 - Howe, Gary
5 - Lumpkins, Delilah
5 - Moreno, Esperanza
6 - Borstelman, Sandra
6 - Eberle, Donald
6 - Germann, Karen
6 - Halley, Robert
6 - Scott, Betty
7 - Beard, Kathryn
7 - McCain, Shelia
7 - Rosenbauer, Jane
7 - Seedorf, Loretta
7 - Skiver, Agnes
7 - Vollmar, Peggy
7 - Wing, Paddy
8 - Barnes, Susan
8 - Brown, Margie
8 - Dietrich, Sandra
8 - Elchinger, Margaret
8 - Meter, Donald
8 - Ryan, James
8 - Thompson, Timothy
9 - Golden, Margaret
9 - Sauder, Jane
9 - Vance, Juliana
10 - Bennett, Jeannie
10 - Kessler, Mary
10 - Knape, Lois
11 - Curry, Suzette
11 - Dunn, Richard
11 - Fisher, Louann
11 - Hockman, Darlene
11 - Murillo, Chuck
11 - Powell, Heidi
12 - Kiessling, Teresa
12 - Myers, Douglas
12 - Niese-Grabowski, Shirley
12 - Spangler, Alice
12 - Wallace, Leanne
12 - Westhoven, Jean
13 - Borstelman, Carol

13 - Bott, Barbie
13 - Burditt, Karen
13 - Eggers, Bonnie
13 - Godeke, Pat
13 - Hahn, Fran
13 - Pierce, Judy
13 - Spangler, Marvin
13 - Steiner, Keith
14 - Burkhart, Ramona
14 - Daman, Cheryl
14 - Franz, Ronald
14 - Kryder, Pat
14 - Lambert, David
14 - Watson, Joan
15 - Arps, Richard
15 - Brent, Jane
15 - Brubaker, Daniel
15 - Dachenhaus, Hiedi
15 - Fletcher, Pam
15 - Meyer, Linda
15 - Rohrs, Kathleen
15 - Steinmetz, Dianne
16 - Bressler, Nancy
16 - Busch, Donald
16 - Carpenter, Carol
16 - Clark, Richard
16 - Dunn, Connie
16 - Gustwiller, Barbara
16 - Hill, Janet
16 - Knepley, Alice
16 - Leichter, Wayne
16 - Meienburg, Mary Beth
16 - Richard, Karen
16 - Swift, Neva
16 - Thome, Carol
17 - Krauss, Larry
17 - Morey, William
18 - Dunphy, James
18 - Fernbaugh, Gina
18 - Haas, Sharon
18 - Herr, Gerald
18 - Lecklider, Janice
18 - Nagel, Norma
18 - Rodriguez, John
18 - Slesman, Norman
19 - Fruth, Marvin
19 - Helmke, Nancy
19 - McDowell, Denise
19 - Rettig, Terry
19 - Wensink, Deb
20 - Boggs, Sarah
20 - Gibson, Myrna
20 - Hasch, Robert
20 - Hibbard, Gwendolyn
20 - Lawrence, Lynette
20 - Ludemann, Ruth
20 - Williams, Maureen
21 - Badenhop, Wanda
21 - Chilcote, David
21 - Craddock, Carolyn
21 - Manley, Wanda
21 - Moll, Ruth
21 - Ricker, Linda
21 - Taylor, Roseann
22 - Blue, James
22 - Damman, Delbert

22 - Emenhiser, Genevieve
22 - Hanson, Lisa
22 - Morgan, Betsy
22 - Solether, Jay
22 - Tovar, Thomas
22 - VanMeter, Jackie
23 - Cahoo, Jay
23 - Cruz, Lina
23 - Honemann, Kenneth
23 - Johnson, Peggy
23 - Male, Mitch
23 - Smith, Marybelle
24 - Bechtol, Lew
24 - Johnston, Eulene
24 - Knepper, Joyce
24 - McCauley, Phyllis
24 - Nunn, David
24 - Palmer, Jill
24 - Panning, Karla
24 - Pfau, Rosemary
24 - Ross, Dan
24 - Salinas, Ed
24 - Spicer, Harley
24 - Zachrich, Jean
25 - Baum Jr., Phillip
25 - Eureste-Kryder, Anita
25 - Haase, Kenneth
25 - Hardesty, Joanie
25 - Nagel, Thomas
25 - Taylor, Sandra
25 - Wachtmann, Tina
26 - Belcher, Ronald
26 - Bressler, Barbara
26 - Buenger, Wilma
26 - Cousino, Mary
26 - Fortney, Margaret
26 - Harmon, Diane
26 - Heinrichs, Carolyn
26 - Lindhorst, Jerry
26 - Oswalt, Kelly
26 - Robinette, Thresse
26 - Seedorf, David
26 - Sunderman, Marvin
26 - Yocom, James
27 - Bischoff, Esther
27 - Boyd, Sheryl
27 - Cruey, Sylvia
27 - Eberle, Debbie
27 - Ehasz, Mary Lou
27 - Houck, Sandy
27 - Winddisch, Donna
28 - Dominique, Viv
28 - Kuntz, Kelli
28 - Linehan, Dennis
29 - Bell, Lucille
29 - Carson, Tammeria
29 - Corona, Lily
29 - Reimund, Lynn
30 - Crocker, James
30 - Durham, Dave
30 - Hoskins, Brenda
30 - Kern, William
30 - Knipp, Jean
30 - Rosebrock, Randy

