

Golden Age News

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

www.henrycountyseniorcenter.com



HOURS

MON	8AM-7PM
TUES	8AM-4PM
WED	8AM-7PM
THURS	8AM-4PM
FRI	8AM-4PM

PLEASE REMEMBER TO SIGN IN!

Please remember to sign in at the kiosk when you come to the Senior Center for activities, classes, speakers, and meals. Having this information helps when we apply for grants and report attendance. It also helps inform our programming. If it looks like something is very well attended, we might be able to find a way to offer it more often throughout the month. Likewise, if an activity has very few people signing in, it might be cut back until we can build up the attendance enough to justify another time slot!

If you need help signing in, please ask someone at the front desk to assist you!

SIGN IN



Henry County Senior Center

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

OCTOBER 2026

Dear friends,

Fall has finally arrived, wrapping our days in crisp air, colorful leaves, and that unmistakable autumn charm. This season always brings a special energy to the Center—one filled with cozy gatherings, new activities, and plenty of opportunities to connect with old friends and make new ones.

October is a wonderful month for fresh starts and simple joys. Whether you're joining us for a program, stopping in for a meal, or just enjoying a quiet moment with others, we're grateful you choose to spend your time with us.

Thank you for being part of our community. Your presence, stories, and smiles bring warmth to the Center all year long. We hope this October fills your days with comfort, friendship, and a touch of fall magic.

Here's to a fantastic month ahead!

Warmly,
Angela



Oktoberfest

Friday, October 2nd at 11:45 AM

Polka Music & Fun!

Bavarian Outfit Contest



*Oktoberfest snack sponsored by Henry County Senior Center Advocates
Meal & BINGO sponsored by Genacross*

HALLOWEEN PARTY

Wednesday, October 28th at 11:15 AM

Spooky Games, Prizes, & Fun!

Halloween Costume Contest!



Dessert Bar sponsored by Henry County Senior Center Advocates

Meal sponsored by Civista Bank

BINGO sponsored by Bridge Home Health & Hospice



DONATION **WISH LIST**

Postage stamps,
coffee, chocolate,
candy, powdered
coffee creamer,
antibacterial
wipes, tissues,
paper towels, new
puzzles, Ziploc
bags

1 - Marty Emigh
1 - Pamela Grass
1 - M. Jane Greene
1 - Cindy Hesterman
1 - Charleen Morrison
1 - Ruth Tietje
1 - Diana Tussing
2 - Scott Baker
2 - Mary Barnes
2 - Dave Helberg
2 - Beverly Mulcahy
2 - Ron Rausch
2 - Robert Veilleux
3 - Connie Favorite
3 - Kenny Gineman
3 - Linda Smith
3 - Patricia Wyse
4 - Geralyn Badenhop
4 - Orville Buenger
4 - Mary DeWit
4 - Vicki Giesige
4 - Angela Hohenbrink
4 - Ronald Kruse
5 - Donna Crozier
5 - John Dotson
5 - Lilia Dross
5 - Susan Henrich
5 - Shirley McGovern
5 - Donna Plummer
5 - Terry Swingle
6 - Kathleen Ewald
6 - Jan Heddaeus
6 - Bill Myers
6 - Judy Navaugh
6 - Terry Rettig
6 - Steven Small
7 - Cathy Cook
7 - Juanita Hadley
7 - Thomas Harp
7 - Alice Kleman
7 - Stacy Proudfoot
7 - Janice Rettig
7 - Ronald Smith
7 - Robin Wollet
8 - John Chick
8 - Diana George
8 - James Lucas
8 - Thomas Parker
8 - Marvin Shively
8 - Oneta Wiechers
9 - Eldon Gerken
9 - Cindy Weasel
9 - Larry Wink
10 - Vicky Badenhop
10 - Marge Bostelman
10 - Susan Fruth
10 - Marjorie Glasman
10 - Cindee Hinkleman
10 - Laura Tolchinsky
10 - Rose Zolman

