#### **Golden Age News**

203 Rohrs Street Napoleon, OH 43545 419.599.5515

www.henrycountyseniorcenter.com

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







ODOT & HCHD Presentation "How to Drive in Roundabouts" Jan 25th at 11:30



## Henry County Senior Center

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

#### JANUARY 2023

Dear Seniors,

Happy New Year and welcome to 2023!! Hopefully everyone had a fun filled safe holiday season and are all prepared for some Ohio winter weather. Some may be reading this from your warmer winter home... we miss you...hope you have a great time and see you in a few months. January and February tend to be a little bit slower months for us at the Senior Center, we will still continue to offer our daily meals, exercise and activities, but the trips will slow down a little bit.

When it comes to the weather, we like to make sure everyone stays safe when the conditions get bad. I will take this chance to remind you about our weather policy and why it is so important that we have your correct contact information in our data base, and also why we stress that you check in and out each time you come to the center. If we feel the weather is too bad to open the senior center, we will put announcements on WNDH 103.1 FM radio, but we will also send out one of our calls from the center. We also use those calls when we need to only contact certain people, for example, when a fitness class is canceled, we can pull up anyone who has checked in for that class and have the call go out to only them. Client sheets need to be updated every couple years, please fill out a new one so we can confirm we have the most updated information on you. Thank you in advance!

Hope to see you all at the Senior Center!!

Penni Bostelman Executive Director



January 19th National Popcorn Day Come help us celebrate with some popcorn fun and games at 11:15 Come join us for some duck races! Rubber Ducky Day January 12th at 11:15



1 Elva Canales 1 Carolyn Tussing 1 Linda Rogers 1 Robert McLimans 1 Michael Okuley 1 Ella Huesca 1 Paula Siefer 1 Suzanne Holman 1 Charles Smith 2 Bonnie Mohler 2 Margaret Bishop 2 Anthony Keehn 2 Patricia Ross 2 Burdette Sunderman 11 Mildred Crumrine 3 Ron Ward 3 Alice Moriarty 3 Gary Myles 3 Kathy Higbea 3 Douglas Cobb 4 Mary Williams 4 William Rodi 4 John Golbinec 4 Larry Woodring 5 Janet Creager 5 Paul Burkhart 5 Larry Hesterman 5 Fred Winseman 5 Dorothy Taylor 6 Delores Rickerd 6 Donald Steele 6 Roger Bostelman 6 Mary Rohrbaugh 6 Edward Bevelhymer 7 John Follett 7 Arvis Weaks 7 Zella Thompson 7 James Gregory 7 Cheryl Shaddy 8 Joyce Sproul 8 Nora Junge 8 Raymond Badenhop 8 Barbara Miller 8 Philip Ruby 9 Deloris Drewes 9 Karen Cain 9 Diana York 9 Nancy Weber 9 Mary Relue

9 Theodore Rellstab 9 Linda Mann 9 Peggy Dammann 10 Janie Markins 10 Eloise Griteman 10 Karen Stein 10 Cathy Hefflinger 10 Ronald Wentling 10 Karen George 10 Bill Whitney 10 Karolyn Harmon 10 Kaitlyn Hoskins 11 Marie Schnitkey 11 Barbara Burditt 11 Randy Lambert 11 Jan Franz 11 Darlene Reed 12 Sally Greenham 12 James Reimond 12 Brenda Piasecki 12 Linda Nelson 13 Melody Hoffman 14 Melvin Moulton 14 Robert Moyers 14 Donna Clausing 14 Frank Rosiak 14 Velmetta Moody 15 James Haas 15 Karen Griggs 15 Deb Light 15 Gary Hoffman 15 Janet Meyer 17 Lois Creager 17 Tom Atkinson 17 Patricia Maassel 17 Mike McCorkle 18 Sharon Bischoff 18 Paula Hollon 18 Mary Jane Kline 18 James Thornton 19 Hobert Fitch 19 Dan Kruse 19 Sheryl Behrman 19 Linda Dickey 20 Iona Burdue 20 Paul Stockman 20 William Peggs

