

## Golden Age News

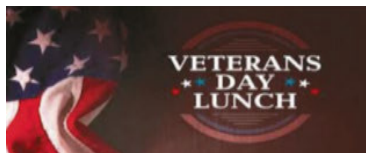
203 Rohrs Street  
Napoleon, OH 43545  
419-599-5515

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



### NOVEMBER HOURS

Monday 8AM—7:30PM  
Tues.-Fri. 8AM—4PM



### VETERANS DAY LUNCHEON

**Mon, November 10th**

Program begins at 11:15AM,  
Lunch at noon followed by  
BINGO.

Lunch & BINGO Sponsor:  
Northcrest Rehab & Nursing  
Kindly RSVP by 11/5/25.



### THANKSGIVING SERVICE PROJECT

See the front desk of the HCSC for more information. Monetary and food donations will be accepted for our Thanksgiving Service Project.

# Henry County Senior Center

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

**NOVEMBER 2025**

Dear Seniors,

As we step into November and embrace the season of gratitude, I want to take a moment to sincerely thank each of you for being such an important part of the Henry County Senior Center community. This time of year offers a wonderful opportunity to reflect on the blessings in our lives, and I am especially grateful for the warmth, friendship, and sense of togetherness that each of you brings to our center.

November reminds us of the importance of connection, kindness, and reflection — values that we see in action every single day through the caring interactions, shared laughter, and support among our members. It's these small but meaningful moments that make our community so special.

We have a month filled with engaging activities, festive holiday preparations, and meaningful opportunities to gather and give thanks. Whether it's attending a class, sharing a meal, or simply spending time together, I encourage you to take part and make the most of this beautiful season. Your presence truly makes a difference.

Angela



### HOLIDAY EVENING MEAL

**Wednesday, November 19th**

Dinner Served at 5:00

Come enjoy a delicious meal, musical entertainment & view our quilt display.

Menu: Glazed Dinner Ham, Broccoli & Cheese Casserole, Loaded Sweet Potatoes, Apple Coleslaw, & Dutch Apple Pie

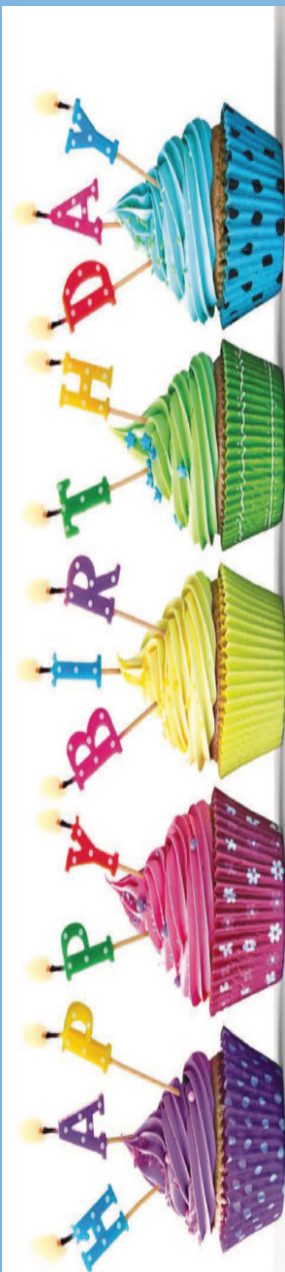
Please RSVP & pay by 11/12/25.  
Cost \$10.00 per person.

### HENRY COUNTY SENIOR CENTER QUILT SHOW

**Wednesday, Nov. 19th  
8AM to 7PM**

*View the handmade quilts of our community. Quilts will be on display all day for the public to view.  
Viewing is free.*





