

Golden Age News

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

www.henrycountyseniorcenter.com



OCTOBER EVENING HOURS

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



Medicare

**Tuesday, October 7th
at 10:00am**

David Painter from Ohio Senior Health Insurance will be giving a presentation on Medicare open enrollment. Don't miss this informative session.

Just like your health, Medicare plans change every year; your current one might be changing. Plus, not all plans have the same benefits and costs. By comparing all your options, you can find a plan that offers you better coverage, saves money or both.

Henry County Senior Center

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

OCTOBER 2025

Dear Seniors,

As the leaves turn and the air grows crisp, we welcome the beauty of October with open arms! This season brings cozy gatherings, colorful scenery, and plenty of exciting events at the Senior Center. Whether you're here for fun, friendship, or fall festivities, we're so glad to share this special time of year with you.

As you plan your fall activities, here are a few things to keep in mind. For fall games and BINGO, join us for Oktoberfest is on Thursday, October 9 at 11:00 AM. If you're feeling crafty, there are a variety of seasonal craft classes throughout the month. This is also a great time to focus on your health with our Medicare Open Enrollment presentation on Tuesday, October 7 or the Vaccine Clinic on Tuesday, October 14.

Finally, I want to give a big THANK YOU to everyone who contributed to the Rummage Sale. It was another successful event and wouldn't have been possible without all of you!

Stay warm, stay active, and enjoy all that October has to offer!

With autumn cheer,

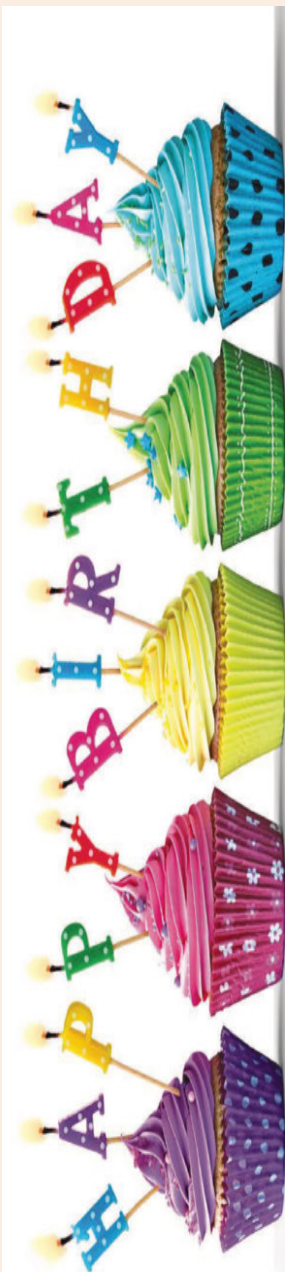
Angela



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.

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. At **Medicare.gov**, you can do a side-by-side comparison of plan coverage, costs, and quality ratings to help you see the real difference between plans and feel confident in your choice.

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.



