

The Navigator is a bi-monthly publication of...



ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

NEW!

**Senior Tech Support:
Every Tuesday • Noon - 2:00 pm**

Sit one-on-one with a 50 North volunteer as they answer your basic phone or computer questions.

See page 12 for details.

**Move with the Mayor
Monday, March 11 • 10:45 am**

Join Findlay Mayor Muryn as we walk a few laps on the indoor track. Stay, have lunch, and visit with the Mayor.

See page 15 for details.

**Evening
Conversations:**

**Weather and the
Eclipse with 13ABC
Thursday, March 28 • 6:00 pm**

See page 16 for more information.

**Morning
Conversations:**

**Coin Collecting Basics
Wednesday, April 10 • 10:00 am**

**Gold & Silver Investing
Wednesday, April 24 • 10:00 am**

See page 17 for details.

50 North
339 E. Melrose Avenue
Findlay, Ohio 45840
phone: (419) 423-8496

Visit us on the web at...

www.50north.org



THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

March / April 2024

50 North ARTS & CRAFTS FAIR

Saturday, April 13, 2024 from 9:00 am to 2:00 pm

It's back! The 50 North Arts & Crafts Fair features some of the best crafters in the area! The Marathon Café will be open with breakfast items, sandwiches, snacks, and beverages. Open to all! Free to attend. Note, vendor registration is closed on March 13. See page 13 for more information and full details.

Parkinson's Empower Walk

Saturday, April 27 at 10:00 am

The 20 North inaugural Parkinson's Empower Walk will feature team prizes, movement, balance, and speech screening, mini-classes by the YMCA and 50 North, art activities, "Walk in My Parkinson's Shoes" symptom simulation, massages, exhibits, raffles, a silent auction and more. Go to HCParkinsonsnetwork.org to register your team online.

See page 15 for more information.

Travel Presentation: Tulip Festival - Holland, MI

Monday, March 4 at 1:00 pm

Is visiting Holland, Michigan during their annual Tulip Fest something that has been on your list? Curious about travel with our newest tour operator, Nowak Tours? Attend this program to learn more about the 50 North Tulip Tour that is planned for May of 2024. This is a free program with registration required.

See page 15 for full details.

V.I.T.A. Tax Preparation

V.I.T.A. tax preparation (Volunteer Income Tax Assistance) will be available at 50 North. Contact the United Way at 567-250-1955 to schedule an appointment.

50 NORTH SOLAR ECLIPSE RELATED PROGRAMS & EVENTS

On April 8, 2024, a solar eclipse will occur, casting its awe-inspiring shadow across the sky. In the spirit of embracing this rare phenomenon and ensuring the safety of our valued members and dedicated team, 50 North will be closed on that day. The solar eclipse presents a unique opportunity for reflection and appreciation of the wonders of the universe. 50 North is offering a variety of eclipse related activities, presentations, movies, crafts, and more! Events will run March 20 through April 4. See page 11 for full details about each of these offerings.

Board of Trustees

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50 North Center Hours

Monday through Thursday 7:00 am – 8:00 pm
 Friday 7:00 am – 5:00 pm
 Saturday 7:00 am – 12:00 pm
 Sunday Closed

50 North Facility Schedule

50 North will be **CLOSED** on:
 Monday, April 8 Eclipse

Annual Board Meeting – Thursday, April 29 12:00 – 1:00 pm

Threatening weather in the forecast?

Tune to Findlay area radio stations: WFIN 1330AM, WKXA 100.5FM, local television stations: Toledo News Channels 11 & 13, or check out www.thecourier.com for cancellations or closings.

Level 1 Open

Level 2 Open, but NO Mobile Meal Delivery,
 NO Fitness Center Classes or Activities

Level 3 Closed

50 North Participation / Membership

- Membership to 50 North is free for Hancock County residents age 50+. Please see the member service desk to complete a New Member Information form and to receive your 50 North key tag.
- 50 North Wellness Center memberships are available for an additional fee. The Wellness Center is located on the lower level. Please see the Fitness Center staff if you are interested in a Wellness Center membership.
- Anyone 50+, who resides outside of Hancock county will be assessed an annual membership fee per household.
- 50 North will engage in intergenerational programs from time to time.
- Participants must exhibit independence and ability for self-care or have a caretaker with them at all times. A person younger than 50 may accompany a disabled senior as a caretaker at 50 North to provide assistance to the older adult.
- Activity Fees: There may be nominal fees associated with a variety of activities offered at 50 North.
- Convenience Fee: There will be a 3% convenience fee for all Debit/Credit Card purchases.

Regarding Guests:

- 50 North encourages all members to bring guests. Please bring your guest to the Member Services Desk to sign in and receive their guest name tag.
- Guests of 50 North members are welcome up to 2 times per year.
- Guests must be over the age of 50, with the exception of the café.
- In the café, 50 North members may bring a guest of any age up to 2 times per year.
- Guests are invited to participate in all friendly visit activities. (non-registration activities)
- Visiting Family Member: Immediate family members (mother, father, son/daughter in-law, sister/brother in-law) who are staying in the home of the 50 North member are welcome. Please bring your immediate family member to the Member Service Desk to sign in and receive their guest name tag.

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Ashley Wilhelm, CNP

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Ashley specializes in medical and surgical management of skin cancers, lipoma removal, epidermal and pilar cyst removal, keloid management, cryosurgery, skin biopsy, PDT, patch testing, wart treatments including immunotherapy, acne and nail issues. Dr. Kouba specializes in Mohs Surgery.

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www.toledoderm.com

Thank You To Our 2023 Annual Giving Donors

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Your generous contribution is an affirmation for 50 North that will continue to serve the growing needs of our community's seniors. Your support ensures that vital services such as chores, nutrition, outreach, wellness and activities will continue to be available and will help advance the quality of life in Hancock County. It allows us to enrich lives and support independence of seniors. Thank YOU!

Carolyn Copus

Carolyn Copus, Executive Director



\$25,000 and above

Nancy and Ken Baerwaldt*
Jane and Gary Heminger
Ohio Logistics –
Chuck and DeeDee Bills

\$10,000 - \$24,999

David and Catherin Meier
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Judy Nuzum in memory of
Conrad Nuzum
Sandra Reinhardt
Frances Schaefer
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Virginia Thompson
Jerry Walters
Susan Williams
David Wirt

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Anonymous
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Sally Elsea in remembrance
of Conrad Nuzum
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Meg Flemion
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Daniel Huther
Jane Ickes
Joanne Ingold
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Carl Jennings
Warren Kahn
Jean Kastner
Kim Kennedy, Shirley Woods
and Terri Williams in memory
of Karl Best
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Kathy Young
Richard and Josephine
Zbiegien

\$10 - \$99

50 North Tuesday
Afternoon Bridge
in memory of Ann Moore
50 North Tuesday and
Wednesday Bridge
in memory of John Snyder
Marica Alexander
in memory of Karl Best
Alpha Nu Master Chapter
in memory of Ed Sartore
Anonymous
Alexia Arnett
Doris Bair
Joyce Barnhill
in memory of Ed Sartore
Judith Baumgartner
Barbara Beaver

Larry and Jan Beck
Michelle Beucler
Lucy Biando
in memory of Rocky Naso
Sheila Block
Sharon Bosse
Craig Bowman
Christina Brandenburg
Joanne Brickner
Marshall Brigner
Dustin and Meg Brinkman
in memory of Karl Best
Don and Deloris Brown
Kathleen Brubaker
Robert and Phyllis Brubaker
Randy Buck
Joanne Buckner
in memory of Karl Best
Marilyn Bugbee
Jon and Sandra Burnside
Janet Butler
Judy Butler
Jean Cappello and Laura Smith
in memory of Conrad Nuzum
Norma Cavin
Eric Chatelain
Barbara Clark
Lindell Clemens
Rowan and Linda Colwell
Copus Living Trust
Dave and Rene Crossman
in memory of Karl Best
Larry Davis
Rebecca Day
John and Barbara Deeds
Richard Deerhake
Dave and Barb Distel
Andrea and Kevin Donaldson
in memory of Karl Best
Marcia Durbin
in memory of Karl Best
Mertie Eddie
Marilyn Elarton
Sam and Betty Ellis
Jean Endicott
Doug and Cynthia Ferguson
Jackie Fields
Sharon Filak
in memory of Ed Sartore
Mark and Debbi Fisher
in memory of Phyllis Hatch
KC and Jeanne Fogg
Jane Follas
Jean Foust
David and Barbara Gasior
Naomi Golden in memory of
Ed Sartore and Sharon Nagy
Deb Gray
Jeff and Alice Hailey
Betty Hamilton

