

Golden Age News

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

www.henrycountyseniorcenter.com



EVENING MEAL

September 11, 2024

Check in starts at 4:45pm
Dinner served at 5:15pm

Menu:

Ribeye Steak
Baked Potato
Corn
Pasta Salad
Pie/Cheesecake



Join us for an evening of good food and fellowship followed by a presentation from Jeff Mires. Jeff a native from Napoleon, OH served for 22 years as a U.S. Secret Service Agent. He will reflect on his career and speak on his experiences during the 9-11 tragedies. You will need to RSVP & pay \$10.00 in advance for this event by 9/6/24.

Henry County Senior Center

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

SEPTEMBER 2024

Dear Seniors,

Where did the Summer go? Fall is usually my favorite time of the year, so hopefully it will be a good one. I hope anyone who attended Senior Day at the Fair had a great time and if you didn't make it, please try to attend next year!

We have some fun events planned for September so make sure you read every page of this newsletter. Our annual Tailgate/Homecoming event will be at the end of the month. Evening Meal this month will need to be paid in advance (\$10) as we will be having our ribeye dinner and of course a good dessert. Because of this, RSVPs are required by the deadline.

Why not attend an Advocate meeting, no commitment, just check it out. Our next meeting is Tuesday, September 3rd at 12:30pm. We are always looking for Rummage Sale helpers. There will be a volunteer meeting Wednesday September 4th at 12:30 to sign up for shifts and to discuss final details. We always have fun during the sale – ask any staff member if you need more information on any of the above.

Hope to see you all at the Senior Center!!

Penni Bostelman
Executive Director

Fall Rummage Sale & Bake Sale

Thursday, Sept. 19th 3PM-7PM (Food Truck)
Friday, Sept. 20th 8AM-6PM
Saturday, Sept 21st 8AM to NOON.

Volunteer Meeting: Wednesday, September 4th at 12:30.

Drop Off Dates: Sept. 12th 12 NOON-7PM, Sept. 13th 8AM-12 NOON, Sept. 14th 8AM-12.

Check the front desk to sign up to work a shift or two. Many hands are neededand it's FUN!

Baked Good donations will also be needed during the dates of the rummage sale starting Wednesday 9/18/24. Thank you in advance to all our amazing bakers!





