

## Golden Age News

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

www.henrycountyseniorcenter.com



### EVENING MEAL

## WEDNESDAY, MARCH 19TH

Check in Starts at 4:30pm  
Dinner Served at 5:00pm

#### MENU:

Breaded Chicken Breast  
or Breaded Shrimp  
Poppers, Baked Potato  
w/Sour Cream,  
Green Beans,  
Cole Slaw &  
Assorted Fruit Pie

#### ENTERTAINMENT:

Bradley Kepler  
"The Electric Balladeer"  
A one man show  
featuring Folk, Oldies,  
Classic Country & Some  
Irish Tunes.

Entertainment  
Sponsored by the Senior  
Center Advocate Group

**\$10.00 Per Person**  
**Please RSVP, choose**  
**your main entree &**  
**Pay By 3/12/25.**

# Henry County Senior Center

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

**MARCH 2025**

Dear Seniors,

We are ready for Spring. How about you?

The weather in March can be tricky. Continue to use caution when out and about and look for any weather-related closings on WNDH 103.1 FM Radio, Facebook "Henry County Senior Center", and for our phone calls updating you on important information.

Join us this month for fun events. Enter our Pie Baking Contest on March 14<sup>th</sup> & come to our Evening Meal on March 19<sup>th</sup> with entertainment provided by Brad Kepler. In March we will also be hosting Coffee & Conversation with Sheriff Marc Ruskey on March 24<sup>th</sup>. We will be starting two new support groups; one for Parkinson's and another for Veterans. Each of these groups have very accomplished facilitators who are eager to help. Looking ahead, our Final Four Party will be Friday April 4<sup>th</sup>, which will also be the start of our annual Silent Auction. On April 16<sup>th</sup> we will have our Easter Bake sale and our Silent Auction will end.

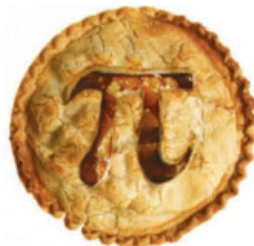
Plans for our annual Health Fair are under way. The event is scheduled for May 7<sup>th</sup> and tickets will be available at the senior center starting on March 17<sup>th</sup>. Don't miss this fun and informative day!

Make sure to check out all the fun trips we have scheduled, we try to offer something for everyone! Hope to see you all at the Senior Center!!

Sandy Schlosser  
Nutrition Manager

Ann Like  
Program Director

Angie Thomas  
Receptionist



## 3.14 PIE BAKING COMPETITION

**Friday, March 14th**

We are having our third annual pie baking competition. Bring in a pie or 2 and enter our contest.

The winner will receive bragging rights and a prize!

Please sign up at the front desk. Your pie needs to be at the HCSC by 10:00am on the day of judging to be in the contest. Slices of pie will be available for purchase that day. After the judging stay for a Sponsored Meal & BINGO by Northcrest Nursing & Rehab. Kindly RSVP if staying for lunch.