Ester Hance
Charlene and Bruce Hankinson
David Hartman
Catherine Hayes
Judy M. Heater
Phyllis Heffner
Richard and Cherie Herr
Daniel Hogue
in memory of Ed Sartore
Peggy Howard
Tom and Nancy Jakubiec
Helen Jomantas
Paula Junge
Karen Kahler
in honor of Lorraine Fitch
Kevin and Meg Karhoff
in memory of Karl Best
Carolyn Kear
Sue Kibler
Ken and Lela Lammers
William and Julia Lammers
in memory of Karl Best
Margaret Latham
Susan Lauck
Marilyn Lazenby
Gwen Lewis
Tim Lewis
Margaret Lobb
Janet Lyons
Elizabeth McCartney
Jane McCleary
Sara Mead
John Mosser
in honor of Dr. Todd Leslie
Dawn Neal
in memory of Karl Best
Barbara Nelson
Nancy Newcomer
Karen Niswander
in memory of Karl Best
Richard Opperman
Ginny Packer
in memory of Ed Sartore
Charlotte Peterman
Linda Pitkin

Cheryl Pitney
Jon and Pat Price
Dallas and Dorothy Reineck
in memory of Ed Sartore
Hope Riegler
Daniel and Norma Rieman
James and Jeannine Roof
in memory of Karl Best
Cheryl Ruppright
Richard and Elizabeth Rush
Cindy and Larry Schiltz
Maria Schwartzkopf
Carl and Molly Shaffer
Merle Shank
Barry Simmons
Charles and Mary Simmons
Mark and Bonnie Sims
Nancy Site
in memory of Karl Best
Mary Lou Sliney
Leslee Smith
in memory of Karl Best
Barbara Snyder
John Solt
in memory of Karl Best
John and Phyllis Solt
Susan Sommers
Dan and Lois Steinman
in memory of Karl Best
Joan Stough
Norma Strausbaugh
Ruth Swick
Linn and Phyllis Tate
Maxine Thornton
Eileen Vorst
Becky Walters
in memory of Karl Best
Jim and Pauletta Welshimer
John and Kate Westenhaver
in memory of Karl Best
Emilee Whetstone
Arthur and Carolyn Wilde
Charlene Wilkins
Nancy Winters

Annual Giving Donor | *Capital Campaign Donor* | *Deceased

We are extremely grateful for the support we receive throughout the year. While we strive to ensure that our list is accurate, occasionally there is an inadvertent omission or error that is found. If this occurs, we humbly apologize and ask that you please contact us so that we may correct the information. Thank you.

Is your home exterior ready for spring?



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Women's Assisted Living Community



The Judson Palmer Home is an Assisted Living Community for Women in Hancock County. We have been in Findlay since 1950 and enjoy a stellar reputation for quality care. Housing only up to 16 residents at any time, the Judson Palmer Home is able to provide a cozy and peaceful atmosphere that is unmatched.

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- Currently accepting applications for new residents. Please call for more information.
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The Chore Services Department provides a number of high quality services. Chore Services are available to all Hancock County homeowners, age 50+, regardless of income. Services are on a first come first serve basis and as scheduling allows. 50 North uses a lottery drawing system held in the spring and fall of each year for mowing and snow removal services.

50 North reserves the right to inspect and/or assess potential chore services. If determined that the work is beyond the scope of what the 50 North staff can complete, you will be given options for assistance. Contact our 'Chore Services Department' at 567-429-9288. (Financial assistance is available for those that qualify).

The following is a general list of chores that can be performed for homeowners...

- **Basic plumbing and electrical needs**
- **Basic carpentry and lock installation**
- **Install disability grab bars**
- **Exterior household chores and cleaning**
- **Repair wood decks**
- **Build handicap ramps and install hand railing**
- **Seasonal services – mowing and snow removal**
- **Winterizing doors and windows**
- **Trim bushes, clean landscaping**
- **Pressure wash siding, walks, and decks**

Ask us about our RENT A RAMP program!

For more information about this program, please contact the 50 North Chore Services Department at 567-429-9288.

Time To Submit Your Lawn Mowing Service Lottery Entry Form!

50 North offers lawn mowing which is a paid service and uses a lottery system. If you desire to have your name placed in the lottery, **fill out the form to the right and submit it to 50 North by Friday, March 15th.** Forms available at the front desk or you can also find the application at www.50north.org.

On Tuesday, March 19, 2024 at 9:00am, all seniors who placed their name in the lottery will be notified by letter.

Note: A general liability release form will need signed before any services can be performed.

2024 LAWN MOWING SERVICE FORM
(Please PRINT. One form per household)

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Phone: (____) ____ - ____ Cell: (____) ____ - ____

Date Submitted: ____ / ____ / ____

Cut out and return this entry form to 50 North today!



Orthopaedic Institute of Ohio

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FOOT & ANKLE

50 North provides delicious meals through a variety of options, all designed to fit the nutritional needs of our members 50+. We offer: Marathon Café, Curbside Pick-up Lunches, frozen Meals-To-Go, and our Mobile Meals Program. (Financial assistance is available for those who qualify)

Marathon Café – Monday through Friday: 11:00 am to 1:00 pm

- Hot Meal - Entree, salad or soup, and a drink (\$7.00) • Salad of the Week - Salad, soup, and a drink (\$7.00)
- Build a Salad - Custom made salad, soup and a drink (\$7.00)
- Build a Wrap - Custom made wrap, soup and a drink (\$7.00)

FREE Ice Cream Sundaes – First and Third Wednesdays of each month – Compliments of The Heritage (In the Marathon Café, 11:00 am to 1:00 pm with a paid lunch). While supplies last. **Dine in, only.**

Curbside Café – Monday through Friday: 11:00 am - 12:00 pm (Reservations required 24 hours in advance; Call 419-423-8496, ext. 117) • Hot Meal - Entree, side and drink (\$7.00)

Frozen Meals to-go – Monday through Friday: Entree, 2 sides and a soup (\$5.00) Call (419) 423-8496, ext.111.

Mobile Meals – Monday through Friday with weekend meals available. Short or long term and hot and/or cold meals, with diabetic options available. Eligibility based on needs of assistance and you must reside in Hancock County. Call (419) 423-8496, ext.117.

Vending Machines – We have vending machines in our café! (All food must be consumed in the National Lime and Stone Activity Room, Fitzgerald Activity Room, Younger Activity Room, Art Studio, or Marathon Café)

Daily Dessert now available, with the purchase of a lunch, for \$1.

Bakers Rack with home-baked goods for sale during Café hours.

NEW! Free Birthday Dessert. – You may receive one free dessert during the week of your birthday.

