

## Golden Age News

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

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



### JANUARY HOURS

Monday 8AM—7:00PM  
Tues.-Fri. 8AM—4PM



NW Ohio Senior Services will once again be providing tax assistance at The Henry County Senior Center, to Henry County residents who are over the age of 60 and are low to moderate income below \$67,000.00. We do not charge, but **donations** are welcome.

Appointments will be scheduled on Mondays and Tuesdays only. You may start to call on 1/20/26 to schedule your appointment. 419-599-5515

### Please bring the following to your appointment:

- \*Driver's License
- \*Social Security Card
- \*2024 Tax Returns
- \*2025 Tax Documents
- \*Bank Account & Routing Numbers

# Henry County Senior Center

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

**January 2026**

Dear Seniors,

Happy New Year, Henry County Senior Center family!

Welcome to our first newsletter of 2026! I hope your year is off to a bright and joyful start. January always brings a sense of renewal, and here at the center, we're embracing that fresh energy with enthusiasm. We can't wait for a new year of activities, special events, and enriching programs designed to keep us learning, laughing, and staying connected all year long.

As we turn the page to a new chapter, I'm reminded of what makes this community so special—the friendships formed here, the support we show one another, and the vibrant spirit you bring through our doors every day. Thank you for making the Henry County Senior Center a place where everyone belongs and where positivity thrives.

Let's make 2026 a year filled with adventure, wellness, creativity, and plenty of fun. I can't wait to share this journey with all of you!

With excitement and warm wishes,  
Angela



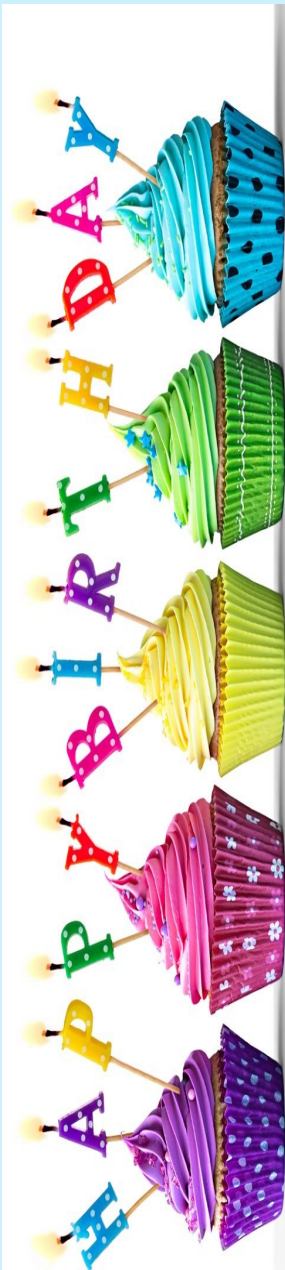
### Gratitude

As the new year begins, We reflect on all that's been.  
We give thanks for all we have, And the love that surrounds us like a glove.

We appreciate the little things, The joy that every day brings.  
We are grateful for our friends and family, And all the love that surrounds us constantly.

We look forward to all that's in store, And the memories we'll have in the future to explore.  
We give thanks for this new year, And all the love and joy that will be near.