Thank you for your support!

HCSC Advocate Group - BINGO Sponsor
Genacross Lutheran Services - Meal & BINGO Sponsor
Northcrest Nursing & Rehab - Meal & BINGO Sponsor
Bridge Home Health/Hospice - BINGO Sponsor & Ask a Nurse
Vancrest Health Care Center - BINGO Sponsor
HC Hospital (Aug) - BDay Bash Meal Sponsor
Napoleon Family Vision (Sept) - BDay Bash Meal Sponsor
Immanuel Church, Deshler & St. Peter Church, Holgate
Henry County Health Department
Lutheran Church Charities, Soaring Arts Studio, NOCAC

Newsletter Mailing Volunteers:

Janet Foxe, Marybeth McClure, Kathy Norden, Becky Mansfield, Bette Lighthill, Linda Dickey, Julie Wiemken, Joanie Hardesty, Diana Rhodes, Karen Germann, Marge Abell, Sandy Foreman, Shirley Knapp, Deb Franz, Viv Dominique, Judy Groves, Bonnie Martin, Karen Cane

Memorials & Donations:

HCSC Bible Study & Beth Cook in memory of Lynn Brubaker
Linda Mann in memory of Shirley Creps

John & Mary Jane Kline	Richard Clark
Roger Sell	Karen Germann
Gene Grime	Fe Soriano
Barbara Danser	Tom & Jerri Holder
Betty Marihugh	Maggie Yates
Helen Witte	Norma Beck

TOENAIL CLINICS



The Henry County Senior Center offers toenail clinics on Thursdays, as scheduled. Toenail Clinic locations are offered in Napoleon, Holgate, & Deshler. Call the HCSC for an appointment.

Fee is \$10 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, cooling 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



PRESENTATION:

MEDICARE OPEN ENROLLMENT



David Painter from Ohio Senior Health Insurance will be giving a presentation on Medicare Open Enrollment on **September 23rd** at **10:30 AM** in our Conference Room.

Just like your health, Medicare plans change every year; your current plan might be changing. Plus, not all plans have the same benefits and costs. By comparing all your options, you can find a plan that offers you better coverage, saves, money, or both!

PLAN AHEAD & PROTECT YOURSELF

Legal Series for Seniors

Legal Aid of Western Ohio will have a series of presentations to help seniors create actual legal documents. Presentations will be held from 11:00 AM - 12:00 PM, with clinics afterward. Topics include health advance directives, financial power of attorney, and wills and estates.

Presentations and clinics are free, but interested individuals must register at the Front Desk prior to the presentation date.

- **Wednesday, September 2** at 11:00 AM - Health Advance Directives w/ Clinic (seniors must sign up in advance for the clinic)
- **Thursday, October 8** at 11:00 AM - Financial POA & More w/ Clinic + Keeping Seniors Safe (seniors must sign up in advance for the clinic)
- **Thursday, November 5** at 11:00 AM - Wills & Estates + Justice for Seniors (no clinic for this session)



MEET DR. BLANKENSHIP!

Join us on **Wednesday, September 16 at 11:45 AM** to meet Henry County Hospital's new Orthopedic and Spine physician, Dr. Blankenship.

Dr. Blankenship will give an overview of the clinic before lunch and will stay until 12:15 to answer any individual questions.



LET YOUR CREATIVITY FLOW

SEPTEMBER CRAFT CLASS

Wednesday, September 15 at 10:00 AM



Project: Sunflower
Cost: \$5.00

Sign up and pay at the Front Desk!

WATERCOLORS WITH SHIRLEY



Registration is required for this class. This class will be offered on the 2nd and 16th of September 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!