Go to: 50north.org for more information and to view the menus



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Wednesday, March 6	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Week of March 4 – 8		National Oreo Day (<i>\$7 lunch purchase; dessert is \$1</i>) National Oreo Day is Wednesday, March 6th, and in celebration, an oreo dessert will be the dessert of the week!
Friday, March 8	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt.
Friday, March 15	11:30 am - 12:30 pm	Café Entertainment: “Unvarnished” (<i>\$7 lunch purchase required</i>) Come celebrate St. Patrick’s Day with “Unvarnished”, a 50 North member favorite!
Monday, March 18	11:00 am - 1:00 pm	National Sloppy Joe Day (<i>\$7 lunch purchase</i>) It’s okay to get sloppy with this lunch, it’s National Sloppy Joe Day. Join us in the café for this special lunch!
Wednesday, March 20	11:00 am - 1:00 pm	National Ravioli Day (<i>\$7 lunch purchase</i>) Holy Ravioli! National Ravioli Day is March 20. Come join us in the café for a Ravioli lunch.
Wednesday, March 20	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Friday, March 22	11:30 am - 12:30 pm	Café Entertainment: Erica Bickhart (<i>\$7 lunch purchase required</i>) Join us for lunch in the café while Erica plays some of her favorite hymns and inspirational songs on the piano.
Thursday, March 28	11:00 am - 1:00 pm	National ‘Something On A Stick’ Day (<i>\$7 lunch purchase</i>) March 28th is we’re sticking this landing! March 28th is National Something on a Stick Day, so we’ll be having corn dogs on a stick for lunch! Come join us in the café!
Wednesday, April 3	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Thursday, April 4	11:00 am - 1:00 pm	National Cordon Bleu Day (<i>\$7 lunch purchase</i>) Cordon Bleu? Don’t mind if I do! Come celebrate National Cordon Bleu Day on Thursday, April 4th in the Café.
Friday, April 5	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt.
Friday, April 12	11:00 am - 1:00 pm	National Grilled Cheese Day (<i>\$7 lunch purchase</i>) Grilled Cheese? Yes, please! National Grilled Cheese Day is April 15th, come celebrate in the café with us!
Wednesday, April 17	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Wednesday, April 24	6:00 pm	Findlay String Factor - FREE The musicians from Findlay String Factor are coming back to show off their talents! Pre-registration is preferred.

50 North has an Outreach Department staffed with Licensed Social Workers who provide assistance, information, and referrals for various issues and needs. Call 419-423-8496 to speak with a Social Worker.

- **Assistance** with paperwork and applications - online or paper
- **Daily Care Call** - For isolated individuals who live alone and benefit from a daily check in call.
- **Emergency Response Systems** - With just a push of a button, professionally trained monitoring staff will contact your designated responders if you have an emergency and need help.
- **Equipment Loan (Free)** - We have wheelchairs, walkers, shower chairs, canes, and more.
- **Information and connection** to 50 North Services. Financial assistance applications are available from the Outreach department.
- **Medicare counseling** - Social Workers have received OSHIIP (Ohio Senior Health Insurance Information Program) training from the Ohio Department of Insurance to be able to assist with various Medicare products.
- **Transportation** information and assistance through HATS and Find A Ride.

SUPPORT GROUPS

Caregivers Support Group
Thursday, March 7 and Thursday, April 4
at 1:30 pm

Diabetes Support Group
Tuesday, March 12 at 10:00 am –
National Nutrition Month
Tuesday, April 9 at 10:00 am –
Cancer

Alzheimer's Support Group
Wednesday, March 13 and April 10 at 6:30 pm

Parkinson's Support Group
Thursday, March 21 and April 18 at 1:00 pm

OUTREACH PROGRAMS

Medicare Presentation
Tuesday, March 19 at 10:00 am
See page 16 for full details and information.

Morning Conversations: (Free Presentations)
Avoid Consumer Fraud –
National Consumer Protection Week
Wednesday, March 6 at 10:00 am
See page 15 for full details and information.

Understanding Energy Choice –
Is It Right For You?
Friday, March 22 at 10:00 am
See page 16 for full details and information.

(V.I.T.A.) Tax Preparation
Volunteer Income Tax Assistance (V.I.T.A.) will be available at 50 North. Contact the United Way at 567-250-1955 to schedule an appointment.

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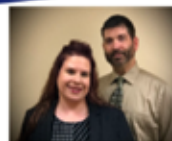
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ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

50 North is offering a variety of eclipse related activities from presentations to movies to crafts.

Wednesday, March 20 at 1:00 pm
Wellness Wednesday: April's Eclipse with
Alissa Preston, Findlay Hancock Alliance
 Registration required. Free.

Monday, March 25 at 10:00 am
Art Class: AMA - "The Eclipse"
 Registration and \$15 due by March 18.

Monday, March 25 at 10:00 am
Morning Conversations: The Solar Eclipse presented
by Imagination Station
 Limited Space. Registration required. Free.

Monday, March 25 at 1:00 pm
Keep Current: "Spinoffs from the Space Program"
 Registration required. Free.

Tuesday, March 26 from 9:00 am to 12:30 pm
Sewing: Solar Eclipse Commemorative Mug Rug
 Registration and \$20 due by March 19.

Tuesday, March 26 at 10:00 am
Extra Senior Cinema: "Eclipse Over America"
 Registration required. Free.

Wednesday, March 27 at 11:30 am
Sunrise Cooking Class: Cosmic Bark
 Limited space. Must register by September 20. Free.

Thursday, March 28 at 10:00 am
Morning Conversations: Eclipse Information and
History presented by Armstrong Museum
 Registration required. Free

Thursday, March 28 at 6:00 pm
Evening Conversations: Weather and the Eclipse
with 13ABC
 Registration required. Free.

Monday, April 1 from 10:00 am to 1:00 pm
Art Class: Drawing - Conte Sticks - "Solar Eclipse"
 Registration and \$30 due by March 25.

Monday, April 1 at 1:00 pm
Afternoon Conversations: The Solar Eclipse
presented by Imagination Station
 Limited Space. Registration required. Free.

Tuesday, April 2 at 1:00 pm
Nature Notes with HPD: Solar Eclipse Events with
Hancock Parks
 Registration required. Free.

Wednesday, April 3 from 10:00 am to 2:00 pm
Craft Corner: Basket Weaving - Round, Woven Wreath
 Registration and \$28 due by March 25.

Thursday, April 4 from 2:00 to 5:00 pm
Craft Corner: Jewelry Making - Solar Necklace & Bracelet
 Registration and \$30 due by March 28.

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March and April Activities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

SOCIAL GROUPS

Join one of the many interest groups offered at 50 North to meet others who share the same interests.

CARDS AND GAMES

The National Lime and Stone Activity Room is reserved for those playing cards, board games, puzzles, coloring, or other activities designated by the Activities Dept. Please refrain from using The Commons or Living Room/Library Areas to play cards or games. Groups of 4 or less are first come first serve. For groups of more than 4, contact the Activities Department for room availability.

Billiards

Open during regular facility hours.

Ping Pong: Tuesday thru Saturday, 8:00 am - 12:00 pm

Euchre: Mondays and Tuesdays, 1:00 - 4:00 pm

Scrabble: Tuesdays, 10:00 - 11:30 am.

Afternoon Bridge: Tuesdays, 12:30 - 3:30 pm.

Pinochle: Tuesdays, 12:00 - 4:30 pm.

Evening Bridge: Wednesdays, 3:00 - 6:30 pm

Evening Bridge: Thursdays, 2:00 - 5:30 pm

Card Scufflers: Thursdays, 1:00 - 5:00 pm

Mahjongg: Fridays 12:00 - 4:30 pm

Cribbage: Fridays, 1:00 - 3:00 pm

BINGO

Mondays from 9:00 to 10:00 am Free.

No Bingo on April 8

First Monday – bring a white elephant gift to share

Second Monday – sponsored by Sunrise of Findlay

Third Monday – sponsored by The Heritage

Fourth Monday – sponsored by Brookdale Findlay

MUSIC BINGO

Wednesday, March 6 at 1:00 pm – “Elvis”

Wednesday, April 3 at 1:00 pm – “Space Themed Music”

Enjoy singing along to familiar songs while playing a non-traditional game of bingo! Each month will have a different theme. Free. Registration required.

CARD BINGO

Friday, March 8 and April 5 at 1:00 pm

Card Bingo and prizes sponsored by Bridge Home Health and Hospice. Free. Registration required.

LINE DANCE

**Beginners: No experience needed.
Instructed by Robb Sammet
Thursdays, 6:30 – 7:30 pm**

**Improvers: Experience needed.
No Line Dancing on April 8
Instructed by Cindy Fletcher
Mondays, 4:00 – 5:00 pm
Wednesdays, 4:00 – 5:00 pm
Fridays, 1:00 – 2:00 pm**

**Intermediate: Experience needed.
No Line Dancing on April 8
Instructed by Cindy Fletcher
Mondays, 2:00 – 4:00 pm
Wednesdays, 2:00 – 4:00 pm
Fridays, 2:00 – 4:00 pm**

Scrapbooking

Tuesday: March 5, 12, 26 and April 2 and

Fridays: March 1, 22 and April 19, 26

from 10:00 am to 3:00 pm

Bring your own supplies and spend the day scrapbooking with friends. Free.

