

## Golden Age News

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

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



### Holiday Bazaar & Bake Sale

Wed, Dec. 11th  
8AM—4PM

8AM Craft & Bake Sale

9-1 Dog Tag Sale-Henry Co.  
Dog Warden

10-12 Blood Pressure  
Checks-HCHD

11:00 White Elephant Gift  
Exchange

12PM Lunch & BINGO  
Sponsored by Northcrest  
Kindly RSVP by 12/9/24

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!



# Henry County Senior Center

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

**DECEMBER 2024**

Dear Seniors,

Can you believe this year is coming to an end? It seems like summer just started and here we are getting ready for Christmas. I would like to thank everyone who helped with our Thanksgiving Meals we put together for 17 county families. Your generosity is amazing!

Make sure to check out the special events happening this month, like our Holiday Bazaar & Bake Sale and ring in the new year a few hours early at our Noon Years Party! There are several other fun days planned, check the calendar for specifics.

With all the holiday prep, also comes the chance of questionable weather. Make sure to listen to WNDH 103.1FM or listen for our recorded calls informing you of any Senior Center closings or changes in our Meal delivery schedule, so check your messages! Your safety and our staff's safety are our number one concern. These calls are the reason we need to make sure we have your correct contact information. We have the 2025 client registration forms available to update your info. We need these updated every couple years and it also assures you keep getting this newsletter

Happy Holidays Everyone! Hope to see you all at the Senior Center!!

Penni Bostelman

Executive Director



## NOON YEAR'S EVE PARTY

Tuesday,  
December 31st  
at 11:30am

Come help us ring in the noon year. Bring your grandchildren too. Snacks & Activities such as cornhole, ping pong, pool table, games & more start at 11:30. Countdown to 12 "NOON" followed by a kid friendly lunch. Please RSVP grandchildren and yourself by 12/27/24.

