

Golden Age News

203 Rohrs Street
Napoleon, OH 43545
419.599.5515

www.henrycountyseniorcenter.com

Mon. - Fri. 8:00 am - 4:00 pm



Purchase a chance to win a Valentine Candy Box
Three Winners will be drawn on Friday, February 10th
Chances are .25 cents each.
Need not be present to win.

GAME DAY

Brought to you by
Hometown Health Care
**SUPER BOWL
PARTY**

**Friday, February
10th at 11:15**

Join us for Fun,
Games &
Sponsored Meal



Wear your favorite
team colors!



Come in & Purchase a Square
on our Superbowl Board
\$1.00 per chance!

Henry County Senior Center

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

FEBRUARY 2023

Dear Seniors,

Hope everyone is staying warm and safe so far this Winter. I will again remind everyone 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 and out 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. 2023 forms are available at the front desk. Thank you in advance!

We also need to ask that if you are not feeling well that you please stay home and NOT come to the senior center until you are feeling better.

Paul and his team will again be doing taxes this year for Henry County residents only. You must call the Senior Center and reserve an appointment time. This is a free service, but donations are accepted.

Hope to see you all at the Senior Center!!

Penni Bostelman
Executive Director

BIRTHDAY BASH & MARDI GRAS PARTY

Fat Tuesday, February 21st
Activities begin at 11:15
Wear your Purple, Gold & Green.
February Birthday Bash Activities
start at 11:45

Meal Sponsored by
Hospice of Northwest Ohio





1 Rolland Desgrange	11 Wanda Scholl	19 Vicki Foor
1 Mary Moulton	11 Sheila Mochabee	20 Arlene Miller
1 Timothy Wilhelm	11 Rex Ruby	20 Janet VonDeylen
1 Doris Scott	12 James Joseph	20 Ralph Tate
2 Maxine Ross	12 Phyllis Wenner	20 Roger Basinger
2 Barbara Grooms	12 Michael Davis	20 James Ohlrich
2 Sally Heckerman	13 Wilbur Lanzer	21 Sue Holmes
2 Junior Hoff	13 Marion Barry	22 Albert Bell
2 Judy Harman	13 Donald Prather	22 Jo Badenhop
2 Edward Zickefoose	13 Sonia Hayes	22 Jean Allen
2 Betty Marihugh	13 Catherine Short	23 Walter Leaders
3 Joanna Nissen	13 Carol Coressel	23 Mary Witte
3 Karen Dennie	14 Margaret Schwiebert	23 Franklin Hogrefe
3 Geraldine Kedocia	14 Will Hinton	23 Don Caris
4 Carole Brown	14 Jack Glaser	23 Rodger Hefflinger
4 Marie Busch	14 Louise Carrol	23 David Donnelly
4 Sandy Hale	14 Alicia Alafa	23 Jeff Griggs
4 Karen Sweinhagen	14 Susan Hoffman	23 Diane Nicholson
5 Judith Hoffman	14 Debra Butler	24 Bette Weddelman
5 Jesse Gonzales	15 Janet Sugg	24 Darlene Oberhaus
6 Lois Gerken	15 Janice Knepley	24 Sylvia Yarnell
6 Nancy Lange	15 Linda Armstrong	24 Philip Miller
6 Karen Detmer	15 David Fisher	24 Mary Osborn
6 Brenda Noaker	15 Vicki Glick	24 Donald Siefer, Sr.
7 Bernard Flory	15 Susan Robison	24 Ward Rhoads
7 Judith Cotter	15 Rory Prigge	24 John VonDeylen
8 Josephine Fick	16 Richard Zickefoose	25 Leon Weeks
8 Marilyn Meyer	16 Cathy Jones	25 Susan Richer
8 William Smith	16 Judy Bradford	25 Dorothy Brison
8 Victoria Raker	16 Charlene Matson	26 Marilyn Houck
8 Charles Bard	16 Sandra Tanner	26 Helen Houck
9 Vivian Lanzer	17 Jim Golden	26 Minnie Hoff
9 Angela Norden	18 Benjamin Cook	26 Lowynn Atkinson
9 Rose St. Clair	18 Marlus Reese	27 Marlene Showman
9 Nancy Hoover	18 Carolyn "Sue" Dickes	27 Tim Bortz
9 Sharon Hards	18 Marilyn Ruffier	27 Diana Lather
9 Nancy Imbrock	18 Nannette Bechtol	27 Joseph Szozda
9 George Corona	18 Sandy Damman	27 Jayne Fraker
9 Douglas McMillen	18 Connie Ernske	27 Ted Sotnyk
9 Kimberly Lindsay	19 Gary Franz	27 Vicki Schwab
10 Irene Short	19 Mary Box	28 Ruth Swearingen
10 Sally Eis	19 Kenneth Smith	28 Alan Cymbala
10 Elaine Ingram	19 John VanZandt	29 Marlene Bost
10 Norman Donnelly	19 John Austermiller	29 Susan Gerken
10 Carmen Gonzalez	19 Raymond Hardy	



