

Golden Age News

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

www.henrycountyseniorcenter.com



EXTENDED SEPTEMBER EVENING HOURS

The Henry County Senior Center will be open till 7:30pm on Mondays and Thursdays. Check our activity calendar for more information.

Thank you to all our generous donors who supported our Senior Day at the Henry County Fair.

*Bert G Taylor American
Legion Post #300,
Civista Bank,
Corn City Bank,
Vancrest of Holgate,
Dental Excellence,
Culligan Water of NW Ohio,
Ohio Senior Insurance,
Henry County Agricultural
Society-Fair Board,
Northcrest Nursing & Rehab,
Country Gourmet,
HCSC Advocate Group*

Please thank our donors for their gracious donations with your patronage!

Henry County Senior Center

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

SEPTEMBER 2025

Dear Seniors,

As summer draws to a close, I've found myself reflecting on the warmth, joy, and meaningful moments we've shared over these past few months. August, in particular, was a special time at the Henry County Senior Center, and I feel truly grateful to have shared it with all of you.

Thank you to everyone who joined us for the **Volunteer Appreciation Dinner on August 6**. It was a memorable evening honoring the many generous individuals who give their time and heart to our community. We had lots of laughs during trivia with our newest County Commissioner, **Joel Miller**, and many walked away with a keepsake caricature from **Don Lee**—a fun reminder of a night well spent.

We also had a fantastic time at **Senior Day at the Henry County Fair on August 12**—a day full of fun, friendship, and festive memories! With over **325 seniors** in attendance, the event was filled with laughter, updates, door prizes, entertainment, and of course, everyone's favorite: fair food. We're already counting down to **Senior Day 2026!**

As we turn the page to fall, I look forward to crisp mornings, colorful leaves, and more opportunities to gather and grow together. Thank you for being such an important part of our senior center family.

Angela



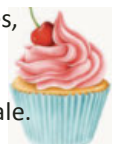
Fall Rummage Sale & Bake Sale

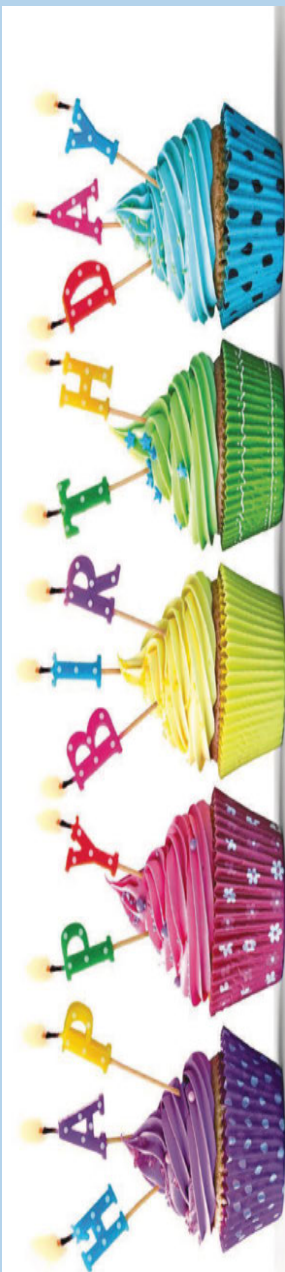
Thursday, Sept. 18th 3PM-7PM,
Friday, Sept. 19th 8AM-5PM,
& Saturday, Sept. 20th 8AM to NOON.

Drop Off Dates: Fri. Sept. 12th 8AM-2PM & Sat. Sept. 13th 8AM-12PM.

Check the front desk to sign up to work a shift or two during drop off and sale dates. Many hands are needed....and it's FUN! Do you use the services of HCSC please consider donating your time to help run the rummage sale. The profits from this sell pay for exercise class instructors & equipment, special programming, art room supplies, puzzles, BINGO prizes, special events and more. Please HELP!

Baked Good donations will also be needed during the dates of the rummage sale. Thank you in advance to all our wonderful bakers!





