

## Golden Age News

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

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



### HOLIDAY EVENING MEAL

Wednesday,  
November 20th

Check In Starts at 4:45

Dinner Served at 5:15

#### Menu:

Salmon or  
Chicken Cordon Bleu,  
Baked Potato, Green Beans,  
Watergate Salad,  
Dinner Roll & Crème Pie

Musical Entertainment:  
Marv MtCastle & Ron Budde

Please RSVP, pay and  
choose your main entrée  
by 11/15/24.

Cost \$10.00 per person.



### THANKSGIVING SERVICE PROJECT

Check out the cute turkey in our front lobby to see how you can help by donating food items for needy families in Henry County. See the front desk for more details!

# Henry County Senior Center

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

**NOVEMBER 2024**

Dear Seniors,

Welcome to the start of Holiday Season. This will be reflective in some of our activities, trips, and decorations this month. It is also a season of loneliness for some, so we want to keep that at heart and remind everyone that there is a place for you at the Senior Center or through our services. Please reach out to us if you need anything. Even if we cannot help personally, we will try to guide you to the help you need.

This also starts the time of potential inclement weather. Please do not take chances on bad roads and tune into WNDH 103.1FM and listen for any closings or late openings. We will also send out the robo calls from the Sr. Center, so check your messages! This is a good time to remind you to fill out an updated Client registration form so we have updated phone numbers and addresses.

Please consider helping some needy families in Henry county this month by participating in our Thanksgiving service project. This will be our 6<sup>th</sup> year having fun collecting items to help approximately 20 families have what is needed to make a full Thanksgiving dinner. Check out the cute turkey with lots of feathers in the lobby and find out how easy it is for you to participate.

This month we have a special Veteran's Luncheon on the 8<sup>th</sup> and Holiday evening meal on the 20<sup>th</sup>. RSVPs are needed for these fun filled special meals. Medicare consultations may or may not be available, check with front desk.

Hope to see you all at the Senior Center!!

Penni Bostelman  
Executive Director

## VETERANS DAY LUNCHEON

Friday, November 8th

Featuring  
Flag City Honor Flight  
Presentation



Program begins at 11:00am

All are welcome!

Lunch for Veterans and one guest will be  
Sponsored by Northcrest Rehab & Nursing  
Kindly RSVP by 11/5/24.