ARE YOU
INTERESTED IN
BEING IN A
POOL OR PING
PONG LEAGUE?
Sign up at the
front desk

2023 CLIENT REGISTRATION FORMS

ARE AVAILABLE
AT THE FRONT
DESK TO FILL
OUT. 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.
THANK YOU!

WISH LIST DONATION ITEMS NEEDED

Postage Stamps,
Kleenex Cubes,
Candy/Chocolates,
Canned Air
Freshener

REMINDER

The Henry County
Senior Center will be
closed Monday,
February 20th for
Presidents Day

WINTER STORMS

What Can I Do?

Prepare Your Home

Make your home winter ready. Buy needed supplies before the storm arrives. Have a plan in case you lose power or are unable to leave your home.



Monitor Your Forecast

Stay up to date with the latest forecast information as the storm approaches, monitor your favorite source for weather information.



Prepare Your Vehicle

Make your vehicle weather ready. Be sure to include a safety kit, cold weather gear, and all the necessities you may need to deal with the storm ahead.



Have A Plan

Before weather threatens, be sure to have a communications plan, change travel plans, and prepare for the impacts to your routine.



Know The Terms

Winter Storm Watch: There is potential of a significant winter weather event. Conditions are possible but not imminent.

Winter Weather Advisory: Winter weather is imminent and may cause inconveniences.

Winter Storm Warning: A significant winter storm is imminent and is a danger to life and property.

Blizzard Warning: A significant winter storm with strong winds, snow, and low visibility is imminent and is a danger to life and property.

Ice Storm Warning: Dangerous ice accumulations are imminent



Thank You for your support

Thank You

Henry County Health Department-BP Checks
 HCSC Advocate Group
 Jane Crandall
 Immanuel Lutheran Church, Deshler-Nail Clinic Site
 St. Peter Lutheran Church, Holgate-Nail Clinic Site
 Bridge Home Health/Hospice-Bingo Sponsor
 Vancrest-Bingo Sponsor
 Genacross-Meal & Bingo Sponsor
 Northcrest-Meal & Bingo Sponsor
 Hospice of Northwest Ohio-B Day Bash Sponsor
 Home Town Health Care-Super Bowl Sponsor
 Barb Nye & Judy Korak-Decorating
 Becky Mansfield-Bingo Caller

A great big THANK YOU for all the prayers,
 well-wishes, cards, gifts, etc.
 during this season of life.
 I truly appreciate
 each and every one!

Your cheerful words of encouragement
 never ceased to bring
 a smile to my face! ~Sarah

Thank You. 

Wishlist Donation Thank You

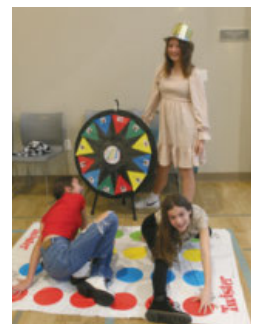
Judy Morua, John & MaryJane Kline, Frances Aderman,
 Rita Small, Lynn Brubaker, Linda Dickey, Darrel Force,
 Donna McGhee, Betty Marihugh, Bette Lighthill, Judy
 Morua