1 Ulrich, Linda	11 Dawson, Nancy	18 Haas, Sharon	26 Brubaker, Lynn
1 Gerken-Lones, Carol	11 Dunn, Richard	18 Fernbaugh, Gina	26 Lindhorst, Jerry
1 Brown, Laura	11 Curry, Suzette	18 Herr, Gerald	26 Seedorf, David
1 Flory, Suzanne	11 Murillo, Chuck	19 Mangas, Jackie	26 Robinette, Thresse
1 Huber, Jennifer	11 Fisher, Louann	19 Rettig, Terry	26 Oswalt, Kelly
2 Edwards, Darrell	12 Niese-Grabowski, Shirley	19 Wensink, Deb	27 Bischoff, Esther
2 Cooley, Terry	12 Myers, Douglas	19 Helmke, Nancy	27 Kruse, Elvera
2 Oberhaus, Debra	12 March, Gary	19 McDowell, Denise	27 Ehasz, Mary Lou
2 Eitzman, Peggy	12 Wallace, Leanne	19 Fruth, Marvin	27 Nye, Linda
2 Espinoza, Jimmy	12 Clemens, Susan	20 Boggs, Sarah	27 Winddisch, Donna
3 Cline, Juanita	13 Smith, Audrey	20 Williams, Maureen	27 Cruely, Sylvia
3 McCabe, Elaine	13 Pierce, Judy	20 Hibbard, Gwendolyn	27 Eberle, Debbie
3 Aschemeier, Cathy	13 Harrison, Ruth	20 Hasch, Robert	27 Boyd, Sheryl
3 Knipp, Steve	13 Steiner, Keith	20 Gibson, Myrna	28 Dominique, Vivian
3 Dachenhaus, Randall	13 Borstelman, Carol	20 Ludemann, Ruth	28 Warncke, Valory
3 Rastocan, Albert	13 Bott, Barbie	20 Lawrence, Lynette	28 Gill, Richard
4 McOscar, Joe	14 Powell, Margaret	21 Moll, Ruth	28 Linehan, Dennis
4 Schroeder, JR	14 Watson, Joan	21 Oberhaus, Vivian	28 Kuntz, Kelli
4 Parker, Connie	14 Kryder, Pat	21 Craddock, Carolyn	29 Bell, Lucille
4 Fitzwater, Janice	14 Daman, Cheryl	21 Maas, David	29 Reimund, Lynn
4 Bitzinger, Alice	14 Lambert, David	21 Taylor, Roseann	29 Corona, Adelita (Lily)
5 Howe, Gary	14 Franz, Richard	21 Manley, Wanda	29 Carson, Tammeria
5 Dickmann, Judy	14 Franz, Ronald	21 Ricker, Linda	30 Knipp, Jean
5 Lumpkins, Delilah	15 Meyer, Linda	22 Tovar, Thomas	30 Crocker, James
6 Franz, Evelyn	15 Rohrs, Kathleen	22 Damman, Delbert	30 Hoskins, Brenda
6 Germann, Karen	15 Arps, Richard	22 Blue, James	30 Rosebrock, Randy
6 Scott, Betty	15 Drescher, Jon	22 Solether, Jay	30 Durham, Dave
6 Eberle, Donald	15 Brent, Jane	22 Emenhiser, Genevieve	
6 Borstelman, Sandra	15 Brubaker, Daniel	22 Herr, Lisa	
6 Pitchford, Holly	15 Fletcher, Pam	23 Sonnenberg, Norman	
7 Seedorf, Loretta	15 Steinmetz, Dianne	23 Cruz, Lina	
7 Kidwell, Terry	16 Gustwiller, Barbara	23 Johnson, Peggy	
7 Skiver, Agnes	16 Knepley, Alice	23 Cahoo, Jay	
7 Beard, Kathryn	16 Hill, Janet	23 Male, Mitch	
7 Wing, Paddy	16 Bressler, Nancy	23 Leonard, Pamela	
7 McCain, Shelia	16 Meienburg, Mary Beth	24 Pfau, Rosemary	
8 Elchinger, Margaret	16 Thome, Carol	24 Ross, Dan	
8 Dietrich, Sandra	16 Carpenter, Carol	24 McCauley, Phyllis	
8 Meter, Donald	16 Dunn, Connie	24 Nunn, David	
8 Thompson, Timothy	16 Clark, Richard	24 Salinas, Edward	
8 Barnes, Susan	16 Swift, Neva	24 Panning, Karla	
8 Rodriguez, John	17 Krauss, Larry	25 Haase, Kenneth	
9 Moneer, Teddy	17 Ward, Juanita	25 Eureste-Kryder, Anita	
9 Sauder, Jane	17 Morey, William	25 Hardesty, Joan	
9 Vance, Juliana	18 Hogrefe, Nancy	25 Baum Jr, Phillip	
10 Knape, Lois	18 Lecklider, Janice	25 Wachtmann, Tina	
10 Kessler, Mary	18 Nagel, Norma	26 Buenger, Wilma	
10 Smith, Mary Ann	18 Slesman, Norman	26 Yocom, James	
10 Bennett, Jeannie	18 Dunphy, James		
11 Hockman, Darlene			
11 Riebesehl, Daniel			

