

Golden Age News

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

www.henrycountyseniorcenter.com



Happy
New Year

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.

Henry County Senior Center

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

JANUARY 2025

Dear Seniors,

Happy New Year and welcome to 2025!! Hopefully everyone had a fun filled safe holiday season and are all prepared for some Ohio winter weather. Some may be reading this from your warmer winter home... we miss you...hope you have a great time and see you in a few months. January and February tend to be a little bit slower months for us at the Senior Center, but you will see that we are still offering lots of exercise classes, activities, a few trips and of course our daily meals.

When it comes to the weather, we like to make sure everyone stays safe if and when the conditions get bad. I will take this chance to remind you about our weather policy and why it is so important that we have your correct contact information in our data base, and also why we stress you sign in each time you come to the center. If we feel the weather is too bad to open the senior center, we will put announcements on WNDH 103.1 FM radio, but we will also send out one of our calls from the center. We also use those calls when we need to only contact certain people, for example, when a fitness class is canceled, we can pull up anyone who has checked in for that class and have the call go out to only them. Client sheets need to be updated every couple years, please fill out a new one so we can confirm we have the most updated information on you. Thank you in advance!

Stay Warm and Hope to see you all at the Senior Center!!

Penni Bostelman
Executive Director



SOUP & CHILI COOK OFF

Friday, February 7, 2025

Calling out to all our amazing cooks, we need your help! Enter our SOUP & CHILI COOK OFF. Winner will receive a prize and bragging rights for "best soup chef" of the year! You will need to sign up at the front desk by 2-3-25 to be entered into the competition. Soups will need to be in crock pots and be at the senior center by 11:00am on the day of judging. Even if not entering, come that day for our fun Super Bowl Party & BINGO.



