

Golden Age News

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

www.henrycountyseniorcenter.com



DECEMBER HOURS

Monday 8AM—7:00PM
Tues.-Fri. 8AM—4PM



Wed, Dec. 10th
8AM—4PM

8-4 Craft & Bake Sale

9-11 Free "Angel" Craft

9-2 Dog Tag Sale-Henry
Co. Dog Warden

9:30-11:30 BP Checks
by HCHD

10-12 Photo Booth by
Northcrest

11:15-12 Holiday Music
Entertainment

12PM Lunch & BINGO
Sponsored by
Northcrest Rehab &
Nursing

Kindly RSVP for the
lunch by 12/8/25.

Henry County Senior Center

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

DECEMBER 2025

Dear Seniors,

As we approach the end of another year, I find myself reflecting on all that we have shared and accomplished together here at the Henry County Senior Center. This year has been filled with moments of friendship, laughter, learning, and support—reminding us just how special this community truly is. Each day, I see kindness in action, whether it's a volunteer lending a helping hand, a staff member going the extra mile, or members brightening each other's day with a smile or a story. These are the moments that make the Center so special.

December is a season for gratitude, togetherness, and celebration. It's also a time to look forward with hope and excitement for what's to come. In the weeks ahead, I encourage you to join us for the wonderful holiday activities, meals, and programs we have planned. These gatherings offer a chance not only to enjoy the festivities but also to deepen the connections that mean so much throughout the year.

As we say goodbye to 2025 and prepare to welcome a new year, my wish for each of you is simple: may you find joy in the little things, peace in quiet moments, and comfort in the warmth of community.

On behalf of the entire team at the Henry County Senior Center, thank you for your continued support, friendship, and trust. We are truly grateful to serve such an incredible group of people.

Wishing you a beautiful holiday season and a healthy, happy New Year!

Angela

Baked Goods for our Holiday Bazaar and Bake Sale will be welcomed on Tuesday, December 9th & in the morning on Wednesday, December 10th. Thank you in advance to all our amazing bakers!



**NOON YEAR'S
EVE PARTY**

**Wednesday,
December 31st
at 11:15AM**

Come help us ring in the noon year. Bring your grandchildren too. We will have games, crafts, snacks and fun for grandkids, seniors and all kids at heart! Countdown to 12 "NOON" followed by a kid friendly lunch. Please RSVP grandchildren and yourself by 12/29/25.

Sponsored by Devoted Health & Core Wealth.