20 H. Frank Saman 20 Wilma Spangler 21 Orvil Benskin 21 Ruth Fuhrhop 21 Linda Betts 21 Mary Green 21 Peggy Buckmaster 21 David Peebles 22 Arlene Wetter 22 Judith Gibson 22 Ronald Johnson 22 Marvin Barlow 22 Richard Rosengarten 22 Renee Freppel 22 Kimberly Wallen 23 Doris Arnos 23 Marilyn Rinehart 23 Stanley Duval 23 Sherry Krueger 24 Donna Drewes 24 John Sickmiller 24 Kay Taylor 24 Robert Walker 24 Janice Fitzenreiter 24 Pam Schwiebert 26 Lois Germann 26 Dora Feffer 26 Rosalie Sauber 26 Samra Adams 26 Thomas Plummer 27 Kenneth Stewart 27 Charles Piercefield 27 Shirley Yantiss 27 Gerald Granger 27 Deb Hoops 28 Naomi Good 28 Robert Meister 28 Fe Soriano 28 Bennie Dawson 28 Larry Blasingim 28 Judith Cordes 28 Sandra Blease 28 Jan Hemsoth 28 Sheri Mansfield 29 Richard Denny 29 Carolyn Wulff 29 Suzanne Richardson 29 Barbara Spitnale

- 29 Luann Worchuck 29 Linda Maxcy
- 30 Ann Sager
- 30 Lloyd Cary
- 30 Betty Baer
- 30 Pamela Rowland
- 30 Linda McOscar
- 30 Robert Griteman
- 31 Harriet Schroeder
- 31 Shirley Creps
- 31 Sandra Mason
- 31 Michael Vary
- 31 Kenny Buchenberg
- 31 Betty Biederstedt 31 AlecSandra Bihlmaier
- 31 Scott Haskill
- 31 Thomas Sunior

#### 2023 CLIENT REGISTRATION **FORMS**

ARE AVAILABLE AT THE FRONT DESK TO FILL OUT. CHECK TO SEE WHEN YOU LAST FILLED OUT A REGISTRATION FORM. WE NEED AN UPDATED FORM EVERY FEW YEARS IN ORDER FOR YOU TO CONTINUE TO **RECEIVE OUR** NEWSLETTER BY MAIL AND FOR YOUR NAME TO APPEAR ON THE **BIRTHDAY LIST.** THANK YOU!

#### IMPORTANT INCLEMENT WEATHER INFORMATION



The Senior Center staff will determine the limits of service for days when road conditions are potentially dangerous. Information about the Senior Center, meals and transportation will be broadcast on WNDH-FM 103.1. If there is a county weather emergency, which closes county offices, the Senior Center will be closed.

At the HCSC we try to make sure that Meals-on Wheels are delivered as close as possible to the same time frame every day, however, if roads happen to be more challenging, your driver may be running late. If MOW delivery is cancelled, participants are instructed to use their emergency meal.

Please ask a family member or neighbor to try to have your walkways/driveways cleared on snowy/icy days so that your meal deliverer will be able to bring your meal to you safely.

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# Thank your for your support

#### <u>Thank You</u>

Henry County Health Department HCSC Advocate Group Jane Crandall Immanuel Lutheran Church, Deshler-Nail Clinic Site St. Peter Lutheran Church, Holgate-Nail Clinic Site Bridge Home Health/Hospice-Bingo Sponsor Vancrest-Bingo Sponsor Genacross-Meal, Bingo Sponsor Northcrest-Meal, Bingo Sponsor Frost Insurance-B Day Bash Sponsor Ohio Dept of Transportation Napoleon Rotary Club Becky Sickmiller Bette Lighthill Beth Cook, MaryAnn Walden

#### Wishlist Donation Thank You

Janet Volkman, Pat Paul, Rita Small, Judy Korak, Bonnie Martin, Jordan Kline, Phyllis Wenner, Carolyn Robison, Jim Joseph, Bette Lighthill, Pat Paul, Cindy Gerken, Pam Myles

#### **Memorials**

Ilva Storch by Gayla Rohrs & Anonymous







#### **Newsletter Mailing Volunteers**

Janet Foxe, Betty Marihugh, Beth Cook, Deb Franz, Diana Rhodes, Viv Dominique, Karen Germann, Judy Korak, Mary B. DeWit, Mary Cousino, Bonnie Martin, Sharon Hoffman, Linda Nelson

Special "Thank You" to all our Crafters, Quilters, Bakers & Volunteers who helped make our Holiday Baazar a success!

Huge "Thank You" to our Decorating Elves Karen, Judy, Barb, MaryAnn

#### National Seat Belt Day

Henry County Safe Communities Henry County Sherriff Office Maumee Valley Planning Organization State Farm Insurance Ohio State Highway Patrol Ohio Department of Transportation Henry County Health Department







#### HENRY COUNTY SENIOR CENTER



QUILTING/BEGINNER QUILTING WITH BETH

Tuesdays, January 10th & 24th from 1:00 - 3:00 in the Art Room Come check out this class for beginners.