- |                       |                        |                             |                       |
|-----------------------|------------------------|-----------------------------|-----------------------|
| 1 Bostelman, Maria    | 8 Burgei, Ann          | 17 Baum, Beth               | 25 Altman, Mary       |
| 1 Joseph, Robert      | 8 Sheets, Cheryl       | 17 Gerschutz, Patricia      | 25 Frodl, Anita       |
| 1 Trevino, Rosa       | 8 Chick, Elizabeth     | 17 Hoffman, Brian           | 25 Rodriguez, Lucinda |
| 1 Bockelman, Barbara  | 9 Bowers, Ferrel       | 18 Clausen, Leo             | 25 Granados, Fidelia  |
| 1 Martin, Bonnie      | 9 Andrews, Nancy       | 18 Winnie, Kay              | 26 Geahlen, Roy       |
| 1 Vorwerk, Phyllis    | 9 Wagner, Wilbert      | 18 Galusha, Joanna          | 26 Ripke, Jean        |
| 1 Durham, Nancy       | 10 Naylor, Tom         | 18 Ziegler-Odendahl, Deanna | 26 McNeil, Lula       |
| 1 Bremer, Marilyn     | 10 Schreiber, Larry    | 18 Cole, Daphne             | 27 Baerlin, Mary      |
| 1 Elling, Karen       | 10 Briskey, Loyal      | 18 Cole, Zena               | 27 Casper, Lois       |
| 1 Ewonus, John        | 10 Foxe, Janet         | 19 Shiarla, Rita            | 27 Bohlen, Peggy      |
| 1 Szozda, Peggy       | 10 Brownfield, Charles | 19 Dietrich, Lee            | 28 Bates, Kathryn     |
| 2 Gerken, Dale        | 10 Bortz, Suzanne      | 19 Rudolph, Susan           | 28 Ewers, Mary        |
| 2 Peggs, Phoebe       | 10 Martin, Larry       | 19 Bechstein, Joanne        | 28 Brown-Ham, Marilyn |
| 2 Maddock, Maurice    | 11 Harrison, Bonnie    | 19 Theisen, Vivian          | 28 Van Hoy, Sunny     |
| 2 Kern, Patty         | 11 Shufelt, Barbara    | 19 Holder, Thomas           | 29 Gerken, Suzette    |
| 2 Woods, Michael      | 11 King, Dianna        | 19 Sunderman, Joann         | 30 Fedderke, Janet    |
| 2 Wyse, Cheryl        | 11 Yaw, Deb            | 19 Gray, Robert             | 30 Meyer, Jane        |
| 2 Drewes, Lori        | 11 Lambert, Carla      | 19 Morrison, Robert         | 31 Junge, Miriam      |
| 3 Butler, James       | 12 Cotterman, William  | 19 Bathurst, Linda          | 31 Fisher, Renate     |
| 3 Mahnke, Larry       | 12 Bejarano, Gloria    | 20 Hopkins, Rosa            | 31 Hill, Linda        |
| 3 Bartelheim, Deborah | 12 Hall, Brian         | 20 Brandt, Ida              |                       |
| 3 Okuly, Linda        | 12 Cooke, William      | 20 Perry, Carol             |                       |
| 3 Esparza, Elvira     | 12 Canfield, John      | 20 Vajen, John              |                       |
| 4 Ahleman, Donald     | 13 Scheub, Margie      | 20 Brubaker, Bill           |                       |
| 4 Bliss, Mary Lou     | 13 Kistner, Roy        | 21 Vance, Nelson            |                       |
| 4 Wilhelm, Jane       | 13 Buehrer, Judy       | 21 Hohenbrink, Elnora       |                       |
| 5 Starr, Shirley      | 13 Bremer, Jean        | 21 Storch, Kathy            |                       |
| 5 Hawley, Douglas     | 14 Crawford, Phyllis   | 21 Ramsdail, Deanna         |                       |
| 5 Schriener, Mary     | 14 Hoops, Mary         | 21 Grime, Timothy           |                       |
| 6 Rabe, Leo           | 14 Good, Michael       | 21 Steel, Marilyn           |                       |
| 6 Bell, Sandra        | 14 Limbird, Louann     | 22 Mitchell, Florence       |                       |
| 6 Mazur, James        | 15 Bowles, Caroll      | 22 Rohre, Rebecca           |                       |
| 6 SantaMaria, Patti   | 15 Block, Ruth         | 22 Ashbaugh, Linda          |                       |
| 6 Williams, Janice    | 15 Schuette, David     | 22 Rohrs, Joyce             |                       |
| 6 Bruns, Cindy        | 15 DeVault, Ronald     | 22 Golbinec, Anthony        |                       |
| 7 Albright, Barbara   | 15 Meyers, Arlene      | 23 Williams, Shirley        |                       |
| 7 Huling, Mary        | 15 Borstelman, Joan    | 23 Bostelman, Robert        |                       |
| 7 Spangler, Shirley   | 15 Huddle, Beth        | 23 Clemens, Robert          |                       |
| 7 Keyes, Kristeen     | 16 Christen, Ron       | 23 Box, Lynette             |                       |
| 7 Glanz, Kevin        | 16 Patterson, Marilyn  | 23 Etzler, Denise           |                       |
| 7 Morua, Judith       | 16 Borck, Angie        | 23 St. Clair, Candy         |                       |
| 8 Damman, Marietta    | 17 Walker, Paula       | 25 Carpenter, Jessie        |                       |
| 8 Demmel, Judy        | 17 Shufelt, Patricia   | 25 Baughman, Thomas         |                       |
| 8 Tucker, Antoinette  | 17 Worchuck, John      |                             |                       |