50 North Featherweight Friends

Tuesdays, March 5, 19 and April 2, 16

from 8:00 am to 12:00 pm

Bring your Featherweight machine, your projects, and ideas and questions to share with your Featherweight Friends. Facilitated by Linda Croy.

Needlecraft and Conversation

Every Wednesday from 10:00 am to 12:00 pm

Come work on your projects, share conversation and your leftover patterns, yarn, thread, or materials.

Bible Study

Every Thursday from 10:00 to 11:00 am

Non-denominational Bible study facilitated by Pastors Ken and Susan McBeath.

Senior Tech Support

Every Tuesday from 12:00 to 2:00 pm

Sit one-on-one with a 50 North volunteer as they answer your basic phone or computer questions. Contact the front desk to set up an appointment. Free.

Senior Cinema (Titles are subject to change)

Fridays at 1:00 pm. Free movie and popcorn provided. Additional movie details on our website.

March 1 **Wild Oats** (PG13)

March 8 **Sweetwater** (PG13)

March 15 **Supercell** (PG13)

March 22 **Easter Parade (1948)**

March 29 **The Meddler** (PG13)

April 5 **A Splash Of Love** (Hallmark)

April 12 **NO MOVIE**

April 19 **Never Give Up** (Faith-Based)

April 26 **My Old Lady** (PG13)

Free Blood Pressure Checks**First and Third Thursdays of each month**

**March 7, 21 and April 4, 18
from 11:30 am to 1:00 pm**

Visit retired RN, Jean Borkosky, in the lobby for a free blood pressure check. No registration required.

Coffee with a Cop**Thursday, March 21 and April 18**

from 9:00 to 11:00 am

Every third Thursday, enjoy a cup of coffee in The Commons area and conversation with local law enforcement.

**This is in addition to their regular meeting at Coffee Amici*

First Fridays with the Findlay Fire Dept.**Friday, March 1 and April 5 from 9:00 to 11:00 am**

Fire safety for older adults is very important! The FFD will be here each month in The Commons area to chat with 50 North members, discuss fire safety, and answer your questions.

CREATIVE & PERFORMING ARTS

50 North Members can enjoy and benefit from a variety of visual, creative, and performing arts.

PERFORMING ARTS

For more information on any of the following classes, go to our website at www.50north.org

Encore Theatre Group

Encore Theatre will be taking an intermission in March and April. We would love to have you join us in May!

50 North Choir – Starts March 7th!**Every Thursday from 3:00 – 4:15 pm**

Do you enjoy singing? No matter your singing ability, we would love to have you in the 50 North Choir. You don't need to know what part you sing, and you don't need to read music. All abilities are welcome. Rehearsals start Thursday, March 7 for a choir performance tentatively scheduled on May 9. Please see Erica for more information.

CRAFT CLASSES

For more information, go to our website at www.50north.org

50 NORTH ARTS AND CRAFTS FAIR**Saturday, April 13 from 9:00 am to 2:00 pm**

It's back! The 50 North Arts & Crafts fair features some of the best crafters in the area! The Marathon Café will be open with breakfast items, sandwiches, snacks, and beverages. Open to everyone! Free to attend. Please note, vendor registration is closed on March 13.

Craft Corner: First Tuesday Free Craft!**Tuesday, March 5 at 1:00 pm**

Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by February 27.

Craft Corner: Easter Bunny Garden Arrangement**Wednesday, March 13 from 9:30 am to 12:30 pm**

We will use a metal flower garden container as the base for the Easter-themed arrangement. Everything from carrots, a bunny, and candy on skewers will complete this cute garden for your Easter/Spring table. All materials included. Instructor: Sharon Weddell. Registration and \$32 due by March 6.

Craft Corner: Easter Tree & Ornaments**Thursday, March 14 from 2:00 to 5:00 pm**

Make a tabletop Easter Ornament Tree. Patterns to create your own Easter Tree include Butterfly Garland, Paper Lily, Egg Ornaments, Bunny Skewers, plus a Bunny Salt Dough Recipe. Provided painted White Branch, paper and base create your new Easter Tree! Finish off with a professional Florist Bow! All supplies included. Instructor Cindy Meadows. Registration and \$30 due by March 7.

Craft Corner: First Tuesday Free Craft!**Tuesday, April 2 at 1:00 pm**

Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by March 26.

**Craft Corner: Basket Weaving – Round, Woven Wreath
Wednesday, April 3 from 10:00 am to 2:00 pm**

If you've taken a basket class with Teresa, you're in for a treat! In celebration of the solar eclipse, this complete wreath will depict the shape of the moon (or sun). This woven wreath becomes a blank slate for the creator to decorate in the manner they choose and can be used to accent any décor or season. All supplies included. Instructor: Teresa Margraf. Registration and \$28 due by March 25.

**Craft Corner: Jewelry Making - Solar Necklace & Bracelet
Thursday, April 4 from 2:00 to 5:00 pm**

Let's make this year's Solar Eclipse on April 8 memorable by creating a necklace and bracelet set representing our solar system. Come celebrate this event together! All supplies are included. Instructor: Cindy Meadows. Registration and \$30 due by March 28.

**Craft Corner: Everything's Coming Up Roses Wreath
Tuesday, April 23 from 9:00 am to 12:30 pm**

Let's explore a new wreath technique to make a beautiful rose. Color will vary depending on the mesh that will be available this spring. We will be using a Unique in the Creek wreath board, zip ties, and deco mesh to make this beauty for your door. All materials included. Instructor: Sharon Weddell. Registration and \$40 due by April 16.

ART CLASSES

For more information on each class, go to our website at www.50north.org

Art Class: Watercolor - "Showering Umbrellas"**Monday, March 11 from 10:00 am to 1:00 pm**

Paint colorful abstract picture of people in rainstorm on 9"x12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction

March and April Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

in development of skills. If you've never used a resist, this is the time to create raindrops using a resist. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by March 4.

Art Class: AMA – “The Eclipse”

Monday, March 25 at 10:00 am

This class is perfect for beginners! Receive step-by-step instructions from Mackenzie of Awakening Minds Art. Only 10 spots available. Registration and \$15 due by March 18.

Art Class: Acrylic – “The Wave”

Monday, March 25 from 2:00 to 5:00 pm

Paint a watery attack of nature onto the shoreline. Impressionistic style painted on 16”x 20” canvas. PowerPoint is used with personal instruction in development of skills level. See how angry you can cause your WAVE to appear! All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by March 18.

Art Class: Drawing – Conte Sticks – “Solar Eclipse”

Monday, April 1 from 10:00 am to 1:00 pm

Let's make this year's Solar Eclipse on April 8 memorable by drawing an illustration using Conte Stick Pastels. The black paper background allows for dramatic results! Come and celebrate this event together! All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by March 25.

Art Class: Acrylic – “Lighthouse Sunset”

Thursday, April 11 from 2:00 to 5:00 pm

Paint a dramatic sunset along the seashore in Impressionist style on a 16”x20” canvas. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by April 4.

Art Class: Watercolor - Pissaro “Sunset at Eragny I”

Monday, April 15 from 10:00 am to 1:00 pm

Paint a French water landscape in the style of Impressionist Camille Pissaro on 9”x 12” watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by April 8.

Art Class: AMA - “Butterfly and Flowers”

Friday, April 22 at 10:00 am

This class is perfect for beginners! Receive step-by-step instructions from Mackenzie of Awakening Minds Art. Only 10 spots available. Registration and \$15 due by April 15.

SEWING CLASSES

For more information, go to our website at www.50north.org

Sewing: Project-in-a Day – Bowl Cozy

Monday, March 18 from 9:00 am to 12:30 pm

Learn how to sew up a quick bowl cozy to cradle that warm bowl of soup out of the microwave. All materials included. Experienced sewists may bring their own sewing machine in good working order. Instructor: Sharon Weddell. Registration and \$25 due by March 11.