DONATION WISH LIST

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



**Pop Up
Farmer's Market**
Busch's Orchard will
be here on Thursdays
in September from
4:30 to 5:30 at The
Henry County Senior
Center Shelter
House. Area Office
on Aging coupons
will be accepted.



Tech Help with Joe

Joe Burgei from NOCAC will be here **Tuesday, September 9th & Thursday, September 25th** 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

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

Henry County Hospital-Bday Bash Meal Sponsor

Board of Commissioners-Volunteer App. Dinner Sponsor

Immanuel Church, Deshler & St. Peter Church, Holgate

Henry County Health Department, Care 360 Hospice,

Soaring Arts Studio, NOCAC, Maumee Valley Guidance

Memory of Harriet Case-Exercise Equip Donation by family

Memory of Mary Flory-Donna McGhee, Betty Marihugh

Memory of Mary Ann DeWit-Anonymous

Memory of Marion Barry-Anonymous

Memory Of Judy Letso-Amy & Pat Hutchinson, Chuck Baker, Ginny Quiller, Rich & Andi Kolbe, Betty Marihugh, Anonymous

Newsletter Mailing Volunteers

Janet Foxe, Sandy Foreman, Bette Lighthill, MaryBeth McClure, Deb Baker, Deb Franz, Judy Groves, Linda Nelson, Diana Rhodes, Karen Germann, Marg Abel, Becky Mansfield, Jane Westhoven, Beth Cook, Teresa Kiessling

Thank You for your Support!!

Donations

Maryann Walden, Beth Cook, Norma Beck, John & Mary Jane Kline, Carla Lambert, Herb Riggs, Dawn Leitner, Carl Lones, Janet Foxe, Linda Nelson, Jim Joseph, Betty Copeland, Maggie Yates, Beth Cook, Bette Lighthill, Betty Marihugh, Donna McGhee, Linda Dickey

Did You Know? – Helping Seniors Stay Connected with Reliable Transportation

The Henry County Senior Center and Henry County Transportation Network work hand-in-hand to ensure seniors in our community have access to safe, dependable transportation—whether it's to the Senior Center, a medical appointment, the grocery store, or other essential stops.

Thanks to community support, local levy funds, and generous donations, we're able to offer these rides to seniors at no cost to them. But as our senior population grows, so does the demand for these services—and so do the costs.

Currently, the Senior Center covers an average of **\$30,000 per month** in transportation expenses. These funds go directly toward helping our neighbors get where they need to go—safely, comfortably, and on time.

To give you an idea of what these trips cost the Senior Center:

- **In-town trip – Napoleon (one way):** \$1.00
- **In-county trip (one way):** \$4.00
- **Napoleon to Wauseon (20 miles round trip):** \$57.60
- **Napoleon to Defiance (36 miles round trip):** \$103.68

...and so on, with longer trips costing more based on mileage.