- | | | | |
|---------------------------|-----------------------------|-----------------------|----------------------|
| 1 Neu, Joanne | 8 Rodriguez, John | 16 Rybar, Marilyn | 23 Cruz, Lina |
| 1 Rohrs, Irmgard | 9 Reed, Rosa-Lee | 16 Bressler, Nancy | 23 Johnson, Peggy |
| 1 Smith, Ronald W. | 10 Knape, Lois | 16 Smith, Kathryn | 23 Cahoo, Jay |
| 1 Dietrich, Bernard | 10 Austermler, Catherine | 16 Thome, Carol | 23 Tonjes, Nancy |
| 1 Gerken-Lones, Carol | 10 Smith, Mary Ann | 16 Carpenter, Carol | 23 Male, Mitch |
| 1 Brown, Laura | 10 Bennett, Jeannie | 16 Clark, Richard | 23 Leonard, Pamela |
| 1 Hardy, Teresa | 10 Fleetwood, Bonnie | 16 Meyer, Rodger | 24 Pfau, Rosemary |
| 1 Haase, Susan | 10 Jones, Pam | 16 Schroeder, Shirley | 24 Spicer, Harley |
| 1 Huber, Jennifer | 11 Ruffier, Richard | 16 Swift, Neva | 24 Ross, Dan |
| 2 Edwards, Darrell | 11 Hockman, Darlene | 17 Bankey, Karen | 24 Nunn, David |
| 2 Oberhaus, Debra | 11 Jones, Robert | 17 Ward, Juanita | 24 Salinas, Edward |
| 2 Eitzman, Peggy | 11 Riebesehl, Daniel | 17 Tietje, Elaine | 25 Haase, Kenneth |
| 2 Espinoza, Jimmy | 11 Dawson, Nancy | 17 McGowan, Kathleen | 25 Hardesty, Joan |
| 3 Phillips, Prudy | 11 Dunn, Richard | 18 Houser, Dolores | 25 Baum Jr, Phillip |
| 3 Cline, Juanita | 11 Miller, Ronda | 18 Eis, Jane | 26 Sunderman, Marvin |
| 3 McCabe, Elaine | 11 Curry, Suzette | 18 Hogrefe, Nancy | 26 Buenger, Wilma |
| 3 Aschemeier, Cathy | 12 Shumaker, James | 18 Nagel, Norma | 26 Yocom, James |
| 3 Knipp, Steve | 12 Spangler, Alice | 18 Slesman, Norman | 26 Bressler, Barbara |
| 3 Dachenhaus, Randall | 12 Niese-Grabowski, Shirley | 18 Dunphy, James | 26 Cousino, Mary |
| 3 Rastocan, Albert | 12 Mattin, Leone | 18 Ruby, Sue | 26 Brubaker, Lynn |
| 4 Tullock, Phyllis | 12 VanLent, Gary | 18 Haas, Sharon | 26 Harmon, Diane |
| 4 Nulton, Helen | 12 Myers, Douglas | 18 Fernbaugh, Gina | 26 Plummer, Brenda |
| 4 Lauf, Robert | 12 Wallace, Leanne | 19 Rettig, Terry | 26 Lindhorst, Jerry |
| 4 Schroeder, JR | 13 Smith, Audrey | 19 Herman, Peggy | 26 Stubbs, Margaret |
| 4 Parker, Connie | 13 Spangler, Marvin | 19 Wensink, Deb | 26 Fortney, Margaret |
| 4 Fitzwater, Janice | 13 Hahn, Fran | 19 Nelson, Tim | 26 Seedorf, David |
| 5 Browning, Annabelle | 13 Pierce, Judy | 19 Helmke, Nancy | 26 Oswald, Kelly |
| 5 Buenger, Nathalia | 13 Steiner, Keith | 19 McDowell, Denise | 27 Bischoff, Esther |
| 5 Dickmann, Judy | 13 Borstelmann, Carol | 20 Wulff, Darrell | 27 Kruse, Elvera |
| 5 Lumpkins, Delilah | 13 Bott, Barbie | 20 Long, Robert | 27 Ehasz, Mary Lou |
| 6 Wentzel, Ruth | 14 Burkhart, Ramona | 20 Boggs, Sarah | 27 Dyer, Pamela |
| 6 Franz, Evelyn | 14 Behnfeldt, Helga | 20 Snider, Pamela | 27 Nye, Linda |
| 6 Lanzer, Carolyn | 14 Powell, Margaret | 20 Williams, Maureen | 27 Eberle, Debbie |
| 6 Germann, Karen | 14 Steele, Jean | 20 Hibbard, Gwendolyn | 27 Boyd, Sheryl |
| 6 Scott, Betty | 14 Watson, Joan | 20 Parker, Dennis | 28 Rodriguez, Mary |
| 6 Halley, Robert | 14 Kryder, Pat | 20 Hasch, Robert | 28 Dominique, Vivian |
| 6 Borstelmann, Sandra | 14 Daman, Cheryl | 20 Gibson, Myrna | 28 Karabin, Mary |
| 6 Winseman, Fred | 14 Lambert, David | 20 Hill, Laura | 28 Warncke, Valory |
| 6 Albright-Bressler, Keri | 14 Wilhelm, Barry | 21 Badenhop, Wanda | 28 Linehan, Dennis |
| 6 Pitchford, Holly | 14 Mohler, Dancie | 21 Lanzer, Marilyn | 28 Kuntz, Kelli |
| 7 Seedorf, Loretta | 15 Meyer, Linda | 21 Oberhaus, Vivian | 29 Bell, Lucille |
| 7 Skiver, Agnes | 15 Rohrs, Kathleen | 21 Craddock, Carolyn | 29 Reimund, Lynn |
| 7 Beard, Kathryn | 15 Arps, Richard | 21 Taylor, Roseann | 29 Tarascke, Helen |
| 7 Vollmar, Peggy | 15 Willier, Diana | 21 Manley, Wanda | 29 Sehmeyer, Mary |
| 7 Wing, Paddy | 15 Stepp, Phil | 21 Ricker, Linda | 29 Yantz, Kay |
| 7 Robinson, Darrell | 15 Smith, Jeanne | 21 Whitmire, Anita | 29 Corona, Adelita |
| 7 McCain, Shelia | 15 Dachenhaus, Heidi | 21 Mendoza, Ginny | 30 Knipp, Jean |
| 8 Elchinger, Margaret | 16 Knepley, Alice | 22 Tovar, Thomas | 30 Rosebrock, Randy |
| 8 Dietrich, Sandra | 16 Hill, Janet | 22 Damman, Delbert | |
| 8 Meter, Donald | | 22 Dunmire, Bernard | |
| 8 Barnes, Susan | | 22 Shepard, David | |