DONATION WISH LIST

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

1 Schroeder, Loretta	8 Groves, Larry	16 Lubinski, Tom	25 Mangas, Julie
1 Mahlman, Margaret	8 Dickman, Sandra	16 Shumaker, Jack	25 Stillwell, Dawn
1 Hoffman, Craig	8 Wagner, Joy	17 Geyman, Roger	26 Whetsel, Linda
2 Snyder, William	9 Myers, Lewis	17 Miller, Joann	27 Oquin, Charles
2 Kimple, Patricia	9 Myles, Pamela	17 Miller, Karen	27 Mahlman, Bob
2 Burkey, Jennie	9 Blanton, Tim	18 Rippee, Doris	27 Heuerman, Tammy
2 Burner, Lynette	9 Mueller, Ginny	18 Morris, Kenneth	27 Shaffer, Ryan
3 Rohrs, Janice	9 Bracamonte, Gina	18 Stickley, Glenna	28 Pinckard, Jack
3 Schuette, Gertrude	9 Ehlers, Vivian	18 Mahlman, Michael	28 Cary, Gail
3 Elling, Lorna	10 Grime, Bernita	18 Moore, Paula	28 Gormley, Colleen
3 Hutchinson, Roland	10 Brooks, Archibald	19 LaRue, Phyllis	28 Shumaker, Darlyn
3 Buchenberg, Jerry	10 Salinas, Yolanda	19 Costuma, Linda	28 Butler, Peggy
3 Bennett, Nancy	10 Myers, Peggy	19 Bockelman, Marlene	28 Tibbets, Carol
3 Warner, Beth	11 Uggen, Vickie	19 Pfahlert, Cindy	28 Bailey, Donald
3 Wilt, Gregory	11 Fox, Diana	19 Resendez, Adbento	28 Myers, Mark
3 Wolff, Marsha	11 Leaders, Terry	20 Nicol, Michael	28 Riker, James
4 Schweter, Leonard	11 Ainsworth, Robert	21 Trevino, Elvira	29 Woltmann, Shirley
4 Haase, Darlene	11 Bishop, Kathy	21 Carpenter, Brenda	29 Meyers, Donna Lee
4 Gray, Gary	12 Schwartz, Donna	21 Niese, Michael	29 Noe, Meriann
4 Walters, Peter	12 Kerr, Lou Ann	21 Inselmann, William	29 Michaelis, Nancy
4 Musgrave, Carol	12 Smith, Fred	22 Hougland, Lorna	29 Hilty, James
4 Doda, Terry	13 Manning, Billie	22 Pearsall, Delores	29 Russ, Margie
4 Showalter, Ellen	13 Nutter, Doug	22 Thomas, Anna Mae	29 Long, Nancy
4 Keller, Richard	13 Schuette, Linda	22 Homan, Bev	29 Smith, Susan
5 Clark, Barbara Lea	13 Tussing, Stephen	22 Zacharias, Carol	30 Roseman, Harry
5 Bowen, Philip	13 Salinas, Louis	22 Houser, Penny	30 Danser, Barbara
5 Bechtol, Marna	13 Edwards, Dennis	22 McKeever, Vicki	30 Garman, Sharon
5 Hitts, Dean	13 Ekstrand, Tracy	23 Fonseca, Elvera	30 Ringle, Annette
5 Helberg, Kim	14 Wanemacher, Rollin	23 Hernandez, Jayne	30 Mahlman, Lynn
5 Riebesel, Deb	14 Sugg, James	23 Sigg, Daniel	30 Held Sr., William
5 Betts, Kimberle	14 Bowen, Dianne	23 Sosebee, Sheila	30 Setzer, Lora
6 Hill, Joan	14 Warncke, Barbara	24 Schnitkey, Carolyn	31 Frost, Suzanne
6 Little, Patricia	14 Croninger, Robert	24 Krueger, John	31 Riggs, Geraldine
6 Glowski, Bonnie	14 Whitehead, Pauline	24 Krueger, Marilyn	31 Whitaker, Angela
6 Bowers, Luann	14 Gruenhagen, Kathy	24 Beal, Shirley	
7 Aderman, Frances	14 Rutter, Donald	24 Bunke, Sharlene	
7 Carlston, Patsy	14 Huber, Larry	24 Barber, Wayne	
7 Volkman, Paula	14 Worchuck, Kevin	24 Badenhop, Letty	
7 Plotts Jr, Raymond	15 Wall, Brenda	25 James, Virginia	
8 Smith, Pauline	15 Schwab, Mary Jo	25 Breece, Karen	
8 Donnett, Sharon	15 Bryan, Rita	25 Navarre, Diane	



Tech Help with Joe

Joe Burgei from NOCAC will be here **Monday, December 22nd** to help you with any technical issues you are having with your cell phone, tablets, laptops, etc. Schedule your appointment with Joe at the front desk. Joe is typically be here on the 4th Thurs. of each month, but had to change his day due to Christmas.



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 (Oct)-B day Bash Meal Sponsor

Civista Bank (Nov)-B Day Bash Meal Sponsor

Immanuel Church, Deshler & St. Peter Church, Holgate

Henry County Health Department, Care 360 Hospice,

Soaring Arts Studio, NOCAC, Maumee Valley Guidance,

Lutheran Church Charities,

Noon Year Meal Sponsor-Devoted Health, Core Wealth

Newsletter Mailing Volunteers

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

Betty Marihugh, Viv Dominique, Marybeth McClure, Bette

Lighthill, Linda Dickey, Teresa Kiessling, Diana Kruse, Becky

Mansfield, Teresa Kiessling, Lois Casper, Janet Meyer, Bonnie

Martin, Jean Knipp, Kathy Bathurst

Donations

Norma Beck, John & Mary Jane Kline, Connie Sell, Terri Agler

Family, Betty Marihugh, Linda Dickey, Carla Lambert, Judy

Pierce, Dawn Leitner, Janet Foxe, Betty Smallwood, Bette

Lighthill, Deb Ehlers, Joannie Hardesty, Russ Lones, Barb

Dancer, Connie Sell, Maggie Yates & Several Anonymous

Donors

Memorial for Barney Zimmer-Beth Cook, Donna McGhee

Memorial for Art Germann-Sara Sauer Reed, Maggie Sauer

Mohler, Sue Sauer

Memorial for Barb Paisley-Beth Cook

SAVE THE SENIOR CENTER POSTAGE FEES

* Do you receive our monthly newsletter by mail but come to the senior center weekly. Why not pick up the newsletter at the senior center yourself.

