

## Golden Age News

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

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



*Senior Day  
Henry County Fair  
Tuesday, August 12th  
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.



### Extended Summer Hours

In July & August the Henry County Senior Center will be open on Monday evenings till 7:30pm. Exercise classes, cards, games, socializing and more will be offered.

# Henry County Senior Center

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

**JULY 2025**

Dear Seniors,

What a month it's been! I continue to be truly touched by the warm welcome I've received since joining the Senior Center in May. It's been a pleasure getting to know so many of you already. I look forward to connecting with even more of you in the months ahead.

One of the things that impresses me most about our Center is the incredible amount of time and energy you give to make it such a special place. It simply wouldn't be the same without your dedicated volunteer support. Thank you for all that you do! If you've volunteered in any way—no matter how big or small—we'd love to celebrate you at our Volunteer Appreciation Dinner on August 6th at 5:00pm. Please RSVP at the front desk so we can plan accordingly.

The Rummage Sale was, once again, a huge success! If you helped this year—or are interested in helping in the future—we're hosting a wrap-up meeting on Wednesday, July 16 at 11 AM. We'd love to have you join us!

Many of you have expressed interest in evening hours at the Senior Center. We're listening! For the month of July, we'll be open on Mondays until 7:30 PM. Stop by to try a new class—DanceFit with Christine—or play some euchre. Let me know what you think as we explore these new options together.

Looking ahead, be sure to mark your calendars for Senior Day at the Henry County Fair on August 12. There will be a program, entertainment, and lunch at various vendor booths—you won't want to miss it!

Until then, I hope you'll stop by for lunch, join an activity, or just say hello. I'd love to see you!

Warmly,  
Angela

*Henry County Fair      HCSC Booth  
August 7th—14th*

Workers are needed to work our fair booth for the duration of the fair. See the front desk to sign up to work a shift.

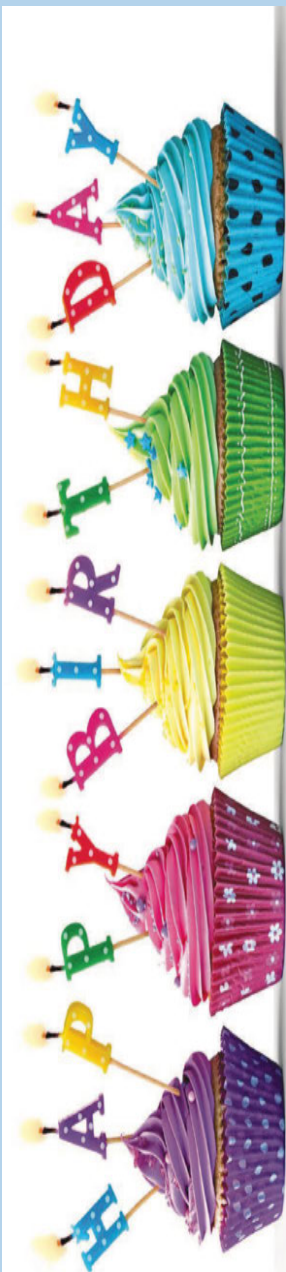
We will also need baked good donations to sell at our booth. Donations will be accepted Aug. 6th—Aug 12th. Please remember to donate only nonrefrigerated items. Cookies, breads &



muffins are great! No icing, please.

Donations may be dropped off at the senior center or the fair booth. Thank you!