These rides are provided through Henry County Transportation Network, which bills the Senior Center at a rate of **\$2.69 per mile**, reviewed quarterly.

If you currently ride with HCTN and feel moved to help cover the cost of your own trip, the **self-pay rate is \$1.00 per mile** for rides outside Henry County. Just let HCTN know you'd like to self-pay—every little bit makes a big difference.

More than anything, we want to ensure that seniors continue to have access to transportation that supports their independence and well-being. Your donation—no matter the size—goes a long way in helping us keep that promise.

If you'd like to support transportation services for seniors, donations can be made by mail, online, given to your HCTN driver and noted as a donation, or in person at the Henry County Senior Center. If you have any questions, please feel free to stop by or give us a call. We're always happy to talk.

Together, we can keep Henry County seniors moving forward—one ride at a time.



The Soaring Arts Studio at the HCSC for Pottery Class

Sunflower Vase September 2nd & 29th at 11:00am



Sign up at the front desk.

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 pottery class offered.



Wellness Initiative for Senior Education (WISE)

Mark Sanchez from Maumee Valley Guidance Center will be coming to the HCSC on the third Wednesday of the month at 11:00am to offer this evidence based program. WISE is a Prevention & Wellness program for Older Adults to promote health.

Dates & Topics

September 17th-Aging Sensitivity

October 15th-Valuing Cultural & Generational Diversity

November 19th-Medications and the Older Adult

December 17th-Substance Misuse and the Older Adult

January 21st-An Enhanced Quality of Life

This program offers valuable information on health, wellness, medication, stress, depression and substances.

LET YOUR CREATIVITY FLOW

CRAFT CLASSES

Denim Jean Decorative Bowl

Monday, September 15th at 11:00am



Sign up &
Pay \$5.00
by
9/11/25



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 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. September 18th at 10:30am in the Art Room. Please Register & Pay for the class by 9/15/25.