**Sponsored by Feehan Rodenberger Funeral Home.**



- |                      |                       |                         |                       |
|----------------------|-----------------------|-------------------------|-----------------------|
| 1 Schroeder, Loretta | 9 Blanton, Tim        | 17 Zuch, Brenda         | 24 Bunke, Sharlene    |
| 1 Mahlman, Margaret  | 9 Bracamonte, Gina    | 17 Freytag, Sandy       | 24 Barber, Wayne      |
| 1 Hoffman, Craig     | 9 Ehlers, Vivian      | 18 Morris, Kenneth      | 24 Helberg, Leslie    |
| 2 Snyder, William    | 10 De Roth, Suzanne   | 18 Farquharson, Larry   | 24 Rausch, Anne       |
| 2 Martinez, Clifton  | 10 Maynard, Reda      | 18 Mahlman, Michael     | 24 Schwiebert, Scott  |
| 2 Kimple, Patricia   | 10 Salinas, Yolanda   | 18 Mendez, Olga         | 25 Breece, Karen      |
| 2 Burner, Lynette    | 10 Nixon, Brent       | 18 Moore, Paula         | 25 Navarre, Diane     |
| 3 Rohrs, Janice      | 10 Myers, Peggy       | 18 Miller, Linda        | 25 Frodl, Vincent     |
| 3 Schuette, Gertrude | 11 Hatfield, Robert   | 19 LaRue, Phyllis       | 25 Steen, Christina   |
| 3 Elling, Lorna      | 11 Rowland, Gary      | 19 Costuma, Linda       | 25 Hall, Debora       |
| 3 Junge, Diana       | 11 Devrow, Bill       | 19 Bockelman, Marlene   | 26 Ward-Laming, Sandy |
| 3 Buchenberg, Jerry  | 11 Uggen, Vickie      | 19 Pfahlert, Cindy      | 26 Whetsel, Linda     |
| 3 Bennett, Nancy     | 11 Leaders, Terry     | 19 Keith, Karen         | 26 Cole, Arlene       |
| 3 Warner, Beth       | 11 Ainsworth, Robert  | 19 Resendez, Adbento    | 27 Oquin, Charles     |
| 3 Wilt, Gregory      | 12 Schwartz, Donna    | 19 Hahn, John           | 27 Desgranges, Larry  |
| 3 Wolff, Marsha      | 12 Kerr, Lou Ann      | 20 Jones, Marvin        | 27 Mansfield, Rebecca |
| 4 Schweter, Leonard  | 12 Freytag, Arlene    | 20 Conklin, Rosa        | 27 Whitmire, Chuck    |
| 4 Haase, Darlene     | 12 Greulich, Chester  | 20 Sasaki, Bonnie       | 27 Mahlman, Bob       |
| 4 Gray, Gary         | 12 Freytag, Roger     | 20 LaVigne, Angela      | 27 Shaffer, Ryan      |
| 4 Walters, Peter     | 12 Smith, Fred        | 20 Copeland, Betty      | 28 Bartley, Ruth      |
| 4 Musgrave, Carol    | 13 Manning, Billie    | 20 Holman, Terry        | 28 Pinckard, Jack     |
| 4 Gregory, Terese    | 13 Lindhorst, Brenda  | 20 Fry, Arla            | 28 Ludeman, Carol     |
| 4 Doda, Terry        | 13 Schuette, Linda    | 20 Drain, Mary          | 28 Cary, Gail         |
| 4 Showalter, Ellen   | 13 Shrider, Charlotte | 20 Wallen, Danny        | 28 Gormley, Colleen   |
| 4 Bodeman, Rebecca   | 13 Tussing, Stephen   | 20 Nicol, Michael       | 28 Shumaker, Darlyn   |
| 5 Weasel, Mary       | 13 Long, Barb         | 20 Delventhal, Victoria | 28 Butler, Peggy      |
| 5 Armbruster, Doris  | 13 Salinas, Louis     | 21 Carpenter, Brenda    | 28 Tibbets, Carol     |
| 5 Brennan, Julie     | 13 Edwards, Dennis    | 21 Stoll, Kathy         | 28 Vernier, Theresa   |
| 5 Bowen, Philip      | 14 Lange, Helen       | 21 Harms, Karen         | 28 Detray, Elaine     |
| 5 Hitts, Dean        | 14 Wanemacher, Rollin | 21 Niese, Michael       | 28 Myers, Mark        |
| 5 Helberg, Kim       | 14 Sugg, James        | 21 Inselmann, William   | 29 Woltmann, Shirley  |
| 5 Riebesel, Deb      | 14 Bowen, Dianne      | 22 Hougland, Lorna      | 29 Meyers, Donna Lee  |
| 5 Betts, Kimberle    | 14 Warncke, Barbara   | 22 Voss, Lawrence       | 29 Cass, Shirley      |
| 6 Hill, Joan         | 14 Croninger, Robert  | 22 Pearsall, Delores    | 29 Michaelis, Nancy   |
| 6 Little, Patricia   | 14 Whitehead, Pauline | 22 Thomas, Anna Mae     | 29 Hilty, James       |
| 6 Nickels, Eldon     | 14 Vance, Marcella    | 22 Homan, Bev           | 29 Russ, Margie       |
| 6 Farr, David        | 14 Gruenhagen, Kathy  | 22 Zacharias, Carol     | 29 Long, Nancy        |
| 7 Aderman, Frances   | 14 Rutter, Donald     | 22 Wells Jr., George    | 29 May, Jackie        |
| 7 Carlston, Patsy    | 14 Huber, Larry       | 22 Hahn, Mark           | 30 Kern, Shirley      |
| 7 Volkman, Paula     | 14 Welch, Sue         | 22 McAfee, Connie       | 30 Smith, Dollie      |
| 8 Smith, Pauline     | 14 Whitford, Lisa     | 23 Brinkman, Emerson    | 30 Roseman, Harry     |
| 8 Donnett, Sharon    | 15 Wall, Brenda       | 23 Fonseca, Elvera      | 30 Danser, Barbara    |
| 8 Groves, Larry      | 15 Creager, Mary      | 23 Hernandez, Jayne     | 30 Flowers, Carol     |
| 8 Dickman, Sandra    | 15 Schwab, Mary Jo    | 23 Chiaverini, Jascha   | 30 Garman, Sharon     |
| 8 Marchal, Rebecca   | 15 Bryan, Rita        | 23 Sigg, Daniel         | 30 Ringle, Annette    |
| 8 Worchuck, Michael  | 16 Cass, Richard      | 23 Halbert, Myrtle      | 30 Brooks, Tracy      |
| 8 Wagner, Joy        | 16 Fry, Mary          | 23 Sosebee, Sheila      | 30 Mahlman, Lynn      |
| 8 Thomas, Margarita  | 16 Shumaker, Jack     | 24 Schnitkey, Carolyn   | 31 Frost, Suzanne     |
| 9 Cochran, Larry     | 17 Price, Patricia    | 24 Krueger, John        | 31 Riggs, Geraldine   |
| 9 Myers, Lewis       | 17 Reed, Patricia     | 24 Krueger, Marilyn     | 31 Beck, Kathy        |
| 9 Myles, Pamela      | 17 Miller, Karen      | 24 Beal, Shirley        |                       |