Sewing: Modern Throw Pieced Top (PART 2)

Thursday, March 21 from 9:00 am to 12:30 pm

This class is for those who took the January Modern Throw Sewing Class. You'll attach the binding to the throw that was constructed in January and subsequently quilted. Instructor: Sharon Weddell. Registration and \$25 due by March 14.

Sewing: Solar Eclipse Commemorative Mug Rug

Tuesday, March 26 from 9:00 to 12:30 pm

The total solar eclipse is coming! Join us to create your own commemorative mug rug with space-themed fabric and a special embroidered strip depicting elements of the eclipse. Some knowledge of machine sewing is helpful. All supplies included. Instructor: Sharon Weddell. Registration and \$20 due by March 19.

Advanced Featherweight Class

Tuesday, April 9 from 9:00 am to 2:30 pm

In this class, you'll first review what you learned in a previous beginners Featherweight maintenance class. Then, you will proceed to learn about hook assembly and foot controllers and have the chance to ask questions about other parts of your Featherweight. You'll need to bring in your machine and manual. We will not be repairing the machines but adjusting them. A supply list will be provided upon registration and payment. Registration and \$55 due by April 2.

Sewing: Project In A Day – Zippered Vinyl Project Bag

Wednesday, April 10 from 9:00 am to 12:30 pm

Let's zip into spring with a cute, zippered project bag that can be used for many things. We will make a quilt sandwich, install a zipper, and sewing with clear vinyl so you can see what's in your bag. All materials included. Experienced sewists are welcome to bring their own sewing machine in good working order. Instructor: Sharon Weddell. Registration and \$30 due by April 3.

Beginning Sewing: ‘Quilt As You Go’ Mug Rug

Thursday, April 18 from 1:00 to 4:00 pm and

Friday, April 19 from 9:30 am – 12:30 pm

Join Sharon Weddell in this two-class series as she guides you on how to use a sewing machine. You'll learn the basics of using a sewing machine and fabric cutting in the first class. In the second class, put together a colorful 6.5”x 9” mug rug. All supplies included. Instructor: Sharon Weddell. Registration and \$30 due by April 11.

FUSED GLASS CLASSES

For more information on each class, go to our website at www.50north.org

Fused Glass Class: Easter Sun Catcher

Wednesday, March 27 at 2:00 pm

Registration and \$35 due by March 20.

Fused Glass Class: Flower Pot Pockets (hanging vase)

Wednesday, April 24 at 10:00 am

Registration and \$35 due by April 17.

All skill levels welcome! Your instructor, Mary Burget, will take your pieces to be fired and will be available for pickup at a later date.

EDUCATION, ENRICHMENT & WELLNESS

Through community collaboration, area businesses and professionals provide a variety of programs.

SUPPORT GROUPS

Caregivers Support Group

Thursday, March 7 and Thursday, April 4 at 1:30 pm

This group meets the first Thursday of each month at 1:30 pm. It is designed for families, partners, and caregivers who want a safe place to discuss the stresses, challenges, and rewards of providing care for older adults. For more information, contact Kim at 419-423-8496.

Diabetes Support Group

Tuesday, March 12 at 10:00 am – National Nutrition Month

Tuesday, April 9 at 10:00 am – Cancer: Control Your Risk

“Doing Diabetes Together” meets the second Tuesday of each month. Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. If you have questions about the group, please contact Jennifer Little at little.18@osu.edu.

Alzheimer’s Support Group

Wednesday, March 13 and Wednesday, April 10 at 6:30 pm

Group meets on the second Wednesday of each month at 6:30 pm. For questions, contact Mary Beth Torsell matorsell@alz.org or 419-419-5858 or call the helpline at 800-272-3900.

Parkinson’s Support Group

Thursday, March 21 and Thursday, April 18 at 1:00 pm

Group meets on the third Thursday of each month at 1:00 pm. For more info, email Mark Fisher at mfish1200@aol.com.

Parkinson’s Empower Walk

Saturday, April 27th, 10:00 am – 1:00 pm

Join the community for the inaugural Parkinson’s Empower Walk at 50 North. Will feature team prizes, onsite movement, balance, and speech screening by health professionals. Will also include Mini-classes by the YMCA and 50 North, an Awakening Minds Art activity, “Walk in My Parkinson’s Shoes” symptom simulation. Chair Massages, informational exhibits, 50/50, basket raffles, and silent auction will also be available. Go to HCParkinsonsnetwork.org to register your team online.

EDUCATION

BVHS Health Series: Home Safety - Tips and Tricks

Monday, March 4, from 10:30 a.m. to 11:30 am

Laura Durliat, occupational therapist at Julie A. Cole Rehab & Sports Medicine, will be discussing the important issue of “Home Safety”. Reservation required. Free.

Nature Notes with Hancock Parks:

Maple Sugaring Through the Ages

Monday, March 4 at 1:00 pm

The Native American story about the time of the “Maple Moon” will be told and how maple syrup was made in the Native American Sugar Bush by the stone boiling method. Learn how

the pioneer sugaring camp was set up and how the McKinnis family would collect and process maple sap. Program will finish with a display of Maple sugaring tools, pictures, and syrups. Registration required. Free.

Travel Program: Tulip Festival

Monday, March 4 at 1:00 pm

Is visiting Holland, Michigan during their annual Tulip Fest something that has been on your list? Curious about travel with our newest tour operator, Nowak Tours? Attend this program to learn more about the 50 North Tulip Tour that is planned for May of 2024. A representative from Nowak will share a visual presentation of the tour plans and the unique experiences in store! Space on this trip is limited and space is going fast! This is a free program with registration required.

De-Clutter with Deb Series – “Time Management”

Tuesday, March 5 at 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Each month has a different topic and helpful tips to declutter and simplify. Registration required. Free.

Morning Conversations: Avoid Consumer Fraud -

National Consumer Protection Week

Wednesday, March 6 at 10:00 am

National Consumer Protection Week (NCPW) is an annual event striving to help people understand their consumer rights and avoid frauds and scams. To observe NCPW 2024, representatives from the Office of the Ohio Consumers’ Counsel, the Office of the Ohio Attorney General and Pro-Seniors - Ohio Senior Medicare Patrol, and other consumer protection agencies will discuss current scams and how to avoid fraud. Registration required. Free.

BVHS Health Series:

“How a person can prepare for a doctor’s appointment?”

Monday, March 11, from 10:30 am to 11:30 am

Tarah Swaney, BVMP Care Navigator will discuss “How a person can prepare for a doctor’s appointment.” Registration required. Free.

Move with the Mayor

Monday, March 11, from 10:45 am to 12:00 pm

Members are welcome to join City of Findlay Mayor Muryn as we walk a few laps on the indoor track. We invite everyone to stay, have lunch, and visit with the Mayor.

Gardening In Our Golden Years -

“Northwest Ohio Native Landscapes”

Tuesday, March 12 at 10:30 am

Presented by Pete Reynolds, Hancock County Master Gardener Volunteer. Northwest Ohio was once all native plants. Have fun exploring changes in our local landscapes and the use of native plants to bring nature back to our yards. Participants will receive FREE seeds to start their own native plant gardens. Registration required. Free.

Matter of Balance

Every Tuesday/Thursday from March 15 – April 8

Matter of Balance is a 4-week, 2-sessions per week class, conducted by our Fitness and Wellness staff, with structured group intervention that emphasizes practical strategies to

March and April Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce risk factors, and exercise to increase strength and balance. You don't need to be a Fitness & Wellness Center member. Advance registration required. Free.

Morning Conversations: Hearing Loss and Dementia: Understanding the link and reducing your risk

Monday, March 18 at 10:00 am

Back by popular demand! Jodi Turnwald, ACS, BC-HIS, COHC of the Findlay Hearing Center, discusses the correlation between hearing loss and dementia and what you can do to reduce your risk of developing Alzheimer's and other dementia. Registration required. Free

Medicare Presentation

Tuesday, March 19 at 10:00 am

Welcome to Medicare 101. The Ohio Department of Insurance provides an overview of Medicare coverage and plan choices for anyone new to Medicare and those needing refresher on Medicare plans and coverage.