- |                       |                         |                        |                           |
|-----------------------|-------------------------|------------------------|---------------------------|
| 1 Knoblock, William   | 8 Hoops, Lynn           | 18 Sonnenberg, Gilbert | 25 Gunter, Suzette        |
| 1 Roth, Kay           | 8 Beck, Marian          | 18 Harmon, Audrey      | 25 Ledbetter, Pam         |
| 1 Nye, Barbara        | 8 Dayberry, Rayma       | 18 Liddle, Gene        | 26 Coleman, Leonard       |
| 1 Smith, Barbara      | 9 Schwiebert, Alice     | 18 Diemer, Lorrie      | 26 Castaneda, Jr., Andrew |
| 1 Knapp, Shirley      | 9 Carlston, John        | 19 Fetter, Virginia    | 26 Morningstar, Marilyn   |
| 1 Vincent, Sheila     | 9 Korak, Judy           | 19 Damman, Norma       | 26 Duval, Tena            |
| 1 Coleman, Lou        | 9 Paul, Patricia        | 19 Cramer, Janice      | 26 Miller, Julie          |
| 1 Roehrig, Judith     | 9 Shaffer, Sandra       | 19 Westrick, Kathy     | 27 Petzer, Jacque         |
| 2 Dietrich, Mary      | 9 Small, Rita           | 19 Hudson, William     | 27 Brickner, Charlyn      |
| 2 Miller, James       | 9 Muncy, Nina           | 19 Long, Evelyn        | 27 Zamarripa, Armando     |
| 2 Wilson, Lulu        | 9 Miller, Penny         | 19 Hicksted, Cheryl    | 27 Barlow, Linda          |
| 2 Smith, Lynette      | 9 Thompson, Lanae       | 19 Herth, Gary         | 27 Criswell, Cheryl       |
| 3 Kryder, Rita        | 10 Mahnke, Patricia     | 20 Boyd, Frank         | 27 Edgar, Bonnie          |
| 3 Hanna, John         | 10 Kane, Robert         | 20 LaGorin, Myra       | 27 Wilson, Timothy        |
| 3 Fortney, Billy      | 10 George, James        | 20 Chorba, Ada         | 27 Zurbrugg, Patricia     |
| 3 Glass, Roy          | 10 Pinson, Gregory      | 20 Krugh, Susan        | 27 Donnelly, Maria        |
| 3 Rohrs, Gayla        | 10 Zabik, Daisy         | 20 Eis, Eilene         | 27 Moser, Melynda         |
| 4 Westhoven, William  | 10 Gerken, Cindy        | 20 Ruch, Sandy         | 27 Schwab, Beverly        |
| 4 Cordes, Fern        | 10 Allen, Diana         | 20 Lazenby, Carol      | 27 Snyder, Peggy          |
| 4 Knoblock, Patricia  | 11 Schwab, Clarence     | 20 Schriener, Michael  | 28 Dickmann, Marian       |
| 4 Hosman, Dawn        | 11 DeLong, Ronnie       | 20 Cole, Debra         | 28 Bryant, Beulah         |
| 4 Karl, Eloise        | 11 McClory, John        | 21 Bahler, Ruth        | 28 Ferguson, Pamela       |
| 4 Merrillat, Kay      | 12 Mack, Kathryn        | 21 Rausch, Kathleen    | 28 Dumbra, Victor         |
| 4 Wade, Phill         | 12 Rosebrook, Cynthia   | 21 Lacy, Diana         | 28 Burkhart, Deborah      |
| 4 Adams, Gerald       | 12 Bostelman, Gary      | 21 Dietrich, Cheryl    | 28 Frelin, Kathleen       |
| 4 Rastocan, Ken       | 12 Hardy, Richard       | 21 Cordes, Rita        | 28 Wagner, Timothy        |
| 5 Zimmerman, Junior   | 12 Bauer, Ginny         | 21 Hall, Lori          | 29 Letso, Judith          |
| 5 Williamson, Dolores | 12 VonDeylen, Joan      | 21 Bischoff, Marsha    | 29 Maassel, Carolyn       |
| 5 Leaders, Karen      | 12 Marciniack, Sallie   | 22 Adams, Arlene       | 29 Cordes, William        |
| 5 Kinder, Isa         | 12 Walker, Brian        | 22 Tullock, Clarence   | 29 Distel, Joseph         |
| 5 Vollmar, Mary       | 13 Rudolph, John        | 22 Jones, Marlene      | 29 Meyer, Michael         |
| 5 Leatherman, John    | 13 McCurdy, Dick        | 22 Meyer, Janet        | 29 Olwick, Allen          |
| 5 Wolf, Kathy         | 13 Herman, Jr., Stanley | 22 Knipe, Steve        | 29 Dean, Louise           |
| 5 Bricker, Pamela     | 13 Hines, John          | 22 Jones, Andrenetta   | 30 Bernicke, Mary         |
| 5 Fronce, David       | 13 Worchuck, Rick       | 23 Keller, Sue         | 30 Franks, Shirley        |
| 5 Heddaeus, Paul      | 13 Joseph, Deb          | 23 Froelich, Connie    | 30 Rebeau, Elwood         |
| 5 Burkes, Janie       | 13 Perez, Mario         | 24 Rosebrock, Lois     | 30 Campos, Guadalupe      |
| 5 Castillo, Grace     | 14 Wallace, Margery     | 24 Bostelman, Norman   | 30 Benien, Roger          |
| 5 Ruch, Pat           | 14 Szabo, Klaus         | 24 Vary, Janet         | 30 Slight, Catherine      |
| 5 Bostelman, Penni    | 14 Slee, Neal           | 24 Engler, Peggy       | 30 Dahlberg, Ida          |
| 6 Rosebrook, Norma    | 14 Sines, Linda         | 24 Metzger, Colleen    | 30 Weber, Jeffrey         |
| 6 Scherer, Laura      | 14 Imthurn, Christine   | 24 Rife, Tim           |                           |
| 6 Whitman, Michael    | 14 Ball, Sandra         | 24 Bell, Steve         |                           |
| 6 McMahan, Patricia   | 14 Lamb, Ann            | 24 Alvarez Sr., Ramiro |                           |
| 6 Bankey, Donna       | 15 Zeh, Helen           | 25 Zimmer, Bernard     |                           |
| 6 Murray, James       | 15 Russ, Clyde          | 25 Grim, Diana         |                           |
| 7 Jameson, Colleen    | 15 Hudson, Geraldine    | 25 Bennett, Theresa    |                           |
| 7 Tyson, Karen        | 15 Gahagan, Mary        | 25 Goertz, Cheri       |                           |
| 7 Lammy, Maureen      | 16 Hill, Betty          | 25 Moore, David        |                           |
| 8 Giffey, Norma       | 16 Casper, Robert       | 25 Schroeder, Thomas   |                           |
| 8 Junge, Ethel        | 16 Prater, Randy        |                        |                           |
| 8 Bostelman, Shirley  | 17 Franz, Theresa       |                        |                           |
| 8 Roth, Lynn          | 17 Eberle, Robert       |                        |                           |
| 8 Ruiz, Ernestina     | 17 Layman, Lois         |                        |                           |
| 8 Hammon, John        | 17 Rice, Sharon         |                        |                           |
| 8 Garcia, Manuel      | 17 Hall, Doug           |                        |                           |