*Happy  
New Year*



1 Dangler, Clifford	9 Kern, John	20 Burdue, Iona	28 Cooper, Donnav
1 Rohrs, Ronnie	9 Maynard, Charles	20 Stockman, Paul	28 Soriano, Fe
1 Yoder, Marian	9 Niese, Ruth	20 Gerken, Lois	28 Dawson, Bennie
1 Rogers, Linda	9 Richardson, Elizabeth	20 Eustace, Susan	28 Blasingim, Larry
1 Holman, Suzanne	10 Rahmel, Jeff	20 Huston, Kay	28 Cordes, Judith
1 Horstman, Rebecca	10 Hefflinger, Cathy	20 Gray, Nancy	28 Siefer, Pat
1 Adams, Betty	10 Wentling, Ronald	20 Storch, Cheryl	28 Leow, David
1 Coressel, Joyce	10 Poca, Patricia	21 Neiling, Robert	29 Keller, Jean
1 Marko, Lori	10 Badenhop, Jackie	21 Bowerman, Marjorie	29 Maxcy, Linda
1 Shenkman, Sherry	10 Harmon, Karolyn	21 Brown, Cynthia	30 Rastocan, Sara
1 Vanderpool, Sandra	11 Schnitkey, Marie	22 Gibson, Judith	30 Cary, Lloyd
1 Varner, Jerold	11 Crumrine, Mildred	22 Wiemken, Stanley	30 McOscar, Linda
1 Vollmar, Milton	11 Carson, Kathie	22 Rosengarten, Richard	30 Williams, Ken
1 Warncke, Ginger	11 Teneyck, Lonna	22 Nagel, Susan	30 Ricker, Cathy
2 Wiles, Maxine	11 Franz, Jan	22 Carson, Deborah	30 Miler, Charles
2 Bishop, Margaret	11 Reed, Darlene	22 Franz, Coleen	30 Villagomez, Kathleen
2 Ross, Patricia	12 Brubaker, Sharon	22 Hall, Karme	31 Creps, Shirley
2 Rivera, Mariade Lourdes	12 Hardesty, Edward	22 Deming, Jane	31 Mason, Sandra
2 Croninger, Cynthia	12 Nelson, Linda	23 Arnos, Doris	31 Vary, Michael
2 Bernath, Barbara	12 Russ, Pamela	23 Flowers, Thomas	31 Buchenberg, Kenny
2 Stockhorst, Sandra	13 Hoffman, Melody	23 Miller, Peter	31 Hoffman, Pat
3 Ward, Ron Kieth	13 Thompson, Tony	23 Duval, Stanley	31 Helberg, Cheryl
3 Moriarty, Alice	13 Keene, Cynthia	23 Williams, Janet	31 Biederstedt, Betty
3 Ludlow, John	14 Yates, Margaret	24 Branham, Harold	31 Haskill, Scott
3 Russell, Thomas	14 Reed, Janice	24 Neuenschwander, Charlene	31 Reyes, Carolina
3 Mullins, Rhonda	14 Moyers, Robert	24 Sickmiller, John	31 Ehlers, Brent
3 Rettig, Sue Ann	14 Rosiak, Frank	24 Nutter, Ellen	
4 Meyer, Margaret	14 Stilwill, Larry	24 Schwiebert, Pam	
4 Nelson, Gregory	14 Stilwill, Carolyn	24 Thomas, Gregory	
4 Boyers, Pam	14 Killy, Anita	25 Junge, Lillie	
4 Snyder, Judy	14 Moody, Velmetta	25 Williams, Donald	
4 Vocke, Beth	14 Wiechers, Keith	25 Borstelman, Michael	
5 Iffland, Nancy	15 Haas, James	25 Jones, Mark	
5 Hesterman, Larry	15 Klein, Eric	26 Germann, Lois	
5 Curlis, Kathy	15 Light, Deb	26 Sauber, Rosalie	
6 Hockman, Larry	15 Lerch, Julia	26 Zuniga, Cecilia	
6 Kimple, William	16 Coressel, Christopher	26 McFadden, Marcia	
6 Bostelman, Roger	17 Creager, Lois	26 Plummer, Thomas	
6 Webb, Robert	17 Howell, Karen	26 Bachman, Cindy	
7 McCurdy, Linda	17 Gray, Barbara	26 Lammers, Caroline	
7 Bockelman, Karen	17 Maassel, Patricia	27 Stewart, Kenneth	
7 Gulea, Marion	18 Hollon, Paula	27 Gottwald, Karen	
7 Nye, Audrey	18 Good, Carolyn	27 Prigge, Roger	
7 Bennett, Richard	18 Clingo, Jean	27 Leaders, Linda	
7 Shadday, Cheryl	19 Fitch, Hobert	27 Granger, Gerald	
8 Rathge, Janien	19 Kunkle, Thomas	27 Brown, Kathy	
8 Ruby, Philip	19 Dickey, Linda	27 Eberly, Gloria	
9 Drewes, Deloris	19 Brubaker, Laurie	27 Debbe, Mike	
9 Cain, Karen	19 Davis, Vicki	28 Good, Naomi	
9 Knipe, Clarice	19 Armstrong, Michelle		



Thank you to all who purchased tickets for our Christmas Raffle. Congratulations to our winner Selena Whitford. Thank you to Lynn Knipe for donating the tree.