**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, December 10th & Mon. Dec 23rd** to help you with any technical issues you are having with your cell phone, tablets, laptops, etc. Schedule your appointment with Joe at the front desk. Joe 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  
Northcrest Nursing & Rehab-Veterans Meal Sponsor  
Steve Schult-Flag City Honor Flight  
Civista Bank-Bday Bash Meal Sponsor  
Food Boxes-Paul Heddaeus, Judy Morua & Jeff Mires  
Becky Mansfield & Sheila Vajan -Bingo Callers  
American Red Cross-Winter Storm Safety Presentation  
Feehan Rodenberger Funeral Home-Noon Year Sponsor  
Chief Supermarket Meat Department  
Judy Korak & Barb Nye

## Donations

John & Mary Jane Kline, Helen Witte, Ann Kuczkowski, Betty Marihugh, Judy Pierce, Jordan Kline, Doris Reighard, Judy Korak, Donna McGhee, Penni Bostelman, Jill Jolliff, Autumn Bostelman Jolliff, Janet Rosengarten, Rita Small, Lynn Knipe, Mary DeWit, Fe Soriano, Betty Ward, Art Germann, Frances Aderman, Jerri Holder

## Newsletter Mailing Volunteers

Diana Rhodes, Janet Foxe, Beth Cook, Judy Groves, Marg Abell, Bonnie Martin, Kathy Norden, Sandy Foreman, Linda Dicky, Linda Nelson, Mary DeWitt, Deb Wensink, Deb Baker, Mary Lou Ehasz, Jan Franz, Marybeth McClure, Lynn Hoops, Joannie Hardesty, Betty Marihugh with Maggie Stover

## Memorials

Dick Gray by Betty Scott

## **Inclement Weather Information**

On potentially dangerous road condition days, the Senior Center will determine the services which will be available. Information about the Senior Center, meals, and transportation will be broadcast on WNDH-FM 103.1/Robo Call. If there is a county weather emergency, which closes county offices, the Senior Center will be closed.

At the HCSC we try to make sure that Meals-on-Wheels (MOW) are delivered as close as possible to the same time frame every day, however, if the roads happen to be more challenging, your driver may be running late. If MOW delivery is cancelled, participants are instructed to use their emergency meals.

***Please ask a family member or neighbor to try to have your walkways/driveways cleared on snowy/icy days so that your meal deliverer will be able to bring your meal to you safely.***

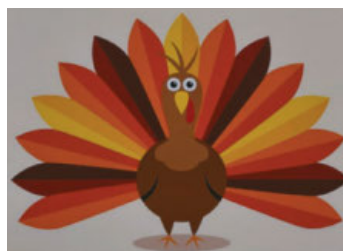


HEAP is a federally funded program managed by the Ohio Department of Development. It is designed to help income eligible consumers with heating costs. Benefit amounts vary and are determined by the following criteria: household income, number of people in the home, type of heating source, disabled resident, 60 years of age or older, federal funding levels & geographic regions.

For more information & to see if you qualify contact: Ohio Department of Development, Energy Assistance Program online at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) Northwest Ohio Community Action Commission (NOCAC) 419-219-4641 is also available with help in the application process.