|                         |                        |                         |                      |
|-------------------------|------------------------|-------------------------|----------------------|
| 1 Roth, Kay             | 9 Moneer, Karen        | 19 Martens, Johnene     | 28 Wagner, Timothy   |
| 1 Nye, Barbara          | 9 Miller, Penny        | 20 Boyd, Frank          | 29 Cordes, William   |
| 1 Knapp, Shirley        | 9 Alvarez, Mary        | 20 Drewes, Sharon       | 29 Distel, Joseph    |
| 1 Vincent, Sheila       | 10 Mahnke, Patricia    | 20 LaGorin, Myra        | 29 Meyer, Michael    |
| 1 Coleman, Lou          | 10 Kane, Robert        | 20 Neiling, Janice      | 29 Myers, Cynthia    |
| 1 Roehrig, Judith       | 10 Erman, Gwen         | 20 Chorba, Ada          | 29 Dean, Louise      |
| 1 Hastedt, Bonnie       | 10 George, James       | 20 Ruch, Sandy          | 30 Bernicke, Mary    |
| 1 Funchion, Judy        | 10 Pinson, Gregory     | 20 Schriener, Michael   | 30 Higbea, Shirley   |
| 2 Dietrich, Mary        | 10 Zabik, Daisy        | 21 Bahler, Ruth         | 30 Campos, Guadalupe |
| 2 Smith, Lynette        | 10 Gerken, Cindy       | 21 Rausch, Kathleen     | 30 Benien, Roger     |
| 3 Kryder, Rita          | 11 Schwab, Clarence    | 21 Lacy, Diana          | 30 Slight, Catherine |
| 3 Orthwein, Donna       | 11 Swingle, Kathleen   | 21 Dietrich, Cheryl     | 30 Sherman, Cynthia  |
| 3 Fortney, Billy        | 11 Reynolds, Janet     | 21 Cordes, Rita         | 30 Dahlberg, Ida     |
| 3 Wachtman, Patsy       | 11 DeLong, Ronnie      | 21 Hall, Lori           | 30 Aeschleman, Dana  |
| 3 Glass, Roy            | 11 McClory, John       | 21 Stereff, Christopher |                      |
| 3 Rohrs, Gayla          | 12 Mack, Kathryn       | 21 Perry, Christine     |                      |
| 4 Cordes, Fern          | 12 Rosebrook, Cynthia  | 21 Bischoff, Marsha     |                      |
| 4 Rodriguez, Antoinette | 12 Marciniack, Sallie  | 22 Tullock, Clarence    |                      |
| 4 Glaser, Nancy         | 12 Walker, Brian       | 22 Jones, Marlene       |                      |
| 4 Wade, Phill           | 13 McCurdy, Dick       | 22 Meyer, Janet         |                      |
| 4 Parker, William       | 13 Worchuck, Rick      | 22 Knipe, Steve         |                      |
| 4 Adams, Gerald         | 13 Smith, Kathy        | 22 Powell, David        |                      |
| 5 Zimmerman, Junior     | 14 Wallace, Margery    | 23 Clapp, Jennifer      |                      |
| 5 Wilson, Helen         | 14 Slee, Neal          | 24 James, James         |                      |
| 5 Leatherman, John      | 14 Sines, Linda        | 24 Rosebrock, Lois      |                      |
| 5 Wolf, Kathy           | 14 Imthurn, Christine  | 24 Engler, Peggy        |                      |
| 5 Bricker, Pamela       | 14 Ball, Sandra        | 24 Metzger, Colleen     |                      |
| 5 Fronce, David         | 14 Lamb, Ann           | 24 Bell, Steve          |                      |
| 5 Heddaeus, Paul        | 15 Gardner, Mary Ann   | 24 Alvarez Sr., Ramiro  |                      |
| 5 Castillo, Grace       | 15 Zeh, Helen          | 25 Zimmer, Bernard      |                      |
| 5 Ruch, Pat             | 15 Carpenter, Eula     | 25 Hibbard, Pamela      |                      |
| 5 Bostelman, Penni      | 15 Burkey, Jim         | 25 Goertz, Cheri        |                      |
| 6 Zumfelde, Eldon       | 15 Russ, Clyde         | 25 Schnipke, Jane       |                      |
| 6 VonDeylen, RuthAnn    | 15 Hudson, Geraldine   | 25 Schroeder, Thomas    |                      |
| 6 Jennings, Jo          | 15 Gahagan, Mary       | 26 Rettig, Rosanne      |                      |
| 6 Whitman, Michael      | 16 Hill, Betty         | 26 Castaneda, Andrew    |                      |
| 6 McMahon, Patricia     | 16 Casper, Robert      | 26 Duval, Tena          |                      |
| 6 Bankey, Donna         | 16 Prater, Randy       | 27 Barlow, Linda        |                      |
| 6 Murray, James         | 17 Franz, Theresa      | 27 Edgar, Bonnie        |                      |
| 7 Tyson, Karen          | 17 Eberle, Robert      | 27 Wilson, Timothy      |                      |
| 8 Junge, Ethel          | 17 Rice, Sharon        | 27 Donnelly, Maria      |                      |
| 8 Bostelman, Shirley    | 17 Hall, Doug          | 27 Westhoven, Joseph    |                      |
| 8 Hoops, Lynn           | 17 Miller, Lisa        | 27 Schwab, Beverly      |                      |
| 8 Beck, Marian          | 18 Sonnenberg, Gilbert | 27 Snyder, Peggy        |                      |
| 8 Dayberry, Rayma       | 18 Harmon, Audrey      | 28 Dickmann, Marian     |                      |
| 9 Schwiebert, Alice     | 19 Fetter, Virginia    | 28 Bryant, Beulah       |                      |
| 9 Carlston, John        | 19 Damman, Norma       | 28 Ferguson, Pamela     |                      |
| 9 Korak, Judy           | 19 Hall, Carl          | 28 Dumbra, Victor       |                      |
| 9 Paul, Patricia        | 19 Cramer, Janice      | 28 Burkhart, Deborah    |                      |
| 9 Shaffer, Sandra       | 19 Hudson, William     | 28 Garmyn, Susan        |                      |
| 9 Small, Rita           | 19 Yaw, Cheryl         | 28 Frelin, Kathleen     |                      |