- | | | | |
|---------------------------|--------------------------|-------------------------|-------------------------|
| 1 Dangler, Clifford | 7 Nye, Audrey | 17 Howell, Karen | 24 Thomas, Gregory |
| 1 Tussing, Carolyn | 7 Bennett, Richard | 17 Gray, Barbara | 25 Junge, Lillie |
| 1 Sexton, Gordon | 7 Shadday, Cheryl | 17 Atkinson, Tom | 25 Williams, Donald |
| 1 Rohrs, Ronnie | 8 Junge, Nora | 17 Maassel, Patricia | 25 Borstelman, Michael |
| 1 Botticher, Marlene | 8 Badenhop, Raymond | 17 McCorkle, Mike | 25 Clausing, Beth |
| 1 Yoder, Marian | 8 Miller, Barbara | 18 Bischoff, Sharon | 26 Germann, Lois |
| 1 Long, Michael | 8 Rohrs, Ted | 18 Bennett, Marsha | 26 Feffer, Dora |
| 1 Rogers, Linda | 8 Rathge, Janien | 18 Hollon, Paula | 26 Sauber, Rosalie |
| 1 Bergstedt, Tom | 8 Ruby, Philip | 18 Kline, Mary Jane | 26 Zuniga, Cecilia |
| 1 Boyd, Julia | 9 Drewes, Deloris | 18 Good, Carolyn | 26 Adams, Samra |
| 1 Hefflinger, Bruce | 9 Cain, Karen | 18 Fackler, Polly | 26 McFadden, Marcia |
| 1 Mclimans, Robert | 9 York, Diana | 18 Clingo, Jean | 26 Plummer, Thomas |
| 1 Sanchez, Alberto | 9 Rellstab, Theodore | 18 Thornton, James | 26 Ellerbrock, Pat |
| 1 Siefer, Paula | 9 Knipe, Clarice | 19 Fitch, Hobert | 26 Lammers, Caroline |
| 1 Holman, Suzanne | 9 Kern, John | 19 Haselman, Barb | 26 Clay, Karen |
| 1 Horstman, Rebecca | 9 Mann, Linda | 19 Walker, Barbara | 27 Callo, Angelita |
| 1 Leonard, Kevin | 9 Dammann, Peggy | 19 Alvarado, Henrietta | 27 Stewart, Kenneth |
| 2 Gordon, Marilyn | 9 Maynard, Charles | 19 Kruse, Dan | 27 Piercefield, Charles |
| 2 Wiles, Maxine | 9 Niese, Ruth | 19 Behrman, Sheryl | 27 Gottwald, Karen |
| 2 Bishop, Margaret | 10 Markins, Janie | 19 Kunkle, Thomas | 27 Prigge, Roger |
| 2 Keehn, Anthony | 10 Griteman, Eloise | 19 Dickey, Linda | 27 Yantiss, Shirley |
| 2 Ross, Patricia | 10 Stein, Karen | 20 Burdue, Iona | 27 Leaders, Linda |
| 2 Sunderman, Burdette | 10 Hefflinger, Cathy | 20 Stockman, Paul | 27 Granger, Gerald |
| 2 Rivera, Mariade Lourdes | 10 Wentling, Ronald | 20 Peggs, William | 27 Hoops, Deb |
| 2 Croninger, Cynthia | 10 Badenhop, Jackie | 20 Barkley, Donald | 27 Eberly, Gloria |
| 2 Stockhorst, Sandra | 10 Whitney, Bill | 20 Collier, Don | 28 Good, Naomi |
| 3 Ward, Ron Kieth | 10 Harmon, Karolyn | 20 Eustace, Susan | 28 Cooper, Donnav |
| 3 Moriarty, Alice | 11 Schnitkey, Marie | 20 McDaniels, Barry | 28 Soriano, Fe |
| 3 Myles, Gary | 11 Crumrine, Mildred | 20 Huston, Kay | 28 Dawson, Bennie |
| 3 Ludlow, John | 11 Burditt, Barbara | 20 Gray, Nancy | 28 Blasingim, Larry |
| 3 Higbea, Kathy | 11 Carson, Kathie | 21 Fuhrhop, Ruth | 28 Cordes, Judith |
| 3 Cobb, Douglas | 11 Alvarez, San Juanita | 21 Betts, Linda | 28 Blease, Sandra |
| 3 Rettig, Sue Ann | 11 Franz, Jan | 21 Green, Mary | 28 Siefer, Pat |
| 4 Meyer, Margaret | 11 Reed, Darlene | 21 Bowerman, Marjorie | 28 Leow, David |
| 4 Williams, Mary | 12 Collier, Michael | 21 Peebles, David | 29 Wulff, Carolyn |
| 4 Rodi, William | 12 Piasecki, Brenda | 22 Wetter, Arlene | 29 Keller, Jean |
| 4 Golbinec, John | 12 Hardesty, Edward | 22 Gibson, Judith | 29 Spitnale, Barbara |
| 4 Nelson, Gregory | 12 Nelson, Linda | 22 Wiemken, Stanley | 29 Worchuck, Luann |
| 4 Woodring, Larry | 13 Hoffman, Melody | 22 Barlow, Marvin | 30 Sager, Ann |
| 4 Boyers, Pam | 13 Thompson, Tony | 22 Rosengarten, Richard | 30 Cary, Lloyd |
| 5 Fonseca, Estella | 14 Moulton, Melvin | 22 Freppel, Renee | 30 Bidwell, Robert |
| 5 Iffland, Nancy | 14 Yates, Margaret | 22 Carson, Deborah | 30 Rowland, Pamela |
| 5 Hesterman, Larry | 14 Reed, Janice | 22 Franz, Coleen | 30 McOscar, Linda |
| 6 Rickerd, Delores | 14 Moyers, Robert | 22 Deming, Jane | 30 Griteman, Robert |
| 6 Hockman, Larry | 14 Rosiak, Frank | 23 Arnos, Doris | 30 Nissen, Scott |
| 6 Kimple, William | 14 Blease, Ian | 23 Rinehart, Marilyn | 31 Creps, Shirley |
| 6 Steele, Donald | 14 Moody, Velmetta | 23 Duval, Stanley | 31 Mason, Sandra |
| 6 Brewster, Leonard | 15 Haas, James | 23 Williams, Janet | 31 Vary, Michael |
| 6 Bostelman, Roger | 15 Griggs, Karen | 23 Krueger, Sherry | 31 Buchenberg, Kenny |
| 6 Rohrbaugh, Mary | 15 Carr, Cindy | 24 Branham, Harold | 31 Helberg, Cheryl |
| 7 Follett, John | 15 Klein, Eric | 24 Drewes, Donna | 31 Biederstedt, Betty |
| 7 Thompson, Zella | 15 Light, Deb | 24 Neuenschwander, | 31 Bihlmaier, |
| 7 McCurdy, Linda | 15 Hoffman, Gary | Charlene | AlecSandra |
| 7 Bockelman, Karen | 15 Meyer, Janet | 24 Sickmiller, John | 31 Reyes, Carolina |
| 7 Gregory, James | 16 Coressel, Christopher | 24 Fitzenreiter, Janice | 31 Sunior, Thomas |
| 7 Gulea, Marion | 17 Creager, Lois | 24 Schwiebert, Pam | |

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, January 14th & Thursday, Jan 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-Bazaar Meal & Bingo Sponsor
Frost Insurance-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
Becky Goure-Christmas Craft Instructor
Jill Jolliff, Autumn Bostelman-Jolliff
Maryann Walden, Beth Cook, Guadalupe Flores, Karen Riser

Thank You to Linda Rettig & Paul Heddaeus for all their countless hours of helping our seniors navigate through the Medicare process. We greatly appreciate you both!

