

Golden Age News

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

www.henrycountyseniorcenter.com



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.

David Painter from Ohio Senior Health Insurance will be giving a talk on Medicare open enrollment on October 8th at 11:30am. Don't miss this informative session.

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

Henry County Senior Center

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

OCTOBER 2024

Dear Seniors,

Fall is here and it's my favorite time of the year...comfortable weather, football, beautiful colors in nature, and campfires! Quick thank you to all who helped in anyway with the Fall Rummage and Bake Sales...always a fun and worthwhile time!

There are many fun trips and concerts coming up and some fill up really quick; please take note of the signup dates. If you have ideas on trips, you are welcome to come to a committee meeting or just leave us a note with suggestions.

Please check out the whole newsletter as we strive to keep offering different events and classes. Hearing Aid checks are back, our 2nd Flu/Covid Vaccine Clinic on October 15th, Medicare consultation times, and of course our Oktoberfest on October 10th.

Hope to see you all at the Senior Center!!

Penni Bostelman
Executive Director



THURSDAY, OCTOBER 10, 2024
11:00AM
OKTOBERFEST

Break out your lederhosen, clogs and let's Polka! We will be making homemade pretzels, playing some fun Bavarian Games & BINGO! Join in on the FUN!!

Event sponsored by Northcrest Rehab & Nursing Center, Napoleon OH



- | | | | |
|-----------------------|-------------------------|------------------------|---------------------------|
| 1 Greene, M. Jane | 10 Zolman, Rose | 19 Hinkle, Beverly | 25 Bathurst, Kathleen |
| 1 Tietje, Ruth | 10 Fruth, Susan | 19 Okuley, Jeanette | 26 Weaver, Edmond |
| 1 Emigh, Marty | 10 Ritter, Floresa | 19 Billian, Joseph | 26 Pickering, Bruce |
| 1 Badertscher, Harold | 10 Timmins, Gregory | 19 Small, Jean | 26 Damman, Marian |
| 1 Grass, Pamela | 10 Badenhop, Vicky | 19 Hillis, Charles | 26 Piercefield, Norma |
| 1 Hesterman, Cindy | 11 Sonnenberg, Carol | 19 Sabit, Isabelo | 26 Disalle, Barry |
| 1 Morrison, Charleen | 11 Behnfeltdt, Ruth | 19 Buckland, Margaret | 26 Robbins-Devrow, Cheryl |
| 2 Barnes, Mary | 11 Mengerink, Bonita | 19 Green, Elizabeth | 26 Miller, Jean |
| 2 Rausch, Ronald | 11 Verhoff, Jeanette | 19 Porter, Manford | 26 Wells, Elaine |
| 2 Helberg, David | 11 Whitman, Margaret | 20 Furney, Sally | 27 Lane, Barbara |
| 2 Moore, Dennis | 11 Fitzenreiter, James | 20 Houston, Ruth | 27 Miller JR, Robert |
| 2 Baker, Scott | 11 Vajen, Sheila | 20 Brubaker, Thomas | 27 Poulson, George |
| 3 Favorite, Connie | 11 Brubaker, Becky | 20 Ohlinger, Lori | 27 Pinson, Celinda |
| 3 Gineman, Kenny | 12 Badenhop, William | 21 Bortz, Melvin | 27 Smith, Ruby |
| 3 Wenzinger, Arlene | 12 Aschemeier, Shirley | 21 Engler, Julia | 27 Hagen, Mary |
| 3 Fulde, Linda | 12 Bostelman, Marolyn | 21 Kruse, Geraldine | 27 Holder, Jerri |
| 3 Smith, Linda | 12 Hiser, Carolyn | 21 Glanz, Chester | 27 Prigge, Janice |
| 3 Crouse, Sharon | 12 Vorwerk, Richard | 21 Leonard, Edna | 28 Mohler, Betty |