BVHS Health Series: What is an Extended Recovery Unit?

Tuesday, March 19 at 10:30 am

Emily Koogler, medical social worker-case manager with acute care transitions at BVHS, discusses availability of Bluffton Hospital Swing Bed and Extended Recovery Units. Program cancelled in January due to weather. Registration required. Free.

Hancock Historical Museum: "1920s"

Wednesday, March 20 at 10:00 am

Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. Registration required. Free.

Wellness Wednesday: April's Eclipse with Alissa Preston, Findlay Hancock Alliance

Wednesday, March 20 at 1:00 pm

This Alzheimer's Association sponsored event provides health and wellness presentations the third Wednesday of every month, which feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Registration required. Free.

Book Club: "Hidden Figures" by Margo Lee Shetterly (CommunityREAD title)

Thursday, March 21 at 10:00 am

50 North book discussions are led by AnnaLee Kemp from the Findlay-Hancock County Public Library. Call the Library's Reference Desk for availability. Registration required. Free.

Morning Conversation:

Understanding Energy Choice—Is it Right for You?

Friday, March 22 at 10:00 am

This presentation is led by Amy Carles, Senior Outreach and Education Specialist at the Office of the Ohio Consumers' Counsel. The major investor-owned utilities in Ohio offer customers the choice to buy natural gas or electricity from an alternative supplier. These offers can be confusing. Learn about the risks and possible benefits and how to make the best decision for your household. Registration required. Free.

Morning Conversations:

The Solar Eclipse presented by Imagination Station

Monday, March 25 at 10:00 am

This one-hour presentation on the science behind the solar eclipse, also features a discussion on safety while viewing the eclipse, and a hands-on activity to explore the Earth-Moon-Sun relationship. There will be another offering of this presentation on April 1 at 1:00 pm for those who cannot attend on this date and time. Limited Space. Registration required. Free.

Keep Current: "Spinoffs from the Space Program"

Monday, March 25 at 1:00 pm

Do you know what everyday items you use were created from the Space Program? Jim Jaffe, retired attorney and university professor facilitates discussion based on current events. Registration required. Free.

Extra Senior Cinema: "Eclipse Over America"

Tuesday, March 26 at 10:00 am

Join us for a special senior cinema as we view the documentary based on the 2017 solar eclipse. This one-hour documentary was originally broadcast as a NOVA special on PBS in 2017. Registration required. Free.

Sunrise Cooking Class: Cosmic Bark

Wednesday, March 27 at 11:30 am

Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by September 20.

Morning Conversations: Eclipse Information and History presented by Armstrong Museum

Thursday, March 28 at 10:00 am

This presentation covers what an eclipse is, the history of eclipses in Ohio, and eclipse safety for viewing. Registration required. Free.

Evening Conversations:

Weather and the eclipse with 13ABC

Thursday, March 28 at 6:00 pm

Derek Witt, Meteorologist for 13ABC, joins us with a presentation on weather and the eclipse. He might even be able to give us a projected forecast of what the weather might look like on April 8. Registration required. Free.

Afternoon Conversations:

The Solar Eclipse presented by Imagination Station

Monday, April 1 at 1:00 pm

This free presentation on the science behind the solar eclipse, also features a discussion on viewing safety, and a hands-on activity to explore the Earth-Moon Sun relationship. This is the same presentation as March 25 and is offered for those who could not attend that date. Limited Space. Registration required.

De-Clutter with Deb Series: "Letting Go – What to Do with Things No Longer Wanted or Needed"

Tuesday, April 2 at 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Each month has a different topic and helpful tips to declutter and simplify. Registration required. Free.

Nature Notes with Hancock Parks:**Solar Eclipse Events with HPD****Tuesday, April 2 at 1:00 pm**

Did you know that Findlay is one of the best places in Ohio to view the upcoming solar eclipse? Attend this presentation by the Hancock Parks Department to discover all of the eclipse activities they have planned. Registration required. Free.

**Gardening in Our Golden Years -
“Planting Simple Vegetable Gardens”****Tuesday, April 9 at 10:30**

Presented by Rob Biolchini, Hancock County Master Gardener Volunteer. Increase harvests with tips and tricks for a simpler, easy to maintain vegetable garden. Learn how to select the right plants/seeds to plant and care for your best garden ever. Participants receive FREE seeds to get started. Door prizes available. Registration required. Free.

Morning Conversations: Coin Collecting Basics**Wednesday, April 10 at 10:00 am**

Presented by Howard Rare Coin Gallery. Learn what coins to look for, understand coin grading, and how to find the value of coins. Please do not bring any personal coin collections, as this is an informational program only. Registration required. Free.

CarFit**Friday April 12 from 10:00 am to 2:00 pm**

University of Findlay students will be at 50 North to run your car through “CarFit”, an educational program that offers older adults the opportunity to check how well their vehicles “fit” them. You may come anytime between 10:00 am and 2:00 pm that day. Registration not required, but it is recommended.

Nature Notes with HPD: Carnivorous Plants**Monday, April 15 at 1:00 pm**

Heard of the Venus Flytrap? Did you know there are many types of carnivorous plants around the world and some native to Ohio? Learn about different types of carnivorous plants and why they eat meat. Also learn the basics of keeping these plants in homes and gardens. Reservation required. Free.

BVHS Health Series:**Smoking Cessation/Lung Cancer Screening Program****Tuesday, April 16 at 10:00 am**

Amber Chavana, BVHS medical assistant and tobacco cessation navigator, will discuss smoking Cessation and Lung Cancer Screening Program at BVHS. Registration required. Free.

Hancock Historical Museum: “Victorian Underwear”**Wednesday, April 17 at 10:00 am**

Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. Registration required. Free.

Wellness Wednesday: Funeral Planning with**Drew Devore, Hanneman Funeral Homes****Wednesday, April 17 at 1:00 pm**

This Alzheimer’s Association sponsored event provides a different health/wellness presentation the third Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Registration required. Free.

Book Club: “Left Neglected” by Lisa Genova**Thursday, April 18 at 10:00 am**

50 North book discussions are led by AnnaLee Kemp from the Findlay-Hancock County Public Library. Call the Library’s Reference Desk for book availability. Registration required. Free.

BVHS Health Series: Heart Failure**Friday, April 19 at 10:30 am**

Brittany Swiecicki, cardiovascular manager for the Heart and Vascular Specialists of Northwest Ohio will discuss of the topic of Heart Failure. Reservation required. Free.

Keep Current: “Voter Requirements/Voter Fraud”**Monday, April 22 at 1:00 pm**

Jim Jaffe, retired attorney and university professor facilitates discussion based on current events. Registration required. Free.

Morning Conversations: Gold & Silver Investing**Wednesday, April 24 at 10:00 am**

Presented by Howard Rare Coin Gallery. Learn how to decide if gold and silver are right for you. Look at the differences between rare coins and precious metals, and explore the different ways to invest. Please do not bring any personal collections, as this is an informational program only. Registration required. Free.

Sunrise Cooking Class: Decorating Flower Cutout Cookies**Wednesday, April 24 at 11:30 am**

Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by April 17.

Findlay String Factor**Wednesday, April 24 at 6:00 pm**

The musicians from Findlay String Factor are coming back to show off their talents! Pre-registration is preferred. Free.

Dietitian Chat: Nutrition Facts Label 101**Thursday, April 25 at 3:00 pm**

Attend this month’s class to learn how to interpret a Nutrition Facts label. Presented by Sophia Smith, a dietitian with BVHS. Registration required. Free.

Morning Conversations: Living Every Day with**Purpose presented by Jerry Snodgrass****Friday, April 26 at 10:00 am**

We all struggle sometimes with finding our motivation and purpose. Motivational speaker and former OHSAA Director, Jerry Snodgrass, will speak on ways on how to live every day with purpose. Registration required. Free.

BVHS Health Series: Breast Health**Monday, April 29 at 10:00 am**

Michele Harroll, mammography technician will discuss breast health. Reservations required. Free.