## **DONATION WISH LIST**

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

## **Tech Help with Joe**

Joe Burgei from NOCAC will be here **Thursday, January 22nd** 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 4th Thurs. of each month.



# Thank You for your Support!!

## Thank You

HCSC Advocate Group

Genacross Lutheran Services-Meal & Bingo Sponsor

Northcrest Nursing & Rehab- Meal & Bingo Sponsor

Bridge Home Health/Hospice-Bingo Sponsor & Ask A Nurse

Vancrest Health Care Center-Bingo Sponsor

Anonymous Donor (Jan)-B Day Bash Meal Sponsor

Northcrest Nursing & Rehab-Holiday Bazaar Sponsor

Immanuel Church, Deshler & St. Peter Church, Holgate

Henry County Health Department, Care 360 Hospice,

Soaring Arts Studio, NOCAC, Maumee Valley Guidance,

Lutheran Church Charities, Napoleon City Schools

## Newsletter Mailing Volunteers

Janet Foxe, Beth Cook, Linda Dickey, Bette Lighthill, Lois

Casper, Kathy Norden, Diane Rhoades, Karen Germann,

Marybeth McClure, Jean Knipp, Viv Dominique, Deb Baker,

Jan Franz, Marge Abel, Karen Cain, Cathy Ricker

## Donations

Don Sager

John & Mary Jane Kline, Tom & Jerri Holder, Donna Bankey,

Dawn Leitner, Carla Lambert, Becky & Steve Arps, Connie &

Roger Sells, Susan Robison, Janet Foxe, Kathleen Vold, Lori

Drewes, John Korak & Several Anonymous Donors

**Thank you to all our amazing bakers, crafters & volunteers who donated their time, talent and money to our Holiday Bazaar & Bake Sale. You are all much appreciated!**

## **SAVE THE SENIOR CENTER POSTAGE FEES**

\* Do you receive our monthly newsletter by mail but come to the senior center weekly. Why not pick up the newsletter at the senior center yourself.

\* Do you receive the newsletter by mail but are willing to have the newsletter Emailed to you monthly. Give us your Email address.

Please let the front desk know of any changes you would like to make regarding how you receive our monthly newsletter.

## **2026 CLIENT REGISTRATION FORMS ARE AVAILABLE**

When did you last filled out a registration form?  
**We need an updated form every four years in order for you to continue to receive our newsletter by mail and for your name to appear on the birthday list.**  
2026 Registration forms are available at the front desk.

## **IN NEED OF HOME REPAIRS?**

Apply for the Community Housing Impact & Preservation (CHIP) Program.

Maumee Valley Planning Organization has funds available for home repairs which address health and safety issues in the home. To qualify your household income needs to be below 80% of median income, be the home owner, have homeowners insurance, and have property taxes paid to date. Some examples of eligible repairs; Roofs, Gutters, Lead Paint, Heating System, Plumbing, Electrical, Structural & Accessibility.

Call Maumee Valley Planning Organization at 419-784-3882 or visit them on the web at [www.mvpo.org/housing](http://www.mvpo.org/housing).



## **2026 WINTER CRISIS PROGRAM FROM NOCAC**

The Winter Crisis Program is a heating assistance program that may provide a one-time payment toward a utility bill, bulk gas bill, or furnace repair for those who meet the program eligibility requirements. The program runs November 1, 2025 through March 31, 2026. Call Northwest Ohio Community Action Commission at 419-599-2481 (LuAnn) for more details.

## **WOODSHOP NEWS**

Come check out our woodshop! Interested in helping out in the shop or learning to make a wood crafted item? Contact us for more information.



## **TRANSPORTATION SERVICES**

Transportation services are 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. Call 419-592-8726 to schedule your ride.





## LET YOUR CREATIVITY FLOW

### **JANUARY CRAFT CLASSES**

Snowman Wall Hanging  
January 12th @ 11:00AM



Please sign up  
and pay \$5.00 for  
this class at the  
front desk.