11 - Becky Brubaker
11 - Kathleen Gustwiller
11 - Mary Hoover
11 - Sheila Vajen
11 - Jeanette Verhoff
11 - Margaret Whitman
11 - Sandi Wonders
12 - Ruth Aderman
12 - Shirley Aschemeier
12 - Brian Beck
12 - Marolyn Bostelman
12 - Walter Bowles
12 - Carolyn Hiser
12 - Deanna Thain
12 - Richard Vorwerk
13 - John Lusch
13 - James Mangas
13 - Elizabeth Rothman
13 - Connie Sell
13 - Barbara Smith
13 - Ronald Zenz
14 - Sherri Hamm
14 - Phyllis Kloos
15 - Marjorie Behnfeldt
15 - Mary Hardman
15 - Barbara Hogrefe
15 - Dave Ramey
15 - James Rohrs
15 - Patrick Whitman
16 - Marlene Behnfeldt
16 - Keith Brannon
16 - Janet Foth
16 - Janice Lanzer
16 - Mike Reetz
16 - Frank Saman
16 - Eugene Watson
17 - Glenn Miller
17 - Paul Schwaiger
18 - Sandra Burkhard
18 - Sue Burson
18 - James Harman
18 - Rosella Helberg
18 - Darla Meyer
18 - Andrea Sonnenberg
19 - Joseph Billian
19 - Elizabeth Green
19 - Charles Hillis
19 - Manford Porter
19 - Jean Small
20 - Rosalie Camacho
20 - Lori Ohlinger
21 - Melvin Bortz
21 - Linda Eickmeier
21 - Julia Engler
21 - John Greene
21 - Edna Leonard
21 - Betty Naas
21 - Teresa Roebuck
21 - Lorraine Rosiak
21 - Cathy Sherman

21 - Lila Wernecke
22 - Gary Franz
22 - Phyllis Hagy
22 - Clark Hogan
22 - Sylvia Lozier
22 - Cheryl Reynolds
22 - Thomas Smith
22 - Ruth Solarik
23 - Lynne Debbe
23 - Jeannie Gray
23 - Lynette Hulbert
23 - Beverly Phillips
23 - Valerie Pippin
23 - Betsy Zeiter
24 - Darwin Gebers
24 - Margaret Harmon
24 - Phil Johnson
24 - Roger Sonnenberg
24 - Darla Taylor
24 - Karen Toral
25 - Ann Adams
25 - Kathleen Bathurst
25 - Betty Chapman
25 - Shirley Gates
25 - Suzanne Thorn
25 - Gerald Watson
26 - Geri Brubaker
26 - Marian Damman
26 - Barry Disalle
26 - Jean Miller
26 - Bruce Pickering
26 - Edmond Weaver
27 - Ruth Booth
27 - Jerri Holder
27 - Barbara Lane
27 - Robert Miller, Jr.
27 - George Poulson
27 - Janice Prigge
27 - Ruby Smith
27 - Bonnie Weber
28 - Paula Caldwell
28 - Jay Fruth
28 - John Schuette
29 - Gregg Heinrichs
29 - Anthony Klear
29 - Joyce Lusch
29 - Susan Voirol
30 - Paulette Carpenter
30 - Bonnie Horst
30 - Michael McCarthy
30 - Bill Moden
30 - Phyllis Verhoff
31 - Steven Dachenhaus
31 - Norma Ferguson
31 - Gwen Grisier
31 - Andrea Haas
31 - Alice Rickenberg
31 - Chris Wallace
31 - Nancy Westhoven
31 - Doris Wiemken

Thank you for your support!

HCSC Advocate Group - BINGO Sponsor
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
Napoleon Family Vision (Sept) - BDay Bash Meal Sponsor
Civista Bank (Oct) - BDay Bash Meal Sponsor
Henry County Hospital (Nov) - BDay Bash Meal Sponsor
Immanuel Church, Deshler & St. Peter Church, Holgate
Henry County Health Department
Lutheran Church Charities, Soaring Arts Studio

Newsletter Mailing Volunteers:

Janet Foxe, Marybeth McClure, Bette Lighthill, Kathy Norden,
Julie Wiemken, Jan Franz, Beth Cook, Linda Dickey, Diana
Rhodes, Viv Dominique, Betty Marihugh, Teresa Kiessling,
Deb Franz, Nancy Conrad, Bonnie Martin, Sandy Foreman,
Karen Cain

Memorials & Donations:

Diana Rhodes in memory of Gerri Riggs	
Herb Riggs	Bette Lighthill
John & Mary Jane Kline	Lois Germann
Jim Cordy & Yong Duval	Janet Foxe
Betty Copeland	Barb Danser
Jerri Holder	Barb Auzins
Rick Arps	Jeannie Bennett
Norma Beck	Pat Paul
Lori Drewes	

**TOENAIL
CLINICS**



The Henry County Senior Center offers toenail clinics on Thursdays, as scheduled. Toenail Clinic locations are offered in Napoleon, Holgate, & Deshler. Call the HCSC for an appointment.