## **2025 CLIENT REGISTRATION FORMS**

Check to see when you last 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. **THANK YOU!**



Thank you to all who donated food items to our service Thanksgiving project. With your help we were able to provide Thanksgiving meals to 17 Henry County families in need.



## LET YOUR CREATIVITY FLOW



### **Christmas Wreath Craft Class with Becky**

December 5th at 10:30am

Cost \$10

Sign up & Pay by 12/3/24.

### **Christmas Place Mats Craft Class with Becky**

December 12th at 10:30am

Cost \$5 Sign up & Pay by 12/10/24.



### **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. 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

Thursdays at 8:30

Fridays at 10:00

### **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
2 Cyber Monday	3 Nat. Day of Giving	4	5	6 <b>SPONSORED MEAL</b>
8:00-9:45 Adv Pickleball 9:45 Ping Pong 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 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 <b>10:30 Craft Class \$10 Christmas Wreath</b>  12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/ BINGO Sponsor</b> 12:45 Tai Chi 2:00 Pickleball
9 Nat. Christmas Card Day	10	11 <b>SPONSORED MEAL</b> HOLIDAY BAZAAR & BAKE SALE 8AM-4PM	12 Nat. Poinsettia Day 	13
8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball 	8:00-9:00 Walking/Gym 8:45 Tech Help w/ Joe Appt. Required 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol <b>11:00 White Elephant Gift Exchange</b> 11-2 HC Dog Warden- Dog Tag Sale <b>12:00 Northcrest 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 <b>10:30 Craft Class \$5 Place Mats</b> 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
16	17	18 <b>SPONSORED MEAL</b>	19	20 Nat. Ugly Sweater Day
8:00-9:45 Adv Pickleball 9:00 Manicures/ Pedicures Sheila 9:45 Ping Pong 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 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 BP Checks-HCHD <b>11:15 Winter Storm Safety American Red Cross</b>  <b>11:45 BDay Bash-- Civista Bank</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 9:30 Line Dance/Linda 10:30 Card Making/Deb \$7 11-1 Hearing Aid Checks w/Beltone 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 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  WEAR YOUR UGLY CHRISTMAS SWEATER!
23 Festivus	24 CENTER CLOSED	25 CENTER CLOSED	26 Nat. Candy Cane Day	27 Nat. Fruit Cake Day
8:00-9:45 Adv Pickleball 8:45 Tech Help with Joe Appt. Required 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball			8:00-8:30 Walking/Gym 8:30 Cardio Drumming 10:00 Christmas Movie/ Popcorn 12:45 Euchre 	8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball 
30	31 <b>SPONSORED MEAL</b> NOON YEARS EVE	1 CENTER CLOSED	2	3 <b>SPONSORED MEAL</b>
8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong <b>11:00 Book Club Holiday Party</b> 2:00 Pickleball	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 11:30 Noon Years Eve Games 11:59 Count Down to Noon Years		8:00-8:30 Walking/Gym 8:30 Cardio Drumming 10:00 Movie/Popcorn 12:45 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 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