DONATION WISH LIST

Postage Stamps,
Chocolate,
Candy,
Regular Coffee,
Antibacterial
Wipes,
Air Freshener
Spray,
Tissues,
Paper Towels,
New Puzzles
Unopened

Tech Help with Joe

Joe Burgei from NOCAC will be here **Tuesday Sept. 10th & Thur. Sept 26th** 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
 Bridge Home Health/Hospice-Bingo Sponsor
 Vancrest Health Care Center-Bingo Sponsor
 Genacross Lutheran Services-Meal & Bingo Sponsor
 Northcrest Nursing & Rehab-Meal & Bingo Sponsor
 NAMI Four County-Bday Bash Meal Sponsor
 Food Boxes-Paul Heddaeus & Judy Morua
 Becky Mansfield & Sheila Vajen-Bingo Callers
 Rodenberger-Gray Funeral Home-Tailgate Meal Sponsor
 Corteva Agriscience
 Autumn Bostelman-Jolliff, Jill Jolliff

Memorials

Shirley Distel by Roger & Connie Sells
 Margeruite Meyer by Neil & Susan Raymond, Barb Paise,
 Darwin & Gwen Gebers

Donations

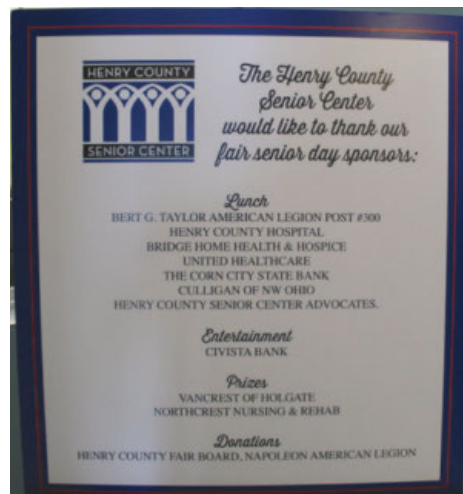
John & Mary Jane Kline, Helen Witte, Ann Kuczkowski, Betty Marihugh, Shirley, Barlow, Dawn Leitner, Don Barkley, Family of Veda Crawford, Frances Aderman, Janet Foxe, Donald Barkley, Judy Pierce, Faye Soriano, Bonnie Martin, Roger Sells, Maria Donnelly, Barb Dancer, Joanie Hardesty

Newsletter Mailing Volunteers

Diana Rhodes, Marg Abel, Janet Foxe, Beth Cook, Jean Knipp, Karen Cain, Linda Dickey, Viv Dominique, Marybeth McClure, Deb Franz, Becky Mansfield, Deb Baker, Bonnie Martin, Karen Germann, Janet Meyer, Judy Groves, Sue Rettig, Lina Cruz

Fair

Thank you to all our sponsors, volunteers & vendors who made this year's Henry County Fair a huge success and so much fun! We would like to recognize all our bakers and crafters who made items for our booth. Also, thank you to all who worked a shift at our booth and those who helped set up and work at our senior day. You are all much appreciated!



AFGHAN RAFFLE

1 for \$1 3 for \$2 8 for \$5

This beautiful lap afghan was partially made by an anonymous donor and finished by an anonymous volunteer. Proceeds benefit the HCSC. Drawing will be held December 11th.



Size 40" X 44"

NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____
NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____	NAME _____ PHONE _____



**Rodenberger-Gray
 Funeral Home
 Proudly Presents
 Tailgate Party 2024**

Friday, September 27th

Games and Fun start at 11:15



Busch's Orchard

A Pop Up Farmers Market will be here during the month of September on Thursdays from 4:30 to 5:30 under our shelter house.

LET YOUR CREATIVITY FLOW



BLUE JEAN WREATH

September 11th at
10:00AM. Cost \$5.00.
Sign up by 9/6/24.



WOODSHOP

Big thank you to these hard working guys for building saw horses which we will use for our rummage sales. Pictured: Gene Meyers, Craig Hoffman, Art Germann, & Dave Spencer. Come check out our woodshop! Interested in helping out in the shop? We are in need of some woodshop mentors. Contact us for more information.