CARD MAKING WITH DEB

Thursday, September 10 at 10:30 AM



Make some greeting cards with Deb in our Art Room! Please register and pay at the Front Desk.

EXERCISE CLASSES

held in the gymnasium

EXERCISE WITH CAROL

Mondays at 10:00 AM
Wednesdays at 10:00 AM



WARRIOR RHYTHM & ROOTS WITH MELISSA

Mondays & Fridays at 11:00 AM



Come check out this low-impact class!

CARDIO DRUMMING

Tuesdays at 10:00 AM with Emily
Fridays at 10:00 AM with Char



ZUMBA! WITH EMILY

Mondays at 3:45 PM



LINE DANCING WITH LINDA

Thursdays at 9:30 AM



BALANCE & STRETCH WITH ANN

Tuesdays at 1:00 PM



EXERCISE VIDEOS

shown in Reflection Room

CHAIR YOGA VIDEO

Wednesdays at 11:00 AM



TAI CHI VIDEO

Fridays at 12:45 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 SEPTEMBER	2	3	4 SPONSORED MEAL
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 10:30 Bible Study 12:45 Advocates Meeting 1:00 Balance Class 1:00 Quilting 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolors 10:45 Comfort Dog Visit 11:00 HCHD BP Checks 11:00 Legal Aid/Health Advance Directives 11:00 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:15 Cardio Drumming 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball 4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming/Char 11:00 Rhythm & Roots 11:00 Grief Support 12:00 Genacross Sponsored Meal & BINGO 12:45 Tai Chi Video 1:30 Pickleball
7 CENTER CLOSED	8	9	10 SPONSORED MEAL	11
	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:30 Bible Study 11:00 Caregiver Group 12:45 On the Road Again Meeting 1:00 Balance Class 1:00 Quilting 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 Cardio Drumming 9:30 Line Dancing/Linda 10:30 Cards/Deb 12:00 Northcrest Sponsored Meal & BINGO 1:15 Euchre 1:30 Pickleball 4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming/Char 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
14	15	16 SPONSORED MEAL	17	18
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:00 Craft Class 10:30 Bible Study 1:00 Balance Class 1:00 Quilting 2:00 Pickleball	8:00-9:50 Adv Pickleball 9:30 CarFit/HCHD 10:00 Exercise/Carol 10:00 Watercolors 11:00 Chair Yoga Video 11:45 HCH - Dr. Blankenship 12:00 HCH Sponsored Meal 12:30 BINGO/Advocates 1:30 Cards/Games 1:30 Pickleball	8:15 Cardio Drumming 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball 4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming/Char 11:00 Grief Support 12:45 Tai Chi Video 1:00 Pickleball
21	22	23 SPONSORED MEAL	24	25
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 12:30 BINGO/Vancrest 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:30 Bible Study 1:00 Balance Class 1:00 Quilting 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:15 "Ask a Nurse" 10:30 David Painter - OSHIIP 11:00 Chair Yoga Video 11:00 HCHD BP Checks 11:45 BDay Bash Meal - Napoleon Family Vision 12:30 BINGO/Bridge Home Health & Hospice 1:30 Pickleball	8:15 Cardio Drumming 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball 4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming/Char 11:00 Rhythm & Roots 11:00 First Aid / CPR Training (non-certified) w/ HCHD 12:45 Tai Chi Video 1:00 Pickleball
28	29	30	1 OCTOBER	2 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 11:00 Rhythm & Roots 11:00 Pottery/Soaring Arts 12:30 Veterans Group/ SouthernCare Hospice 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 10:30 Bible Study 1:00 Balance Class 1:00 Quilting 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:15 Cardio Drumming 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball 4:30-5:30 Farmer's Market	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming/Char 11:00 Rhythm & Roots 11:00 Grief Support 12:00 Genacross Sponsored Meal & BINGO 12:45 Tai Chi Video 1:30 Pickleball

SEPTEMBER 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 10:30 AM and 1:30 PM 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 you donation back with your driver, mail it in, or pay online.

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 entree of a meal. All substitutions need to be made by 7:00 AM. 2% milk is served daily.

MOW - Please call 419-599-0033 by 7:00 AM to cancel or change a meal.