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

WARRIOR Rhythm ROOTS WITH MELISSA

Fridays at 11:00am



DANCEFIT WITH CHRISTINE

Mondays at 5:30pm & Thursdays at 10:45am

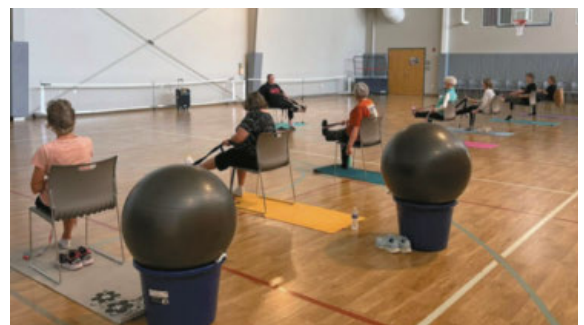


CHAIR YOGA WITH HEATHER

Thursdays at 6:30pm

BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



LINE DANCING WITH LINDA

Thursdays
at 9:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed	2	3	4	5 SPONSORED MEAL
SEPTEMBER 2025 	8:00-9:50 Pickleball 10:30 Cardio Drumming 10:30 Bible Study 11:00 Pottery Class 12:45 Advocate Mtg. 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 HCHD BP Checks 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00-6:20 Pickleball 4:30-5:30 Farmer's Market 5:00 Hand & Foot 6:30 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 11:00 Warrior Rhythm 12:00 Genacross Meal/ BINGO Sponsor 12:10 Declutter  12:45 Tai Chi Video 1:30 Pickleball
8	9 Nat Teddy Bear Day	10	11 SPONSORED MEAL	12
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Mahjong 12:45 On the Road Mtg. 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 9:00 Tech Help w/Joe 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 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Alzheimer's Group & Soaring Arts 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:45 DanceFit 11:00 AOoA 12:00 Northcrest Meal/BINGO Sponsor 1:15 Euchre 1:30-6:20 Pickleball 4:30-5:30 Farmer's Market 5:00 Hand & Foot 6:30 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 12:45 Tai Chi Video 1:00 Pickleball <u>Friday Rummage Sale</u> Drop Off 8AM-2PM <u>Saturday Rummage Sale</u> Drop Off 8AM-12PM
15	16	17	18	19
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Mahjong 11:00 Jean Bowl Craft 12:30 BINGO/Vancrest 1:30-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 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 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 WISE Program Maumee Valley Guidance 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card Making/Deb 10:45 DanceFit 12:30 Euchre 1:00-6:20 Pickleball 4:30-5:30 Farmer's Market 5:00 Hand & Foot 6:30 Chair Yoga/Heather <u>Thursday</u> Chick-Fil-A Food Truck Rummage Sale 3PM-7PM	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Warrior Rhythm 11:00 Grief Group 12:45 Tai Chi Video 1:00 Pickleball <u>Friday</u> Rummage Sale 8am-5pm <u>Saturday</u> Rummage Sale 8am-12pm
22	23	24 SPONSORED MEAL	25	26
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Mahjong 12:30 Veteran's Group 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 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 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 10-11:30 Paws & Hooves-Northcrest 10:15 "Ask a Nurse" 11:00 HCHD BP Checks 11:45 BDay Bash-NAMI 12:30 BINGO/Bridge HHH 12:45 Chair Yoga Video 1:30 Pickleball	8:30 Cardio Drumming 9:00 Tech Help 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00-6:20 Pickleball 4:30-5:30 Farmer's Market 5:00 Hand & Foot 6:30 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm 12:45 Tai Chi Video 1:00 Pickleball
29	30	1	2	3 SPONSORED MEAL
8:00-9:50 Adv Pickleball 9:00 Tai Chi w/Robert 10:00 Exercise/Carol 11:00 Pottery Class 11:00 Mahjong 11:00 Book Club 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 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 10:00 Watercolor/Shirley 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00-6:20 Pickleball 5:00 Hand & Foot 6:30 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 11:00 Warrior Rhythm 12:00 Genacross Meal/ BINGO Sponsor 12:45 Tai Chi Video 1:30 Pickleball

September 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
1 Center Closed	2	3	4	5 SPONSORED MEAL
 LABOR DAY	Pork Chop w/Gravy Spanish Rice Peas & Carrots Applesauce	Hot Beef Sandwich Green Bean Casserole Au Gratin Potatoes Mixed Fruit	Stuffed Chicken Breast Vegetable Fried Rice Spinach Salad w/ Mandarin Oranges Lime Pear Salad	Baked Spaghetti California Blend Veggies Cole Slaw Apple Cobbler Garlic Bread
8	9	10	11 SPONSORED MEAL	12
Chicken and Noodle Casserole Glazed Carrots 3 Bean Salad Fruited Jello	Country Fried Steak w/ Gravy Scalloped Potatoes Brussel Sprouts Cherry Crisp	Ham Salad Sandwich on Wheat Bread Potato Salad Cheese Cubes Peaches	Beef Manhattan Mashed Potatoes Green Beans Buttered Corn Mandarin Orange Salad	Cheeseburger Tator Tots Cucumber & Tomato Salad Fresh Melon Cookie
15	16	17	18	19
Pork Roast w/ Baked Apples Winter Blend Vegetables Cole Slaw Fruit Punch	Egg Bake w/Cheese & Bacon Sausage Patty w/Gravy Tator Tots Blue Berry Crisp	Hot Chicken Sandwich Sweet Corn Casserole Baked Beans Pears	Beef Tips, Peppers & Onions White Rice Mixed Vegetables Sunshine Salad	Baked Potato w/Cheese & Bacon Bits Broccoli V8 Juice Sliced Apples
22	23	24 SPONSORED MEAL	25	26
White Chicken Chili Saltine Crackers Fiesta Corn Coleslaw Peaches & Pineapple	Ranch Seasoned Chicken Breast Buttered Noodles Harvard Beets Spinach Salad w/ Mandarin Oranges Apple Juice	Hot Beef Sandwich Calico Beans Hashbrowns Applesauce B-Day Cake	Meatloaf Mashed Potatoes & Gravy Corn Dreamsicle Fruit Salad MOWs B-Day Cake	Brat w/Bun German Potato Salad Green Bean Casserole Grape Salad
29	30	1	2	3 SPONSORED MEAL
Creamed Chip Beef Gravy Baby Baker Potatoes Mixed Vegetables Blush Pears	Cranberry Glazed Pork Roast Cooked Cabbage & Baby Carrots Red skin Potatoes Fresh Fruit	Chicken Salad on Wheat Bread Pea Salad Macaroni Salad Mandarin Orange Jello	Baked Cod Fish Mac & Cheese California Blend Vegetables Spiced Peaches Cornbread	Dinner Ham Green Beans Sweet Potatoes Cranberry & Apple Salad Cookie