Memorials

John Wilhelm by Gary & Susan Donaldson
 Sharon Hoff by Betty Marihugh
 Sharon Hoff by Denny & Kim Behnfeldt

Newsletter Mailing Volunteers

Janet Foxe, Betty Marihugh, Beth Cook, Deb Franz, Diana
 Rhodes, Karen Germann, Mary Flory, MaryBeth McClure,
 Becky Mansfield, Norma Beck, Bert Nye, Deb Baker, Deb
 Wensink, Bonnie Martin





QUILTING / BEGINNER QUILTING WITH BETH

Tuesdays, February 14th & 28th
from 1:00 - 3:00 in the Art Room
Come check out this class for beginners.



INTRODUCTION TO WATER COLOR WITH SHIRLEY

Wednesday, February 1st & 15th
Learn to paint with brushes, sponges
and even some not so traditional items.
Registration for the class is appreciated.



CARD MAKING WITH DEB

Thursday, February 9th at
10:30 in the Art Room
Cost \$5.00 - Registration is
required for this class.



CRAFT CLASS

Wednesday, February 8th
at 10:00 in the Art Room
Valentine Wall Hanging
Cost \$5.00 Registration is required.

EXERCISE CLASSES



EXERCISE WITH CAROL

Mondays at 10:00
Wednesdays at 10:00

CARDIO DRUMMING WITH LISA

Tuesdays at 9:00
Fridays at 10:00



LINE DANCING WITH LINDA

Thursdays at 9:30



MATTER OF BALANCE EXERCISES

Mondays & Wednesdays at 1:00

TAI CHI VIDEO

Fridays at 12:45



ADVANCED PICKLEBALL

Mon, Wed, & Fri
8:00-9:45

PICKLEBALL

Monday-Friday Daily
2:00-4:00



Would you like to learn how to play pickleball?
Come take a lesson!

Tues. February 14th @ 1:00pm

Thur. February 23rd @ 1:00pm




Sign up at the front desk.

DANCE EXPLORATION WITH KERRI

Mondays at 11:00

Exploring cultural dances of
Northwest Ohio
All experience and mobility
levels are welcome.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Groundhog Day	3 SPONSORED MEAL National Wear Red Day
		8:00-9:45 Adv.Pickleball 10:00 Exercise/Carol 10:00 Watercolor/ Shirley 11:00 HCHD BP Checks 12:30 Cornhole 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 8:30 Toenail Clinic \$10 9:30 Line Dance/Linda 10:30 Movie/Popcorn "Groundhog Day" 12:45 Euchre 12:45 Shuffleboard 2:00 Pickleball	8:00-9:45 Adv. Pickleball 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 SPONSORED MEAL
8:00-9:45 Adv. Pickleball 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 12:30 On the Road Again Meeting 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 9:00 Cardio Drumming 10:00 Decorate Valentine Cookies 10:30 Bible Study (Conference Room) 12:30 Advocate Meting 2:00 Pickleball	8:00-9:45 Adv.Pickleball 10:00 Exercise/Carol 10:00 Craft Class \$5 Valentine Wall Hanging 12:30 Cornhole 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 8:30 Toenail Clinic \$10 9:30 Line Dance/Linda 10:30 Card Making \$5 12:00 Northcrest Meal/BINGO Sponsor 1:30 Euchre 2:00 Pickleball	8:00-9:45 Adv. Pickleball 10:00 Cardio Drumming 11:15 Super Bowl Party Home Town Health Care 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
13	14 Valentine's Day ♥	15	16	17
8:00-9:45 Adv. Pickleball 9:00 Manicures/ Pedicures 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 12:30 BINGO/Vancrest 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 9:00 Cardio Drumming 10:00 Caregiver Support Group 10:30 Bible Study 1:00 Quilt Class 1:00 Pickleball Lesson 2:00 Pickleball	8:00-9:45 Adv.Pickleball 10:00 Exercise/Carol 10:00 Watercolor/ Shirley 11:00 Cancer Support 12:30 Cornhole 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 9:30 Line Dance/Linda 10:30 Movie/Popcorn "New Life" 2016 12:45 Shuffleboard 12:45 Euchre 2:00 Pickleball	8:00-9:45 Adv. Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
20 Center Closed	21 SPONSORED MEAL Mardi Gras Party	22	23	24
	8:00-9:00 Walking/Gym 9:00 Cardio Drumming 10:30 Bible Study 11:15 Mardi Gras Activities 11:45 BDay Bash- Hospice of Northwest Ohio 12:30 BINGO/Bridge Home Health-Hospice 2:00 Pickleball	8:00-9:45 Adv. Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks 12:30 Cornhole 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 9:00 Toenail Clinic \$10 Deshler 9:30 Line Dance/Linda 10:30 Movie/Popcorn "Mully" 2017 12:45 Euchre 12:45 Shuffleboard 1:00Pickleball Lesson 2:00 Pickleball	8:00-9:45 Adv. Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
27	28			
8:00-9:45 Adv. Pickleball 9:00 Manicures/ Pedicures 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 11:00 Book Club 1:00 Matter of Balance 2:00 Pickleball	8:00-9:00 Walking/Gym 9:00 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 2:00 Pickleball			