## DONATION WISH LIST

Postage Stamps,  
Chocolate,  
Candy,  
Powdered Coffee  
Creamer,  
Antibacterial  
Wipes,  
Air Freshener Spray,  
Tissues,  
Paper Towels,  
New Puzzles  
Unopened

### Tech Help with Joe

Joe Burgei from NOCAC will be here **Tuesday, November 12th & Wed. Nov 27th** 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.



# 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  
 Beltone Hearing Center  
 Bridge Home Health/Hospice-Bingo Sponsor  
 Vancrest Health Care Center-Bingo Sponsor  
 Genacross Lutheran Services-Meal & Bingo Sponsor  
 Northcrest Nursing & Rehab-Meal & Bingo Sponsor  
 Napoleon Family Vision-Bday Bash Meal Sponsor  
 Food Boxes-Paul Heddaeus, Judy Morua & Jeff Mires  
 Becky Mansfield -Bingo Callers  
 American Red Cross-Home Fire Safety Presentation  
 Alzheimer's Association Presentation-Dakota Stone  
 Family of Harold "Rock" Jennings  
 Bonnie Martin  
 Soaring Arts Studio-Artists  
 Community Foundation-BINGO Sponsor  
 Kim Rohrs, Suzanne Holman

## Donations

John & Mary Jane Kline, Helen Witte, Ann Kuczowski, Jordan Kline, Barb Nye, Judy Morua, Tom & Jeri Holder, Sandy Bleschke, Mary DeWitt, Lynn Knipe, Barb Dancer, Roger Sells, Maggie Yates, Janet Foxe, Chris Inthurm, Dawn Leitner, Betty Ward, Linda Dickey, Rick Arps and several anonymous donors

## Newsletter Mailing Volunteers

Diana Rhodes, Janet Foxe, Beth Cook, Judy Groves, Marg Abel, Betty Marihugh, Bonnie Martin, Jan Westhoven, Jean Knipe, Lynn Hoops, Kathy Norden, Sandy Foreman

## Nutrition Department

Thank you to all who donate their time for the Nutrition Department; clerical labeling, kitchen helpers, and all. Each one of you are all very appreciated!

## Memorials

Shirley Distel by St. Augustine Funeral Dinner Ladies

## Veterans Day Program

Flag City Honor Flight Presentation  
 Northcrest Nursing & Rehab-Veterans Meal Sponsor

## AFGHAN RAFFLE

1 for \$1 3 for \$2 8 for \$5

This beautiful lap afghan was partially made by an anonymous donor and finished by an anonymous volunteer. Proceeds benefit the HCSC. Drawing will be held December 11th.



Size 40" X 44"

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



Holiday Bazaar & Bake Sale

Wednesday,  
December 11th

Calling all bakers & crafters...we need your help! Please consider making crafts or baked goods to sell at our fund raiser. Please drop off all new Christmas craft items at your convenience. Baked goods can be dropped off on 12/10/24. Thank you in advance for your continued generosity!



Medicare

Medicare Open Enrollment Period for 2025: October 15th and runs through December 7th. Now is the time to compare your current coverage to all your choices for 2025 and select the plan that best fits 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 real difference between plans and feel confident in your choice.

**Our trained volunteers can help you through the Medicare process. Call The Henry County Senior Center to schedule an appointment.**

## LET YOUR CREATIVITY FLOW



The Soaring Arts Studio will be here on **Wednesday, November 13th** at 10:30AM. They will have several projects lined up including: Reverse Coloring, Black-Out Poetry, & Dot Mandales. All projects will be guided and are designed to promote creativity in a no-pressure, relaxing environment. Sign up at the front desk.