## **DONATION WISH LIST**

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

1 Schink, Nancy	12 Nelson, Beverly	21 Martinez, Jose	29 Buyer, Marlene
1 Sigg, Mildred	12 Miller, Curtis	21 Morris, Allarae	29 Ireland, Teresa
1 Kenning, Ed	12 Schluter, Mark	21 Gineman, Shirley	30 Johnson, Sandra
1 Wentling, Eileen	12 Miller, Douglas	21 Burgel, Dennis	30 Snider, Shirley
1 Lange, Betty	12 Brubaker, Mike	21 Rudolph, Douglas	30 Warncke, Ruth
1 Martinez, Bonnie	12 Swann, Robert	21 Myers, Ulrike	30 Spencer, David
1 Lawrence, Ronald	13 George, Harold	21 Shawber, Julie	30 Waisner, Joan
1 Micomonaco, Costantino	13 Fifer, Delorus	22 Steele, Patricia	30 Rellstab, Deb
1 Sparks, Patricia	13 Korak, John	22 Kosnik, Merline	30 Schroeder, Jana
1 Wallace, Terry	13 Boehm, Kay	23 McMahon, Andrew	30 Edwards, Joy
2 Junge, Roberta	13 Kern, Susan	23 McMahon, Andy	31 Briskey, Jequeta
3 Gerken, Karen	13 Kern, Susie	23 Bartels, Timothy	31 Conrad, David
3 Kinder, Jean	13 Bostelman, Betty	23 Christensen, Dorothy	31 Kolbe, Carolyn
3 Kay, Mary	13 Murdock, Carole	23 Miller, H Michael	31 Benson, Stephen
3 Bretz, Cinda	13 Kovar, Laura	23 Meyers, Scott	31 Melendez, Omar
4 Albright, Gene	14 Behnfeldt, Nancy	23 Gorris, Michelle	
4 Carter, Barbara	14 Buckley, Frances	24 Dachenhaus, Imogene	
4 DeBruin, Walter	14 Pippin Sr, Walter	24 Ashenfelter, Rosalie	
4 Leatherman, Barbara	14 Wesche, Mary	24 Samlow, Vicki	
4 Bahler, Larry	14 Steusloff, Melissa	24 Saneholtz, Vicki	
5 Niebergall, Donald	15 Bauer, Robert	24 Richardson, William	
5 McGovern, Ann	15 Weaver, Roger	24 Bowen, Nancy	
5 Flowers, Lynette	15 Coulon, Maggie	24 Fahy, Julie	
5 Boyd, Sandra	15 Cunard, Cynthia	25 Small, Donna	
6 Engel, Victor	15 Meyer, Ken	25 Thielman, Byrde	
6 Zimmerman, Rebecca	15 Delgado, Irene	25 Osborn, Edward	
7 Lighthill, Bette	16 Schlotz, Norma	25 Maassel, Patricia	
7 Petzoldt, Lowell	16 Winzeler, Cindy	25 Buchhop, Diane	
7 McClory, Brenda	16 Prall, Brenda	25 Yonek, Bonnie	
8 Maringer, Gloria	16 Klamer, Linda	25 Sahn, Nancy	
8 Weaver, Michael	16 Fuentes, Deborah	25 Kempfer, Ronald	
9 Schweter, Sandra	17 Franz, Irene	26 Fruchey, Keith	
9 Bartels, Brenda	17 Fuller, Margaret	27 Heitman, Mary	
9 Kohn, Norma	17 Bostelman, Kathryn	27 Tilse, Mary Lou	
9 Grieser, Vicki	17 Snyder, Charleen	27 Hoffer, Richard	
9 Crawford, Tony	17 McCaig, Polly	27 Ohlrich, Diana	
10 Westhoven, Janet	18 Gasche, John	27 Small, Robin	
10 Gooding, Judy	18 Dietrich, Carol	28 Behrman, Frances	
10 Hornish, Jenny	18 Gibson, Tammy	28 Thome, Vincent	
10 Hatcher, Mark	18 Kahrs, Michelle	28 Conrad, Nancy	
11 Vasher, Dorothy	19 Brown, Rose	28 Heath, Greg	
11 Meyer, Shirley	19 Winzeler, Jerry	28 Westrick, Barb	
11 Winkle, Joyce	19 Fulmer, Thomas	28 Kuser, John	
11 Ashbaugh, Colleen	19 Goure, Michael	28 Reitman, Bruce	
11 Pieracini, Steven	19 Lindhorst, Connie	28 Smith, Darlene	
11 Stevens, Kathy	19 Proudfoot, Karen	29 Rohdy, James	
11 Bogert, Tina	19 Kuhlman, Connie	29 Blue, Gail	
11 Smith, Jane	19 Miller, Alan	29 Busch, James	
12 Esparza, Juanita	20 Kuchcinski, Ron	29 Rettig, Linda	
12 Rouiller, Lou	21 Germann, Arthur		



Rummage Sale  
Meeting  
Wednesday  
July 16th at  
11:00am.

## **2025 CLIENT REGISTRATION FORMS**

Check to see when you filled out a registration form. We need an updated form every few years in order for you to continue to receive our newsletter by mail and for your name to appear on the birthday list. Registration forms are available at the front desk.