**2025 CLIENT  
REGISTRATION  
FORMS**

Check to see when you filled out a registration form. We need an updated form every few years in order for you to continue to receive our newsletter by mail and for your name to appear on the birthday list. Registration forms are available at the front desk.

Thank You!



**Tech Help with Joe**

Joe Burgei from NOCAC will be here **Tuesday, March 11th & Thursday, March 27th** 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.

**DONATION  
WISH LIST**

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

# 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-Bazaar Meal & Bingo Sponsor  
Civista Bank-Bday Bash Meal Sponsor  
Food Boxes-Paul Heddaeus, Judy Morua & Jeff Mires  
Becky Mansfield & Sheila Vajan -Bingo Callers  
Tim Nelson-Ping Pong Table Repairs

## Donations Honoring Betty Mohler

Ryan & Lori Miller, Denny & Billy Miller,  
Kyle & Paula Moore, Christopher & Elizabeth Moore

## Donations

Elaine McCabe, Gerri Riggs, Don & Linda Hill, Cathy Storch, Linda Spieth, Phyllis Wenner, Marsha Bischoff, Rodger Sell, Cathy Cook, Thelma Graham, Bette Lighthill, Barb Dancer, Betty Ward, Bonnie Martin, Maggie Yates, Linda Dickey, Donna Bankey, Janet Foxe, Herb Riggs, Bernice Nash, Tom & Geri Holder, Roger Sell

## Newsletter Mailing Volunteers

Diana Rhodes, Janet Foxe, Beth Cook, Jean Knipp, Kathy Norden, Betty Marihugh, Diana Kruse, Deb Baker, Marybeth McClure, Fran Buckley, Joanie Hardesty, Jan Franz, Deb Franz, Bette Lighthill, Becky Mansfield, Karen Germann, Karen Cain, Mary DeWitt, Teresa Kiessling, Sandy Foreman, Viv Dominique, Kathy Storch



**American Red Cross**

**BE RED CROSS READY**

**"How to Pack a GO BAG" Presentation**

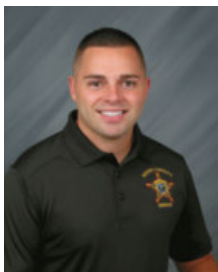
Friday, March 7th at 11:00AM

This presentation is designed to show you how to be prepared to leave your home quickly in case of an emergency situation.



**Coffee & Conversations**

Meet our newly elected  
Sheriff of Henry County  
Sheriff Marc Ruskey



**Monday, March 24th at 9:15am**

Join us for coffee & conversation. Light breakfast items will be provided and sponsored by Heritage Health Care of Perrysburg.



**SAVE THE DATE**

SPRING HEALTH FAIR  
MAY 7, 2025

FREE MEAL WITH DESSERT, DOOR PRIZES, GIVEAWAYS, VENDOR BOOTHS, SPEAKERS AND MORE!

Tickets available on or after March 17 at the Henry County Senior Center

Mark your calendar for our Spring Health Fair on May 7th. Tickets will be available starting March 17th.