BVHS Series: Planning for Hospitalization Discharge**Tuesday, April 30, from 10 am to 11 am**

Anita Bishop, director of care transitions, will discuss the planning needed after your hospitalization discharge. Reservation required. Free.

Extended Trip Opportunities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

TRAVEL PROGRAM PRESENTATION: TULIP FESTIVAL

MONDAY, MARCH 4, 1:00 PM

Is visiting Holland, Michigan during the annual Tulip Fest something that has been on your list? Are you curious about travelling with our newest tour operator Nowak Tours? Attend this program to learn more about the 50 North Tulip tour that is planned for May of 2024. A picture is worth 1,000 words, that is why a representative from Nowak will share a visual presentation of the tour plans and unique experiences in store for travelers! Space on this trip is limited and space is going fast! This is a free program with registration required.

ART & TULIPS TULIP FESTIVAL IN HOLLAND, MICHIGAN

**5 DAY MOTORCOACH
TOUR - MAY 8 - 12, 2024**

Modern Motorcoach
Transportation with

9 Meals: 4 Breakfast, 1 Lunch and 4 Dinners

This trip is rated activity LEVEL 4.



A grand getaway for the artist & horticulturist, the Epicurean and Connoisseur. You'll be surrounded by natural and architectural beauty throughout this tour. Experience more than 60 architectural styles of homes to artwork dating from pre-history to the 20th century, visiting two Sculpture Gardens to learn how to make pasta in the ancient Roman style with a local Epicurean. The festival began in 1929 and in 2024, the Tulip Time Festival will celebrate its 95th year! Holland has a rich history and Dutch heritage to share with its visitors including parades, Dutch dancers, regional and national entertainment, dinner shows, a Dutch Market, fireworks, and the stars of the show... millions of tulips!

COST PER PERSON:

\$1,699 – Double | \$2,029 Single

Deposit: \$300 due at time of registration.

NOTE: REGISTRATION TIME LIMITED: Due or before March 15th, 2024

ARK ENCOUNTER & CREATION MUSEUM

**2 DAY MOTORCOACH
TOUR – MAY 15 & 16, 2024**

Modern Motorcoach
Transportation with

1 Night Lodging, 1 Breakfast, 1 Dinner

This trip is rated activity LEVEL 3.



Tour Highlights Include: A day at the Ark Encounter featuring a full-size Noah's Ark, built according to the dimensions given in the Bible. Enjoy dinner that evening at nearby local restaurant with time to relax at the hotel. The next day breakfast is included followed by Bible history coming to life at the Creation Museum! This attraction explores creation science with stunning exhibits, dinosaur bones, fossils, a planetarium, and more. We depart for home in the afternoon.

COST PER PERSON:

\$375.00 – Double | Single travelers add \$90.00

Deposit: \$100 due at time of registration

NORTH AMERICA'S NATIONAL PARKS (SECOND TRIP)

9 DAY

**MOTORCOACH TOUR
SEPTEMBER 11 - 19, 2024**

Roundtrip Detroit Airport

Transportation with

8 Breakfasts, 3 Lunch and

4 Dinners

**This trip is rated
activity LEVEL 4.**

Yellowstone National Park, Grand Teton National Park, Jackson Hole, Canada's Waterton Lakes National Park and Glacier National Parks. Highlights also include Going-To-The-Sun Road, Waterton Lakes National Park, Waterton Lakes Boat Cruise, (2) Full Day Tour of Yellowstone, Lower Loop Adventure, Upper Loop Adventure, Grizzly & Wolf Discovery Center, and Jackson Lake Dinner Cruise. Luggage Handling, Tax and tips on included meals and all gratuities for Step-on Guides.

COST PER PERSON:

\$4,999 – Double | \$4,729 Triple | \$6,899 Single

Deposit: \$500 due at time of registration.



REFLECTIONS OF ITALY

SEPTEMBER 23 – OCTOBER 2, 2024

10 DAYS | 12 MEALS

FLIGHTS INCLUDED

Lodging, Motor Coach

Transportation & Dedicated

Tour Guide

**This trip is rated activity
LEVEL 4.**

Embark on a captivating journey that takes you from the piazzas of Rome to the



canals of Venice. Explore medieval hill towns, spend time at a historic winery, enjoy a chef-led cooking class, discover the masterpieces of the Renaissance, and more. **Highlights Include:** Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's David, Chianti Winery & Cooking Class, Venice, Murano Island, Lake Como. Encounter a land rich in history, culture, art, and romance. **Additional excursions available.**

COST PER PERSON:

\$5,199 – Double | \$5,169 Triple | \$5,999 Single

Book before March 24, 2024 & SAVE \$100 now!

* These prices reflect the \$100 Savings.

** All Rates are Per Person and are subject to change, based on air inclusive package from Detroit.

CHRISTMAS AT THE GREENBRIER with Oglebay's Festival of Lights

Wheeling & White Sulphur Springs West Virginia, featuring the Greenbrier Bunker Tour.

3 DAY MOTORCOACH TOUR | December 7 – 9, 2024

Modern Motorcoach Transportation. Several meals included.

TOUR HIGHLIGHTS:

Travel to Oglebay Resort, home of the Oglebay Festival of Lights. Visit the Oglebay Mansion Museum or The Oglebay Glass Mansion. Travel to White Sulphur Springs, WV, home of America's Resort - The Greenbrier. Enjoy the Greenbrier Bunker Tour, a must-see behind-the-scenes guided tour. Take a History tour of the Greenbrier Resort and spend a leisurely morning and early afternoon enjoying the resort before we head for home.



COST PER PERSON:

\$1,199.00 – Double | \$1,069 – Triple | \$1,599 Single

Deposit: \$100 due at time of registration

This trip is rated activity LEVEL 2.

Use these **activity levels** to judge your ability to enjoy any trip:

- LEVEL 1:** Minimal walking through parking lots & drop off locations. Standing while waiting in line and for entrance to tours. Will include steps & uneven surfaces throughout the day.
- LEVEL 2:** Moderate walking/standing, up to half a mile, may include stairs and/ or uneven terrain.
- LEVEL 3:** Lots of walking/standing for multiple hours, may include flights of stairs and/or uneven terrain.
- LEVEL 4:** Extensive walking/standing, climbing stairs or hilly walkways and/or extended weather exposure.

DAY TRIP OPPORTUNITIES FOR 2024

OSU & COLUMBUS CITY TOUR

Tuesday, April 30, 2024

Cost with Cash or Check \$100*

Go behind the scenes at The Ohio State University with a guided tour that takes you inside the storied history of Buckeye Football. Then we'll take a visit to the Short North Market, a 147-year-old vibrant public market made up of Ohio's best independent merchants, farmers, and makers. Enjoy lunch on your own with time for shopping. The afternoon will wrap up with a tour of the Short North, OSU campus and more.

This trip is rated activity LEVEL 3.



STAN HYWET HALL & GARDENS TOUR

Thursday, May 30, 2024

Cost with Cash or Check \$120*

Explore the former estate of F.A. Seiberling, co-founder of The Goodyear Tire & Rubber Company. Estate features include the historic 65-room Tudor Revival Manor House, Gate Lodge (birthplace of Alcoholics Anonymous), historic gardens and the Corbin Conservatory. Enjoy a guided tour of the Manor House & Gardens. The tour includes a highly recommended box lunch on site.



This trip is rated activity LEVEL 4.

BROADWAY PRESENTS

MOMMA MIA AT THE SCHUSTER CENTER IN DAYTON

Wednesday, June 12, 2024

Cost with Cash or Check \$170*

Join 50 North as we take in another Broadway show. Mamma Mia takes us to a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA! On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make MAMMA MIA! the ultimate feel-good show. This is an evening performance.

This trip is rated activity LEVEL 1.



Day Trip Opportunities For 2024 (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

SHIPSHEWANA BACK ROADS

Tuesday, September 10, 2024

Cost with Cash or Check \$125

Our trip begins with an early departure for Shipshewana.