### Birthday Bash Entertainment

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

**Nov. 26th @ 11:15**

### Comfort Dog

"Damascus" will be visiting our facility on the 1st Wed. of the month. "Damascus" is a female 3 1/2 year old Golden Retriever. Damascus has over 2,000 hours of specialized training. Next Visit: Nov. 5th at 10:45am



### Tech Help with Joe

Joe Burgei from NOCAC will be here **Tuesday, November 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 4th Thurs. of each month, but had to change his day due to Thanksgiving.

### DONATION WISH LIST

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

# Thank You for your Support!!

## Thank You

HCSC Advocate Group

Genacross Lutheran Services-Meal & Bingo Sponsor

Northcrest Nursing & Rehab- Meal & Bingo Sponsor

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

Vancrest Health Care Center-Bingo Sponsor

Henry County Hospital-B day Bash Meal Sponsor

Immanuel Church, Deshler & St. Peter Church, Holgate

Henry County Health Department, Care 360 Hospice,

Soaring Arts Studio, NOCAC, Maumee Valley Guidance,

OSHIIP, Lutheran Church Charities, Paws & Hooves,

Devoted Health, Core Wealth

## Newsletter Mailing Volunteers

Janet Foxe, Deb Franz, Linda Nelson, Diana Rhodes, Beth

Cook, Betty Marihugh, Kathy Norden, Viv Dominique,

Marybeth McClure, Bette Lighthill, Cathy Ricker, Colette

Yetter, Janet Meyer, Jan Franz, Linda Dickey, Teresa

Kiessling

## Donations

John & Mary Jane Kline, Becky Mansfield, Terry Hudson,

Russ Lones, Donna McGhee, Roger Sell, Janet Foxe, Bette

Lighthill

**Memory of Art German**-Beth Cook, Donna McGhee, Betty Marihugh, Bette Lighthill, Joe Distel, Robert Morrison Jr.



Holiday Bazaar  
& Bake Sale

Wednesday, December 10th

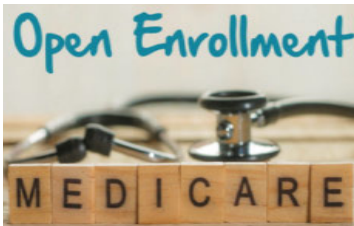
Calling all **bakers & crafters**...we need your help! Please consider making Christmas crafts or baked goods to sell at our fund raiser. Please drop off all Christmas craft items at your convenience. Baked goods can be dropped off on 12/9/25. Thank you in advance for your continued generosity!

## **Medicare Open Enrollment Period for 2026: October 15th and runs through December 7th.**

Now is the time to compare your current coverage to new choices for 2026. Select a plan that best fits your needs and budget.

We will have trained volunteers and licensed agents here at the Henry County Senior Center who can help you navigate through the Medicare process. Call The Henry County Senior Center at 419-599-5515 to schedule an appointment.