# DECEMBER 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
2	3	4	5	6 SPONSORED MEAL
Salisbury Steak Stewed Tomatoes Winter Blend Vegetables Pineapple	Cabbage Roll Mashed Potatoes w/ Sour Cream Green Beans Ambrosia Salad	Cheeseburger Baked Beans Carrots String Cheese Applesauce	Chili Soup Saltine Crackers Fiesta Corn Celery Sticks & Peanut Butter Jello Fruit Salad	Chicken & Noodles Mashed Potatoes Peas & Carrots Cole Slaw Pears and Peaches
9	10	11 SPONSORED MEAL Holiday Bazaar	12	13
Hamburger Gravy over Mashed Potatoes Stewed Tomatoes Sliced Apples	Baked Macaroni & Cheese Broccoli Stewed Tomatoes Mandarin Orange Salad	Hot Chicken Sandwich Potato Rounds Peas Peaches Ginger Bread Cookie	Lasagna California Blend Veggies Tossed Salad w/ Dressing Sunshine Salad Garlic Toast	Pancakes Sausage Patty Hashbrown Potatoes Blue Berry Topping Fruit Punch
16	17	18 SPONSORED MEAL	19	20
Pork Chop with Gravy Au Gratin Potatoes Harvard Beets Apple Crisp	Chipped Beef Gravy Baby Baker Potatoes Glazed Carrots Grape Salad	Birthday Bash Hot Beef Sandwich Cook's Choice Potatoes Calico Beans Pears  Cong: Birthday Cake	Meatloaf Mashed Potatoes & Gravy Corn Fruited Jello Salad  MOWS: Birthday Cake	Ranch Seasoned Chicken Breast Scalloped Potatoes Peas & Pearl Onions Mandarin Orange Salad
23	24 Center Closed	25 Center Closed	26	27
Glazed Dinner Ham Sweet Potatoes Green Bean Casserole Christmas Fruit Salad Christmas Cookie			Beef Stew With Buttermilk Biscuit Green Beans Blush Pears Apple Juice	Baked Potato w/ Cheese & Bacon Bits Broccoli Corn Fruit & Pudding
30	31	1 Center Closed	2	3 SPONSORED MEAL
Egg, Bacon & Cheese Bake Sausage Patty Hashbrown Potatoes Apple Crisp	Brat with Sauerkraut German Potato Salad Corn Casserole  Hot Dogs & French Fries for kids attending event.		Pork Roast Red Skin Potatoes Peas & Carrots Fruit Cocktail	Sloppy Joe Sandwich Broccoli w/ Cheese Sauce Sunshine Salad Cookie



## American Red Cross

Wednesday, December 18th at 11:15am

The American Red Cross will be here to present “Winter Storm Safety” Don’t miss this informative topic which could save your life and the lives of your loved ones.

### 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, December 19th from 11:00 to 1:00



### BOOK CLUB HOLIDAY PARTY

Our Book Club is hosting a Holiday Open House Party. All are welcome to come learn what our book club is all about. They are welcoming new and former members to join in on the fun. Light refreshments will be served.

Monday, December 30th at 11:00am-12:00

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.

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

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



### MANICURES & PEDICURES

Sheila Salinas, a licensed cosmetologist will be here on Monday, December 16th & January 6th. 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, December 18, 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.





## 5 Ways to Get Your Home Ready for Winter

Some people love the beauty and serenity of winter while others simply tolerate it until spring returns once more. Whatever your feelings about winter, the change of weather means it's time to prepare your home — or the home of a senior loved one — for the cooler days ahead. Here is a list of winterizing tasks to help you get started.

### 1. Shut off outdoor water faucets

No one wants to deal with the aftereffects of burst pipes during the coldest days of winter. That includes outdoor water faucets. Most homes have at least one or two. Take time to drain those pipes of standing water and turn off the tap before the first freeze arrives.

### 2. Have the furnace inspected

Having a furnace that works well is important for more than just heating the home. If your furnace has a crack or leak, it can put the entire household at risk for deadly carbon monoxide poisoning. Be sure to schedule the inspection before the temperature falls and you need to turn the furnace on.

### 3. Develop a snow removal plan

Shoveling snow can be dangerous for older adults, as can maneuvering on icy sidewalks and driveways. Before the first snow flies, have a solid plan in place for removing snow and salting walkways.

### 4. Stock up on basic supplies

Don't wait to head to the grocery store until your local meteorologist predicts an ice or snow storm. Stock up now. Have a stash of basic food supplies in your pantry and freezer, such as bottled water, canned goods, bread, peanut butter, and other non-perishables. Don't forget to keep extra pet food on hand, too.

Then there are safety supplies to organize in case of a winter emergency. Flashlights, a battery-operated cell phone charger, extra batteries, blankets, paper towels, and a battery-operated weather radio are a few suggestions. Also be mindful of your medication supply. Don't let them get too low before getting refills.