| 4 Buenger, Orville | 12 Beck, Brian | 21 Greene, John | 28 Haas, Ervin |
| 4 Korte, Ruth | 13 Lusch, John | 21 Sherman, Cathy | 28 Arps, Lois |
| 4 Moening, Robert | 13 Sell, Connie | 21 Roebuck, Teresa | 28 Schuette, John |
| 4 DeWit, Mary | 13 Showman, Kay | 21 Naas, Betty | 29 Bevelhymmer, Patricia |
| 4 Rinehart, Phillip | 13 Miller, Marsha | 22 Hagy, Phyllis | 29 Huerta, Mary |
| 5 Small, Robert | 13 Rothman, Elizabeth | 22 Reynolds, Cheryl | 29 Hefflinger, Debra |
| 5 Desgrange, LaVonne | 13 Zenz, Ronald | 22 Franz, Gary | 29 Dulle, John |
| 5 Plummer, Donna | 14 Mahnke, Elaine | 22 McDaniels, Penelope | 29 Lusch, Joyce |
| 5 Cramer, Cindy | 14 Kloos, Phyllis | 22 Schlosser, Bruce | 29 Motycka, Jim |
| 5 Crozier, Donna | 14 Westhoven, Leo | 22 Hogan, Clark | 29 Strawser, Daniel |
| 5 Dotson, John | 14 Hamm, Sherri | 23 Huddle, Herbert | 29 Clark, Barbara |
| 5 Johnson, Bonnie | 15 Rodriguez, Jesse | 23 Phillips, Beverly | 29 Klear, Anthony |
| 6 Myers, Bill | 15 Behnfeltdt, Marjorie | 23 Pippin, Valerie | 30 Honaker, Roger |
| 6 Navaugh, Judy | 15 Starkey, Phyllis | 23 Frost, Rosa | 30 Moden, William |
| 6 Rettig, Terry | 15 Hogrefe, Barbara | 23 Gray, Jeannie | 30 Carpenter, Paulette |
| 6 Small, Steven | 15 Hintz, David | 23 Zeiter, Betsy | 30 Precht, Debra |
| 6 Heddaeus, Jan | 15 Cohrs, Connie | 23 Beck, Harriet | 30 England, Patricia |
| 6 Saul, Elizabeth | 15 Rohrs, James | 23 Plummer, Margaret | 30 Souvenier, Linda |
| 7 Smith, Ronald | 15 Whitman, Patrick | 24 Kelsall, Cecile | 30 Myers, Jayne |
| 7 Rettig, Janice | 15 Clark, Junior | 24 Roby, Susan | 31 Meyer, Louise |
| 7 Hadley, Juanita | 16 Mengerink, Richard | 24 Johnson, Phil | 31 Wiemken, Doris |
| 7 Witte, William | 16 Saman, Frank | 24 Sonnenberg, Roger | 31 Weick, Karl |
| 8 Wiechers, Oneta | 17 Imbrock, Geraldine | 24 Taylor, Darla | 31 Ferguson, Norma |
| 8 Brumbaugh, Macile | 17 Anderson, Mary Ann | 24 Rudolph, Cheryl | 31 Westhoven, Nancy |
| 8 Parker, Thomas | 17 Shawber, Wayne | 24 Gebers, Darwin | 31 Dachenhaus, Steven |
| 8 George, Diana | 17 Plummer, Carey | 25 Cochran, Philip | 31 Rickenberg, Alice |
| 9 Wink, Larry | 17 Schroeder, Karen | 25 Chapman, Betty | 31 Grisier, Gwen |
| 9 Zwiebel, Mary Lou | 18 Helberg, Rosella | 25 Thorn, Suzanne | 31 Haseman, Kelly |
| 9 Gerken, Eldon | 18 Harman, James | 25 Watson, Gerald | 31 Wallace, Chris |
| 9 Weasel, Cindy | 18 Burson, Susan | 25 Wilhelm, Connie | 31 Haas, Andrea |
| 10 Paisie, Barbara | 18 Burkhard, Sandra | 25 Baumberger, Marsha | |
| 10 Bostelman, Marge | 18 Meyer, Darla | | |
| 10 Baden, Roberta | 18 Gilgenbach, Julie | | |

DONATION WISH LIST

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

Tech Help with Joe

Joe Burgei from NOCAC will be here **Tuesday Oct 8th & Thur. Oct 24th** 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
 Henry County Hospital-Bday Bash Meal Sponsor
 Food Boxes-Paul Heddaeus & Judy Morua
 Becky Mansfield & Sheila Vajen-Bingo Callers
 Hospice of Northwest Ohio-BINGO Sponsor
 Hoops Brothers Trash Removal
 Von Deylen Plumbing & Heating, Inc.
 Stump Removal Service, LLC.
 Evening Meal-Jeff Mires (guest speaker)
 Evening Meal Helpers– Avery Miller, Neveah Ferguson & Jill Jolliff