Please bring a list of your doctors & medications to your appointment along with your current insurance cards. This will allow us to find a plan that best fits your needs.



## **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.

HCTN 419-592-8726



## LET YOUR CREATIVITY FLOW

### NOVEMBER CRAFT CLASSES

#### CHRISTMAS JEAN POCKET & PINECONE TREE

Monday, November  
17th at  
11AM



Sign up & Pay  
\$5.00 by  
11/12/25



#### WATERCOLORS WITH SHIRLEY

Registration is required for this class. Class is typically offered on the 1st & 3rd Wednesday of the month at 10:00am. Last class for the year will be November 5th.



#### 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. Nov. 6th at 10:30am in the Art Room. Please Register & Pay at the front desk.

## EXERCISE CLASSES

### CARDIO DRUMMING

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



### EXERCISE WITH CAROL

Mondays at 10:00  
Wednesdays at 10:00

### YOGA VIDEO

Wednesdays at 12:45

### TAI CHI VIDEO

Fridays at 12:45

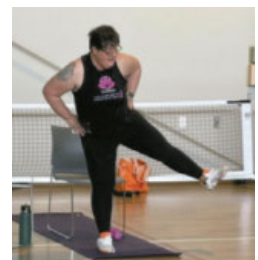
### WARRIOR Rhythm ROOTS WITH MELISSA

Come check out this low impact, yoga style class.

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



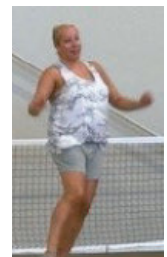
**TWO CLASSES A WEEK  
STARTING IN NOVEMBER.**