### **WATERCOLORS WITH SHIRLEY**

Registration is required for this class. Class is offered on the 1st & 3rd Wednesday of the month at 10:00am. **Please register and pay \$2.00 per class at the front desk.**



### **QUILTING WITH BETH**

Come quilt with us! **Every Tuesday** from 1:00pm to 3:00pm in the Art Room. All skill levels are welcome!



### **CARD MAKING WITH DEB**

Make some greeting cards with Deb. This class is generally held monthly on a Thursday in our Art Room. Next class January 8th at 10:30. Please register and pay at the front desk.

## EXERCISE CLASSES

### **CARDIO DRUMMING**

Tuesdays at 10:00  
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

### **WARRIOR Rhythm ROOTS WITH MELISSA**

Come check out this low impact, yoga style class.

**TWO CLASSES A WEEK  
IN JANUARY**



Monday at  
11:00am &  
Fridays at  
11:00am



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

Tuesdays at 1:00pm



### **LINE DANCING WITH LINDA**

Thursdays  
at 9:30

### **PICKLEBALL**

**MORNING PICKLEBALL**  
Mon, Tues, Wed, & Fri.  
8:00AM to 9:50AM

**AFTERNOON PICKLEBALL**  
Monday through Friday  
Every Afternoon (see calendar for time)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 JANUARY	2 <b>SPONSORED MEAL</b>
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 1:00-5:20 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 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>11:15 NOON Years EVE</b> <b>12:00 Meal Sponsored by Devoted Health &amp; Core Wealth</b>	Center Closed Happy New Year! 	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 9:45 Ping Pong 11:00 Grief Group 11:00 Rhythm & Roots <b>12:00 Genacross/ Meal &amp; BINGO Sponsor</b> 12:45 Tai Chi Video 1:30 Pickleball
5	6	7	8 <b>SPONSORED MEAL</b>	9
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Soaring Arts Pottery 11:00 Rhythm & Roots <b>12:45 On the Road Mtg.</b> 1:00-5:20 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:30 Bible Study <b>12:45 Advocates Mtg</b> 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol <b>10:45 "Damascus" Comfort Dog Visit</b> 11:00 HCHC BP Checks 11:00 Watercolors/ Shirley 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Cards/Deb <b>12:00 Northcrest/ Meal &amp; BINGO Sponsor</b> 1:15 Euchre 1:30 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
12	13	14	15	16
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Craft Class 11:00 Rhythm & Roots <b>12:30 Vancress/BINGO Sponsor</b> 1:00-5:20 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:00 Caregiver Group 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>10:45 "Jack" Therapy Dog</b> 11:00 Alzheimer's Group 11:00 Soaring Arts 12:45 Chair Yoga Video 2:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 11:00 Grief Group 12:45 Tai Chi Video 1:00 Pickleball
19 Center Closed	20	21	22	23
	8:00-9:50 Pickleball 10:00 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 11:00 Watercolor 11:00 WISE Program 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:00 Tech Help /Joe 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 1:30 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
26	27	28 <b>SPONSORED MEAL</b>	29	30
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Soaring Arts Pottery 11:00 Rhythm & Roots 11:00 Book Club <b>12:30 Veteran's Group</b> 1:00-5:20 Pickleball 4:00 Euchre	8:00-9:50 Pickleball 10:00 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>10:15 "Ask a Nurse"</b> 11:00 HCHD BP Checks 11:15 Music w/ Jenna & Vanessa <b>11:45 B Day Bash Meal Sponsored by an Anonymous Donor</b> <b>12:30 BINGO/ Bridge Home Health Hospice</b> 12:45 Chair Yoga Video 1:30 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball



# January 2026 Lunch Menu

**MOW & Congregate**  
Suggested Donation  
\$3.00 (60 & over)

**Dine-In Guests**  
(under 60)  
\$ 6.00

MOWs are delivered on Mondays, Tuesdays, Thursdays & Fridays. Wednesday's meal is delivered with Tuesday's meal. Meals are delivered between 10:30am 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
29	30	31 Sponsored Meal	1 Center Closed	2 Sponsored Meal
Pork Chop w/ Gravy Spanish Rice Fiesta Corn Cottage Cheese Mixed Fruit	Beef Manhattan with Mashed Potatoes Peas Pears	NOON YEARS EVE Cheeseburger Tator Tots Baked Beans String Cheese Peaches Cookie Hot Dogs for the Kids		Baked Spaghetti Ranch Green Beans Broccoli Salad Garlic Bread Fruited Jello Salad Rice Krispy Treat
5	6	7	8 Sponsored Meal	9
Cabbage Roll Parsley Buttered Potatoes Mixed Vegetables Applesauce	Chicken Fettuccine Alfredo Broccoli Harvard Beets Peaches & Pears	Sausage & Cheese on English Muffin Hashbrown Potatoes Apple Crisp Fruit Juice	Dinner Ham Sweet Potatoes Buttered Corn Orange Dreamsicle Salad Cookie	Broccoli & Cheese Soup Saltine Crackers Beef Stick Green Beans Pineapple
12	13	14	15	16
Goulash Winter Blend Vegetables Calico Beans Garlic Bread Mandarin Oranges	Tuna Noodle Casserole Cook's Choice Potatoes Peas Cranberry Apple Salad	Pulled Pork Sandwich Mac & Cheese Glazed Carrots Fresh Salad Applesauce Cup	Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Grape Salad	Egg, Bacon & Cheese Casserole Sausage Patty French Toast Casserole Peaches Peanut Butter Cup
19 Center Closed	20	21	22	23
<b>President's Day</b>	Scalloped Potatoes & Ham Glazed Carrots Ranch Seasoned Green Beans Peaches	Hot Chicken Sandwich Buttered Corn Baked Beans Potato Chips Pear Cup	Lasagna California Blend Veggies Garlic Bread Cole Slaw Cherry Crisp	Hamburger Gravy over Mashed Potatoes Harvard Beets Ambrosia Salad
26	27	28 Sponsored Meal	29	30
Chipped Beef Gravy Redskin Potatoes Broccoli Peaches	Pork Chop w/ Gravy Stewed Tomatoes Peas Fruited Jello Salad	Sloppy Joe Tator Tots Green Bean Casserole Mixed Fruit CONG: Birthday Cake	BBQ Chicken Breast Au Gratin Potatoes Buttered Corn Grapes MOW: Birthday Cake	Beef Stew Cheddar Mashed Potatoes Cole Slaw Apple Crisp



## The Soaring Arts Studio at the HCSC for Pottery Class

Coil Bowl Project

January 5th & 26th at 11:00am



Fee for  
pottery class  
is \$15.00.

## 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, January 26th** at 11:00am in the Conference Room.



## Wellness Initiative for Senior Education (WISE)

Mark Sanchez from Maumee Valley Guidance Center will be here to talk about An Enhanced Quality of Life on **January 21st at 11:00am.**

This program offers valuable information on health, wellness, medication, & stress for older adults.

## ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny for our Alzheimer's Support Group, next meeting will be **Wed, January 14th at 11:00am.** Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!



During the support group the Soaring Arts Studio will be offering art projects in our art room for seniors. 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. All seniors are welcome to attend.



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, January 28, 2026.** Please call SeaGate at 419-244-6996 for information on the enrollment process.

## Monthly Entertainment

Jenna Schink (violin) & Vanessa Nicholas (keyboard) will be providing musical entertainment for us at our Birthday Bash Party every month. Program will start at 11:15am on the fourth Wednesday of the month.



**Next performance:**  
**Wednesday, January 28th.**



## Our 4 Legged Friend Visits

**"Damascus"**  
Comfort Dog Visit  
January 7th @ 10:45

**"Jack"**  
Therapy Dog Visit  
January 14th @ 10:45



## CARDS & GAMES

Mahjong every Monday @ 11:00.  
Euchre - Monday @ 4:00 &  
Thursday @ 12:30.  
Hand & Foot or Three/Thirteen -  
Wed @ 1:00.  
Open tables for cards & games anytime!



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 **January 28th.** Call the HCSC to schedule your appointment.





### 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 January meeting will be held on **Friday the 2nd & 16th at 11:00am.**

### INFORMAL VETERAN GROUP

**Monday, January 26th 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, January 13th 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.