## **Tech Help with Joe**

Joe Burgei from NOCAC will be here **Tuesday, July 8th & Thursday, July 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 is typically be here on the 2nd Tues. & 4th Thurs. of each month.

# Thank You for your Support!!

## Thank You

HCSC Advocate Group  
Genacross Lutheran Services-Meal & Bingo Sponsor  
Northcrest Nursing & Rehab-Bazaar Meal & Bingo Sponsor  
Bridge Home Health/Hospice-Bingo Sponsor  
Vancrest Health Care Center-Bingo Sponsor  
HC Pork Producers-Bday Bash Meal Sponsor  
Food Boxes-Paul Heddaeus, Judy Morua & Jeff Mires  
Becky Mansfield -Bingo Caller  
Immanuel Church, Deshler & St. Peter Church, Holgate  
Jane Crandall  
Faber Trophy-Pickleball Tournament Trophy  
Betty Naas & PB Players-Pickleball Tournament  
Henry County Health Department, Care 360 Hospice,  
Soaring Arts Studio

## Donations

John & Mary Jane Kline, Betty Marihugh, Karen Germann, Paul & Jan Heddaeus, Dawn Lightner, Rita Small, Judy Pierce, Jim Cordy, Bette Lighthill, Linda Dickey, Maggie Yates, Roger Sell, Maryann Walden

In Memory of Lois & Arnie Gerken by Bette Lighthill

In Memory of Ann Kuczkowski by Ellen Warren

## Newsletter Mailing Volunteers

Janet Foxe, Beth Cook, Sandy Foreman, Linda Dickey, Bette Lighthill, Joan Hardesty, MaryBeth McClure, Bonnie Martin, Teresa Kiessling, Deb Baker, Jan Franz, Betty Marihugh, Deb Franz, Becky Mansfield, Karen Germann, Diana Kruse, Jan Westhoven, Mary DeWit, Judy Groves, Kathy Norden, Deb Wensink



The Soaring Arts Studio  
is coming to the Senior  
Center for Pottery



Ceramic Pinch Pot Windchimes



July 7th & 28th  
at 11:00am

Please sign up &  
pay by 7/2/25.

Fee \$10.00  
(which is for both  
sessions)

If class is full, put  
your name on the  
wait list and we  
will call you for the  
next class offered.

Thank you to Soaring Arts Studio for coming and sharing your talents with us!

## QUILT RAFFLE

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



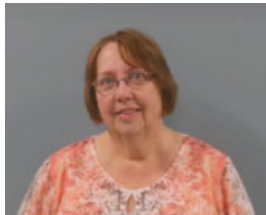
We are raffling off this beautiful quilt. The winner will  
be drawn on Senior Day at the Henry County Fair.  
Proceeds benefit the HCSC.

Size: 90" x 98"

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



Lynn Mahlman  
Assistant Cook

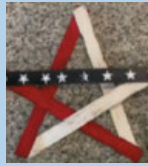


Hi, I'm Lynn Mahlman. I live in Napoleon, with my husband Bob. Altogether, we have 7 children and 16 grandchildren, ranging from 27 to 1 1/2 years old. I enjoy spending time with family and friends; going to the casino. I was already a member of the Senior Center, when I started working in the kitchen, a year ago. I was quite surprised that 350 individuals are served meals through our meal program. I work a couple days a week. I'm the one wearing shorts, even in the winter! One thing that impresses me is the efficiency and organization of everyone who works here.



## LET YOUR CREATIVITY FLOW

### CRAFT CLASSES



Thursday,  
July 24th at  
10:30am

**Patriotic  
Door Hanging &  
Paint Stick Star**  
Sign up & Pay \$5.00 by  
7/17/25



### WATERCOLORS WITH SHIRLEY

Learn to paint with brushes, sponges and some not so traditional items.  
Registration for this class is appreciated.  
Class is typically offered on the 1st & 3rd Wednesday of the month at 10:00am.



### QUILTING WITH BETH

Come quilt on the 2nd & 4th Tuesdays of each month at 1:00pm to 3:00pm in the Art Room. Check out this class for beginners.



### CARD MAKING WITH DEB

Make some greeting cards with Deb.  
July 10th at 10:30am in the Art Room.  
Please Register & Pay for the class by 7/7/25.