**NO CLASS ON 11/10/25**



**DANCEFIT  
WITH  
CHRISTINE**  
Mondays at  
5:30pm



### BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



**LINE  
DANCING  
WITH  
LINDA**  
Thursdays  
at 9:30

| MONDAY                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                   | FRIDAY                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 November                                                                                                                                                                                                                              | 4                                                                                                                                                                                                                                                       | 5                                                                                                                                                                                                                                                                                                                                                    | 6                                                                                                          | 7 <b>SPONSORED MEAL</b>                                                                                                                                                                                                                                  |
| 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br>11:00 Rhythm & Roots<br>11:00 Mahjong<br><b>11:00 Pottery Class</b><br><b>12:45 On the Road Mtg.</b><br>1:00-5:20 Pickleball<br>5:00 Euchre<br>5:30 DanceFit                        | 8:00-9:50 Pickleball<br>10:00 Cardio Drumming<br>10:30 Bible Study<br>1:00 Balance Exercises<br>1:00 Quilt Class<br>2:00 Pickleball                                                                                                                     | 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br>10:00 Watercolor/Shirley<br><b>10:45 "Damascus"</b><br><b>Comfort Dog Visit</b><br>11:00 HCHD BP Checks<br>12:45 Chair Yoga Video<br>1:00 Cards/Games<br>1:00 Pickleball                                                                                                                         | 8:30 Cardio Drumming<br>9:30 Line Dance/Linda<br>10:30 Cards w/Deb<br>12:30 Euchre<br>1:00 Pickleball      | 8:00-9:50 Adv Pickleball<br>9:45 Ping Pong<br>10:00 Cardio Drumming<br>11:00 Grief Group<br>11:00 Rhythm & Roots<br><b>12:00 Genacross Meal/</b><br><b>BINGO Sponsor</b><br>12:45 Tai Chi Video<br>1:30 Pickleball                                       |
| 10 <b>SPONSORED MEAL</b>                                                                                                                                                                                                                | 11 Center Closed                                                                                                                                                                                                                                        | 12                                                                                                                                                                                                                                                                                                                                                   | 13                                                                                                         | 14                                                                                                                                                                                                                                                       |
| 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br><b>11:15 Veterans Program</b><br><b>12:30 BINGO</b><br><b>Meal/BINGO</b><br><b>Sponsored by Northcrest</b><br>11:00 Mahjong<br>1:00-5:20 Pickleball<br>5:00 Euchre<br>5:30 DanceFit | <br>Happy Veterans Day                                                                                                                                                 | 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br><b>10:45 "Jack"</b><br><b>Therapy Dog Visit</b><br><b>11:00 Alzheimer's</b><br><b>Group &amp; Soaring Arts</b><br>12:45 Chair Yoga Video<br><b>1:00 Rummage Sale Mtg</b><br>1:00 Cards/Games<br>1:00 Pickleball                                                                                  | 8:30 Cardio Drumming<br>9:30 Line Dance/Linda<br>12:30 Euchre<br>1:30 Pickleball                           | 8:00-9:50 Adv Pickleball<br>9:45 Ping Pong<br>10:00 Cardio Drumming<br>11:00 Rhythm & Roots<br>12:45 Tai Chi Video<br>1:00 Pickleball                                                                                                                    |
| 17                                                                                                                                                                                                                                      | 18                                                                                                                                                                                                                                                      | 19 <b>QUILT SHOW 8AM-7PM</b>                                                                                                                                                                                                                                                                                                                         | 20                                                                                                         | 21                                                                                                                                                                                                                                                       |
| 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br>11:00 Mahjong<br>11:00 Rhythm & Roots<br>11:00 Craft Class<br><b>12:30 BINGO/Vancrest</b><br>1:00-5:20 Pickleball<br>5:00 Euchre<br>5:30 DanceFit                                   | 8:00-9:50 Pickleball<br>10:00 Cardio Drumming<br>10:00 Caregiver Group<br>10:30 Bible Study<br><b>12:45 Advocate Mtg.</b><br>1:00 Balance Exercises<br>1:00 Quilt Class<br>2:00 Pickleball                                                              | 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br><b>11:00 WISE Program</b><br><b>Maumee Valley Guidance</b><br>12:45 Chair Yoga Video<br>1:00 Cards/Games<br>1:00 Pickleball<br><br><b>5:00 EVENING MEAL &amp;</b><br><b>QUILT SHOW</b>                                                                                                           | 8:30 Cardio Drumming<br>9:30 Line Dance/Linda<br>12:30 Euchre<br>1:00 Pickleball                           | 8:00-9:50 Adv Pickleball<br>9:45 Ping Pong<br>10:00 Cardio Drumming<br>11:00 Rhythm & Roots<br>11:00 Grief Group<br><b>12:30 MUSIC BINGO</b><br><b>Sponsored by Devoted</b><br><b>Health &amp; Core Wealth</b><br>12:45 Tai Chi Video<br>1:00 Pickleball |
| 24                                                                                                                                                                                                                                      | 25                                                                                                                                                                                                                                                      | 26 <b>SPONSORED MEAL</b>                                                                                                                                                                                                                                                                                                                             | 27 Center Closed                                                                                           | 28 Center Closed                                                                                                                                                                                                                                         |
| 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br>11:00 Mahjong<br>11:00 Rhythm & Roots<br><b>11:00 Pottery Class</b><br>11:00 Book Club<br><b>12:30 Veteran's Group</b><br>1:00-5:20 Pickleball<br>5:00 Euchre<br>5:30 DanceFit      | 8:00-9:50 Pickleball<br><b>8:00 Tech Help</b><br>10:00 Cardio Drumming<br>10:30 Bible Study<br>1:00 Balance Exercises<br>1:00 Quilt Class<br>2:00 Pickleball<br><br> | 8:00-9:50 Adv Pickleball<br>10:00 Exercise/Carol<br><b>10:15 "Ask a Nurse"</b><br>11:00 HCHD BP Checks<br><b>11:15 Musical</b><br><b>Entertainment w/</b><br><b>Jenna &amp; Vanessa</b><br><b>11:45 BDay Bash—</b><br><b>Henry County Hospital</b><br><b>12:30 BINGO/Bridge HHH</b><br>12:45 Chair Yoga Video<br>1:00 Cards/Games<br>1:30 Pickleball | <br>HAPPY THANKSGIVING | <br><b>BLACK FRIDAY</b><br><br>The Henry County Senior Center will open, regular hours on Monday 12/1/25.                                                           |

**Gingerbread Man  
Christmas  
Tree Raffle**  
**\$.25 per chance**  
**Drawing held on**  
**December 10th.**



|            |            |
|------------|------------|
| NAME_____  | NAME_____  |
| PHONE_____ | PHONE_____ |
| NAME_____  | NAME_____  |
| PHONE_____ | PHONE_____ |