Fee is \$10 cash per person, paid to the technician. Kindly soak your feet prior to your appointment and bring a towel.

**AREA OFFICE ON AGING
CAREGIVER EDUCATION SERIES**



Date: October 13th from 12:45 - 2:00 PM

Topic: Advanced Directives

Guest Speaker: Monica Scharp, MSW, LISW-s & Lori Hogrefe, MSW, LSW

Participants who attend will have the opportunity to complete advanced directive forms.

PLAN AHEAD & PROTECT YOURSELF

Legal Series for Seniors

Legal Aid of Western Ohio will have a series of presentations to help seniors create actual legal documents. Presentations will be held from 11:00 AM - 12:00 PM, with clinics afterward. Topics include health advance directives, financial power of attorney, and wills and estates.

Presentations and clinics are free, but interested individuals must register at the Front Desk prior to the presentation date.

- **Thursday, October 8** at 11:00 AM - Financial POA & More w/ Clinic + Keeping Seniors Safe (seniors must sign up in advance for the clinic)
- **Thursday, November 5** at 11:00 AM - Wills & Estates + Justice for Seniors (no clinic for this session)



**2027 MEDICARE OPEN ENROLLMENT
OCTOBER 15 - DECEMBER 7**

Now is the time to compare your current coverage to new choices for 2027. Select a plan that best fits for 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 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.

LET YOUR CREATIVITY FLOW

OCTOBER CRAFT CLASS

Tuesday, October 13 at 10:00 AM

Project: Doily Ghost & Pumpkin Wall Hanging

Cost: \$5.00



Sign up and pay at the Front Desk!

WATERCOLORS WITH SHIRLEY



Registration is required for this class. This class will be offered on the 2nd and 16th of September at 10:00 AM and the same project will be completed both classes. Please register and pay \$2.00 per class at the Front Desk.

QUILTING WITH BETH



Come quilt with us! **Every Tuesday** from 1:00 PM to 3:00 PM in the Art Room!

CARD STAMPING WITH DEB

Thursday, October 8 at 10:30 AM



Make some greeting cards with Deb in our Art Room! Please register and pay at the Front Desk.

EXERCISE CLASSES

held in the gymnasium

EXERCISE WITH CAROL

Mondays at 10:00 AM

Wednesdays at 10:00 AM



WARRIOR RHYTHM & ROOTS WITH MELISSA

Mondays & Fridays at 11:00 AM



Come check out this low-impact class!