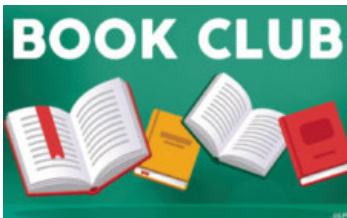
February 2023 Lunch Menu

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

Dine-In for guests etc.
(under 60)
\$ 6.00

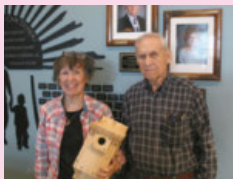
- Menu meal served daily 12:00 - 12:30 p.m. - **RSVP by 2:00pm the day before - 419-599-0033.** We cannot guarantee meals for those who do not RSVP. No Salad Bar for the foreseeable future
- **MOW - PLEASE CALL BY 7:00 A.M. TO CANCEL A MEAL**
- To inquire about ingredient content, please call the Senior 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 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
- Chef Salad is available to replace a hot meal
- **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 Nutrition Department at 419-599-0033 if you need a meal.**

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3 Sponsored Meal
Chicken Salad Croissant Potato Salad Broccoli Salad Pear Jello Salad	Pork Chop over Rice Pilaf Steamed Broccoli Carrot Stix w/ Ranch Dressing Pineapple	Cheeseburger Baked Beans Peas Mixed Fruit Congregate: Soup	Egg, Cheese & Meat Scramble Hash Brown Triangles Baked Apples Fruit Juice	Baked Potato w/ Scallions, Bacon, Cheese & Sour Crea Cottage Cheese Green Bean Casserole Dreamsicle Orange Salad
6	7	8	9 Sponsored Meal	10 Sponsored Meal
Hamburger Gravy over Mashed Potatoes Corn Stewed Tomatoes Fruit Cocktail	Fettuccine Chicken Alfredo Broccoli Tossed Salad w/ Ranch Dressing Apple Slices	Pulled Pork Sandwich Gingered Carrots Potato Salad Peaches	Salisbury Steak Au Gratin Potatoes Peas & Carrots Ambrosia Salad	Brats Baby Baker Potatoes Green Beans Cole Slaw Applesauce Cookie Bar
13	14 Valentine's Day	15	16	17
Pork Roast Sweet Potatoes Lima Beans Muffin Grapes	Baked Spaghetti Paco Blend Vegetables Fruited Cherry Jello Salad Garlic Toast Valentine Cookie	Sloppy Joe Sandwich Cook's Choice Potatoes Fiesta Corn Pears Congregate: Soup	Chicken & Noddle Casserole Peas Cole Slaw Apricots	Beef Pot Roast Mashed Potatoes Corn Green Beans Sunshine Salad
20 Center Closed	21 Sponsored Meal	22	23	24 Nat Tartar Sauce Day
	Pancakes/ Blue Berry Topping Sausage Patty Hashbrown Casserole Apple Juice Congregate: Birthday Cake	Mac & Cheese Peas & Carrots Boiled Egg Mandarin Oranges Congregate: Soup	Chili Soup w/Saltine Crackers California Blend Veggies Cornbread Pudding w/Fruit MOWs: Birthday Cake	Cod Fish Sandwich w/ Tartar Sauce Glazed Carrots Au Gratin Potatoes Blush Pears
27	28			
Pork Chop Seasoned Green Beans Spanish Rice Strawberry Applesauce	Chicken Pot Pie Buttermilk Biscuit Garden Lettuce Salad w/ Dressing Grapes Fruit Juice			



If you'd like to expand your horizons by reading books from different genres, please call and join our group!