## EXERCISE CLASSES



### CARDIO DRUMMING

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



### EXERCISE WITH CAROL

Mondays at 10:00  
Wednesdays at 10:00

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

### NEW FOR THE SUMMER IN JULY & AUGUST

DanceFit is an uplifting & fun cardio exercise class. The class will offer two impact levels. If you want to stay active, be physically fit and have some fun, this class is for you.

**Mondays at 4:15pm** DanceFit (low impact)

**Mondays at 5:30pm** DanceFit (high impact)

Monday evening classes lead by Christine Herchberger.

Not able to attend Cardio Drumming in person....Check out our class on YouTube....Search...."Senior Center Drumming with Emily"

### CHAIR YOGA WITH HEATHER

Tuesdays at 9:30am



### BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 JULY	2 <b>SPONSORED MEAL</b>	3	4 CENTER CLOSED
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 2:00 Pickleball	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 12:45 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 HCHD BP Checks <b>12:00 Genacross Meal/ BINGO Sponsor</b> 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	
7	8 Nat. Freezer Pop Day	9	10 <b>SPONSORED MEAL</b>	11
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol <b>11:00 Pottery Class</b> 11:00 Mahjong 12:30 On the Road Mtg. 2:00 Pickleball 4:15 DanceFit-low imp 5:00 Euchre 5:30 DanceFit-high imp	8:00-9:00 Walking/Gym <b>9:00 Tech Help with Joe Appt. Required</b> 9:30 Yoga w/ Heather 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball 	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol <b>11:00 Alzheimer's Support Group with Soaring Arts Dementia Art Therapy</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	Toenail Clinic Day 8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda <b>10:30 Card Making/ Deb</b> <b>12:00 Northcrest Meal/ BINGO Sponsor</b> 1:15 Euchre	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
14	15 	16 Nat. Hot Dog Day	17 World Emoji Day	18
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball 4:15 DanceFit-low imp 5:00 Euchre 5:30 DanceFit-high imp	8:00-9:00 Walking/Gym 10:30 Cardio Drumming -Video 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley <b>11:00 June Rummage Sale Wrap up Meeting</b> 12:45 Chair Yoga Video 2:00 Pickleball 	Toenail Clinic Day 8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre 	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
21	22	23 <b>SPONSORED MEAL</b>	24	25
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong <b>12:30 BINGO/Vancrest</b> 2:00 Pickleball 4:15 DanceFit-low imp 5:00 Euchre 5:30 DanceFit-high imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol <b>10:15 "Ask a Nurse"</b> 11:00 HCHD BP Checks <b>11:30 "Descendants" performed by MVCT</b> <b>11:45 BDay Bash- HC Pork Producers</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming <b>9:00 Tech Help with Joe Appt. Required</b> 9:30 Line Dance/Linda <b>10:30 Craft Class/Ann</b> 12:45 Euchre	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
28	29	30	31	1 <b>SPONSORED MEAL</b>
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol <b>11:00 Pottery Class</b> 11:00 Mahjong 11:00 Book Club <b>12:30 Veteran's Group</b> 2:00 Pickleball 4:15 DanceFit-low imp 5:00 Euchre 5:30 DanceFit-high imp	8:00-9:00 Walking/Gym 9:30 Yoga w/ Heather 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/ BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball



# JULY 2025 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
30	1	2 SPONSORED MEAL	3	4 CENTER CLOSED
Pork Chop w/ Gravy Peas Stewed Tomatoes Applesauce	Baked Cod Fish Tartar Sauce Rice Pilaf Mixed Vegetables Fruited Jello Salad	Goulash Green Bean Casserole Peach Cup Cherry Crisp	Meatloaf Mashed Potatoes & Gravy Buttered Corn Cheese Cubes Fruit Slushie	
7	8	9	10 SPONSORED MEAL	11
Cranberry Glazed Pork Roast Red Skin Potatoes Cole Slaw Applesauce	Baked Chicken Breast Harvard Beets Normandy Blend Vegetables Pineapple & Mandarin Oranges	Ham, Broccoli & Rice Casserole 3 Bean Salad V8 Juice Pears	Beef Manhattan over Mashed Potatoes Roasted Broccoli Buttered Corn Fruit Salad	Chili Saltine Crackers Peanut Butter & Jelly Uncrustable Sandwich Cheese Cubes Fresh Melon
14	15	16	17	18
Beef Stew w/ Vegetables Buttered Noodles Green Beans Fruited Jello Buttermilk Biscuit	Stuffed Cabbage Roll Mashed Potatoes w/ Gravy Cole Slaw Baked Apples	Cheeseburger Baked Beans Baked Onion Rings Fruit Cocktail	Turkey & Noodles Glazed Carrots Spinach Salad Cherry Crisp Blueberry Muffin	Brat w/ Sauerkraut German Potato Salad Broccoli Cottage Cheese Pineapple
21	22	23 SPONSORED MEAL	24	25
Salisbury Steak w/ Gravy Stewed Tomatoes Corn Casserole Blush Pears	Chicken Alfredo Fettuccini Broccoli Baby Carrots Peaches	Pulled Pork Sandwich Green Beans Scalloped Potatoes Applesauce  Congregate: BD Cake	Lasagna California Vegetables Tossed Salad w/ Dressing Garlic Bread Watergate Salad MOWS: BD Cake	Ham Salad Sandwich Potato Salad Tomato & Cucumber Pasta Salad Fresh Fruit Celery Sticks & P. Butter
28	29	30	31	1 SPONSORED MEAL
Hamburger Gravy over Mashed Potatoes Brussel Sprouts Grapes Cornbread	Egg, Cheese & Bacon Bake Sausage Patty Tater Tots Peaches & Pears	Hot Chicken Sandwich Baked Beans Peas & Carrots Fruit Cocktail	Parmesan Chicken w/ Marinara Sauce Roasted Broccoli Wax Beans Fresh Fruit	Dinner Ham Sweet Potatoes Green Bean Casserole Cranberry Jello Salad



To all who volunteer at the Henry County Senior Center, you are invited to our Volunteer Appreciation Dinner.

We love all our volunteers and want to show you how much you are appreciated!

**Wednesday, August 6, 2025 at 5:00pm**

A refreshing summer meal will be catered by Mama Mr's Kitchen.

Kindly RSVP by 7/30/25 if you plan to attend.



### 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 28th** at 11:00am in the Conference Room.

### INSIDE PICKLEBALL

**ADVANCED PICKLEBALL**—Mon, Wed. & Fri. 8:00 to 9:50

**PICKLEBALL**— Mon, Tues, Wed. & Fri. 2:00 to 4:00

Interested in a pickleball lesson? Contact the front desk and we will set one up for you with Betty Naas!



Outside Courts are open for the summer!



### MONTHLY FOOD BOX

If you are interested in receiving a monthly food box, please come to the Senior Center & complete an application. The application will then be submitted for approval. After approval you will receive notification that a box has been designated for you. The food box can then be picked up by you at The Henry County Transportation Building at: 1805 Oakwood Avenue, Napoleon from 10:30am to 11:30am on the fourth Wednesday of each month. Go to the back of the building by the loading docks. The next date for pick up is **Wednesday, July 23, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.



Wednesday, July 23rd at 11:30  
The cast from Maumee Valley Civic Theater will be here, to perform for us some songs and scenes from the Disney musical "The Descendants"

### ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny who facilitate our new Alzheimer's Support Group the next meeting will be held on **Wednesday, July 9th at 11:00am**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!

The support group will give you a place to talk with others who understand the disease and know what you are going through. The meetings will be held on the second Wednesday of the month at 11:00am.

### ALZHEIMER'S ART THERAPY



During the support group the Soaring Arts Studio will be offering art therapy in our art room for seniors with dementia. 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.



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



Christy will be at the HCSC on the fourth Wednesday of the month. Call the HCSC to schedule your appointment. Appointments will be scheduled in 15 minute increments from 10:15am to 11:30am. Christy will not be diagnosing illnesses just answering questions on generalized topics. The next sessions will be held **July 23rd**. Call the HCSC to schedule your appointment.

### TRANSPORTATION SERVICES

Transportation services may be available through the Senior Center via the Henry County Transportation Network for transportation to the Senior Center and medical appointments

The HCTN requires a 24 hour advance notice for scheduling a trip in town and 48 hours for out of town appointments. Please call 419-592-8726 to schedule your ride.







Thank you to all our amazing volunteers who help put on all our events, trips, fundraisers, & services. You are all amazing and much appreciated!



### GRIEF SUPPORT GROUP

Losing a loved one can leave you feeling hopeless, lost, and alone. This group offers you a chance to connect with others who are grieving and learn ways to cope with the many feelings associated with your loss. The July meeting will be held on Friday the 18th at 11:00am.