CARDIO DRUMMING

Tuesdays at 10:00 AM with Emily

Fridays at 10:00 AM with Char



STRENGTH & STRETCH WITH CHAR

Thursdays at 9:15 AM
in the Reflection Room



ZUMBA! WITH EMILY

Mondays at 3:45 PM



LINE DANCING WITH LINDA

Thursdays at 9:30 AM



BALANCE & STRETCH WITH ANN

Tuesdays at 1:00 PM



EXERCISE VIDEOS



CHAIR YOGA

Reflection Room
Wednesdays
at 11:00 AM



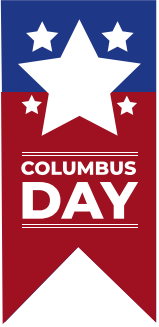
CARDIO DRUMMING

Gym
Thursdays
at 8:15 AM



TAI CHI

Reflection Room
Fridays
at 12:45 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 October	2 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 11:00 Rhythm & Roots 11:00 Pottery/Soaring Arts 12:30 Veterans Group/ SouthernCare Hospice 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00 Pickleball 10:00 Cardio Drumming/Emily 10:30 Bible Study 1:00 Balance Class/Ann 1:00 Quilting 2:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Chair Yoga Video 1:00 Cards 1:00 Pickleball	8:15 Cardio Drumming Video 9:15 Strength & Stretch/Char (Ref Room) 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball	8:00 Adv Pickleball 10:00 Cardio Drumming/Char 9:45 Ping Pong 11:00 Grief Group 11:00 Rhythm & Roots 11:45 Oktoberfest 12:00 Genacross Meal & BINGO 12:45 Tai Chi Video 1:30 Pickleball
5	6	7	8 SPONSORED MEAL	9
8:00 Adv Pickleball 10:00 Exercise/Carol Video 11:00 Mahjong 11:00 Rhythm & Roots 11:00 Soaring Arts Class 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00 Pickleball 10:00 Cardio Drumming/Emily 10:30 Bible Study 1:00 Balance Class/Ann 1:00 Quilting 2:00 Pickleball	8:00 Adv Pickleball 10:00 Exercise/Carol Video 10:45 Damascus-Comfort Dog 11:00 Watercolors/Shirley 11:00 Yoga Video 1:00 Cards 1:00 Pickleball	8:15 Cardio Drumming Video 9:15 Strength & Stretch/Char (Ref Room) 9:30 Line Dancing/Linda 10:30 Cards/Deb 10:00 Legal Aid-Financial POA-Conference Room 12:00 Northcrest Meal & BINGO 1:15 Euchre 1:30 Pickleball	8:00 Adv Pickleball 10:00 Cardio Drumming/Char 9:45 Ping Pong 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
12 CENTER CLOSED	13	14	15	16
	8:00 Pickleball 10:00 Cardio Drumming/Emily 10:00 Craft Class 10:00 Caregiver Meeting 10:30 Bible Study 12:45 On Road Again - Reflection Room 12:45 AOoA-Advanced Directives-Conference Room 1:00 Balance Class/Video 1:00 Quilting 2:00 Pickleball	8:00 Adv Pickleball 10:00 Exercise/Carol 10:45 Jack-Therapy Dog 11:00 Alzheimer's Support Group Meeting 11:00 Soaring Arts 11:00 Chair Yoga Video 1:00 Cards 1:00 Pickleball	8:15 Cardio Drumming Video 9:15 Strength & Stretch/Char (Ref Room) 9:30 Line Dancing/Linda 10:00-12:00 HCHD BP Checks 10:00-12:00 HCHD Walk-In Vaccine Clinic - Conference Room 12:30 Euchre 1:00 Pickleball	8:00 Adv Pickleball 10:00 Cardio Drumming/Char 9:45 Ping Pong 11:00 Grief Group 11:00 Rhythm & Roots 12:30 Advocates BINGO 12:45 Tai Chi Video 1:30 Pickleball
19	20	21	22	23
8:00 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 12:30 Vancrest BINGO 1:30 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00 Pickleball 10:00 Cardio Drumming/Emily 10:30 Bible Study 1:00 Balance Class/Ann 1:00 Quilting 2:00 Pickleball	8:00 Adv Pickleball 10:00 Exercise/Carol 11:00 Watercolors/Shirley 11:00 Chair Yoga Video 1:00 Cards 1:00 Pickleball	8:15 Cardio Drumming Video 9:15 Strength & Stretch/Char (Ref Room) 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball	8:00 Adv Pickleball 10:00 Cardio Drumming/Char 9:45 Ping Pong 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
26	27	28 SPONSORED MEAL	29	30
8:00 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 11:00 Book Club 12:30 Veterans Mtg 1:00 Pickleball 3:45 ZUMBA/Emily 4:00 Euchre 4:30 Pickleball	8:00 Pickleball 10:00 Cardio Drumming/Emily 10:30 Bible Study 12:45 Advocate Meeting 1:00 Balance Class/Ann 1:00 Quilting 2:00 Pickleball	8:00 Adv Pickleball 10:00 Exercise/Carol 10:15 Ask A Nurse 11:00 HCHD BP Checks 11:15 Halloween Party 11:45 BDay Bash Civista Bank 12:30 Bridge Home Health Hospice BINGO 12:45 Chair Yoga Video 1:30 Cards 1:30 Pickleball	8:15 Cardio Drumming Video 9:15 Strength & Stretch/Char (Ref Room) 9:30 Line Dancing/Linda 12:30 Euchre 1:00 Pickleball	8:00 Adv Pickleball 10:00 Cardio Drumming/Char 9:45 Ping Pong 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball

OCTOBER 2026 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 10:30 AM and 1:30 PM 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 you donation back with your driver, mail it in, or pay online.