To inquire about ingredient content, please call the Senior Nutrition Manager. The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

Frozen meals will be delivered to MOW 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 pick up 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
31	1 September	2	3	4 Sponsored Meal
Sweet & Sour Chicken Breast Peas & Carrots Au Gratin Potatoes Blueberry Crisp	Hamburger Gravy over Mashed Potatoes Buttered Corn Brussel Sprouts Cranberry Jello Salad	Pulled Pork Sandwich Mac & Cheese Three Bean Salad Bag of Potato Chips Applesauce	Lasagna California Blend Vegetables Cole Slaw Watergate Salad Garlic Bread	Dinner Ham Sweet Potatoes Green Bean Casserole Fresh Melon Rice Krispy Square
7 CENTER CLOSED	8	9	10 Sponsored Meal	11
	Egg, bacon & cheese Casserole Sausage Patty Apple Crisp Bagel V-8 Juice	Cheeseburger Tator Tots Baked Beans Pears	Chicken & Noodles Red Skin Potatoes Broccoli Fruited Jello Salad Cookie	Hot Beef Sandwich Fiesta Corn Cole Slaw Grape Salad
14	15	16 Sponsored Meal	17	18
Beef Stew Red Skin Potatoes Cottage Cheese Celery Sticks & Peanut Butter Cup Buttermilk Biscuit	Chicken Cordon Bleu Scalloped Potatoes Scandinavian Vegetables Apricots	Ham Salad Sandwich Three Bean Salad Potato Salad String Cheese Mixed Fruit	Tomato Bisque Soup Saltine Crackers Cheese Cubes Sweet Corn Casserole Ambrosia Salad	Beef Goulash Seasoned Green Beans Apple Crisp Garlic Bread Fruit Punch
21	22	23 Sponsored Meal	24	25
Chipped Beef Gravy Baby Baker Potatoes Harvard Beets Peaches	Pork Chop w/ gravy Spanish Rice Broccoli Lime Jello Salad Cornbread	Chicken Salad Sandwich Potato Salad Pea Salad Bag of Potato Chips Mandarin Orange Jello CONG: Birthday Cake	Meatloaf Mashed Potatoes w/ gravy Buttered Corn Apple Waldorf Salad MOWS: Birthday Cake	BBQ Chicken Breast Mixed Vegetables Broccoli Salad Apple Slices w/Peanut Butter Cup
28	29	30	1 October	2 Sponsored Meal
Sausage Gravy over Mashed Potatoes Pea Salad Grapes	Chicken Fettuccine Alfredo Broccoli Apple Sauce Grape Juice	Sloppy Joe Sandwich Cheese Cubes Baked Beans Glazed Carrots Mixed Fruit	Stuffed Pepper Mashed Potatoes w/Gravy Green Beans Fruited Jello Salad	Baked Spaghetti California Blend Vegetables Cole Slaw Ambrosia Salad Garlic Bread

CARFIT - HENRY COUNTY HEALTH DEPARTMENT

CarFit is a free, interactive, and educational program designed to improve older driver safety and ensure the safest fit for older drivers and their vehicles. Meet with a volunteer on **Wednesday, September 16th between 9:30 and 11:30 AM** in our side parking lot.

Anyone going through the CarFit program will be entered to win a \$25 gas card!



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 10:30 AM to 11:30 AM 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, Sept. 23, 2026**. Please call SeaGate at 419-244-6996 for information on the enrollment process.



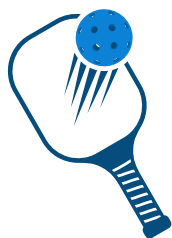
INDOOR PICKLEBALL

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



*Need a lesson on Pickleball? Betty Naas is here to help!
See the Front Desk for more information.*

FAMILY & FRIENDS FIRST AID & CPR TRAINING (non-certified program)



Trainer: Emily Dearth

Date: Friday, September 25, 11:00 AM - 12:00 PM

What is it? The Family & Friends program is designed to teach lifesaving CPR and first aid skills to the general public, including friends, family, caregivers, and community members. Individuals who take this training will not become certified in First Aid or CPR, but they will leave with more knowledge about how to help in an emergency.

POP UP FARMER'S MARKET



Busch's Orchard will be here on Thursdays in September from 4:30 - 5:30 at the Henry County Senior Center Shelter House.

Area Office on Aging coupons will be accepted.

Throw a Plate on the Wheel with Jen Nofziger!



SOARING ARTS POTTERY CLASS - POTTERY WHEEL

September Project: Throw a Plate on the Wheel with Jen Nofziger

Private Lessons on Fridays, **September 4th & 11th** (1 hour sessions each)

Scheduled from 9:30 AM - 2:30 PM

Bubble Glaze your project as a class on **September 28th** at 11:00 AM

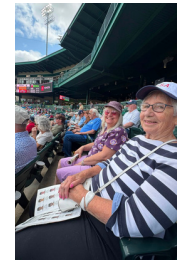
Cost: \$15

ALZHEIMER'S SUPPORT GROUP

Come join Pastor Janine Shearer and Beth Jenny for our Alzheimer's Support Group, next meeting will be **Wed. Sept. 9th at 11:00 AM**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!