Our Annual Silent Auction will run from April 4th through April 16th. Make sure to stop in at the Senior Center to check out all our auction items. Our Easter Bake sale will be April 16th.

**Silent Auction**

Dates for our next Rummage Sale: June 5th, 6th, & 7th

Organizational Meeting  
April 30th at 12:30  
All are welcome!

## **LET YOUR CREATIVITY FLOW**



### **CRAFT CLASSES**

Thursday, March 13th  
Coffee Filter Flowers  
Register for this free class by 3/10/25.



Tuesday, March 18th  
Burlap Flower Wreath  
Register & Pay \$5.00 for the class by 3/7/25.



### **WATERCOLORS WITH SHIRLEY**

Learn to paint with brushes, sponges and some not so traditional items.  
Registration for this class is appreciated.  
Class is typically offered on the 1st & 3rd Wednesday of the month at 10:00am.



### **QUILTING WITH BETH**

Come quilt on the 2nd & 4th Tuesdays of each month at 1:00pm to 3:00pm in the Art Room. Check out this class for beginners.



### **CARD MAKING WITH DEB**

Make some greeting cards with Deb.  
March 20th at 10:30am in the Art Room.  
Please Registration & Pay for the class by 3/17/25.

## **EXERCISE CLASSES**



### **CARDIO DRUMMING**

Tuesdays at 10:30  
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



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**

Thursdays at 3:20

### **BALANCE & STRETCH WITH ANN**

Tuesdays at 1:00



### **LINE DANCING WITH LINDA**

Thursdays at 9:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 MARCH</b>	4 Fat Tuesday	5	6	7 <b>SPONSORED MEAL</b>
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 12:30 On the Road Again Meeting 2:00 Pickleball	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 12:30 Advocate Mtg. 1:00 Balance Exercises 2:00 Pickleball  	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 HCHD BP Checks 12:30 Cornhole <b>12:45 AOoA Caregiver Meeting</b> <b>"Lifts &amp; Transfers"</b> <b>by HC Hospital</b> 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 3:20 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group <b>11:00 Red Cross</b>  <b>"Pack a GO BAG"</b> <b>12:00 Genacross Meal/</b> <b>BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
10	11	12	13	14 <b>SPONSORED MEAL</b> <b>3.14 Pie Competition</b>
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball	8:00-9:00 Walking/Gym <b>9:00 Tech Help with Joe</b> <b>Appt. Required</b> 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 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 <b>10:30 Craft Class</b> 12:30 Euchre 3:20 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming <b>12:00 Northcrest Meal/</b> <b>BINGO Sponsor</b> 12:45 Tai Chi Video 2:00 Pickleball 
17 St. Patrick's Day	18	19	20 First Day of Spring	21 Memory Day
8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong <b>12:30 BINGO/Vancrest</b> 2:00 Pickleball <b>Wear Your Green</b> 	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study <b>10:30 Craft Class \$5</b> 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball  <b>EVENING MEAL</b>	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card Making 12:30 Euchre 3:20 Chair Yoga/Heather 	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group 12:30 Cornhole 2:00 Pickleball
24	25	26 <b>SPONSORED MEAL</b>	27	28
8:00-9:50 Adv Pickleball <b>9:15 Coffee &amp; Conversation with Sheriff Marc Ruskey</b> <b>Light Breakfast Sponsored by Heritage Health Care</b> 9:45 Ping Pong 10:00 Exercise/Carol 11:00 Mahjong <b>12:30 Veterans Group</b> 2:00 Pickleball	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	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks <b>11:45 BDay Bash-Civista Bank</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming <b>9:00 Tech Help with Joe</b> <b>Appt. Required</b> 9:30 Line Dance/Linda 12:30 Euchre 3:20 Chair Yoga/Heather	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming <b>11:00 Parkinson's Support Group</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
31	1	2	3	4 <b>SPONSORED MEAL</b>
8:00-9:50 Adv Pickleball 9:45 Ping Pong 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 <b>12:30 Advocate Mtg. - All seniors are welcome to attend!</b> 1:00 Balance Exercises 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 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 12:30 Euchre 3:20 Chair Yoga/Heather  	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Grief Group March Madness Party <b>12:00 Genacross Meal/</b> <b>BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball

# MARCH 2025 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
3	4 Fat Tuesday	5 Ash Wednesday	6	7 Sponsored Meal
Beef Stew w/ Buttermilk Biscuit Peas & Carrots Boiled Egg Blush Pears	Pancakes w/ Blueberry Topping Sausage Patty Hashbrown Potatoes Applesauce Fruit Punch	Macaroni & Cheese Peas & Carrots Celery & Peanut Butter Pears	Chili Soup w/ Saltine Crackers Cubed Cheese Mixed Vegetables Corn Bread Sunshine Salad	Cod Fish Sandwich Tartar Sauce Glazed Carrots Au Gratin Potatoes Grape Salad
10	11	12	13	14 Sponsored Meal
Pork Chop w/ Gravy Vegetable Fried Rice Green Beans Ambrosia Salad	Chipped Beef Gravy Red Skin Potatoes Peas Peaches	Hot Chicken Sandwich Potatoes Corn Mixed Fruit	Baked Spaghetti California Blend Vegetables Cole Slaw Garlic Bread Applesauce	Baked Potato Cheese Sauce w/ Bacon Bits Broccoli Fruited Strawberry Jello Grape Juice
17	18	19	20	21
Pork Roast Cooked Cabbage, Potatoes & Baby Carrots Lime Pear Jello Salad Bagel	Chicken Alfredo Fettuccine Red Skin Potatoes Broccoli Grapes	Hot Beef Sandwich Baked Beans Corn Pears	Ham Loaf Mashed Potatoes w/ Gravy Peas Apple Crisp	Sloppy Joe Sandwich Green Beans Tator Tots Mandarin Orange Salad
24	25	26 Sponsored Meal	27	28
Beef Manhattan Mashed Potatoes Brussel Sprouts Pineapple Tidbits	Goulash Green Beans Coleslaw Garlic Bread Apple Slices	Hot Chicken Sandwich Cheesy Potato Casserole Pea Salad Fruited Mandarin Jello Salad	Stuffed Green Pepper Mashed Potatoes w/ Gravy Mixed Vegetables Lettuce Salad w/ Ranch Dressing Apple Waldorf Salad	Breakfast Bake w/ Gravy Sausage Patty Warm Cinnamon Apples Fruit Juice
31	1	2	3	4 Sponsored Meal
Brat Sauerkraut Corn Casserole Baby Baker Potatoes Mandarin Orange Salad	Baked Chicken Breast Harvard Beets Scalloped Potatoes Pears	Cheeseburger Baked Beans Peas & Carrots Apple Crisp  Cong Birthday Cake	Meatloaf Mashed Potatoes w/ Gravy Buttered Corn Grape Salad  MOWS: Birthday Cake	Dinner Ham Sweet Potatoes Green Bean Casserole Strawberry Cheesecake Dessert Apple Juice



### 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, March 31st at 11:00am in the Conference Room.



### Informal Veterans Group

**Monday, March 24th at 12:30**

Held on the 4th Monday of the month.  
Lead by Kelly Mobley Volunteer

Coordinator for Care 360. Kelly is a veteran and former police officer. 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!



### How to Lift and Transfer for Caregivers

Speaker: Bailey King, Occupational Therapist from Henry County Hospital will be here to demonstrate and talk about the correct way to lift and transfer your mobility challenged family member.

**Wed. March 5th at 12:45 in our conference room.**



### Final Four Bracket

Make sure you come into the senior center to purchase a chance to win our NCAA bracket. \$1.00 per chance. No knowledge of basketball needed to participate in the fun!