WATERCOLORS WITH SHIRLEY

Learn to paint with brushes, sponges and some not so traditional items. Registration for this class is appreciated. This 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.

EXERCISE CLASSES



EXERCISE WITH CAROL

Mon. at 10:00
Wed. at 10:00

CARDIO DRUMMING

Tuesdays at 10:30
with Emily
Thursdays at 8:30
with Video
Fridays at 10:00
with Video



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

NEW TIME
Thursdays at 3:20

BALANCE & STRETCH WITH ANN

Tuesdays at 1:00

YOGA VIDEO

Wednesdays at 12:45










TAI CHI VIDEO

Fridays at 12:45



LINE DANCING WITH LINDA

Thursdays
at 9:30


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3	4	5	6 SPONSORED MEAL
September 2, 2024 	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 12:45 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors/Shirley 10:00 Exercise/Carol 12:30 Cornhole 12:30 Rummage Sale Meeting 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre 3:20 Chair Yoga/Heather 4:30 Farmers Market	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
9 Share You Care Day	10	11 9/11	12 SPONSORED MEAL	13 Nat. Uncle Sam Day
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 12:30 On the Road Again Meeting 2:00 Pickleball 	8:00-9:00 Walking/Gym 8:45 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	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 10:00 Blue Jean Wreath 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball EVENING MEAL Speaker Jeff Mires	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:00 Northcrest Meal/BINGO Sponsor 1:15 Euchre 3:20 Chair Yoga/Heather 4:30 Farmers Market	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball 
16 SPONSORED MEAL	17	18	19	20 Nat. Pepperoni Pizza Day
8:00-9:45 Adv Pickleball 9:00 Manicures/Pedicures 10:00 Exercise/Carol 11:00 Mahjong 12:30 Vancrest Meal/BINGO Sponsor 2:00 Pickleball	8:00-9:00 Walking/Gym 10:00-12:00 Vaccine Clinic & BP Checks-HCHD 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball  IMMUNIZATIONS	8:00-9:45 Adv Pickleball 10:00 Watercolors/Shirley 10:00 Exercise/Carol 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 Movie/Popcorn 12:45 Euchre 3:20 Chair Yoga/Heather 4:30 Farmers Market Rummage Sale Thursday(3-7) Loaded LunchBox Food Truck (3-7)	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 10:00 Rapid SOS-Sign Up-H.C. Sheriffs Dept. 11:00 Grief Group 12:45 Tai Chi Video 2:00 Pickleball  Rummage Sale Friday(8-6) Saturday(8-12)
23 Nat. Teal Day for Ovarian Cancer	24	25 SPONSORED MEAL Nat. Comic Book Day	26	27 SPONSORED MEAL Tailgate Party
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball Wear your Teal! 	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 Video 11:00 HCHD BP Checks 11:45 BDay Bash-NAMI Four County 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 8:45 Tech Help w/ Joe 9:30 Line Dance/Linda 12:45 Euchre 3:20 Chair Yoga/Heather 4:30 Farmers Market	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:15 Tailgate Games 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball 
30 Nat. Love People Day	1	2	3	4 SPONSORED MEAL
8:00-9:45 Adv Pickleball 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 11:00 Crocheting 12:45 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors 10:00 Exercise/Carol 11:00 HCHD BP Checks 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre 3:20 Chair Yoga/Heather 4:30 Farmers Market	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