Behavioral Interventions When Caring for Someone with Dementia

Thursday, September 11th at 11AM

Presented by Shawn Waidelich, LSW
from the Area Office on Aging

This presentation provides individuals with information regarding the causes of dementia and the importance of early detection. In addition, participants will learn to recognize common behaviors related to individuals with dementia, determine the causes of challenging behaviors and apply interventions to reduce behavioral symptoms.

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, September 29th** at 11:00am in the Conference Room.



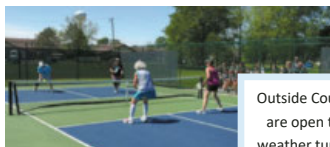
The next SeaGate Food Box pick up is **Wednesday, Sept 24, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.

INSIDE PICKLEBALL

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

PICKLEBALL— Monday through Friday
Afternoons (see calendar for schedule)
Evening Hours on Monday & Thursday Nights

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



Outside Courts
are open till
weather turns.

Decluttering & Downsizing

Friday, Sept. 5th at 12:10

Learn some tips to follow to avoid hanging on to items which do not bring you joy or of true need.

This presentation will touch on how to recognize and avoid hoarding habits in ourselves.

Presented by Karen VonDeylen, LISW-S
from Maumee Valley Guidance Center.



CARDS & GAMES



Mahjong every Monday @ 11:00.

Euchre - Monday @ 5:00 & Thursday @ 12:45.

Hand & Foot or Three/Thirteen - Wed @ 1:00 & Thurs @ 5:00.

Open tables for cards & games anytime!

Chick-fil-A Food Truck will be providing food on Thurs. September 18th for our evening rummage sale. Come shop, eat and enjoy the evening with us!



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, September 10th 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 RECREATIONAL ART



During the support group the Soaring Arts Studio will be offering art projects 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 **September 24th**. Call the HCSC to schedule your appointment.

PAWS & HOOVES will be at The Henry County Senior Center on Wednesday, September 24th from 10:00am to 11:30am. Come learn about the Paws & Hooves mission and visit with some miniature horses, dogs and maybe some rabbits!

Thank you to
Northcrest Rehab
& Nursing for
bringing this fun
event to us!





VOLUNTEER APPRECIATION MEAL



SENIOR DAY AT THE HENRY COUNTY FAIR



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 September meeting will be held on **Friday the 5th & 19th at 11:00am**.

INFORMAL VETERAN GROUP

Monday, September 22nd 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, September 9th 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 - **Sept 17th, Oct 15th** / 9:00am to 3:30pm. Cost \$15 includes transportation. Lunch at the casino is at your expense. **Registration is ongoing.**

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

Edsel Ford House-Thur. September 4th / 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.**

Musical/Comedy "The Book of Mormon" Marathon Center-Thur. Sept 25th / 4:30pm to 11:00pm. Cost \$85 includes show and transportation. Dinner at Logan's Irish Pub. **Reg. begins Aug. 7th.**