INTRODUCTION TO WATER COLOR WITH SHIRLEY Wednesday, January 4th & 18th

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



**CRAFTS WITH DORIS** Wednesday, January 11th at 10:00 in the Art Room "How to make a Bow with Wired Ribbon" Registration is required.

### **EXERCISE CLASSES**

*EXERCISE WITH CAROL* Mondays at 10:00 Wednesdays at 10:00



CARDIO DRUMMING WITH LISA Tuesdays at 9:00 Fridays at 10:00



LINE DANCING WITH LINDA Thursdays at 9:30

GENTLE STRETCH Tuesdays at 1:00 TAI CHI VIDEO Fridays at 12:45





ADVANCED PICKLEBALL Mon, Wed, & Fri at 8:00

PICKLEBALL Monday-Friday Daily at 2:00

Would you like to learn how to play pickleball? Come take a lesson! Tues. January 10th @ 1:00pm Thur. January 26th @1:00pm Sign up at the front desk.

#### CARD MAKING WITH DEB

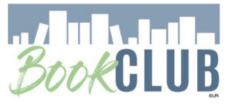
Thursday, January 12th at 10:30 in the Art Room -Cost \$5.00 Registration is required for this class.



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Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3	4	5	6 SPONSORED MEAL
Happy New Year!	9:00 Cardio Drumming 10:30 Bible Study 1:00 Gentle Stretch 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 HCHD BP Checks 12:30 Cornhole 2:00 Pickleball	8:30 Toenail Clinic \$10 9:30 Line Dance/Linda 10:30 Movie/Popcorn "Break Every Chain" 12:45 Euchre 12:45 Shuffleboard 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:00 Genacross Meal/ Bingo Sponsor 12:30 Cornhole 12:45 Tai Chi Video 2:000 Pickleball
9	10	11	12 SPONSORED MEAL	13
8:00 Adv. Pickleball 9:00 Manicures/ Pedicures 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 12:30 On the Road Again Meeting 2:00 Pickleball	9:00 Cardio Drumming 10:00 Caregiver Support Group 10:30 Bible Study 12:45 Advocate Meeting 1:00 Pickleball Lesson 1:00 Gentle Stretch 1:00 Quilt Class 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Exercise/Carol 10:00 Craft/Doris \$5 12:30 Cornhole 2:00 Pickleball	8:30 Toenail Clinic \$10 9:30 Line Dance/Linda 10:30 Card Making \$5 11:15 Rubber Ducky Day 12:00 Northcrest Meal/BINGO Sponsor 1:30 Euchre 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
16 CENTER CLOSED	17	18	19	20
I HAVE A DREAM MARTIN LUTHER KING DAY	9:00 Cardio Drumming 10:30 Bible Study <b>12:30 BINGO/Vancrest</b> 1:00 Gentle Stretch 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Exercise/Carol 10:00 Watercolor/Shirley 11:00 Cancer Support 12:30 Cornhole 2:00 Pickleball	8:30 Toenail Clinic \$10 9:30 Line Dance/Linda 11:15 National Popcorn Day 12:45 Shuffleboard 12:45 Euchre 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
23	24	25 SPONSORED MEAL	26	27
8:00 Adv. Pickleball 9:00 Manicures/ Pedicures 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 2:00 Pickleball	9:00 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 1:00 Gentle Stretch 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks 11:30 ODOT & HCHD Roundabout Presentation <b>11:45 BDay Bash-Frost</b> <b>Insurance</b> <b>12:30 BINGO/Bridge</b> <b>Home Health-Hospice</b> 12:30 Cornhole 2:00 Pickleball	9:00 Toenail Clinic \$10 Holgate 9:30 Line Dance/Linda 10:30 Movie/Popcorn "Amazed By You" 12:45 Euchre 12:45 Shuffleboard 1:00 Pickleball Lesson 2:00 Pickleball	8:00 Adv. Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
30	31 Nat'l Hot Chocolate Day	7 A A		
8:00 Adv. Pickleball 10:00 Exercise/Carol 11:00 Dance Exploration/Kerri 11:00 Book Club 2:00 Pickleball	9:00 Cardio Drumming 10:30 Bible Study 1:00 Gentle Stretch 2:00 Pickleball	Ĵ		<u>Y</u>