September 2024 Lunch Menu

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

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

- Menu meal served daily 12:00 - 12:30 p.m. - **RSVP by 2:00pm the day before - 419-599-0033.** We cannot guarantee meals for those who do not RSVP.
- **MOW - PLEASE CALL 419-599-0033 BY 7:00 A.M. TO CANCEL OR CHANGE A MEAL.**
- To inquire about ingredient content, please call the Senior Nutrition program.
- 2% Milk is served daily.
- Frozen Meals will be delivered to Meals on Wheels clients (at an earlier date) for the Holidays that the Senior Center is closed.
- No eligible person 60 or over shall be denied a nutrition service because of failure to contribute all or part of the suggested donation for that service. All donations are kept confidential.
- Turkey & Cheese Sandwich is available to replace main entrée of a meal, if ordered 24 hours in advance.
- Chef Salad is available to replace a hot meal, if ordered 24 hours in advance.
- **Menus may change due to availability of certain foods.**
- Drive through meals are available from 11:00 - 11:30 a.m. at the East side of the Senior Center Building KITCHEN DOORS on Monday, Tuesday, Thursday and Friday. Wednesday meal may be picked up on Tuesday.
- **Call the HCSC at 419-599-5515 if interested in Meals on Wheels, an assessment will be performed prior to receiving meals.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED	3	4	5	6 SPONSORED MEAL
	Chicken Parmesan Pasta & Sauce Mixed Vegetables Coleslaw Fruit Cocktail	Hot Dog Potato Patty Baked Beans Pears	Pancakes w/ Blueberry Topping Sausage Patty Hashbrown Potatoes Applesauce	Beef Manhattan Mashed Potatoes California Blend Vegetables Fruit Crisp
9	10	11	12 SPONSORED MEAL	13
Pork Chop w/ Gravy Baby Carrots Au Gratin Potatoes Lime Fruited Jello	Beef Burrito Refried Beans Spanish Rice Lettuce Salad Pineapple	Sausage Patty & Cheese on Muffin Tator Tots Mixed Vegetables Peaches	Baked Spaghetti Green Beans Coleslaw Watergate Salad Garlic Bread	Chicken Salad Sandwich Pea Salad Potato Chips String Cheese Tropical Fruit
16 SPONSORED MEAL	17	18	19	20
Dinner Ham Sweet Potatoes Broccoli Apple Cobbler	Roast Beef & Noodles Ranch Green Beans Baby Baker Potatoes Fresh Melon	Chicken Nuggets w/honey Calico Bean Salad Cottage Cheese Pineapple	Meatloaf Mashed Potatoes & Gravy Corn Casserole Dreamsicle Orange Salad	Bacon, Lettuce & Tomato Sandwich Potato Salad Three Bean Salad Mandarin Oranges
23	24	25 SPONSORED MEAL	26	27 SPONSORED MEAL
Fish Tartar Sauce Scalloped Potatoes Mixed Vegetables Pineapple & Oranges	Pork Roast Red Skin Potatoes Boiled Cabbage & Baby Carrots Grape Salad	Sloppy Joe Sandwich Baked Beans Corn Casserole Peaches Congregate: BDay Cake	Chicken Pot Pie over Biscuit Brussel Sprouts Tomato & Cucumber Salad Apricots MOWS: B Day Cake	Brat & Bun Baked Potato Chili & Crackers Ambrosia Salad
30	1	2	3	4 SPONSORED MEAL
Salisbury Steak w/ Mushrooms Stewed Tomatoes Peas Cinnamon Applesauce	Grilled Chicken Strips Vegetable Fried Rice Sweet & Sour Sauce Lettuce Salad Pineapple	Cheeseburger Hashbrown Potatoes Mixed Vegetables Mixed Fruit	Lasagna California Blend Veggies Coleslaw Fresh Fruit Garlic Bread	Turkey & Noodles Mashed Potatoes Green Bean Casserole Watergate Salad



Thank you to all our pickleball volunteers for building our outdoor court shade canopy!

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

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



The Loaded Lunchbox food truck will be here for our rummage sale on the evening of September 19th from 3PM to 7PM.

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.



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, September 25, 2024.**



Henry County Health Department Vaccine Clinic

At The Henry County Senior Center

Tuesday September 17th

10:00am to 12:00 noon

FLU & COVID VACCINES WILL BE AVAILABLE

Call the Henry County Health Department at 419-599-5545 to reserve your spot.



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 30th at 11:00am in the Conference Room.



MANICURES & PEDICURES

Sheila Salinas, a licensed cosmetologist will be here on Monday, Sept 16th & October 21st. Please schedule your appointment at the front desk, where you can also view a price list.

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.



2024 Senior Day The Henry County Fair



Congratulations to Barb Carter,
who won our Summer Quilt



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 meetings will be held on Friday the 6th & 20th 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 next meetings will be Wednesday, September 18th 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, September 10th at 10:00am.

BIBLE STUDY

Join our Bible Study Group, meetings are held every Tuesday at 10:30am in the Reflection Room. This group explores the Bible in a way to know God better. Through his words we come to know not only the nature and attributes of God, but we also come to understand his plan for each of us.



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



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

REGISTRATION FOR TRIPS ARE IN PERSON ONLY, AT THE HENRY COUNTY SENIOR CENTER. EACH TRIP HAS ITS OWN BEGINNING REGISTRATION DATE.