DONATION WISH LIST

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

- | | | |
|----------------------|----------------------|-----------------------|
| 1 Greene, M. Jane | 13 Smith, Barbara | 24 Sonnenberg, |
| 1 Hesterman, Cindy | 13 Rothman, | Roger |
| 2 Barnes, Mary | Elizabeth | 24 Rudolph, Cheryl |
| 2 Rausch, Ronald | 14 Kloos, Phyllis | 25 Watson, Gerald |
| 2 Helberg, David | 14 Buenger, | 25 Bathurst, Kathleen |
| 3 Favorite, Connie | Lawrence | 26 Weaver, Edmond |
| 3 Gineman, Kenny | 15 Behnfeldt, | 26 Pickering, Bruce |
| 3 Smith, Linda | Marjorie | 26 Damman, Marian |
| 4 Hohenbrink, Angela | 15 Starkey, Phyllis | 26 Robbins-Devrow, |
| 4 Kruse, Ronald | 15 Hardman, Mary | Cheryl |
| 4 DeWit, Mary | 15 Whitman, Patrick | 26 Miller, Jean |
| 4 Rinehart, Phillip | 15 Clark, Junior | 26 Brubaker, Geri |
| 4 Giesige, Vicki | 15 Ramey, Dave | 27 Poulson, George |
| 4 Badenhop, GERALYN | 16 Saman, Frank | 27 Holder, Jerri |
| 5 Dross, Lilia | 16 Foth, Janet | 27 Prigge, Janice |
| 5 Plummer, Donna | 16 Watson, Eugene | 27 Booth, Ruth |
| 5 Crozier, Donna | 17 Miley, Tom | 28 Arps, Lois |
| 6 Myers, Bill | 17 Layberger, | 29 Lusch, Joyce |
| 6 Rettig, Terry | William | 29 Clark, Barbara |
| 6 Small, Steven | 18 Harman, James | 30 Precht, Debra |
| 6 Heddaeus, Jan | 18 Burson, Susan | 31 Wiemken, Doris |
| 7 Melchor, Feliciano | 18 Gilgenbach, Julie | 31 Westhoven, |
| 7 Rettig, Janice | 18 Sonnenberg, | Nancy |
| 7 Harp, Thomas | Andrea | 31 Dachenhaus, |
| 7 Hadley, Juanita | 19 Okuley, Jeanette | Steven |
| 7 Cook, Cathy | 19 Billian, Joseph | 31 Rickenberg, Alice |
| 7 Kleman, Alice | 19 Small, Jean | 31 Wallace, Chris |
| 8 George, Diana | 19 Hillis, Charles | |
| 9 Gerken, Eldon | 19 Sabit, Isabelo | |
| 10 Paisie, Barbara | 19 Porter, Manford | |
| 10 Bostelman, Marge | 20 Camacho, Rosalie | |
| 10 Tolchinsky, Laura | 20 Furney, Sally | |
| 10 Zolman, Rose | 20 Houston, Ruth | |
| 10 Fruth, Susan | 20 Brubaker, Thomas | |
| 10 Badenhop, Vicky | 21 Engler, Julia | |
| 11 Behnfeldt, Ruth | 21 Eickmeier, Linda | |
| 11 Mengerink, Bonita | 21 Glanz, Chester | |
| 11 Vajen, Sheila | 21 Rosiak, Lorraine | |
| 12 Bowles, Walter | 21 Greene, John | |
| 12 Aschemeier, | 21 Roebuck, Teresa | |
| Shirley | 21 Naas, Betty | |
| 12 Hiser, Carolyn | 22 Lozier, Sylvia | |
| 12 Vorwerk, Richard | 22 Reynolds, Cheryl | |
| 12 Beck, Brian | 22 Franz, Gary | |
| 13 Lusch, John | 23 Pippin, Valerie | |
| 13 Sell, Connie | 24 Johnson, Phil | |

Starting in October we will be having a Comfort Dog visit our facility on the 1st Wednesday of the month. "Damascus" is a female 3 1/2 year old Golden Retriever. Damascus has over 2,000 hours of specialized training. Kim Dietrich will accompany her on her visits.



First Visit:
October 1st
at 10:45am



QUILT SHOW HCSC

**Wed, Nov 19th
8AM to 7PM**

Do you have a cherished quilt you made or a loved one made? Consider entering it in our quilt show so all can enjoy.

All are welcome to enter! To save a spot for your quilt please call the HCSC at 419-599-5515. Please RSVP your quilt by 11/11/25. Quilts will need to be dropped off at the HCSC on or before 11/17/25. Kindly have your Name, Quilt Name, Made By Name & Story of the Quilt available for the display.



Tech Help with Joe

Joe Burgei from NOCAC will be here **Thursday, October 23rd** to help you with any technical issues you are having with your cell phone, tablets, laptops, etc. Schedule your appointment with Joe at the front desk. Joe is typically be here on the 4th Thurs. of each month.

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
Edwards Family-Bday Bash Meal Sponsor
Immanuel Church, Deshler & St. Peter Church, Holgate
Henry County Health Department, Care 360 Hospice,
Soaring Arts Studio, NOCAC, Maumee Valley Guidance,
Alzheimer's Association, AOoA, David Painter OSHIP
Rebecca Behm-Craft & Jewelry Donation

Newsletter Mailing Volunteers

Janet Foxe, Deb Baker, Deb Franz, Judy Groves, Linda Nelson, Diana Rhodes, Becky Mansfield, Beth Cook, Betty Marihugh, Jan Franz, Dee Williams, Cindy Rosebrock, Kathy Norden, Jean Knipp, Viv Dominique, Diana Kruse, Kathy Ricker,

Donations

John & Mary Jane Kline, HC Pork Producers, Janet Foxe, Betty Marihugh, Roger Sell, Karen Germann, Tom Holder, Janie Alvarado, John Kline, Barb Dancer, Bette Lighthill, Joan Hardesty, Donna McGhee, Linda Dickey, Anonymous

Memory of Herbert Fruth-Jean Bennett, Dan Keeterle, John & Ann Taylor, Robert Lauf, Laura Armstrong, Patricia Thieroff



**THURSDAY, OCTOBER 9TH
11:00AM**

Break out your lederhosen, clogs and let's Polka! We will be playing some fun Bavarian Games & BINGO!
Join in on the FUN!!