# NOVEMBER 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                                                                                         |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 3                                                                                                                    | 4                                                                                                                      | 5                                                                                                                           | 6                                                                                     | 7 Sponsored Meal                                                                               |
| Cabbage Roll<br>Peas<br>Red skin Potatoes<br>Baked Apples                                                            | Hamburger Gravy over<br>Mashed Potatoes<br>Corn<br>Lettuce Salad w/ Ranch<br>Dressing<br>Mixed Fruit                   | Pulled Pork Sandwich<br>Mac & Cheese<br>Mixed Vegetables<br>Potato Chips<br>Pineapple                                       | Chicken & Noodle<br>Casserole<br>Beef Stick Snack<br>Brussel Sprouts<br>Waldorf Salad | Dinner Ham<br>Sweet Potatoes<br>Sweet Corn Casserole<br>Fruited Jello Salad<br>Cookie          |
| 10 Sponsored Meal                                                                                                    | 11 Center Closed                                                                                                       | 12                                                                                                                          | 13                                                                                    | 14                                                                                             |
| <b>Veterans Lunch</b><br>Beef Manhattan over<br>Mashed Potatoes<br>Green Beans<br>Cole Slaw<br>Mandarin Orange Salad |                                                                                                                        | Hot Chicken Sandwich<br>Calico Beans<br>Tator Tots<br>Cheese Cubes<br>Applesauce                                            | Beef Burrito<br>Fiesta Corn<br>Stewed Tomatoes<br>Blush Pears<br>Cornbread            | Baked Spaghetti<br>California Blend<br>Vegetables<br>Cole Slaw<br>Peach Crisp<br>Garlic Bread  |
| 17                                                                                                                   | 18                                                                                                                     | 19 Quilt Show                                                                                                               | 20                                                                                    | 21                                                                                             |
| Egg, Bacon & Cheese<br>Bake<br>Sausage Patty<br>French Toast Casserole<br>V-8 Juice<br>Fresh Fruit                   | Chicken Parmesan<br>With Marinara Sauce<br>Mixed Vegetables<br>Cucumber & Tomato<br>Salad<br>Pears                     | Cheeseburger<br>3 Bean Salad<br>Cheesy Potatoes<br>Peanut Butter Cup<br>w/ Celery<br>Mixed Fruit<br><br><b>EVENING MEAL</b> | Lasagna<br>Broccoli<br>Cherry Crisp<br>Lettuce Salad with<br>Dressing<br>Garlic Bread | Salmon Patty<br>Tartar Sauce<br>Sweet Corn Casserole<br>Red Skin Potato<br>Fruited Jello Salad |
| 24                                                                                                                   | 25 Holiday Meal                                                                                                        | 26 Sponsored Meal                                                                                                           | 27 Center Closed                                                                      | 28 Center Closed                                                                               |
| Pork Chop<br>with Gravy<br>Stewed Tomatoes<br>Spanish Rice<br>Applesauce                                             | Turkey & Noodles<br>Mashed Potatoes &<br>Gravy<br>Green Bean Casserole<br>Cranberry Apple Salad<br>MOWs: Birthday Cake | Sloppy Joe Sandwich<br>Glazed Carrots<br>Buttered Corn<br>String Cheese<br>Peaches<br>Cong: Birthday Cake                   |                                                                                       |                                                                                                |



## ATTENTION RUMMAGE SALE VOLUNTEERS

Pizza Party/Wrap Up Meeting on November 12th at 1:00pm.

Bring your 2026 date and idea suggestions.

Kindly RSVP by 11/7/25 so we can order appropriately.





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



Christmas Angel

November 3rd & 24th at 11:00am

Fee for pottery class is \$15.00

Sign up for our December pottery class will open on November 15th.

### 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, November 24th** at 11:00am in the Conference Room.



The next SeaGate Food Box pick up is **Wednesday, November 26, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.



### INSIDE PICKLEBALL

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

**AFTERNOON PICKLEBALL**— Monday through Friday  
Every Afternoon (see calendar for time)  
Early Evening Hours on Monday 1:00pm to 5:20pm

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



### 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

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.

### ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny for our Alzheimer's Support Group, next meeting will be **Wed, November 12th at 11:00am**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!

### RECREATIONAL ART



During the support group the Soaring Arts Studio will be offering art projects in our art room for seniors. Caregivers will be able to bring their loved one with them, have their family member involved in an art project while the support group is going on. All seniors are welcome to attend.