* Do you receive the newsletter by mail but are willing to have the newsletter Emailed to you monthly. Give us your Email address.

Please let the front desk know of any changes you would like to make regarding how you receive our monthly newsletter.

2026 CLIENT REGISTRATION FORMS ARE AVAILABLE

When did you last filled out a registration form?

We need an updated form every four years in order for you to continue to receive our newsletter by mail and for your name to appear on the birthday list.

2026 Registration forms are available at the front desk.

IN NEED OF HOME REPAIRS?

Apply for the Community Housing Impact & Preservation (CHIP) Program.

Maumee Valley Planning Organization has funds available for home repairs which address health and safety issues in the home. To qualify your household income needs to be below 80% of median income, be the home owner, have homeowners insurance, and have property taxes paid to date. Some examples of eligible repairs; Roofs, Gutters, Lead Paint, Heating System, Plumbing, Electrical, Structural & Accessibility.

Call Maumee Valley Planning Organization at 419-784-3882 or visit them on the web at www.mvpo.org/housing.

2026 WINTER CRISIS PROGRAM FROM NOCAC

The Winter Crisis Program is a heating assistance program that may provide a one-time payment toward a utility bill, bulk gas bill, or furnace repair for those who meet the program eligibility requirements. The program runs November 1, 2025 through March 31, 2026. Call Northwest Ohio Community Action Commission at 419-599-2481 (LuAnn) for more details.

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!



TRANSPORTATION SERVICES

Transportation services are 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. Call 419-592-8726 to schedule your ride.



LET YOUR CREATIVITY FLOW

DECEMBER CRAFT CLASSES

Santa Plaque & Pinecone Ornament

Wednesday,
December 3rd
at 11:00



Sign up & Pay
\$5.00 by
12/2/25



WATERCOLORS WITH SHIRLEY

Registration is required for this class. Class is typically offered on the 1st & 3rd Wednesday of the month at 10:00am. No classes will be held in December.



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. This class is generally held monthly on a Thursday in our Art Room. Deb will not be holding a December class. Class will resume in January.

EXERCISE CLASSES

CARDIO DRUMMING

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



EXERCISE WITH CAROL

Mondays at 10:00
Wednesdays at 10:00

YOGA VIDEO
Wednesdays at 12:45
TAI CHI VIDEO
Fridays at 12:45

WARRIOR Rhythm ROOTS WITH MELISSA

Come check out this low impact, yoga style class.