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 entree of a meal. All substitutions need to be made by 7:00 AM. 2% milk is served daily.

MOW - Please call 419-599-0033 by 7:00 AM to cancel or change a meal.

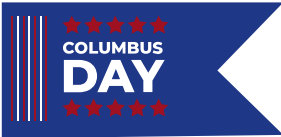
To inquire about ingredient content, please call the Senior Nutrition Manager. The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

Frozen meals will be delivered to MOW 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 pick up 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
28 Sausage Gravy over Mashed Potatoes Pea Salad Grapes	29 Chicken Fettuccine Alfredo Broccoli Apple Sauce Grape Juice	30 Sloppy Joe Sandwich Cheese Cubes Baked Beans Glazed Carrots Mixed Fruit	1 Stuffed Pepper Mashed Potatoes w/Gravy Green Beans Fruited Jello Salad	2 Sponsored Meal Baked Spaghetti California Blend Vegetables Cole Slaw Ambrosia Salad Garlic Bread
5 Salisbury Steak w/ Mushrooms Peas Stewed Tomatoes Mandarin Orange Jello	6 Chicken Tenderloins Green Beans Cook's choice Potatoes Spiced Pears	7 Egg Salad Sandwich Pickled Beets Pea Salad Cottage Cheese & Pineapple	8 Sponsored Meal Beef Manhattan Mashed Potatoes Brussel Sprouts Fruited Cranberry Salad	9 Chicken & Noodles Red Skin Potatoes Broccoli Salad Orange & Pineapple Salad
12 CENTER CLOSED	13	14	15	16
 18 Pork Chop w/ gravy Spanish Rice Carrot Sticks w Ranch dressing Broccoli Fruited Jello Salad	19 Chicken Cordon Bleu Au Gratin Potatoes Scandinavian Vegetables Apricots	20 Hot Chicken Sandwich Baked Beans Corn Mixed Fruit	21 Lasagna California Blend Vegetables Cole Slaw Applesauce Garlic Bread	22 Tuna & Noodles Cheese cubes Green Beans Ambrosia Salad Muffin
25 Chipped Beef Gravy Baby Baker Potatoes Harvard Beets Mandarin Orange Salad	26 Cabbage Roll Au Gratin Potatoes Mixed Vegetables Peaches	27 Hot Beef Sandwich Fiesta Corn Mac & Cheese String Cheese Pears Cong: Birthday Cake	28 Pork Roast w/ cranberry glaze Red Skin Potatoes Carrots Grape Salad MOW: Birthday Cake	29 Chili w/ Saltine Crackers Cheese Cubes Broccoli Cucumber Salad Peaches & Pears Cornbread
31 Chipped Beef Gravy Baby Baker Potatoes Harvard Beets Mandarin Orange Salad	1 Bratwurst w/ Sauerkraut German Potato Salad Pea Salad Applesauce	2 Sponsored Meal Cheeseburger Tator Tots Three Bean Salad Mixed Fruit	3 Creamed Chicken Buttermilk Biscuit Carrots Watergate Salad Fruit Punch	4 Dinner Ham w/pineapple tidbits Sweet Potatoes Green Bean Casserole Applesauce



SEEKING DONATIONS

The Salvation Army is seeking donations of sheets and blankets to help serve individuals and families in Henry County.

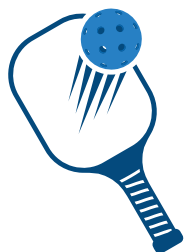


If you are interested in receiving a monthly food box, please come to the Senior Center & complete an application. The application will then be submitted for approval. After approval, you will receive notification that a box has been designated for you. The food box can then be picked up by you at The Henry County Transportation Building at: 1805 Oakwood Avenue, Napoleon from 10:30 AM to 11:30 AM 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, Oct. 28, 2026**. Please call SeaGate at 419-244-6996 for information on the enrollment process.