### MUSIC BINGO

Friday, November 21st  
at 12:30

BINGO Sponsored by Devoted  
Health & Core Wealth



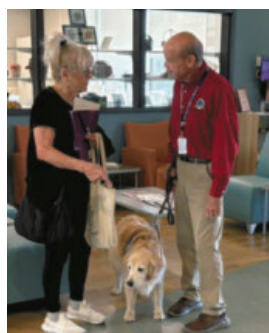
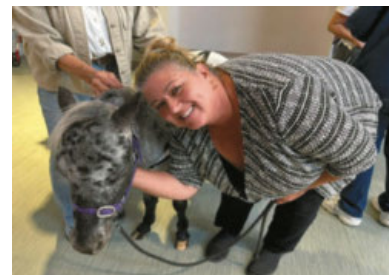
Need some medical questions answered, home health advice, medication concerns or just need to talk. Make an appointment with Christy Montgomery, RN with Bridge Home Health and Hospice.

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 **November 26th**. Call the HCSC to schedule your appointment.

### CARDS & GAMES

Mahjong every Monday @ 11:00.  
Euchre - Monday @ 5:00 &  
Thursday @ 12:30.  
Hand & Foot or Three/Thirteen -  
Wed @ 1:00.  
Open tables for cards & games anytime!





### 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 November meeting will be held on **Friday the 7th & 21st at 11:00am.**

### INFORMAL VETERAN GROUP

**Monday, November 24th 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, November 18th 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.

**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). **TRIP FULL.**

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

**Mollie B, Ted Lange and the Band "Squeezebox" Dinner, Dance & Show**-Thur. 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 began on October 9th.**

**"Wicked For Good", Skye Cinema**-Tues. Nov 25th / 11:00am to 4:00pm Cost \$12 includes movie, popcorn and transportation. Lunch will be at Reelwood Kitchen, at your own cost. **Registration begins November 6th.**

**Hicksville Christmas Light Cruise**-Tues. Dec 2nd / 4:30pm to 9:00pm. Cost \$20 includes transportation and entrance to light display. Dinner will be at Jersey's Game Day Grill, Defiance at your own expense. **Registration began October 22nd.**

**Toledo Walleye vs Bloomington Bison**-Wed. Dec 3rd / 9:00am to 4:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. **Registration began 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 began Oct 16th.**

**"Scrooge in Rouge" Dinner Theatre, Fort Wayne**-Sun Dec 14th / 11:00am to 5:00pm. Cost \$77.00 includes your transportation, show & dinner (Meats, Potato, Vegetable, Salad, Dinner Roll). Alcoholic drinks will be available for purchase. **Registration begins November 6th.**

**The Crick Entertainment Center, Defiance**-Thur. Jan 8th. More information to come on this trip.

**Adventure Spirits Distilling, Whitehouse**-Fri. Jan 30th. More information to come on this trip.

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

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

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

All of our outings are now being rated on pace and mobility level for participants to judge if a trip is suitable for their activity comfort. Level 1 being the least active to Level 4 being more physically challenging, with several steps involved. Please refer to the trip book for a description of the levels and each trip flyer for the level that particular outing is rated.

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

The "Symphony of Trees" needs our help with their sweet shop! Baked Goods are needed for their event. Please consider donating, this organization raises funds which benefits the children of our community. Baked goods can be dropped off at The Armory Art & Event Center, November 11th-14th. The event is scheduled for November 13-16, 2025. Thank you in advance for your generosity!

**\*\*A huge Thank You to Norma Beck, Maryann Walden, Beth Cook & our quilters for making items which were donated to the Symphony of Trees for their auction!**





**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-477-4574**



### National Church Residences

#### RIVERVIEW TERRACE

An Enriched, Independent Lifestyle

120 East Maumee Avenue, Napoleon, OH 43545

Over 62 and need a place to thrive? Picture the possibilities of your new, worry-free lifestyle at Riverview Terrace.