Seat Belt Day We thank the Ohio State Highway Patrol & Henry County Health Department for coming to the HCSC for Seat Belt Day. Congratulations to Larry Hesterman who won the drawing.



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. We do not charge, but **donations** will be accepted. Appointments will be scheduled on Mondays and Tuesdays only. Starting in February. Call 419-599-5515 to schedule your appointment on or after January 27th.

Please bring the following to your appointment:

- *Driver's License
- *Social Security Card
- *2023 Tax Returns
- *2024 Tax Documents
- *Bank Account & Routing Numbers

Donations

John & Mary Jane Kline, Helen Witte, Ann Kuczowski, Bonnie Martin, Jayne Hernandez, Kay Huston, Bonnie Martin, Linda Dickey, Roger Sell, Jim & Peggy Butler, Terry Herman, Jane Wilhelm, Cindy Gerken, Lois Casper, Jill Jolliff

Newsletter Mailing Volunteers

Diana Rhodes, Janet Foxe, Beth Cook, Judy Groves, Jean Knipp, Kathy Norden, Sandy Foreman, Linda Nelson, Deb Wensink, Deb Baker, Betty Marihugh, Becky Mansfield, Lois Casper, Karen Germann, Linda Dickey, Diana Kruse

Memorials

Betty Mohler by Barb Paisie, Beth Cook, Tom Irman, Julia Irman
Richard Gray by Betty Ward



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 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!



Join our Care Giver Group on
Tuesday, January 14th at
10:00am. The group will have
Christy Montgomery, RN speak

on hospice & home health care. Christy is a Community Nurse Liaison with Bridge Home Health & Hospice and is one of our favorite monthly BINGO callers. All are welcome to attend!

LET YOUR CREATIVITY FLOW



Wine Cork Valentine Wreath & Cinnamon Heart Tags

January 30th at
10:30am Cost \$5

Sign up begins
1/2/25 You must pay
at sign up.



WATERCOLORS WITH SHIRLEY

Classes resumes January 15th!

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. 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**
Mondays at 10:00
Wednesdays 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	31 New Years Eve	1 CENTER CLOSED	2	3 SPONSORED MEAL
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 10:30 Cardio Drumming 10:30 Bible Study 11:30 Noon Years Eve Party/Games	JANUARY 	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 10:00 Movie/Popcorn 12:30 Euchre 3:20 Chair Yoga/Heather	8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group 12:00 Genacross Meal/ BINGO Sponsor 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
6	7	8	9 SPONSORED MEAL	10
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 12:30 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 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 12:00 Northcrest Meal/ BINGO Sponsor 1:10 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
13	14	15 Nat. Hat Day	16	17
8:00-9:45 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Video 11:00 Mahjong 12:30 BINGO/Vancrest 2:00 Pickleball	8:00-9:00 Walking/Gym 9:00 Tech Help with Joe Appt. Required 10:00 Caregiver Group Guest Speaker from Bridge Hospice 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/Video 10:00 Watercolor/Shirley 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 \$7 11:00 Hearing Aid Checks/Beltone 12:30 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 2:00 Pickleball
20 CENTER CLOSED	21 Nat. Hugging Day	22 SPONSORED MEAL Nat. Polka Dot Day	23	24
	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks 11:45 BDay Bash-- Frost Insurance 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 9:00 Tech Help with Joe Appt. Required 9:30 Line Dance/Linda 12:30 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
27	28	29 Nat. Puzzle Day	30	31
8:00-9:45 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 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 12:30 Cornhole 12:45 Chai Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Valentine Craft \$5 12:30 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