### **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.



### **CHRISTMAS CRAFT CLASS**

Thursday, November 7th at 10:30am  
Cost \$5.00

Please pay and sign up by 11/4/24  
Christmas Epsom Salt Candle Holder &  
Christmas Tree Button Wall Hanging



### **CARD MAKING WITH DEB**

Make some greeting cards with Deb. This class will be held on the 3rd Thursday of the month at 10:30am in the Art Room. Registration is required. Cost \$7.00

## EXERCISE CLASSES



### **CARDIO DRUMMING**

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

### **EXERCISE WITH CAROL**

Mon. at 10:00  
Wed. at 10:00

**YOGA VIDEO**  
Wednesdays at 12:45  
**TAI CHI VIDEO**  
Fridays at 12:45



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**

Thursdays at 3:20

### **BALANCE & STRETCH WITH ANN**

Tuesdays at 1:00



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball	29 8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	30 8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	31 8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	1 <b>SPONSORED MEAL</b> 8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/ BINGO Sponsor</b> 12:10 Alzheimer's Association Presentation 12:45 Tai Chi Video 2:00 Pickleball
4 Nat. Candy Day	5 Election Day	6	7	8 <b>Veteran Lunch</b> 
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 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol <b>12:30 BINGO/ Community Foundation</b> 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 Christmas Craft Class \$5 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming <b>11:00 Veterans Program</b> 12:45 Tai Chi Video 2:00 Pickleball
11 CENTER CLOSED	12	13	14 <b>SPONSORED MEAL</b> Nat. Seat Belt Day 	15
 <i>Veterans DAY</i>	8:00-9:00 Walking/Gym 8:45 Tech Help w/Joe 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 11:00 Advocate Mtg. 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol <b>10:30 Soaring Art Studio Relaxation Art Class</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>11:15 Home Fire Safety</b>  American Red Cross <b>12:00 Northcrest Meal/ BINGO Sponsor</b> 1:15 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
18	19 Nat. Play Monopoly Day	20	21	22
8:00-9:45 Adv Pickleball 9:00 Manicures/ Pedicures 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 1:00 Balance Exercises 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Cancer Support 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball <b>EVENING MEAL</b>	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Cards/Deb \$7 11-1 Hearing Aid Checks w/Samantha 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
25	26 Nat. Make Cake Day	27 <b>SPONSORED MEAL</b>	28 CENTER CLOSED	29 CENTER CLOSED
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 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 1:00 Balance Exercises 2:00 Pickleball 	8:00-9:45 Adv Pickleball 8:45 Tech Help/Joe 10:00 Exercise/Carol 11:00 HCHD BP Checks <b>11:45 BDay Bash- Napoleon Family Vision</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:45 Chair Yoga Video 2:00 Pickleball	 <b>HAPPY THANKSGIVING</b>	

# NOVEMBER 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
28	29	30	31	1 SPONSORED MEAL
Beef & Noodles Winter Blend Vegetables Cole Slaw Blushed Pears	Creamed Chicken Over Buttermilk Biscuit Cooked Cabbage & Carrots Grapes	Hot Beef Sandwich Peas Three Bean Salad Pineapple	Meatloaf Mashed Potatoes & Gravy California Blend Vegetables Applesauce	Dinner Ham Sweet Potatoes Broccoli Mandarin Orange Salad Cookie
4	5	6	7	8 <b>Veterans Lunch</b>
Mexican Meal Taco Meat & Beans Spanish Rice Fiesta Corn Fruit Cocktail Cornbread	Cod Fish w/Tartar Sauce California Blend Veggies Mac & Cheese Watergate Salad	Chicken Salad Sandwich Pea Salad Peaches String Cheese	Lasagna Broccoli Fresh Side Salad w/French Dressing Mandarin Crème Salad Garlic Bread	Egg & Cheese Bake Cheesy Hashbrown Potatoes Bacon Strips Apple Crisp
11 Center Closed	12	13	14 SPONSORED MEAL	15
	Chicken Alfredo Fettuccine Broccoli Cinnamon Applesauce	BBQ Pork Sandwich Carrots Baked Beans Pears	Baked Spaghetti Ranch Seasoned Green Beans Tossed Salad/Dressing Fruited Jello Salad	Sloppy Joe Tator Tots Corn Cole Slaw Ambrosia Salad Cookie
18	19	20	21	22
Beef & Noodles Harvard Beets Baby Baker Potatoes Apple Slices	Ham Loaf Mashed Potatoes & Gravy Mixed Vegetables Grape Salad	Hot Chicken Sandwich Peas Potato Triangles Mixed Fruit	Stuffed Bell Pepper Red Skin Potatoes Green Beans Blush Pears	Pork Chop w/Gravy Spanish Rice California Blend Veggies Cherry Cobbler
25	26	27 SPONSORED MEAL	28 Center Closed	29 Center Closed
Breakfast Sandwich Egg, Cheese & Sausage Corn Nuggets Hashbrown Potatoes Peaches	Turkey & Noodles Mashed Potatoes & Gravy Green Bean Casserole Cranberry Jello Salad MOWS Birthday Cake	Hot Beef Sandwich Baked Beans Corn Casserole Grapes CONG: Birthday Cake		



## American Red Cross

Thursday, November 14th at 11:15am

The American Red Cross will be here to present "Home Fire Safety" Don't miss this informative topic which could save your life and the lives of your loved ones. While at the meeting sign up for free smoke detectors and home installation.