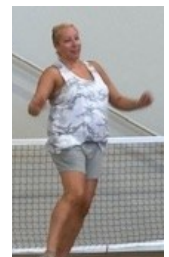
**TWO CLASSES A WEEK
IN DECEMBER**



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



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



BALANCE & STRETCH WITH ANN

Tuesdays at 1:00pm



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 DECEMBER	2	3	4	5 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Pottery Class 11:00 Rhythm & Roots 12:45 On the Road Mtg. 1:00-5:20 Pickleball 4:00 Euchre 5:30 DanceFit	8:00-9:50 Pickleball 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 Craft Class 10:45 "Damascus" Comfort Dog Visit 12:45 Chair Yoga Video 1:00 Cards/Games 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 10:00 Cardio Drumming 9:45 Ping Pong 11:00 Grief Group 11:00 Rhythm & Roots 12:00 Genacross Meal/ BINGO Sponsor 12:45 Tai Chi Video 1:30 Pickleball
8	9	10 HOLIDAY BAZAAR	11	12
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 1:00-5:20 Pickleball 4:00 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	8-4 Craft & Bake Sale 8:00-9:50 Adv Pickleball 9:00 Free Craft 10:00 Exercise/Carol 9-2 HC Dog Tag Sale 9:30-11:30 HCHD BP Checks 10-12 Photo Booth 10:45 "Jack" Therapy Dog 11:00 Alzheimer's Group 11:15 Music Entertainment 12:00 Northcrest Meal/ BINGO Sponsor 2:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 12:30 Euchre 1:30 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
15	16	17 SPONSORED MEAL	18	19
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Pottery Class 11:00 Rhythm & Roots 12:30 BINGO/Vancrest 1:00-5:20 Pickleball 4:00 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 10:15 "Ask a Nurse" 11:00 WISE Program 11:45 BDay Bash- Civista Bank 12:30 BINGO/Bridge HHH 1:00 Pickleball	8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Card w/Deb 12:30 Euchre 1:00 Pickleball	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 11:00 Grief Group 12:45 Tai Chi Video 1:00 Pickleball
22	23	24 Center Closed	25 Center Closed	26
8:00-9:50 Adv Pickleball 8:00 Tech Help 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 12:30 Veteran's Group 1:00-5:20 Pickleball 4:00 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 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 12:45 Tai Chi Video 1:00 Pickleball
29	30	31 SPONSORED MEAL	1 January	2 SPONSORED MEAL
8:00-9:50 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Rhythm & Roots 11:00 Book Club 1:00-5:20 Pickleball 4:00 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 11:15 NOON Years EVE 12:00 Meal Sponsored by Devoted Health & Core Wealth 	Center Closed 	8:00-9:50 Adv Pickleball 9:45 Ping Pong 10:00 Cardio Drumming 11:00 Rhythm & Roots 11:00 Grief Group 12:00 Genacross Meal/ BINGO Sponsor 12:45 Tai Chi Video 1:00 Pickleball

December 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
1	2	3	4	5 Sponsored Meal
Beef Stew w/ Vegetables Buttermilk Biscuit California Blend Veggies Scalloped Potatoes Pears	Baked Chicken Breast Broccoli, Cheese & Rice Casserole Harvard Beets Ambrosia Salad	Chicken Salad Sandwich Macaroni Salad Cole Slaw Apple Slices with Peanut Butter	Pork Roast Glazed Carrots Brussel Sprouts Grapes Fruit Punch	Chili Soup Saltine Crackers Corn Nuggets Red skin Potatoes Applesauce Cookie
8	9	10 Sponsored Meal	11	12
Creamed Chicken Mashed Potatoes Green Beans Pears & Pineapple	Salisbury Steak w/ Mushrooms Scalloped Potatoes Stew Tomatoes Apricots	Holiday Bazaar Hot Beef Sandwich Buttered Corn Baked Beans Mixed Fruit Rice Krispy Treat	Baked Potato w/ Bacon Bits Broccoli & Cheese Beef Stick Fruited Jello Salad	Baked Cod Tartar Sauce California Blend Vegetables Baby Baker Potatoes Mandarin Orange Salad
15	16	17 Sponsored Meal	18	19
Sausage Gravy over Mashed Potatoes Peas & Carrots Fruit Cocktail	Goulash Lima Beans Pineapple Cottage Cheese Cornbread	Birthday Bash Hot Chicken Sandwich Hashbrown Potatoes Calico Beans Pears Cong: Birthday Cake	Meatloaf Mashed Potatoes w/ Gravy Sweet Corn Casserole Grape Salad MOWS: Birthday Cake	Poppyseed Chicken & Brown Rice Mixed Vegetables Waldorf Apple Salad
22	23	24 Center Closed	25 Center Closed	26
Beef & Noodles Broccoli Three Bean Salad Cornbread Muffin Applesauce	Dinner Ham Sweet Potatoes Green Bean Casserole Cranberry Apple Salad Holiday Cookie			Brat w/ Sauer Kraut Parsley Potatoes Harvard Beets Ambrosia Salad
29	30	31 Sponsored Meal	1 Center Closed	2 Sponsored Meal
Pork Chop w/ Gravy Fiesta Corn Spanish Rice Mandarin Orange Jello Cup	Beef Manhattan Mashed Potatoes Peas Pears	NOON YEARS EVE Cheeseburger Tator Tots Baked Beans Peaches Hot Dogs for the Kids		Baked Spaghetti Ranch Green Beans Broccoli Salad Garlic Bread Fruited Jello Salad



The Soaring Arts Studio at the HCSC for Pottery Class



Santa Christmas Ornaments

(You will make 4)

December 1st & 15th at 11:00am

Fee for pottery class is \$15.00

Sign up for our January pottery class
will open on December 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,
December 29th** at 11:00am in the Conference Room.