January 2025 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	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, Peaches Hot Dog & French Fries for kids attending event	JANUARY 2025	Pork Roast Red Skin Potatoes Peas & Carrots Fruit Cocktail	Sloppy Joe Sandwich Broccoli w/ Cheese Sauce Sunshine Salad
6	7	8	9 SPONSORED MEAL	10
Tuna Noodle Casserole Glazed Carrots Apple Crisp Fruit Punch Fig Newton Cookie	Pork Chop w/ Gravy Sweet Potatoes Green Beans Applesauce Bagel w/Cream Cheese	Cheeseburger Buttered Corn Au Gratin Potatoes Pears	Baked Spaghetti California Blend Veggies Cole Slaw Garlic Bread Apricots	Ham Salad Sandwich 3 Bean Salad Potato Salad Cherry Raisins Cookie
13	14	15	16	17
Salisbury Steak w/Gravy Stewed Tomatoes Peas Applesauce	Seasoned Baked Chicken Breast Red Skin Potatoes Broccoli Peaches	Pulled Pork Sandwich Corn Nuggets Fried Rice Mixed Fruit	Lasagna Mixed Vegetables Lettuce Salad w/ Dressing Fruited Jello Salad Garlic Bread Grape Salad	Cod Fish Sandwich Tartar Sauce Scalloped Potatoes Peas Pineapple & Mandarin Oranges
20 CENTER CLOSED	21	22 SPONSORED MEAL	23	24
	Chicken Fettuccine Alfredo Broccoli Cottage Cheese Blush Pears	Hot Beef Sandwich Corn Baked Beans Strawberry Fruit Jello Cong: Birthday Cake	Chipped Beef Gravy California Blend Vegetables Baby Baker Potatoes Grapes MOWS: Birthday Cake	Dinner Ham Sweet Potatoes Green Beans Ambrosia Salad
27	28	29	30	31
Goulash Winter Blend Vegetables Cole Slaw Lemon Pineapple Salad Garlic Bread	Blueberry Pancakes Sausage Patty Egg Bites Grapes Fruit Punch	Hot Chicken Sandwich Potato Triangles Mixed Vegetables Pears Bag of Corn Chips	Meatloaf Mashed Potatoes w/ Gravy Corn Dreamsicle Dessert Salad	Baked Potato w/Cheese & Bacon Bits Broccoli Cherry Crisp Hot Chocolate



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 27th at 11:00am in the Conference Room.

HOLIDAY EVENING MEAL 2024



Thank you to Marv MtCastle & Ron Budde for our musical entertainment. Also thank you to our table waiters from Napoleon High School.

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, January 16th from 11:00am to 1:00pm

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.

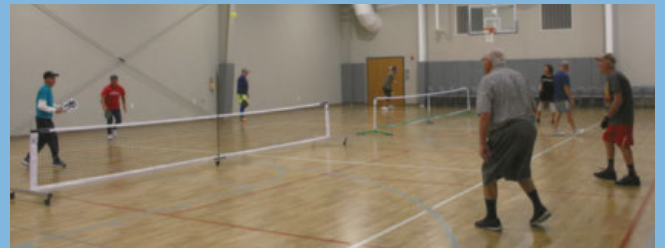
An initial assessments will be performed by HCSC staff prior to being enrolled in the Meals-On-Wheels program to verify qualifications. After the initial assessment, evaluations will be performed yearly.



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, January 6th & Feb. 10th. 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, January 22, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.

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.





HENRY COUNTY SENIOR CENTER



Thank you to all who donated time, crafts & baked goods for our Holiday Bazaar! Your efforts are 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 January meetings will be held on Friday the 3rd & 17th 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 group typically meets on the 3rd Wednesday of the month, January 15th 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, January 14th 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.

Movie Trip, Wauseon-Tuesday, January 14th / 10:30am to 3:00pm. Cost \$15 includes ticket & transportation. We will be seeing the movie "A Complete Unknown" a biographical drama about the life of Bob Dylan. Your meal will be at your own expense at Reelwood Kitchen. **Registration began in December.**

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, Feb. 14th / Cost \$15 includes ticket & transportation. We will have dinner after the movie at Dark Horse Social Club, your meal will be at your own expense. **Registration began in December.**

Car Caravan to Amish Country, Dutch Host Inn, Sugar creek-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 began in December.**

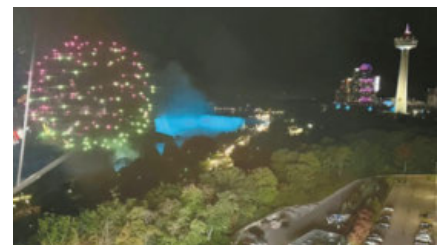
"Menopause II" The Musical, Niswonger in VanWert-Wed, March 26th / 4:00pm to 11:00pm. Cost \$80. Dinner will be at your own expense at Dick's Steak House in Kalida. **Registration began in December.**

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 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, location to be determined. **Registration begins January 16th.**



Fun Times at Niagara Falls



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
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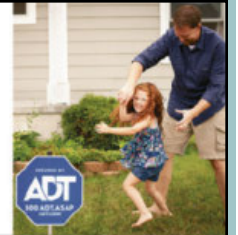
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Volunteer Dance Instructor: Linda Warren
Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr
Volunteers/Assistants:
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Senior Nutrition Head Cook, Vicky Badenhop
Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman
Dish Room: Bill Hatcher, Don Hill
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Meals on Wheels Drivers: Rick Arps, Jordan Kline, Carla Lambert,
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The Henry County Senior Center is funded by: Henry County Senior Levy, Donations,
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