Enjoying a variety of classes and trips all summer!



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 next meetings will be held on **Friday the 4th and 18th at 11:00 AM.**

INFORMAL VETERAN GROUP

Monday, September 28 at 12:30 PM Held on the 4th Monday of the month. The group this month will hear from Brittney Baney from SouthernCare Hospice to share the many benefits and services they offer to senior veterans. 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, September 8 at 10:00 AM.**

BIBLE STUDY

Join our Bible Study Group meetings, held every Tuesday at 10:30 AM in the Conference Room. This group explores the Bible in a way to know God better. Through his words we come to know now 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.

2nd Historical Cruise on Maumee River, with Taylor Moyer - Wed, September 2nd / 3:00pm to 9:30pm. Cost \$60 includes cruise and transportation. Dinner on your own will be at Levi & Lilac's (4:00pm). **Trip Full.**

Liberty Aviation Museum & Shopping in Port Clinton - Thur. Sept 10th / 8:30am to 4:30pm. Cost \$30. Lunch (12 noon at Tin Goose Diner & afternoon refreshment stop at Dock's Beach House, will be your own expense. **Registration began June 4th.**

Tiffin 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 began 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 began 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 began August 13th.**

Savannah Trip - Sept. 27th-Oct. 2nd & October 4th-9th **Registration is closed.**

Hollywood Casino - Wed. September 30th / 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.**

Cuyahoga Scenic Railroad-Fall Colors - Fri, Oct. 2nd / 6:00am to 6:00pm. Cost \$89 covers railroad dome car ticket (4 hrs.). Snacks and drinks are available for purchase on the train. Late lunch (1:15pm) at Yours Truly. Hike to see Brandywine Falls (0.5 mile). Level 3 of 4. **Registration begins Sept 2nd.**

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. Level 2 of 4. **Registration begins September 3rd.**

"A Taste of Ireland" Irish Music & Dance Show, Tinora - Thur. October 15th / 6:30pm to 10:30pm. Cost \$76 includes ticket and transportation. We will not be stopping for a meal on this trip. Level 1 of 4. **Registration began August 12th.**

Sylvania Historical Village & MacQueen Apple Orchard - Fri. October 16th / 9:00am to 4:00pm. Cost \$15 Lunch (11:30am) will be at J & G Pizza Place. Level 2 of 4. **Registration begins Sept 10th.**

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

Greenfield Village - Fri. Oct 30th/8:30am to 5:30pm. Cost \$90 includes entrance to village with ride pass for Buggy, Steam Locomotive, & Model T rides. Lunch is on your own at several options in the village. Level 3 of 4. **Registration begins September 17th.**

Copper Moon Art Studio - Thur. Nov 5th / 10:45am to 3:30pm. Cost \$10. Art projects will be at your own expense (price range \$22 to \$35) Lunch at Loma Linda's (11:30am) will be at your own expense. Level 1 of 4. **Registration begins Sept 9th.**

Glenbrook Mall & Darlington Store - Tues Nov 10th / 9:00am to 4:30pm. Cost \$17. Lunch will be at your own expense in the mall. Level 2 of 4. **Registration begins Sept. 16th.**

Fort Wayne Botanical Garden & Art Museum - Tues. Nov 17th / 8:30am to 5:00pm. Cost \$33 includes garden and museum entrance. Lunch (11:45) at Old Gas House Restaurant. Level 2 of 4. **Registration begins Oct 8th.**

"STOMP" - Sat. Nov 21st / 3:30pm to 10:30pm. Cost \$67 includes your show ticket and transportation. Dinner will be at Cheddar's in Findlay (4:30) at your own expense. **Registration begins Sept 24th.**

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.**

West Unity Christmas Shops & Lights - Wed Dec. 9th / 3:00pm to 11:00pm. Cost \$20. West Unity Shops, Hicksville & Defiance Light Displays. Dinner at Four Seasons (6:00) in Bryan at your own expense. **Registration begins October 22nd.**

*****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 and involving several steps. 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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Administrative Assistant: Adrienne Waisner

Custodian: Peg Adams

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

Volunteer Instructors: Linda Warren, Char Weber

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, Kelly Haseman, 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



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Senior Nutrition Head Cook: Vicky Badenhop

Senior Nutrition Assistant: Jordan Kline

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

Kitchen Assistants: 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, and HCSC Advocates