### 5. Test smoke alarms and carbon monoxide detectors

Smoke alarms can reduce your risk of dying in a fire by 50 percent. Any experienced firefighter can tell you story after story of injuries and fatalities in homes without a working smoke detector. The same is true for carbon monoxide detectors. These safety devices reduce the risk of carbon monoxide poisoning. Before winter weather arrives, check all these devices in your home and the home of your senior loved one's to make sure they work.



### 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 group typically meets on the 3rd Wednesday of the month, but will be taking December off. The sessions are lead by Tiffany Day from The Henry County Health Department.

### 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 December meetings will be held on Friday the 6th & 20th at 11:00am.

In December we will be watching the movie "Friends for Life".



### 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, December 10th 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.

**Nite Lites at Michigan International Speedway**-Tues. December 3rd. **TRIP FULL.**

**Toledo Walleye Hockey Game**-Wednesday, December 4th. **TRIP FULL.**

**Nutcracker by The Fort Wayne Ballet, Defiance, OH**-Sat. December 14th / 6:00pm to 10:30pm. Cost \$40 includes your ticket and transportation. Seniors are welcome to bring a guest. **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.**

**Movie Trip, Wauseon**-Tuesday, January 14th / Cost \$15 includes ticket & transportation. Your meal will be at your own expense at Reelwood Kitchen. Movie to be determined. **Registration begins December 5th.**

**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, at Dark Horse Restaurant. **Registration began in September.**

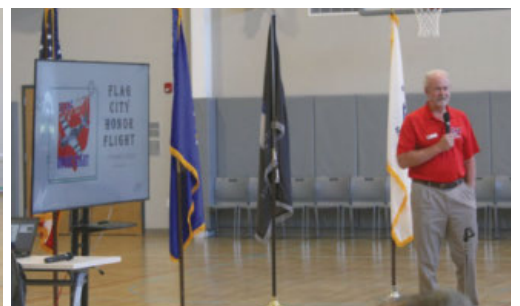
**Valentine's Day Movie, Defiance**-Fri, February 14th / Cost \$15 includes ticket & transportation. Dinner will be at your own expense at Dark Horse Social Club. Movie to be determined. **Registration begins December 6th.**

**Car Caravan to Amish Country, Sugarcreek**-March 12th-13th. Cost \$100pp in a 4-passenger car. Driver is free. You and your roommate will share one night at Dutch Host Inn. Dinner at Hans' Place & Mrs. Yoder's Kitchen plus much more. You will receive a coupon book for lots of goodies at several different businesses, stop by the Senior Center for the complete list. **Registration begins December 12th.**

**"Menopause II" The Musical, Niswonger in VanWert**-Wed, March 26th / 4:00pm to 11:00pm. Cost \$80. Dinner will be at your own expense at Dick's Steak House in Kalida. **Registration begins December 6th.**

**Louisville Kentucky**- April 22nd-25th / Cost \$796.00 pp based on double occupancy. Package includes 3 night hotel accommodations, 3 breakfasts, 3 dinners, Belle of Louisville Dinner Cruise, Derby Down Dinner Theater, Tour of Churchill Downs Racetrack, Old Kentucky Home State Park, Mark Distilleries, Mega Tram Cavern Tour, Spirit of Bourbon Trolley Tour, Louisville Slugger Museum, Frazier Historical Museum, Glassworks Museum, & MORE. Registration begins January 8th with a down payment of \$400. Final payment of \$396 will be due by March 10th. Travel insurance is highly recommended, for information go to [www.seniorexcursionsinc.com](http://www.seniorexcursionsinc.com) or call 1-800-243-3174 for insurance pricing. **Registration begins January 8th.**

**"Come From Away", Findlay**-Thursday, May 1st / 4:00pm to 11:00pm. Cost \$90. Dinner will be at your own expense at Dark Horse Restaurant. **Registration begins January 16th**



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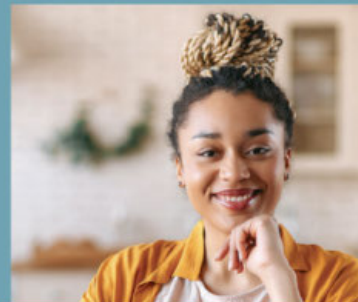
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Custodian: Peg Adams, Donna Bankey

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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



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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.