Our Final Four Party will be held Friday, April 4th with a sponsored meal & BINGO by Genacross Lutheran Services.

### PARKINSON'S SUPPORT GROUP

Join us for our first Parkinson's Support Group meeting at the Henry County Senior Center on Friday, March 28 at 11:00am.

"This group will hold a roundtable meeting to discuss pertinent issues for people with Parkinson's and also their family members. Resources, ideas, educational topics and other relevant subjects regarding Parkinson's will be shared."

The group will be facilitated by Erica Reid from the Rehabilitation Hospital of Northwest Ohio. The group will hold quarterly meetings.



REHABILITATION HOSPITAL OF NORTHWEST OHIO

**ADVANCED PICKLEBALL—Mon, Wed & Fri 8:00-9:50**

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

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



### WOODSHOP

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.



### 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.



### 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, March 26, 2025**. Please call SeaGate at 419-244-6996 for information on the enrollment process.



Thank you to all who entered our Soup Cook Off! Congrats to our 1st Place winner Barb Nye for her "Taco Soup" Recipe.



## HENRY COUNTY 2025 SENIOR OF THE YEAR NOMINATIONS

We would like your nominations for Henry County Senior of the Year 2025. The nominee must be age 60 and resident of Henry County. Nominate someone who has contributed to family, friends, and/or community with volunteer work. Forms are available at the senior center. If you know someone deserving of this recognition, we encourage you to submit nominations. Please be sure to include the nominee's name, address, telephone number, and the reasons they should be senior of the year. Kindly include your name and phone number as well. Please return nominations by **April 1st**, to Ann Like at the Henry County Senior Center. The nominations will be voted on by a nomination committee. The Senior of the Year will be announced at our Spring Health Fair on May 7th.



### 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 March meetings will be held on Friday the 7th & 21st at 11:00am.

### ALZHEIMER'S ASSOCIATION—VOLUNTEERS NEEDED

Has your life been touched by Alzheimer's? We would like to start an Alzheimer's Support Group that meets regularly at our senior center. We are looking for the right person to facilitate this group. The Alzheimer's Association can provide training and guidance to prepare you for this volunteer position. Contact Ann at the senior center if you are interested. The association's 24/7 help line is 800-272-3900.

If interested in a care consultation please call Dakota Stone at 567-302-3608.



### 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, March 11th 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 - April 2nd, May 14th, June 18th / 9:00am to 3:30pm. Cost \$15 includes transportation. Lunch at the casino is at your expense. **Registration is ongoing.**

**Darci Lynne, Ventriloquist from Americas Got Talent, Maumee Theater**-Friday, March 7th/ 3:00pm to 11:00pm. Cost \$42 includes ticket & transportation. Dinner will be at your expense at Dale's Bar & Grill. **Registration began in February.**

**Car Caravan to Amish Country, Dutch Host Inn, Sugarcreek**-March 12th-13th. Cost \$100pp in a 4-passenger car. Driver is free. You and your roommate will share one night at Dutch Host Inn. Dinner at Hans' Place & Mrs. Yoder's Kitchen plus much more. You will receive a coupon book for lots of goodies at several different businesses, stop by the Senior Center for the complete list. Registration has ended.

**"Menopause II" The Musical, Niswonger in VanWert**-Wed, March 26th / 4:00pm to 11:00pm. Cost \$80. Dinner will be at your own expense at Dick's Steak House in Kalida. **Registration began in December.**

**Millbury Classic Car & Truck Museum**-Thursday, April 10th / 9:00am to 3:00pm. Cost \$20 includes ticket & transportation. Dinner will be at your expense, at Speedtrap Diner. **Registration began in February.**

**Louisville Kentucky**- April 22nd-25th / Cost \$796.00 pp based on double occupancy. Package includes 3 night hotel accommodations, 3 breakfasts, 3 dinners, Belle of Louisville Dinner Cruise, Derby Down Dinner Theater, & MORE. Final payment of \$396 due by March 10th. Travel insurance is highly recommended, for information go to [www.seniorexcursionsinc.com](http://www.seniorexcursionsinc.com) or call 1-800-243-3174 for insurance pricing. Registration ends March 1st.