Next Book Club meeting is Monday, February 27th at 11:00am



Check out some of the projects you can make in our wood shop.

Art Germann will help guide you through a project. Call the Senior Center for more details.

BIBLE STUDY

Join our Bible Study group in the Reflection Room every Tuesday at 10:30



TRANSPORTATION SERVICES

Transportation services are available through the Senior Center via the Henry County Transportation Network for transports to the Senior Center, grocery shopping, medical appointments and more.

The HCTN requires a 24 hour advance notice for scheduling a trip in town and 48 hours for out of town.

Please call 419-592-8726 to schedule your ride.



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 at the Henry County Transportation Building at 1805 Oakwood Avenue from 10:30AM-11:30AM on the fourth Wednesday of each month.

Go to the back of the building by loading docks

The next date for pick up is
Wednesday, February 22, 2023

High Heating Bills? HEAP Can Help!

The Home Energy Assistance Program (HEAP) is a federally funded program managed by the Ohio Department of Development to help income-eligible households with winter heating costs.

Households at or below 175% of the federal income level (see chart) may receive a credit once per winter heating season towards their primary heating source—electric, natural gas, or bulk fuel.

Three ways to apply until May 31, 2023:

- ▶ Online at www.energyhelp.ohio.gov
- ▶ Appointment with your local Community Action Agency
- ▶ Mail in an Energy Assistance application* from www.energyhelp.ohio.gov

2022-2023 Income Guidelines	
Size of household*	Total Gross Annual Household Income
	175%
1	\$23,783
2	\$32,043
3	\$40,303
4	\$48,563

* For families/households with more than 8 persons, please contact your local community action agency.

****Mailed applications take 12-16 weeks to process.***

Always sign, date and provide all required documents to avoid delay.

Contact your your local Community Action Agency for more details

For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance



Office of the Ohio Consumers' Counsel

"Your Residential Utility Consumer Advocate"



AVOID BECOMING A VICTIM OF FRAUD

Older Americans are especially at risk of becoming a victim of fraud. People over the age of 65 are 34 percent more likely to become a victim of those in their 40's.

Scammers don't just make phone calls. Many schemes are performed via email, door to door, texting and bogus advertisements. They may be in the form of fake credit card offers, charity donation requests, home improvement offers, investment opportunities, banking, on line shopping, wire transfers, insurance offers, health products, sweepstakes and contests.

Scams to watch out for:

* **Social Security Scam**-Fraudsters will pretend to work for the Social Security Administration and ask for your personal information.

* **Grandparent Scam**-Imposters call older adults pretending to be a grandchild who has been involved in an accident, is being held hostage or in legal trouble. They will ask for cash or a money wire transfer.

* **IRS Fraud**-Imposters trick the elderly into paying money they do not owe for back taxes. The offenders threaten their victims with arrest or foreclosure.

* **Sweepstakes/Lottery/Inheritance Scam**-Each of these falsely claim that seniors have won a windfall and need to pay a fee to collect the winnings.

* **Computer Tech Fraud**-Scammers pretend to work for companies like Microsoft or Apple and try to convince victims that their computer has a virus. They try and persuade you to provide personal information and bank account numbers.

Do NOT give out the following information to **ANYONE** unless YOU know FOR SURE who you are talking to:

Social Security Number, Bank Account Number, Medicare Number, or even your Birthdate.



TAX PREPERATION

NW Ohio Senior Services will be providing tax assistance and preparation at The Henry County Senior Center, to Henry County residents only. Special attention will be given to those 60 and older, but there is no age limit. We do not charge, but **donations** will be accepted.

Appointments will be scheduled on Mondays and Tuesdays only. Starting Mon. January 30th - Tues. April 11th.