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

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 Alzhei-
mer's Support Group, next meeting will be **Wed, December
10th at 11:00am**. Pastor Janine & Beth have both gone through
extensive training through the Alzheimer's Association. All are
welcome!



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, December
17, 2025**. Please call SeaGate at 419-244-6996 for
information on the enrollment process.

Monthly Entertainment

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



The duo will also be providing
our entertainment for our
Holiday Bazaar on December
10th.



Our 4 Legged Friend Visits

"Damascus"
Comfort Dog Visit
December 3rd @10:45

"Jack"
Therapy Dog Visit
December 10th @ 10:45



CARDS & GAMES

Mahjong every Monday @ 11:00.
Euchre - Monday @ 4:00 &
Thursday @ 12:30.
Hand & Foot or Three/Thirteen -
Wed @ 1:00.
Open tables for cards & games anytime!



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 **December 17th**. Call the
HCSC to schedule your appointment.



Thank you to all who helped make our Veterans Program possible. Kelly Mobley, Dick Beck, Alain Miller, Napoleon Jr. High Choir & Myndi Dawes with Northcrest Rehab & Nursing.



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 December meeting will be held on **Friday the 5th & 19th at 11:00am.**

INFORMAL VETERAN GROUP

Monday, December 22nd 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, December 9th 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.

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 Buffalo Wild Wings, Defiance at your own expense. Level 1 of 4. **Registration began October 22nd.**

Toledo Walleye vs Bloomington Bison-Wed. Dec 3rd / 9:00am to 3:00pm. Cost \$35 includes your ticket, hot dog meal and transportation. Level 2 of 4. **Registration began Oct. 2nd.**

"Christmas in the Air" Niswonger-Sat Dec 6th / 5:30pm to 11:00pm. Cost \$67 includes your ticket and transportation. We will not be stopping for dinner, please eat prior to departing for the show. Level 1 of 4. **Registration began Oct 16th.**

"Scrooge in Rouge" Arena Dinner Theatre-Sun Dec 14th / 11:30am to 5:00pm. Cost \$77.00 includes your dinner, transportation & show. (Meats, Potato, Vegetable, Salad, & Dessert). Dinner at 1:00pm, Show at 2:00pm. Level 1 of 4. **Registration began Nov 6th.**

Crick Entertainment Center, Defiance-Thur. Jan 8th / 1:30pm to 5:30pm. Cost \$35 includes 120 game tokens. Dinner will be at your own expense at Fire Stone. Level 2 of 4. **Registration begins Dec 4th.**

Mixology Class at Adventure Spirits Distilling-Fri. Jan 30th / 10:45am to 4:00pm. Cost \$45 includes a mixology class and transportation. Lunch will be on your own expense at Whitehouse Inn. Level 1 of 4. **Registration begins December 18th.**

"The Naked Magicians"-Fri, Feb 27th / 5:15pm to 11:00pm. Cost \$85.00 includes your show ticket and transportation. Dinner will be at your own expense at Maumee Bay Brewing Company. Level 1 of 4. **Registration begins Jan 15th.**

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

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

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



Thank you to all the individuals, businesses and organizations that donated to our Thanksgiving Service Project. We will have a complete list of donors in our January Newsletter.

We would also like to thank the Quilters Hideaway Group for donating patch work blankets for each of the meal boxes.

With your contributions we were able to help several young families in Henry County have a Happy Thanksgiving.



The Salvation Army are in need of Bell Ringers this Holiday Season.

If you are interested in volunteering please call 567-343-1182.



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- 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
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Executive Director, Angela Sosebee

Program Director, Ann Like

Receptionist, Elizabeth Gribler

Custodian: Peg Adams

Exercise Instructors: Carol Gerken Lones, Emily Beck, Heather Miller Klingler,
Christine Hershberger, Melissa Tisi-Spiller

Volunteer Exercise/Dance Instructors: Linda Warren

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

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

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

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

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

Shearer, Rita Small, Pam Schwiebert, Maryann Walden, Deb Wensink

Bus Drivers: Randy Barnes, Jan Franz, Suzanne Holman, Donna McGhee



SENIOR NUTRITION PROGRAM 419-599-0033

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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,
Donations, The Area Office on Aging of Northwest Ohio, & HCSC Advocates.