January	2023 Lun	ch Menu	Drive Through Congregate & MOW Suggested Donation \$3.00 (60 & over)	Dine-In for guests etc. (under 60) \$ 6.00
<ul> <li>who do not RSVP. Not</li> <li>MOW - PLEASE CALL B</li> <li>To inquire about ingre</li> <li>2% Milk is served dail</li> <li>Frozen Meals will be of</li> <li>No person 60 or over</li> <li>that service. All dona</li> <li>Turkey &amp; Cheese Same</li> <li>Chef Salad is available</li> <li>Menus may change d</li> <li>Drive through meals a Monday, Tuesday, Th</li> </ul>	Salad Bar for the foreseeab y 7:00 A.M. TO CANCEL A ME/ edient content, please call the y delivered to Meals on Whee shall be denied a nutrition sitions are kept confidential. dwich is available to replace to replace a hot meal lue to availability of certain are available from 11:00 - 11	AL ne Senior Nutrition program Is clients (at an earlier date) for service because of failure to co main entrée of a meal foods :30 a.m. at the East side of th lay meal may be picked up on	or the Holidays that the Sei ontribute all or part of the e Senior Center Building KI	nior Center is closed suggested donation for
Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3	4	5	6 Sponsored Meal
Happy New Year!	Baked Steak Stewed Tomatoes Baby Baker Potatoes Pineapple & Oranges	Chicken Patty Sandwich Peas & Mushrooms Cole Slaw Peaches Congregate: Soup	Cabbage Rolls Mashed Potatoes & Gravy Corn Grape Salad	Bake Spaghetti Italian Green Beans Garlic Bread Fruit Juice Watergate Fruit Salad
9	10	11	12 Sponsored Meal	13
Cream Chipped Beef Over Wheat Bread Beets Red Skin Potatoes Apricots and Coconut	Goulash Cooked Cabbage California Blend Vegetables Banana	Chicken Chunks Fried Vegetable Rice Sweet & Sour Sauce Peas Mixed Fruit Congregate: Soup	Hot Beef Sandwich Roasted Potatoes Buttered Carrots Fresh Fruit	Baked Dinner Ham Sweet Potatoes Green Bean Casserole Applesauce Dinner Roll
16 Center Closed	17	18	19	20 Nat'l Cheese Lover's Day
Martin Luther King, Jr. Day	Italian Seasoned Chicken Breast Rice Pilaf California Blend Vegetables Pudding w/Fruit	Mexican Burrito Refried Beans Spanish Rice Pears Congregate: Soup	Meatloaf Mashed Potatoes & Gravy Sweet Corn Casserole Pineapple Tidbits	Broccoli & Cheese Soup Cheeseburger Mac & Cheese Saltine Crackers String Cheese Cinnamon Apple Salad
23	24	25 Sponsored Meal	26	27
Chicken Fettuccine Alfredo Broccoli Fruit Juice Cherry Cobbler	Beef Manhattan Mashed Potatoes Harvard Beets Sunshine Jello Salad	Pulled Pork Sandwich Mixed Vegetables Scalloped Potatoes Peaches Cong: Birthday Cake	Lasagna Calif. Blend Vegetables Garlic Bread Cole Slaw Mand. Orange Salad <b>MOWs: B Day Cake</b>	Sausage Patty Pancakes w/ blueberry topping Tator Tots Applesauce Orange juice
30 Nat'l Croissant Day	31		CONTRAC	
Chicken Salad on Croissant Potato Salad Broccoli Salad Pear Jello Salad	Pork Chop over Rice Pilaf Steamed Broccoli Carrot Stix w/ Ranch Dressing Baked Apples	JAC		RAT



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

Next Book Club meeting is Monday, January 30th at 11:00am



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

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

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



#### TRANSPORTATION SERVICES

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

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

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



### MONTHLY FOOD BOX

If you are interested in receiving a monthly food box, please come to the Senior Center & complete an application. The application will then be submitted for approval. After approval you will receive notification that a box has been designated for you. The food box can then be picked up at the Henry County Transportation Building at 1805 Oakwood Avenue between 10:30 and noon on the fourth Wednesday of each month. **Go to the back of the building by loading docks** <u>The next date for pick up is</u> <u>Wednesday, January 25, 2023</u>



A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn that falling is not a natural part of aging, that falls are preventable, identify risk factors in your home, participate in low impact exercises, and set goals for increased activity.

This session will run for 4 weeks meeting twice a week for a total of 8 sessions.