Call 419-599-5515 to schedule your appointment.

Please bring the following items to your appointment:

- * Driver's License
- * Social Security Card
- * 2021 Tax Returns
- * 2022 Tax Documents
- * Bank Account & Bank Routing #'s for Direct Deposit

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. Meetings in February are on Fridays the 3rd & 17th at 11:00 am.

CRUSHING 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 aftereffects of cancer treatment, this group is for you! The next meeting will be in February on Wednesday the 15th at 11:00 am. Session will be led by Tiffany Day from Henry Co. Health Department.

CAREGIVER SUPPORT GROUP

Our newly formed Caregiver Support Group will be meeting on the second Tuesday of each month in the Conference Room. The overall goal of our caregiver group is to enhance caregivers' coping skills, through mutual support and information-sharing. All are welcomed. Our next meeting will be held Tuesday, February 14th at 10:00 am.

ALZHEIMERS ASSOCIATION

The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's and all Dementia's. The Alzheimer's Association's 24/7 helpline is 800-272-3900. If interested in a care consultation please call Dakota Stone at 567-302-3608.

Healthy Living for your Brain & Body Program will be offered Monday, March 27th at 6:30pm. The seminar will be located at the Napoleon Public Library, please registrar by calling 800-272-3900.

Please call 419-599-5515 with any questions. Information shared is confidential.



On the Road Again...HCSC Travel for the 60+ Crowd

REGISTRATION FOR A TRIP IS IN PERSON ONLY, AT THE HENRY COUNTY SENIOR CENTER. PARTICIPANTS MUST PRESENT THEIR VACCINATION CARD AND FULL PAYMENT AT THAT TIME. 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. Scholarship money available for some trips, please contact Executive Director.

The Barn Restaurant & Antiquing at Field of Memories – Wednesday February 8 / 10:30am – 4:00pm
Cost: \$15 Lunch at the Barn Restaurant on your own then shopping or searching for those special items you didn't know you needed. **Registration started in January.**

Brunch, Skye Cinema, & Special Grounds Coffee – Tuesday February 28 / 9:15am – 4:00pm Cost: \$12 with brunch and coffee on your own. Movie = "Jesus Revolution", In the 1970's, Greg Laurie and a sea of young people descend on sunny Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets a charismatic street preacher and a pastor (Kelsey Grammer) who opens the doors to a church to a stream of wandering youth. What unfolds is a counterculture movement that becomes the greatest spiritual awakening in American history. Brunch will be at Blue Ribbon Diner. **Registration started in January.**

Air Supply – Friday, March 3 / 3:30pm – 11:00 ish @ Niswonger in VanWert. Cost: \$79 covers ticket and transportation. **Yes, this is the real Air Supply...**just a few years older! Dinner on your own before show, location TBA. **Registration started in January.**

Oak Openings – Thursday March 30 / 9:00am – 2:00pm Cost: \$14 covers transportation. – Come celebrate National Take a Walk in the Park Day! Save your energy for this 1 to 1½ hour trail hike. Lunch on your own after walk at Knuckleheads Kafe in Grand Rapids. **Registration begins February 13th.**

Lion King – Tuesday, April 20 / 12:15pm – 5:15 ish @ the Stranahan in Toledo. Cost: \$60 covers ticket and transportation. Join us to see the world's #1 musical. **Registration began January 30th.**

LeeAnn Rimes – the story...so far tour – Sunday, May 7 / 3:15pm – 11:00 ish @ Niswonger in Van Wert. Cost: \$75 covers ticket and transportation. Join us to hear this multi-platinum selling acclaimed singer songwriter who was the youngest solo artist to take home a grammy. Her ballad, "How Do I Live" holds the all time #1 hit by a female artist. Dinner on your own before the show, location TBA. **Registration begins February 23rd.**

Warbler Bird Watching at Magee Marsh, Port Clinton – Tuesday, May 9 / 8:00 am – 3:00pm Cost: \$22 with a sack lunch included. Participants will observe Northwest Ohio's Warbler Capital of the World in action with Tammy Martin, bird enthusiast. Birds will be found and Tammy will commentate to us through headsets. **Registration begins March 29th.**

We are in the process of planning a few trips and starting some interest lists, please let us know if you would be interested in participating in the following: **Brewery Tour, Bob Segar Tribute Band, Put-in-Bay Day Trip.** Please consider joining our planning committee to express other interests. We meet the first Monday of every month at 12:30pm unless otherwise listed in the newsletter.