Veterans Day Luncheon—Mon. Nov. 10th
Evening Meal & Quilt Show—Wed, Nov. 19th
Holiday Bazaar—Wednesday, Dec. 10th



**FLU, PNEUMONIA & RSV
IMMUNIZATIONS WILL
BE AVAILABLE. COVID
VACCINES WILL BE
AVAILABLE PENDING
CDC & FDA APPROVAL.**

**HENRY COUNTY
HEALTH
DEPARTMENT
WALK IN
VACCINE CLINIC
Tuesday, October
14th
10:00 AM to NOON**

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

OCTOBER CRAFT CLASSES

Monday, October 20th at 11:00am



Sign up & Pay
\$5.00 by
10/15/25



WATERCOLORS WITH SHIRLEY

Learn to paint with brushes, sponges and some not so traditional items.

Registration for this class is appreciated. Class is typically offered on the 1st & 3rd



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. October 9th 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

Fridays at 11:00am



DANCEFIT WITH CHRISTINE

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



BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



LINE DANCING WITH LINDA
Thursdays at 9:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 October 2025	2	3 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 10:45 "Damascus" Comfort Dog Visit 11:00 HCHD BP Checks 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 11:00 Warrior Rhythm Roots 12:00 Genacross Meal/BINGO Sponsor 12:45 Tai Chi Video 1:30 Pickleball
6	7	8	9 SPONSORED MEAL	10
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Craft Class 11:00 Mahjong 11:00 Pottery Class 12:45 On the Road Mtg. 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 10:00 OSHIP Presentation-David Painter 10:00 Cardio Drumming 10:30 Bible Study 12:45 Advocate Mtg. 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Alzheimer's Group & Soaring Arts 12:45 "What to look for in Long-Term Care" 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Cards w/Deb 10:45 DanceFit 11:45 Oktoberfest 12:00 Northcrest Meal/BINGO Sponsor 1:15 Euchre 1:30 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm Roots 12:45 Tai Chi Video 1:00 Pickleball
13 Center Closed	14	15	16	17
	8:00-9:50 Pickleball 10-12 Vaccine Clinic HCHD 10:00 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 WISE Program Maumee Valley Guidance 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card Making/Deb 10:45 DanceFit 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Warrior Rhythm Roots 11:00 Grief Group 12:45 Tai Chi Video 1:00 Pickleball
20	21	22 SPONSORED MEAL	23	24
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Craft Class 12:30 BINGO/Vancrest 12:30 Veteran's Group 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:00 Caregiver Group 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:15 "Ask a Nurse" 11:00 HCHD BP Checks 11:45 BDay Bash-Edward Family 12:30 BINGO/Bridge HHH 12:45 Chair Yoga Video 1:00 Cards/Games 1:30 Pickleball	8:30 Cardio Drumming 9:00 Tech Help 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Warrior Rhythm Roots 12:45 Tai Chi Video 1:00 Pickleball
27	28	29	30	31
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Pottery Class 11:00 Mahjong 11:00 Book Club 1:00-5:20 Pickleball 5:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 10:00 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:45 DanceFit 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 11:00 Warrior Rhythm Roots 12:45 Tai Chi Video 1:00 Pickleball

October 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
29	30	1	2	3 SPONSORED MEAL
Creamed Chip Beef Gravy Baby Baker Potatoes Mixed Vegetables Blush Pears	Cranberry Glazed Pork Roast Cooked Cabbage & Baby Carrots Red skin Potatoes Fresh Fruit	Chicken Salad on Wheat Bread Pea Salad Macaroni Salad Mandarin Orange Jello	Baked Cod Fish Mac & Cheese California Blend Vegetables Spiced Peaches Blueberry Muffin	Dinner Ham Green Bean Casserole Sweet Potatoes Cranberry & Apple Salad Cookie
6	7	8	9 SPONSORED MEAL	10
BBQ Chicken Breast Buttered Corn Lima Beans Ambrosia Salad	Goulash California Blend Vegetables Coleslaw Cinnamon Apples Cornbread	Cheeseburger Baked Beans Glazed Carrots Peaches	Bratwurst Mashed Potatoes w/ Sauer Kraut Green Beans Cucumber Salad Pretzels	Pulled Pork Sandwich Red Skin Potatoes Broccoli and Cheese Orange Dreamsicle Dessert Cookie
13 Center Closed	14	15	16	17
Columbus Day	Beef Stew w/ Vegetables Potatoes Fruit Cocktail Buttermilk Biscuit	Egg Salad Sandwich on Wheat Bread Potato Salad Pea Salad Cheese Cubes Applesauce	Chicken Breast Packet of Sweet & Sour Sauce Vegetable Fried Rice Peas & Carrots Fresh Fruit	Mac & Cheese with Diced Ham Green Beans Broccoli Salad Mexican Fruit Salad
20	21	22 SPONSORED MEAL	23	24
Salisbury Steak w/ Mushrooms Stewed Tomatoes Buttered Corn Peach Crisp	Pork Roast w/ Cranberry Glaze Au Gratin Potatoes Mixed Vegetables Lime Fruited Salad Cornbread	Hot Chicken Sandwich Baked Beans Peas Boiled Egg Mixed Fruit Cong: Birthday Cake	Lasagna California Blend Veg. Cole slaw Grape Salad Garlic Bread MOWs Birthday Cake	Turkey & Noodles Harvard Beets Celery & Carrot Sticks w/ Peanut Butter Waldorf Salad
27	28	29	30	31
Broccoli and Cheese Soup Saltine Crackers Beef Stick Green Beans Pineapple	Chipped Beef Gravy Red Skin Potatoes Apple Cobbler Cookie Fruit Punch	Sausage & Cheese On English Muffin Hashbrown Potatoes Mixed Vegetables Peaches	Meatloaf Mashed Potatoes w/ Gravy Buttered Corn Grape Salad	Chicken Breast w/ Gravy Cabbage & Carrots Cucumber & Tomato Pasta Salad Applesauce