Detailed flyers about the trips below, and flyers of newly planned trips, can be found in a notebook on the coffee table in the Senior Center lobby.

Hollywood Casino Days-Wednesdays, Sept 25th, Oct 30th / 9:00am to 4:00pm. Cost \$15 per person which covers your cost of transportation. Lunch at the casino is at your own expense. **Registration is ongoing.**

Goodwill Shopping Trip to Ottawa, Findlay & Tiffan-Thursday, September 5th / 9:30am to 6:00pm. **TRIP FULL.**

Toledo Zoo-Wed. Sept 11th / 9:00am to 4:00pm. **TRIP FULL.**

Mud Hens VS Columbus Clippers-Wed. Sept 18th / 10:00am to 5:00pm. **TRIP FULL.**

Car Caravan to Northeast Ohio-September 25th through 27th. Cost \$200.00 to the Senior Center (includes 2 nights lodging based on double occupancy per room) & \$50.00 to your driver. If you sign up a car of four together, the driver goes free. Many stops will be planned including wineries, shops & covered bridges around Ashtabula and Lake Erie. **Registration began in August.**

The Texas Tenors, Niswonger-Sat. October 5th / 4:30pm to 11:00pm. **TRIP FULL.**

Niagara Falls Excursion—October 7th through 10th. **Final payments due 9/2/24. TRIP FULL.**

History & Hops Tour, Toledo-Friday, October 18th / 2:20pm to 8:00pm. Cost \$18. On this driving tour you will learn about the roots of Toledo's grand brewing heritage. Dinner will be at your own expense at Maumee Bay Brewing Company. **Registration began in August.**

"Whose Live Anyway" Improve Comedy, Stranahan-Sat. October 19th / 4:00pm to 11:00pm. Cost \$90. Dinner at your own expense will be at Shawn's Tavern, Waterville. Join us for this hilarious song and improv comedy show. Featuring Greg Proops, Jeff B Davis, Ryan Stiles & Joel Murray. **Registration began in June.**

"Always Olivia" Olivia Newton-John Tribute, Niswonger-Fri. November 8th / 4:30pm to 11:00pm. Cost \$60. Dinner at your own expense at The Edition, Van Wert. **Registration began in July.**

Toledo Walleye Hockey Game-Wed. November 13th / 9:00am to 4:00pm. Cost \$35 includes ticket, transportation and hotdog lunch. **Registration begins September 6th.**

Great Lakes Crossing Outlet Shopping Trip-Mon. November 18th / 8:00am to 6:00pm. Cost \$34. Lunch will be at your own expense. **Registration begins September 4th.**

Nite Lites at Michigan International Speedway-Tues. December 3rd / 3:30pm to 10:30pm. Cost \$24. Dinner will be at your own expense, at Applebee's. **Registration begins September 19th.**

Toledo Walleye Hockey Game-Wed. December 4th / 9:00am to 4:00pm. Cost \$35 includes ticket, transportation and hotdog lunch. **Registration begins September 23rd.**

Michael Cavanaugh, Christmas Show in Findlay-Sunday, December 15th / 4:00pm to 11:00pm. Cost \$59. Dinner will be at your own expense, at Cracker Barrel. **Registration begins September 10th.**

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, location to be determined. **Registration begins September 30th.**

"Menopause II" The Musical in Van Wert-Wed, March 26th. More Information to come in an upcoming newsletter.

"Come From Away" in Findlay-Thursday, May 1st. More information to come in an upcoming newsletter.

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

**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.
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- 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)
- Nuisance investigations
- Public pool and restaurant inspections
- School nursing
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Program Director, Ann Like
Finance/Receptionist, Angie Thomas
Custodian, Peg Adams
Exercise Instructors: Carol Gerken Lones, Emily Beck, Heather Miller Klingler
Volunteer Dance Instructor: Linda Warren
Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr
Volunteers/Assistants:
Dick Beck, Beth Cook, Jan Franz, Art Germann, Karen Germann, Jan Heddaeus, Paul Heddaeus,
Dawn Leitner, Betty Marihugh, Donna McGhee, Linda Rettig, Rita Small, 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
Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman
Dish Room: Bill Hatcher, Don Hill
Volunteer Kitchen Assistants: Cindy Cramer, Jeanette Okuley, Pam Schwiebert
Meals on Wheels Drivers: Rick Arps, Keith Brannon, Jordan Kline, Carla Lambert,
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.