Party Bus-Friday, September 26th / 1:00pm to 9:00pm. Cost \$10 includes transportation. Stops include: Knotty Vines Winery, Michindoh Winery & Stoney Ridge, where we will at dinner and Aaron Hertzfeld will be performing. All drinks & food are at your own expense. **Registration begins August 14th.**

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 Sept. 3rd.**

Classic Women of Country Show & Frankenmuth-Oct 8th-9th / Depart at 9:00am. Cost \$175 per person. Trip includes tribute concert, dinner, accommodations at Zehnder's & shopping. **Reg. begins Aug. 21st.**

Girl Named Tom, Niswonger-Sun. Oct 19th / 3:30pm to 10:30pm. Cost \$68 includes ticket and transportation. Dinner will be at The Mill in Delphos at your own expense. **Registration begins Sept. 11th.**

Bargain Hunting in Toledo-Tues. Oct 21 / 9:00am to 4:00pm. Cost \$14 includes your transportation. Stops include Kray Bins, Gabe's, Lunch at Stubborn Brothers Pizza, Libby Glass Factory Store, Discount Fashion Warehouse & St Vincent DePaul. Lunch & shopping will be at your own expense. **Reg. begins September 10th.**

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. **Reg. begins August 21st.**

Tanger Outlet Mall, Columbus-Wed. Nov. 5th / 8:00am to 6:00pm. Cost \$35 for transportation. After departing outlet at 2:30pm we will stop for an early dinner at G & R Tavern in Waldo, OH (G&R Tavern only accepts cash). **Registration begins on Sept. 18th.**

Toledo Walleye vs Cincinnati Cyclones-Wed. Nov 12th / 9:00am to 4:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. **Registration begins Sept. 25th.**

Mollie B, Ted Lange and the Band "Squeezebox" Dinner, Dance & Show-Thu. Nov 20th / 4:00pm to 10:00pm. Cost \$80 includes your transportation, show & dinner (2-Meats, Potato, Vegetable, Salad, Dinner Roll). Alcoholic and Non Alcoholic drinks will be available for purchase. **Registration begins on October 9th.**

Toledo Walleye vs Bloomington Bison-Wed. Dec 3rd / 9:00am to 4:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. **Registration begins Oct. 2nd.**

"Christmas in the Air" Niswonger-Sat Dec 6th / 5:30pm to 11:00pm. Cost \$67 includes your ticket and transportation. This program features Rockette-style dancers, singing and acting in a Christmas themed show. We will not be stopping for dinner, please eat prior to departing for the show. **Registration begins Oct 16th.**

Credit Card transactions will be subject to a transaction fee.
\$0-\$50=\$2.00 Fee, \$51-\$100=\$4.00 Fee, Over \$100=4% Fee

If a trip is full, always put your name on the wait list in case we have a cancelation or expand the trip.



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Receptionist, Elizabeth Gribler

Custodian: Peg Adams

Exercise Instructors: Carol Gerken Lones, Emily Beck, Heather Miller Klingler,
Christine Hershberger, Melissa Tisi-Spiller

Volunteer Exercise/Dance Instructors: Linda Warren, Robert Sullivan

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

Volunteers/Assistants: Dick Beck, Beth Cook, Jane Crandall, Janet Foxe, Jan Franz,
Art Germann, Karen Germann, Vicki Giesige, Jan Heddaeus, Paul Heddaeus, Beth Jenny,
Dawn Leitner, Becky Mansfield, Betty Marihugh, Donna McGhee, Judy Morua, Betty Naas,
Linda Rettig, Pastor Janine Shearer, Rita Small, Maryann Walden, Deb Wensink
Bus Drivers: Randy Barnes, Jan Franz, Suzanne Holman, Donna McGhee

SENIOR NUTRITION PROGRAM 419-599-0033

Senior Nutrition Manager, Sandy Schlosser

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,

Mackenzie Moore, Madison Moore, Gayla Rohrs, 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.



We have a new Mini-Library at the center. Share & Borrow your books. Thank you to our wood-shop guys: Art Germann, Joe Distel and Dave Spencer for building our new library!