INDOOR PICKLEBALL



MORNING PICKLEBALL

Mon, Tues, Wed, & Fri
8:00 AM to 9:50 AM

AFTERNOON PICKLEBALL

Monday through Friday
Every Afternoon (see calendar)
Early Evening Hours on Monday

*Need a lesson on Pickleball? Betty Naas is here to help!
See the Front Desk for more information.*

POP UP FARMER'S MARKET



Busch's Orchard will be here on Thursdays in October (depending on harvest) from 4:30 - 5:30 at the Henry County Senior Center Shelter House.

Area Office on Aging coupons will be accepted.



STRENGTH & STRETCH WITH CHAR

Thursdays at 9:15 AM, Reflection Room

This class begins with a short aerobic warm-up, followed by 20 minutes of weight training, and ends with a full-body stretch both on mats and standing. Most of the class can be done sitting or standing, with only a few exercises performed on the floor.

The focus of the class is on rebuilding declining muscle mass, strengthening fragile bones, and supporting day-to-day independence. The stretching segment promotes muscle and joint mobility, helps reduce daily aches and stiffness, and supports tissue recovery to help seniors remain active and independent.

Thanksgiving Service Project!

Once again, Henry County Senior Center will be providing Thanksgiving meals to families in need in Henry County. Families will be identified by school guidance counselors at Holgate, Liberty Center, Napoleon, and Patrick Henry. Individuals and/or groups can sign up to provide full meals, items, or give monetary donations beginning **Monday, October 26, 2026**.



SOARING ARTS CLASS

October Project: Broken Piece China Mosaic

Date: October 5th at 11:00 AM

Cost: \$15

Description: Our Soaring Artists will create the original drawings and designs, which will be transformed into wooden mosaic shapes for you to choose from (birds, butterflies, flowers, Ohio State, and more).

Then YOU get to bring them to life using a colorful collection of our handmade broken pottery and delicate china! (We will have a variety of options. However, if you have a special piece that you'd like to add to your mosaic, bring that along as well!)

Choose your design, dig through the pieces, and make it entirely your own.

There's no perfect pattern to follow and no need to be a skilled artist. Pick the pieces that speak to you, change your mind, make a mess, try something unexpected, and see what happens along the way.



Senior Day at The Henry County Fair!



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 next meetings will be held on **Friday the 2nd and 16th at 11:00 AM.**

INFORMAL VETERAN GROUP

Monday, October 26 at 12:30 PM Held on the 4th Monday of the month. The group this month will hear from Brittney Baney from SouthernCare Hospice to share the many benefits and services they offer to senior veterans. All veterans are welcome!



CAREGIVER SUPPORT GROUP

Our Caregiver Support Group meets on the second Tuesday of each month in the Reflection 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 13 at 10:00 AM.**

BIBLE STUDY

Join our Bible Study Group meetings, held **every Tuesday** at 10:30 AM in the Conference Room. This group explores the Bible in a way to know God better. Through his words we come to know now 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.

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

Savannah Trip - Sept. 27th-Oct. 2nd & October 4th-9th **Registration is closed.**

Cuyahoga Scenic Railroad-Fall Colors - Fri, Oct. 2nd / 5:45am to 6:00pm. Cost \$89 **TRIP FULL**

Tanger Outlet Mall - Wed, Oct 14th / 8:00am to 4:00pm. Cost \$35. We will depart the mall after shopping and head to G & R Tavern for a meal and refreshments, at your own expense. Level 2 of 4. **Registration began September 3rd.**

"A Taste of Ireland" Irish Music & Dance Show, Tinora - Thur. October 15th / 6:30pm to 10:30pm. Cost \$76 includes ticket and transportation. We will not be stopping for a meal on this trip. Level 1 of 4. **Registration began August 12th.**
If you would like to drive separately, we are selling our tickets at cost for \$67 each.