**Crick Entertainment Center, Defiance**-Thur. Jan 8th / 1:30pm to 5:30pm. Cost \$35 includes 120 game tokens. Dinner will be at your own expense at Fire Stone. Level 2 of 4. **Registration began Dec 4th.**

**Mixology Class at Adventure Spirits Distilling**-Fri. Jan 30th / 10:45am to 4:00pm. Cost \$45 includes a mixology class and transportation. Lunch will be on your own expense at Whitehouse Inn. Level 1 of 4. **Registration began December 18th.**

**Lunch at Nagoya Japanese Steakhouse & Levis Commons**-Thur, Feb 12th / 10:15am to 4:00pm. Cost \$10 includes your transportation. Lunch & shopping at your own expense. Level 2 of 4. **Registration begins Jan 8th.**

**"The Naked Magicians"**-Fri, Feb 27th / 5:15pm to 11:00pm. Cost \$85.00 includes your show ticket and transportation. Dinner will be at your own expense at Maumee Bay Brewing Company. Level 1 of 4. **Registration begins Jan 15th.**

**Toledo Museum of Art**-Wed, March 4th / 10:00am to 4:00pm. Cost \$10 covers your transportation. Museum entry fee is free. Lunch at the museum café will be at your own expense. Level 2 of 4. **Registration begins Feb 5th.**

**"The Music Man" Musical**-Mon, April 6th. More information to come on this trip.

**In October the Henry County Senior Center will be traveling to Georgia. Come with us as we visit Savannah, Tybee Island & Beaufort. This will be a 6 day / 5 night trip jammed packed with fun adventures. More information to come in our next newsletter.**



**\*\*\*All trip sales are final, no refunds or credits will be given once a trip reservation is made.\*\*\***

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, with several steps involved. Please refer to the trip book for a description of each level.

Credit Card transactions will be subject to a transaction fee.

\$0-\$50=\$2.00 Fee, \$51-\$100=\$4.00 Fee, Over \$100=4% Fee





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### 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*  
Realtor®



219 W. Clinton St.  
Napoleon, OH 43545  
Office: 419-592-3741  
Cell: 419-966-1864  
Email: buzzdkh@gmail.com



## PRIMARY CARE FOR THE WHOLE FAMILY

*Expert care for all ages, close to home!*  
**NOW ACCEPTING NEW PATIENTS.**



419-592-1071 | HenryCountyHospital.org



## Henry County Transportation Network



Find us on  
Facebook

Ohio Relay Number:  
1-800-750-0750

1805 Oakwood Avenue—Napoleon, OH 43545

### PUBLIC TRANSPORTATION

Operating 7 days a week with limited weekend  
and evening transportation availability.

See our Rider Guide and website for more details.  
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- Birth and death certificates
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- Campground inspections
- Car seat checks and distribution
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- Communicable disease investigation
- Community health data
- Cribs for Kids
- Emergency preparedness
- Grief Recovery Method
- Health education and promotion
- Help Me Grow
- Henry County Cares
- Health improvement coalitions
- Immunizations
- Mosquito control
- Naloxone education/distribution (Project DAWN)
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Receptionist, Elizabeth Gribler

Administrative Assistant, Adrienne Waisner

Custodian: Peg Adams

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

Volunteer Dance Instructor: Linda Warren

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

Volunteers/Assistants/Group Leaders: Dick Beck, Beth Cook, Jane Crandall, Joe Distel,

Janet Foxe, Jan Franz, Karen Germann, Vicki Giesige, Jan Heddaeus, Paul Heddaeus,

Beth Jenny, Dawn Leitner, Bette Lighthill, Becky Mansfield, Betty Marihugh, Bonnie Martin,

Donna McGhee, Judy Morua, Betty Naas, Jeanette Okuley, Carla Panning, Linda Rettig,

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Senior Nutrition Assistant, Jordan Kline

Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman

Kitchen Help: Rick Arps, Bill Hatcher

Meals on Wheels Drivers: Jordan Kline, Carla Lambert,

Madison Moore, Gayla Rohrs, Martin Verni, Mike Whitman

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