**"Come From Away", Findlay**-Thursday, May 1st / 4:00pm to 11:00pm. Cost \$90. Dinner will be at your expense, location to be determined. **Registration began in January.**

**Warblers at Magee Marsh**-Mon. May 5th / 8:00am to 3:30pm. Cost \$15. Bird enthusiast, Tammy Martin will be our guide. Bring your binoculars, if you have some and wear appropriate attire for the day. Lunch will be at your expense to the Oregon Inn. **Registration begins March 13th.**

**"My Mother and the Michigan/Ohio War" Purple Rose Theatre**- Thursday, May 8th / 11:30am to 6:30pm. Cost \$60. The play is about the Toledo War, a conflict between Michigan and Ohio over the Toledo Strip in 1835. Both states wanted to develop Toledo into a commercial port. The play is a historical comedy about family, football and the fight for Toledo. Dinner will be at your expense at Culver's. **Registration begins March 20th.**

**Mystery Trip**-Tuesday, May 20th / 8:00am to 5:00pm. Cost \$42 includes transportation and entrance fees. Lunch will be at your expense. **Registration begins March 27th.**

**Mud Hens Day Game**-Wed. May 28th / 9:30am to 4:30pm. Cost \$30 includes ticket, hotdog lunch and transportation. **Registration begins March 27th.**

**Mud Hens Day Game**-Wed. June 25th / 10:30am to 4:30pm. Cost \$30 includes ticket, hotdog lunch and transportation. **Registration begins April 17th.**

**Mud Hens Evening Game**-Friday, August 15th / 5:30pm to 10:30pm. Cost \$35 includes ticket, hotdog lunch and transportation. **Registration begins June 26th.**

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.  
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- Help Me Grow
- Henry County Cares
- Health improvement coalitions
- Immunizations
- Mosquito control
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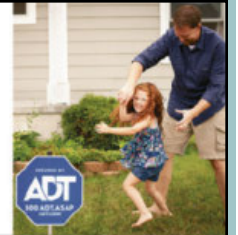
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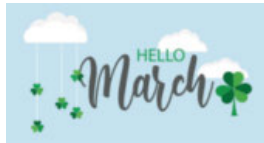


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Custodians: Peg Adams, Donna Bankey  
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Volunteer Dance Instructor: Linda Warren  
Volunteer Art/Craft Instructors: Beth Cook, Shirley Starr  
Volunteers/Assistants:  
Dick Beck, Beth Cook, Art Germann, Karen Germann, Jan Heddaeus,  
Paul Heddaeus, Dawn Leitner, Betty Marihugh, Donna McGhee, Betty Naas,  
Linda Rettig, Rita Small, Mayann Walden, Deb Wensink  
Bus Drivers: Randy Barnes, Jan Franz, Suzanne Holman, Donna McGhee

**SENIOR NUTRITION PROGRAM 419-599-0033**

Senior Nutrition Manager, Sandy Schlosser  
Senior Nutrition Head Cook, Vicky Badenhop  
Senior Nutrition Assistant, Jordan Kline  
Assistant Cooks: Gayla Rohrs, Maggie Thomas, Lynn Mahlman  
Dish Room: Bill Hatcher, Don Hill  
Volunteer Kitchen Assistants: Jeanette Okuley, Pam Schwiebert  
Meals on Wheels Drivers: Rick Arps, Jordan Kline, Carla Lambert,  
Madison Moore, Gayla Rohrs, Kris Seeman, 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.



**REMINDER-Clocks  
spring forward one hour  
on Sun. March 9, 2025.**