Wednesday, February 1 at 1:00pm Monday, February 6 at 1:00pm Wednesday, February 8 at 1:00pm Monday, February 13 at 1:00pm Wednesday, February 15 at 1:00pm Wednesday, February 22 at 1:00pm Monday, February 27 at 1:00pm Wednesday, March 1 at 1:00pm

Class size is limited......Please sign up at The Henry County Senior Center or by calling 419-599-5515.

For more information please call Ann at The Henry County Senior Center.

#### PLAN AND PREPARE FOR THE WINTER SEASON AHEAD



**Power Outages:** Know which items you need that rely on electricity. Plan for batteries and other alternative power sources to meet your needs when the power goes out. Determine whether your home phone will work in a power outage and how long the battery will last. Determine an alternate source of heat if your main heating source is not working.

**Essential Food Items to Keep in your Pantry:** Bottled Water, Canned Soups, Canned Meats, Canned Vegetables/Fruits, Granola/Protein Bars, Peanut Butter, Dried Fruit/Nuts, Snacks/Crackers, Juice, Coffee/Tea, Powdered Milk, Manual Can Opener

**Essential Food Items to Stock in your Freezer:** Pre-cooked Meat, Bread, Frozen Fruits/Vegetables, Leftover Meals. Frozen foods are great to keep on hand as they keep for a long time and can be easily used for a last minute meal. However, frozen foods can become unsafe to eat after an extensive power outage. Keep your refrigerator and freezer closed as much as possible during a power outage.

**Essential Emergency Items**: Blankets/Warm Clothing, Toilet Paper, Flashlights, Batteries, Matches, Cell Phone, Radio, First Aid Kit, Prescription Medication, Outdoor Grill/Propane Tank (to be used outside for cooking with proper ventilation, Generator/Gas (to be used outside with proper ventilation), Space Heater (safe for indoor use), Shovel/Rock Salt. It's a good idea to have supplies stocked for several days without heat, lights, hot water or even running water.

Ask For Help: Reach out to Family, Friends & Neighbors.



#### DANCE EXPLORATION WITH KERRI WILDE

This class will focus on social dances that are a part of Northwest Ohio. Some of the dances we will attempt include Contra, Square and Polka. ALL EXPERIENCE AND MOBILITY LEVELS ARE WELCOME!

#### OFFERED EVERY MONDAY AT 11:00AM



#### **GRIEF SUPPORT GROUP**

Losing a loved one can leave you feeling hopeless, lost, and alone. This group offers you a chance to connect with others who are grieving and learn ways to cope with the many feelings associated with your loss. Meetings in January are on Fridays the 6th & 20th at 11:00 am.

#### **CRUSHING CANCER SUPPORT GROUP**

Cancer is becoming a disease that seems to touch everyone in one way or another. If you or a loved one is currently battling cancer or the aftereffects of cancer treatment, this group is for you! The next meeting will be in January on Wednesday the 18th at 11:00 am. Session will be led by Tiffany Day from Henry Co. Health Department.

#### **CAREGIVER SUPPORT GROUP**

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

#### **ALZHEIMERS ASSOCIATION**

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

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



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

#### REGISTRATION FOR A TRIP IS IN PERSON ONLY, AT THE HENRY COUNTY SENIOR CENTER. PARTICIPANTS MUST PRESENT THEIR VACCINATION CARD AND FULL PAYMENT AT THAT TIME. EACH TRIP HAS ITS OWN BEGINNING REGISTRATION DATE.

#### Let's go to the Movies!!!

**Brunch, Skye Cinema, & Special Grounds Coffee – Tuesday January 17 / 9:15am – 4:00pm** Cost: \$12 includes ticket and transportation - brunch and coffee on your own. Movie = "A Man named Otto", Otto (Tom Hanks) is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. Brunch will be at Ryan's Restaurant. Registration begins January 4th

**Brunch, Skye Cinema & Coffee - Tuesday February 28 / 9:15am – 4:00pm** Cost: \$12 includes ticket and transportation - brunch and coffee on your own. Movie = "Jesus Revolution", In the 1970's, Greg Laurie and a sea of young people descend on sunny Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets a charismatic street preacher and a pastor (Kelsey Grammer) who opens the doors to a church to a stream of wandering youth. What unfolds is a counterculture movement that becomes the greatest spiritual awakening in American history. Brunch will be at Blue Ribbon Diner. Registration begins January 11th

**The Barn Restaurant & Antiquing at Field of Memories – Wednesday February 8 / 10:30am – 4:00pm** Cost: \$15 Lunch at the Barn Restaurant on your own then shopping or searching for those special items you didn't know you needed. Registration begins January 5th