## alzheimer's association®

Dakota Stone will be at The Henry County Senior Center on Friday, November 1st at 12:10 for a short presentation "10 Healthy Habits for your Brain" If you plan to eat lunch that day please RSVP. Dakota will also stay after lunch and be our BINGO caller.

Thank you to our Meal & BINGO Sponsor: Genacross Lutheran Services of Napoleon.



### 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.

### Hearing Aid Cleanings & Checks



Samantha Crites from Beltone Hearing Center of Defiance will be coming monthly to our senior center starting in October. Samantha will be available for hearing aid cleanings & checks. She will typically be here on the third Thursday of the month from 11:00am to 1:00pm.

Thursday, November 21th from 11:00 to 1:00

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.



### 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, November 25th at 11:00am in the Conference Room.



### MANICURES & PEDICURES

Sheila Salinas, a licensed cosmetologist will be here on Monday, November 18th & December 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, November 27, 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.



**TAILGATE PARTY,  
NATIONAL GOLF DAY  
& OKTOBERFEST FUN**



**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 November meetings will be held on Friday the 1st & 15th 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, November 20th 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, November 12th 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.

**Grand Rapids, Ohio Shopping Trip**-Thursday, November 7th / 10:45am to 5:30pm. Cost \$10. Explore the village shops, canal, eateries and more. Lunch will be at your own expense at Knuckleheads.  
Registration began in October.

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

**Toledo Walleye Hockey Game**-Wed. November 13th /9:00am to 4:00pm. Cost \$35 includes ticket, transportation and hotdog lunch. Registration began in September.

**Great Lakes Crossing Outlet Shopping Trip**-Mon. November 18th / 8:00am to 6:00pm. Cost \$34. TRIP FULL.

**Inspired Lumber Workshop, Holiday Craft**- Wed. November 20th / 8:45am to 3:30pm. Cost \$57 includes wood craft and transportation. Nailed It! Workshops make crafting easy and fun! They will provide pre-cut wood pieces that you'll customize with your choice of paint, stains & embellishments. See the trip flyer for options available, select your project at the time you sign up. Their experts will guide you through the process in a supportive environment. Lunch will be at your own expense, location to be determined.  
Registration began in October.

**Great Lakes Crossing Outlet Shopping Trip (second trip)**-Thursday, November 21st / 8:00am to 6:00pm. Cost \$34. Lunch will be at your own expense. Registration is ongoing.

**Nite Lites at Michigan International Speedway**-Tues. December 3rd / 3:30pm to 10:30pm. Cost \$24. Dinner will be at your own expense, at Applebee's. Registration began in September.

**Toledo Walleye Hockey Game**-Wed. December 4th /9:00am to 4:00pm. Cost \$35 includes ticket, transportation and hotdog lunch. Registration began in September.

**Nutcracker by The Fort Wayne Ballet, Defiance, OH**-Sat. December 14th / 6:00pm to 10:30pm. Cost \$40 includes your ticket and transportation. Registration began in October.

**Michael Cavanaugh, Christmas Show in Findlay**-Sunday, December 15th / 4:00pm to 11:00pm. Cost \$59. Dinner will be at your own expense, at Logan's Irish Pub. Registration began in September.

**Country Singer, Jo Dee Messina in concert, Findlay**-Friday, January 24th / 4:00pm to 11:00pm. Cost \$90. Dinner will be at your own expense, location to be determined. Registration began in September.

**"Menopause II" The Musical, Niswonger in VanWert**-Wed, March 26th. More Information to come in upcoming newsletters.

**"Come From Away" in Findlay**-Thursday, May 1st. More information to come in upcoming newsletters.

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.  
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Volunteer Dance Instructor: Linda Warren

Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr

Volunteers/Assistants:

Dick Beck, Beth Cook, Art Germann, Karen Germann, Jan Heddaeus, Paul Heddaeus,  
Dawn Leitner, Betty Marihugh, Donna McGhee, Linda Rettig, Rita Small, Deb Wensink

Bus Drivers: Randy Barnes, Suzanne Holman, Donna McGhee



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

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Senior Nutrition Head Cook, Vicky Badenhop

Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman

Dish Room: Bill Hatcher, Don Hill

Volunteer Kitchen Assistants: Jeanette Okuley, Pam Schwiebert

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

Madison Moore, Gayla Rohrs, Kris Seeman, 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.