WHO NEEDS PAMPERING?

Sheila Salinas, a Licensed & Insured Nail Technician will be here on Mondays, February 13th, 27th March 13th & 27th for Manicures & Pedicures.

Please schedule your appointment at the front desk. Payment is required at the beginning of your service. Limit of 1 time per month to allow for more people to participate. Price list is located at the front desk.



**THRIVE
LOCALLY**

  
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

 **the Corn City**
 STATE BANK
(419) 278-0015
 201 W Main St,
 Deshler, OH 43516
www.corncitystatebank.com



Diane Harmon
 Realtor®



REISER
 REALTY LLC

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

Short-term Rehabilitation Close to Home

HENRY COUNTY HOSPITAL SWING BED SERVICES

- Private Patient Rooms
- Skilled Nursing Care Available 24 hours a day
- On-site Physical, Speech & Occupational Therapists
- On-site Respiratory Therapists
- On-site Lab, Imaging, Surgery & Wound Care
- Recover close to family & friends with flexible visiting hours



DISCUSS YOUR SWING BED OPTIONS
CALL 419-591-3816

*Get Back into the
 Swing of Things*



**Henry County
 Transportation
 Network**
419-592-8726

Ohio Relay Number:

f Find us on Facebook! 1-800-750-0750

1805 Oakwood Avenue - Napoleon, OH 43545

Office Hours

Monday - Friday
 8:00 a.m. - 4:00 p.m.

PUBLIC TRANSPORTATION

Operating 6 days a week with limited weekend and evening transportation availability

**See our Rider Guide & Seasonal Shuttle
 Guide for more details!**

<https://www.henrycountyohio.gov>



VANCREST
 Holgate

*Care Is Our
 Mission Statement*

600 Joe E Brown Ave, Holgate OH

www.vancrest.com

(419) 264-0700 Ask for Lea



NORTHCREST
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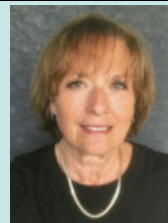
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Penni Bostelman, Executive Director

Sarah Erb, Finance Director

Ann Like, Program Director

Angie Thomas, Receptionist

Tim Gray, Custodian

Carol Gerken Lones, Lisa Little - Exercise Instructors

Linda Warren, Kerri Wilde - Volunteer Dance Instructors

Shirley Starr, Doris Piercefield, Deb Butler - Volunteer Arts/Crafts Instructors

Volunteers/Assistants: Beth Cook, Betty Marihugh, Donna McGhee,
Rita Small, Karen Germann, Deb Wensink, MaryAnn Walden, Linda Rettig,
Paul Heddaeus, Jan Franz, Betty Naas, Dick Beck, Art Germann

Bus Drivers: Randy Barnes, Thom Hornish, Donna McGhee, Dave Snavelly

SENIOR NUTRITION PROGRAM.....419-599-0033

Sandy Schlosser, Sr. Nutrition Manager

Vicky Badenhop, Sr. Nutrition Head Cook

Gayla Rohrs, Maggie Thomas, Holly Pitchford - Assistant Cooks

Pam Schwiebert, Judy Hoffman, Jeanette Okuley - Volunteer Assistants

Don Hill, Bill Hatcher - Dish Room

MEALS ON WHEELS DRIVERS: Jerry Buchenberg, Kenny Buchenberg, Rick Arps,
Jordan Kline, Carla Lambert, Jayne Myers, Gayla Rohrs, Mike Whitman



The Henry County Senior Center is funded by:
Henry County Senior Services Levy, the Ohio Department of Aging,
The Area Office on Aging of Northwest Ohio, and Meals on Wheels of America

Hours of Operation are Monday through Friday from 8:00 a.m. until 4:00 p.m.