Donations

John & Mary Jane Kline, Helen Witte, Ann Kuczkowski, Linda Dickey, Janet Foxe, Tom & Betty Naas, Doris Reighard, Barb Dancer, Maggie Yates, Georgie Westrick, Jayne Hernandez, Delilah Lumpkins, Dan Baer, Lynn Knipe, Fred Ehlers, Janet Foxe and several anonymous donors

Newsletter Mailing Volunteers

Diana Rhodes, Janet Foxe, Beth Cook, Viv Dominique, Judy Groves, Kathy Storch, Karen Germann, Mary Lou Ehasz, Betty Marihugh, Fran Buckley, Lois Casper, Becky Goure

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

Al Farr by Gail Cooper
 Margeruite Meyer by Bette Lighthill
 Clarice Lawson by Anonymous Donor

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 _____

DevotedHealth

Come for an afternoon of fun!

The ladies from Devoted Health will be here to put on an auction. You will receive \$Devoted Dollars to use to bid on some awesome prizes. The event and all the prizes will be provided by Devoted Health. Come bid up your friends with play money, win some free prizes and have a great time!

Wednesday, October 30th at 12:30



October 15th Join us for BINGO and a presentation from Hospice of Northwest Ohio. Bingo will start at 12:30 and Presentation "The Cards We're Dealt" by Sara Chambers, BSN, RN, CHPN Community Educator will begin at 1:00pm.



Tuesday, October 8th at 11:30



David Painter from Ohio Senior Health Insurance will be giving a presentation on Medicare open enrollment. Don't miss this informative session.



Just like your health, Medicare plans change every year; your current one 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.

LET YOUR CREATIVITY FLOW



TWO CRAFTS IN ONE DAY

October 9th at 10:00AM
Cost \$5.00

Please pay and sign up in advance by 10/7/24

**Pumpkin Wine Glass
Candle Holder
&
Cinnamon Stick
Jute Twine Pumpkin**



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.



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



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



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
30	1	2 Nat. Smarties Day	3	4 SPONSORED MEAL Nat Golf Lovers Day
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 12:45 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks 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 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 11:15 Golf Fun in gym 12:00 Genacross Meal/ BINGO Sponsor 12:30 Cornhole 12:45 Tai Chi 2:00 Pickleball 
7 Nat. Inner Beauty Day	8	9	10 SPONSORED MEAL OKTOBERFEST	11
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 8:45 Tech Help w/ Joe 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 11:30 David Painter, OSHIP Medicare Open Enrollment Presentation 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 10:00 Craft \$5 12:30 Rummage Sale Wrap Up Meeting 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 11:15 Oktoberfest Fun 12:00 Northcrest Meal/BINGO Sponsor 1:15 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
14 CENTER CLOSED	15 Nat. Grouch Day	16	17	18
	8:00-9:00 Walking/Gym 10-12 HCHD Walk In Vaccine Clinic 10:30 Cardio Drumming 10:30 Bible Study 12:30 BINGO & 1:00 Sara Chambers Presentation from Hospice of NW OH 1:00 Balance Exercises	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	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card Making / Deb \$7 Art Room 11-1 Beltone Hearing Aid Checks 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:45 Tai Chi Video 2:00 Pickleball
21 Nat. Apple Day	22	23 SPONSORED MEAL	24	25
8:00-9:45 Adv Pickleball 9:00 Manicures/ Pedicures 10:00 Exercise/Carol 11:00 Mahjong 12:30 BINGO/Vancrest 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 10:00 Exercise/Carol 11:00 HCHD BP Checks 11:45 BDay Bash- Henry Co. Hospital 12:30 BINGO/Bridge Home Health-Hospice 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 8:45 Tech Help w/ Joe 9:30 Line Dance/Linda 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
28 Nat. Chocolate Day	29	30	31 Halloween 	1 SPONSORED MEAL
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 Balance Exercises	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 12:30 Auction Fun/ Devoted Health Plans 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 Halloween Movie/Popcorn 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:00 Genacross Meal/ BINGO Sponsor 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball

OCTOBER 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
30	1	2	3	4 SPONSORED MEAL
Salisbury Steak w/ Mushrooms Stewed Tomatoes Peas Cinnamon Applesauce	Grilled Chicken Strips Vegetable Fried Rice Sweet & Sour Sauce Lettuce Salad Pineapple	Cheeseburger Hashbrown Potatoes Mixed Vegetables Pears	Lasagna California Blend Veggies Coleslaw Fresh Fruit Garlic Bread	Turkey & Noodles Mashed Potatoes Green Bean Casserole Watergate Salad
7	8	9	10 SPONSORED MEAL	11
Chicken Fettuccine Alfredo Broccoli Harvard Beets Peaches	Cabbage Roll Mashed Potatoes & Gravy Buttered Corn Fruited Jello	Tuna Salad Sandwich Potato Salad Three Bean Salad Pears	OKOBERFEST Bratwurst & Sauer Kraut German Potato Salad Cinnamon Apple Cobbler Pretzel	Spaghetti Green Beans Fresh Lettuce Salad Grape Salad Garlic Bread
14 CENTER CLOSED	15	16	17	18
	Chipped Beef Gravy Baby Baker Potatoes Glazed Carrots Texas Toast Fruit Cocktail	Pulled Pork Sandwich Baked Beans Corn Mandarin Orange Jello	Baked Chicken Breast Brussel Sprouts Red Skin Potatoes Escalloped Apples	Egg, Bacon & Cheese Bake Sausage Patty Cook's Choice Potatoes Fresh Fruit
21	22	23 SPONSORED MEAL	24	25
Fish Sandwich Tartar Sauce Mixed Vegetables Scalloped Potatoes Apple Slices	Salisbury Steak Peas & Carrots Au Gratin Potatoes Watergate Salad	Sloppy Joe Sandwich Tator Tots Buttered Corn Peaches Cong: Birthday Cake	Pork Chop & Gravy Mashed Potatoes & Gravy Lima Beans Sunshine Salad Mows: Birthday Cake	Mac & Cheese Stewed Tomatoes Green Bean Casserole Fruited Jello Blueberry Muffin
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



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

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

A **BIG** Thank You to the guys that donated their time, talents, equipment and materials to build our new pickleball shade canopy. Phil Johnson, Tony Huener, Ron Wentling, Tim Nelson & Randy Fisher. Thank You!



**COVID & FLU
IMMUNIVATIONS
WILL BE AVAILABLE**

**HENRY COUNTY
HEALTH DEPARTMENT
WALK IN
VACCINE CLINIC**
Tuesday, October 15th
10:00 AM to 12:00 NOON

**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 and screenings. She will typically be here on the third Thursday of the month from 11:00am to 1:00pm.

Thursday, October 17th from 11:00 to 1:00



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, October 28th at 11:00am in the Conference Room.



**MANICURES &
PEDICURES**

Sheila Salinas, a licensed cosmetologist will be here on Monday, October 21st & November 18th. Please schedule your appointment at the front desk, where you can also view a price list.

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.



Veterans Day Luncheon—Friday, November 8th
Evening Meal—Wednesday, November 20th
Holiday Bazaar—Wednesday, December 11th

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.



**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, October 23, 2024.**



Evening Meal
with Guest Speaker
Jeff Mires



HENRY COUNTY HOSPITAL HEALTH FAIR



Fall Rummage Sale
& Bake Sale



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 October meetings will be held on Friday the 4th & 18th 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, October 16th 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, October 8th 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.

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

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

Hollywood Casino-Wednesday, 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.**

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 starts October 1st.**

"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, Toledo- 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. You will have several craft options to choose from. Their experts will guide you through the process in a supportive environment. Lunch will be at your own expense, location to be determined. **Registration begins October 3rd.**

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 begins October 2nd.**

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.**

"Jim Brickman" at The Valentine Theatre-Saturday, February 22nd. More information to come in upcoming newsletters.

"Menopause II" The Musical in Van Wert-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.
\$0-\$50=\$2.00 Fee, \$51-\$100=\$4.00 Fee, Over \$100=4% Fee



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



National Church Residences
RIVERVIEW TERRACE
An Enriched, Independent Lifestyle
120 East Maumee Avenue, Napoleon, OH 43545
Over 62 and need a place to thrive? Picture the possibilities of your new, worry-free lifestyle at Riverview Terrace.
***Affordable *Peaceful *Independent**
senior living option puts your dreams within your reach.
Let us take care of many of the hassles of life that may have become overwhelming, allowing you to be free to thrive.
Phone: 419-592-4343



Diane Harmon
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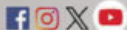
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Finance/Receptionist, Angie Thomas

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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, Jan Heddaeus, Paul Heddaeus,

Dawn Leitner, Betty Marihugh, Donna McGhee, Linda Rettig, Rita Small, Deb Wensink

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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.