Sylvania Historical Village & MacQueen Apple Orchard - Fri. October 16th / 9:00am to 4:00pm. Cost \$15 Lunch (11:30am) will be at J & G Pizza Place at your own expense. Level 2 of 4. **Registration began Sept 10th.**

Haunted Toledo - Fri. October 23rd / 1:00pm to 6:30pm. Cost \$25 includes entrance to Mortuary Manor. We will dine at Angelo's Northwood Villa (4PM) at your own expense. Level 2 of 4. **Registration began August 6th.**

Greenfield Village - Fri. Oct 30th / 8:30am to 5:30pm. Cost \$90 includes entrance to village with ride pass for Buggy, Steam Locomotive, & Model T rides. Lunch is on your own at several options in the village. Level 3 of 4. **Registration began September 17th.**

Copper Moon Art Studio - Thur. Nov 5th / 10:45am to 3:30pm. Cost \$10. Art projects will be at your own expense (price range \$22 to \$35) Lunch at Loma Linda's (11:30am) will be at your own expense. Level 1 of 4. **Registration began Sept 9th.**

Glenbrook Mall & Darlington Store - Tues Nov 10th / 9:00am to 4:30pm. Cost \$17. Lunch will be at your own expense in the mall. Level 2 of 4. **Registration began Sept. 16th.**

Fort Wayne Botanical Garden & Art Museum - Tues. Nov 17th / 8:30am to 5:00pm. Cost \$33 includes garden and museum entrance. Lunch (11:45) at Old Gas House Restaurant. Level 2 of 4. **Registration begins Oct 8th.**

La Comedia Dinner Theatre "Santa Claus: The Musical" & "The Gift of Christmas"-Thur, Nov. 19th / 8:00am to 6pm. Cost \$90 includes lunch, show & transportation. Level 1 of 4. **Reg. begins on Oct. 13th.**

"STOMP" - Sat. Nov 21st / 3:30pm to 10:30pm. Cost \$67 includes your show ticket and transportation. Dinner will be at Cheddar's in Findlay (4:30) at your own expense. **Registration began Sept 24th.**

Christmas Tree Festival and Lunch at Log Cabin Traditions - Wed Dec 2nd / 9:30am to 3:30pm. Cost \$46 which includes your lunch. Explore the Allen County Museums Christmas Tree Festival then have a private home cooked 5 course meal at Log Cabin Traditions. Level 2 of 4. **Registration begins October 15th.**

"Four Old Broads Christmas Extravaganza" Arena Dinner Theatre- Sun. Dec 6th / 11:30am to 6:00pm. Cost \$70 includes lunch, show & transportation. Level 1 of 4. **Registration begins Nov 4th.**

West Unity Christmas Shops & Lights - Wed Dec. 9th / 3:00pm to 11:00pm. Cost \$20. West Unity Shops, Hicksville & Defiance Light Displays. Dinner at Four Seasons (6:00) in Bryan at your own expense. **Registration begins October 22nd.**

****You must be a Henry County resident to sign up for a trip on the first day of registration. Non-Henry County residents are welcome to sign up on the second day the trip sign-up is open. Thank you for understanding!****

*****All trip sales are final. Tickets are transferable to another senior, but not refundable! Thank you!*****

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 and involving several steps. Please refer to the trip book for a description of each level.

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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www.henrycohhd.org



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- 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)
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Executive Director: Angela Sosebee

Program Director: Ann Like

Receptionist: Elizabeth Gribler

Administrative Assistant: Adrienne Waisner

Custodian: Peg Adams

Exercise Instructors: Carol Gerken-Lones, Emily Beck, Melissa Tisi-Spiller, Emily Faerber

Volunteer Instructors: Linda Warren, Char Weber

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

Volunteers/Assistants/Group Leaders: Rick Arps, Dick Beck, Marsha Bischoff, Robert Borck, Beth Cook, Jane Crandall, Linda Dickey, Joe Distel, Janet Foxe, Jan Franz, Karen Germann, Vicki Giesige, Kelly Haseman, Jan Heddaeus, Paul Heddaeus, Beth Jenny, Dawn Leitner, Bette Lighthill, Becky Mansfield, Betty Marihugh, Bonnie Martin, Donna McGhee, Judy Morua, Betty Naas, Jeanette Okuley, Karla Panning, Linda Rettig, Pastor Janine Shearer, Rita Small, Pam Schwiebert, Maryann Walden

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, Barb Westrick

Kitchen Assistants: Bill Hatcher, Jeff Gribler

Meals on Wheels Drivers: Jeff Gribler, Jordan Kline, Carla Lambert, Madison Moore, Gayla Rohrs, John Steele, 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, and HCSC Advocates