**R.E.S.P.E.C.T. - A Celebration of the Legendary Queen of Soul, Aretha Franklin – Sunday, February 26 / 1:00pm – 8:00 ish** (a) The Marathon in Findlay. Cost \$55 covers ticket and transportation. Journey through Aretha Franklin's courageous life of love, tragedy, and triumph! Showcasing her greatest hits over the last 50 years, R.E.S.P.E.C.T. is a masterful piece of storytelling exploring the Diva's life. Dinner on your own after show, location TBA. Registration started in December

**Air Supply – Friday, March 3 / 3:30pm – 11:00 ish** @ The Niswonger in VanWert. Cost \$79 covers ticket and transportation. Yes, this is the real Air Supply...just a few years older! Dinner on your own before show, location TBA. Registration begins January 9th

The Lion King - Tentative - Thursday, April 20 / 12:15pm - 4:45 ish @ The Stranahan Theater. Cost will be determined once tickets are confirmed and purchased. Registration begins January 30th



WHO NEEDS

PAMPERING?

Sheila Salinas, a Licensed & Insured Nail Technician will be

here on Mondays, January 9th, 23rd & February 13th & 27th for Manicures & Pedicures.

at the front desk. Payment is

the front desk.

Please schedule your appointment

required at the beginning of your

service. Limit of 1 time per month to allow for more people to

participate. Price list is located at

WISHLIST DONATION ITEMS NEEDED

REMINDER The Henry County Senior Center will be closed on the following dates Monday, January 2nd & Monday, January 16th

#### NEED HELP PAYING WINTER HEATING COSTS?

Home Energy Assistance Program (HEAP) is a federally - funded program managed by the Ohio Department of Development (ODOD). It is designed to help incomeeligible consumers with winter heating costs.

HEAP provides a credit once per winter season towards a household's primary heating source. Benefit amounts vary and are determined by the following criteria: Household income, Number of people in the home, Type of primary heating source, Disabled resident, 60 years of age or older, Federal funding levels & Geographic regions.

E-HEAP provides assistance to individuals who have received shut off notices, have less than 25% supply of bulk fuel, or need to establish a new fuel service.

For more information & to see if you are eligible contact: Ohio Department of Development, Energy Assistance Program www.energyhelp.ohio.gov or call 1-800-282-0880

Northwest Ohio Community Action Commission (NOCAC) 419-219-4641 is also available with help in the application process.

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jpandy@lpicommunities.com (800) 477-4574 x6401

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### **Medicare Questions?**

Call **Becky Shepard** Medicare Plan Specialist 🆀 419-592-5059 Medicare Supplements // Prescription Drug Plans

Medicare Advantage Plans

**MEISTER INSURANCE GROUP** 115 W. Washington St. Napoleon, Ohio 43545



# NEVER MISS **OUR NEWSLETTER!**

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Henry County Senior Center 203 Rohrs Street Napoleon, OH 43545





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#### SENIOR CENTER......419-599-5515......www.henrycountyseniorcenter.com

Penni Bostelman, Executive Director Sarah Erb, Finance Director Ann Like, Program Director Angie Thomas, Receptionist Tim Gray, Custodian Carol Gerken Lones, Lisa Little - Exercise Instructors Linda Warren, Kerri Wilde - Volunteer Dance Instructors Shirley Starr, Doris Piercefield, Deb Butler - Volunteer Arts/Crafts Instructors **Volunteers/Assistants:** Beth Cook, Betty Marihugh, Donna McGhee, Rita Small, Karen Germann, Deb Wensink, MaryAnn Walden, Linda Rettig, Paul Heddaeus, Jan Franz, Betty Naas, Dick Beck, Art Germann **Bus Drivers:** Randy Barnes, Thom Hornish, Donna McGhee, Dave Snavely

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

Sandy Schlosser, Sr. Nutrition Manager Vicky Badenhop, Sr. Nutrition Head Cook Gayla Rohrs, Maggie Thomas - Assistant Cooks Pam Schwiebert, Judy Hoffman, Jeanette Okuley - Volunteer Assistants Don Hill, Bill Hatcher - Dish Room **MEALS ON WHEELS DRIVERS:** Jerry Buchenberg, Kenny Buchenberg, Rick Arps, Jordan Kline, Carla Lambert, Jayne Myers, Holly Pitchford, Gayla Rohrs, Mike Whitman



**HENRY COUNTY** 

The Henry County Senior Center is funded by:



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

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