The Soaring Arts Studio at the HCSC for Pottery Class



Flower Wall Plaque
Oct 6th & 27th at 11:00am

Fee for pottery class is \$15.00

Sign up for our November pottery class will open on October 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, October 27th** at 11:00am in the Conference Room.



The next SeaGate Food Box pick up is **Wednesday, October 22, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.

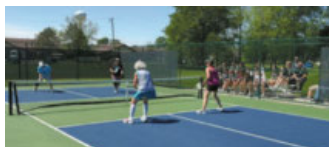


INSIDE PICKLEBALL

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!



WOODSHOP NEWS

Come check out our woodshop! Interested in helping out in the shop or learning to make a wood crafted item? Contact us for more information.

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!



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

October 15th-Valuing Cultural & Generational Diversity
November 19th-Medications and the Older Adult
December 17th-Substance Misuse and the Older Adult
January 21st-An Enhanced Quality of Life

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

ALZHEIMER'S SUPPORT GROUP



Come join Pastor Janine Shearer and Beth Jenny for our Alzheimer's Support Group, next meeting will be **Wed, October 8th at 11:00am**. Pastor Janine & Beth have both gone through extensive training through the Alzheimer's Association. All are welcome!

ALZHEIMER'S RECREATIONAL ART



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

"WHAT TO LOOK FOR IN LONG-TERM CARE"

Presented by Cathy Tippenhauser
Senior Consultant, Care Patrol



Wednesday, October 8th at 12:45pm



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 **October 22nd**. Call the HCSC to schedule your appointment.



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 October meeting will be held on **Friday the 3rd & 17th at 11:00am.**

INFORMAL VETERAN GROUP

Monday, October 20th 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, October 21st 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.

Toledo Zoo-Wed. October 1st / 9:00am to 4:00pm. Cost \$10 includes transportation. Entry to the zoo is free that day for seniors. Lunch at the zoo will be at your own expense. **Registration begins Sept. 3rd.**

Classic Women of Country Show & Frankenmuth-Oct 8th-9th / Depart at 9:00am. **TRIP FULL.**

Hollywood Casino- Wednesday, Oct 15th / 9:00am to 3:30pm. Cost \$15 includes transportation. Lunch at the casino is at your expense. **Registration is ongoing.**

Girl Named Tom, Niswonger-Sun. Oct 19th / 3:30pm to 10:30pm. Cost \$68. **TRIP FULL.**

Bargain Hunting in Toledo-Tues. Oct 21 / 9:00am to 4:00pm. **TRIP FULL.**

Darlington Christmas Store & Glenbrook Mall, Fort Wayne-Tues. Oct. 28th / 9:00am to 4:30pm. **TRIP FULL.**

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

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

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

"Wicked II", Skye Cinema-Tues. Nov 25th / time tba. Cost \$15 includes movie, popcorn and transportation. Lunch location is to be determined and will be at your own cost. **Registration will begin in November.**

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 Family Pancake House, Defiance at your own expense. **Registration begins 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 begins Oct. 2nd.**

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

"Srooge in Rouge" Dinner Theatre, Fort Wayne-Sun Dec 14th / 11:30am to 5:00pm.

More information on this trip will be in the November newsletter.

2026 Shows to Look Forward To:

*"The Naked Magicians" on Feb 27th

*"The Music Man" on April 6th.



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





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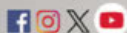
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Volunteer Exercise/Dance Instructors: Linda Warren

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

Volunteers/Assistants: Dick Beck, Beth Cook, Jane Crandall, Janet Foxe, Jan Franz,
Art Germann, Karen Germann, Vicki Giesige, Jan Heddaeus, Paul Heddaeus, Beth Jenny,
Dawn Leitner, Bette Lighthill, Becky Mansfield, Betty Marihugh, Bonnie Martin,
Donna McGhee, Judy Morua, Betty Naas, Jeanette Okuley, Linda Rettig, Pastor Janine
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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,
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