**\*Affordable \*Peaceful \*Independent**  
senior living option puts your dreams within your reach.

*Let us take care of many of the hassles of life that may have become overwhelming, allowing you to be free to thrive.*

**Phone: 419-592-4343**



**Diane Harmon**  
Realtor®



219 W. Clinton St.

Napoleon, OH 43545

Office: 419-592-3741

Cell: 419-966-1864

Email: buzzdkh@gmail.com



## PRIMARY CARE FOR THE WHOLE FAMILY

*Expert care for all ages, close to home!*

**NOW ACCEPTING NEW PATIENTS.**



419-592-1071 | [HenryCountyHospital.org](http://HenryCountyHospital.org)



## Henry County Transportation Network

**419-592-8726**



Find us on  
Facebook

Ohio Relay Number:

1-800-750-0750

1805 Oakwood Avenue—Napoleon, OH 43545

### PUBLIC TRANSPORTATION

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

See our Rider Guide and website for more details.

[www.henrycountyohio.gov](http://www.henrycountyohio.gov)



**VANCREST**  
Holgate

*Care Is Our  
Mission Statement*

600 Joe E Brown Ave, Holgate OH

**[www.vancrest.com](http://www.vancrest.com)**

**(419) 264-0700** Ask for Lea



**NORTHCREST**  
REHAB & NURSING CENTER

240 Northcrest Dr.  
Napoleon, OH 43545  
**419-599-4070**



Local, Nonprofit, Available 24/7

Archbold

**419-445-5128**

Defiance

**419-782-5411**

[www.ComHealthPro.org](http://www.ComHealthPro.org)



**HENRY  
COUNTY  
HEALTH  
DEPARTMENT**

1843 Oakwood Ave.  
Napoleon, OH 43545  
419-599-5545  
[www.henrycohhd.org](http://www.henrycohhd.org)



- Animal bite investigation
- Birth and death certificates
- Breastfeeding support
- Campground inspections
- Car seat checks and distribution
- Children with Medical Needs
- Communicable disease investigation
- Community health data

- Cribs for Kids
- Emergency preparedness
- Grief Recovery Method
- Health education and promotion
- Help Me Grow
- Henry County Cares
- Health improvement coalitions
- Immunizations

- Mosquito control
- Naloxone education/distribution (Project DAWN)
- Nuisance investigations
- Public pool and restaurant inspections
- School nursing
- Septic system inspection and permits
- Traffic safety (Safe Communities)
- Water Testing

**SUPPORT OUR ADVERTISERS!**



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

14-1435

**We love people who care for people!**

Join our Elara family as a Caregiver.  
Apply today at [Elara.com/jobs](http://Elara.com/jobs).

**Elara Caring** 



**WAGNER BUILDERS**

*specialize in keeping  
you independent in your home!*

Wheel Chair Ramps  
Safety Shower and Tub Systems  
Baths, kitchens, anything you  
need to stay in your home safely

**419-409-3009**

Fully Licensed,  
Bonded and Insured



**Health Insurance  
Questions?**

Call Mike Straub  
1-419-473-7205



**MEDICAL MUTUAL**

**GENACROSS**  
LUTHERAN SERVICES

**NAPOLEON CAMPUS**

1036 S Perry St, Napoleon, OH 43545

**(419) 592-1688**

Joanna Studer  
[JStuder@Genacross.org](mailto:JStuder@Genacross.org)

[genacrosslutheranservices.org/  
napoleon-campus/](http://genacrosslutheranservices.org/napoleon-campus/)



**FREE**  
**AD DESIGN**  
with purchase  
of this space

**CALL 800-950-9952**

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Jayne Pandy**

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

**SafeStreets**

**833-287-3502**

**WE'RE HIRING!**  
**AD SALES EXECUTIVES**



**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit

**[www.mycommunityonline.com](http://www.mycommunityonline.com)**



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

14-1435

Henry County Senior Center  
203 Rohrs Street  
Napoleon, OH 43545

TIMED DATED MATERIAL ENCLOSED

NON-PROFIT ORG.

U.S. POSTAGE

PAID

PERMIT NO. 15

NAPOLEON, OH 43545

**HENRY COUNTY SENIOR CENTER 419-599-5515**

Executive Director, Angela Sosebee

Program Director, Ann Like

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

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

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

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

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

Donna McGhee, Judy Morua, Betty Naas, Jeanette Okuley, Linda Rettig, Pastor Janine

Shearer, Rita Small, Pam Schwiebert, 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

Meals on Wheels Drivers: Rick Arps, 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.