### INFORMAL VETERAN GROUP

**Monday, July 28th 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 Conference Room. The overall goal of this group is to enhance caregivers' coping skills, through mutual support and information sharing. All are welcomed. Our next meeting will be held on Tuesday, July 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.

**Hollywood Casino Days**- Wednesdays - **July 9th, Sept 17th, Oct 15th** / 9:00am to 3:30pm. Cost \$15 includes transportation. Lunch at the casino is at your expense. **Registration is ongoing.**

**Rum Runner Boat Ride**-Thursday, July 10th / 9:00am to 5:00pm. Visit the John H Bass Mansion, have lunch at The Deck and explore the Three Rivers of Fort Wayne. Cost \$43 includes boat ride and entrance to mansion. Lunch will be at your expense. You may bring a cooler with drinks for the boat ride, no glass please. **Trip is full.**

**Jefferson Point "Christmas in July" Shopping Trip-Fort Wayne**-Thu, July 17th / 8:30am to 4:30pm. Cost \$18. Lunch will be at your expense. **Registration begins June 11th.**

**The Suns Flower-Lindsey, OH**-Wed. Aug. 6th / 9:30am to 2:30pm. Cost \$29 includes sunflower field visit and mason jar sunflower pick. Lunch is on your own at Granny's Kitchen. **Registration begins June 5th.**

**Mud Hens Evening Game**-Friday, August 15th / 5:30pm to 10:30pm. Cost \$35 includes ticket, hotdog lunch and transportation. **Registration begins June 26th.**

**Ohio Caverns**-Tues. Aug. 19th / 8:00am to 5:00pm. Cost \$60, includes transportation admission to two one hr. tours. Wear a jacket and closed toe shoes. Lunch is on your own at Woody's. **Registration begins July 2nd.**

**Proper Tea at Clara J's Tea Room, Maumee**-Wed. August 27th / 10:15am to 3:30pm. Cost \$47 includes proper tea, transportation and visit to the Toledo Botanical Gardens. **Registration begins July 7th.**

**Toledo Zoo**-Wed. September 3rd / 9:00am to 4:00pm. Cost \$15 includes transportation and lunch. Entry to the zoo is free that day for seniors. **Registration begins July 31st.**

**Edsel Ford House & Gardens-Gross Point, MI**-Tues. September 9th / 8:00am to 4:00pm. Cost \$55 includes entrance to home & garden and transportation. Lunch at the Ford Home will be at your own expense. **Registration begins Aug. 6th.**

**Winery Tour**-Friday, September 26th—more information to come in our August newsletter.

**Toledo Zoo**-Wed. October 1st / 9:00am to 4:00pm. Cost \$10 includes transportation. Entry to the zoo is free that day for seniors. Lunch at the zoo will be at your own expense. **Registration begins July 31st.**

**Classic Women of Country Show & Frankenmuth**-Oct 8th-9th / Depart at 9:00am 10/8/25 and return at 6:00pm 10/9/25. Cost \$175 based on 2 people per room. Trip includes tribute concert, dinner and overnight accommodations at Zehnder's, shopping in Frankenmuth & Birch Run. **Reg. begins Aug. 21st.**

**Darlington Christmas Store & Glenbrook Mall, Fort Wayne**-Tues. October 28th / 9:00am to 4:30pm. Cost \$12 includes your transportation. Lunch at Golden Corral will be at your own expense. **Registration begins August 21st.**



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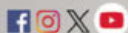
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Receptionist, Elizabeth Gribler

Custodian: Peg Adams

Exercise Instructors: Carol Gerken Lones, Emily Beck, Heather Miller Klingler

Volunteer Dance Instructor: Linda Warren

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

Volunteers/Assistants: Dick Beck, Beth Cook, Janet Foxe, Jan Franz, Art Germann,

Karen Germann, Jan Heddaeus, Paul Heddaeus, Beth Jenny, Dawn Leitner,

Betty Marihugh, Donna McGhee, Betty Naas, Linda Rettig, Pastor Janine Shearer,

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Senior Nutrition Head Cook, Vicky Badenhop

Senior Nutrition Assistant, Jordan Kline

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, Martin Verni, Mike Whitman



The Henry County Senior Center is funded by: Henry County Senior Levy, Donations,  
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