Trip will include time to shop at the Flea Market or Davis Mercantile if desired. Lunch will be on our own before meeting our back roads tour guide. Stops may include locations such as the Dutch Country Market, Katie's Homemade Noodles, Teaberry Wood Products, and Rise'n Roll Bakery. Enjoy an Amish style dinner before departing for 50 North afterward. This is a trip that will require walking, standing and climbing on and off the motor coach.

This trip is rated activity LEVEL 4.



GREENFIELD VILLAGE

Thursday, September 19, 2024

Cost with Cash or Check \$105

Experience firsthand the sights, sounds and sensations of

America's fascinating formation. Here, 300 years of American perseverance serve as a living reminder that anything is possible. Step foot in the lab where Thomas Edison had his lightbulb moment or the workshop where the Wright brothers taught us to reach for the sky. Choose to take a ride in a real Model T or walk through four working farms. Rub shoulders with world-class artisans, and explore the place where America's can-do spirit inspires you to go out and get it done. A perfect excursion for history buffs.

This trip is rated activity LEVEL 4.



LaCOMEDIA DINNER THEATRE

LaComedia Dinner Theatre in Springboro, Ohio is one of the nation's oldest and largest professional dinner theaters with Broadway-style productions. Having entertained over six million guests, 2024 marks the 50th season. See great Broadway-style entertainment and have a delicious meal.

LaCOMEDIA'S SATURDAY NIGHT FEVER

Thursday, October 24, 2024

Cost with Cash or Check \$120

Enjoy a buffet luncheon before the show! Based on the 1977 film starring John Travolta that became a cultural phenomenon and cemented the Bee Gees as disco-era icons.

Tony Manero lives for the weekends, when he and his friends go to the local disco and dance the night away. This mega-musical hits our stage with dazzling new choreography and the songs from the chart-topping soundtrack including "You Should Be Dancing", "Stayin' Alive", "Night Fever", "Jive Talkin'", "Tragedy", and "How Deep Is Your Love"

This trip is rated activity LEVEL 1.



LaCOMEDIA'S

IRVING BERLIN'S HOLIDAY INN

Wednesday, December 11, 2024

Cost with Cash or Check \$120

Enjoy a buffet luncheon before the show!

A timeless story of Jim, who leaves the bright lights of show business behind to settle down at his farmhouse...but life just isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July. This joyous musical feature thrilling tap-dance numbers, laugh-out-loud comedy, and a parade of hit Irving Berlin songs.

This trip is rated activity LEVEL 1.



DID YOU KNOW?

There are 4 seats remaining on the
North America's National Parks trip
scheduled for August 8 – August 16, 2024.

There are 10 seats remaining on the
Ark Encounter trip
scheduled for May 15 – 16, 2024.

When traveling with 50 North, group benefits include additional perks, convenience, and peace of mind.

For easier, faster registration for trips:
simply complete a registration form and return to the travel office or the member service desk along with your payment. Registration forms are available outside the travel office.

*Caring For Seniors
Because They Cared For Us.*



SCHUCK LAW OFFICE
ROBERT E. SCHUCK
Attorney at Law

200 W. Sandusky Street • Findlay, Ohio 45840
phone: (419) 422-2864 • e-mail: reslaw@sbcglobal.net

Wills • Trusts • Estate Administration • Guardianships

Wellness Center Memberships

Membership open to all older adults age 50 and above

Annual membership fees for 2024:

- **\$170.05 single or \$283.40 for two in a household**
(No registration fee required / Sales tax not included)

6-Month membership are also available:

- **\$112.32 single or \$203.34 for two in a household**
(No registration fee required / Sales tax not included)

Daily Fitness Pass: \$11 per day**Proud Partnerships with:**

Tivity Health®, SilverSneakers®, Silver&Fit®, and Renew-Active™. If eligible, you may receive a Wellness Center membership at no cost (an annual fee may apply with certain programs).

*Contact the Wellness Center to find out if you qualify.

**Reduced rates available through our financial assistance program.
(Applications available at the Member Service Desk and website)*

50 North's Wellness Center programs are designed to encourage well-being and optimal health through movement, strength training, and self-awareness.

Wellness Center

Our Wellness Center is equipped with a wide variety of cardio and strength training equipment including: treadmills, ellipticals, arm ergometers, Bio-Steps, recumbent bikes, spinning bikes, row machines, upper & lower body strength training machines, hand weights, resistant bands, TRX straps, balance balls, Men's, Women's and Family Locker and Shower Rooms, and more.

Wellness Center members are able to choose from a variety of daytime and evening group exercise classes. We offer cardio, strength training, balance & flexibility classes including classes designed specifically for individuals with Parkinson's Disease and other chronic conditions.

Complimentary Orientation Sessions:

Let our experienced staff help make your fitness and wellness "goals" become a "reality." We have exercise programs available for all fitness levels. Let us help you re-imagine your wellness goals and build a health journey specifically for your needs.

3 Lane track (19 laps for a mile)

Wellness Center members can enjoy a safe environment to walk or jog on our track. Use it to warm-up before using our Fitness Equipment room, after a Fitness class, or just to stay in shape!

VibePlate™

Increase Flexibility, Stability and Mobility with our vibration plate. VibePlate™ training works up to 90% of your muscle fibers to help strengthen muscles and develop more muscle

NEW!**Biodex Sit2Stand Trainer**

Sit to Stand is one of the most fundamental motions required to maintain mobility and sustain a greater quality of life and independence.

Sit2Stand Trainer guides individuals through the seated and standing motions and builds both lower and upper body muscular strength and endurance in a safe environment.

If you have difficulty getting up from a seated position this trainer is a must for you. Contact the Wellness Center staff for further information and to get started.



tissue. This leads to increased muscle density and increased strength. Consult your physician regarding health concerns prior to using VibePlate™.

Hydro Massage Bed & Lounger (See staff - additional minimal fee)
Therapeutic technique involving the use of water and pressurized jets to help massage muscles and soft tissue in the body.

WellBeats™

Wellbeats™ is a virtual presentation of group exercise classes with the feeling of a live experience! The experience starts at a touch screen Kiosk. Participants choose from classes such as Yoga, Pilates, Tai Chi, Strength Conditioning, Bootcamp, Cycling, Zumba, Dance, and more. Virtual classes are projected on a wall in our private exercise studio.

Physical Therapy with OIO at 50 North

Gordon Estlack, PT, DPT, OCS, GCS and Aaron Low, PTA both from Orthopaedic Institute of Ohio (OIO) in Findlay, are seeing patient's on Tuesdays and Thursdays at 50 North. To schedule an appointment, call 419-423-8496. In most cases no referral is necessary. Must be a Wellness Center member. Free Physical Therapy Wellness and Fall Risk Screening is available to all wellness center members.

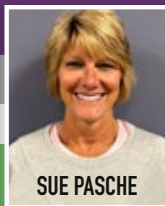
OIO Toenail Trimming Clinic at 50 North

Donna Shepline is certified as a foot and nail care nurse. She invites anyone having trouble managing their toenails to come see her. Call (419) 423-8496 to schedule your appointment. Do not need to be a Wellness Center Member.

Cost is only \$15.



ANNE HAYES



SUE PASCHE

Healthy Living Nutrition Coaching & Personal Training with Anne Hayes & Personal Training with Sue Pasche! Call to schedule your appointment today. Sales tax not included.

Healthy Living Nutrition Coaching Packages:

- One (1) half-hour session \$ 15
- Four (4) half-hour sessions \$ 52
- Eight (8) half-hour sessions \$ 96

Combo Special: Combine Personal Training & Healthy Living Nutrition Coaching (HLNC Program)

*Schedule your FREE consultation for any personalized package through the Wellness Center. Must be a Wellness Center member.

Personal Training Packages: (inc. TRX Training sessions)

- One (1) one-hour session \$ 30
- Four (4) one-hour sessions \$ 110
- Eight (8) one-hour sessions \$ 212
- Group Training (limit 3 people per session)
One-hour session \$15 per person

Wellness Center Classes Wellness Center Group Exercise Classes are available to Wellness Center members.

Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	10:00 am –
9:45 am *SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am *SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am *SilverSneakers® Yoga	*SilverSneakers® Enerchi (3/2, 3/16, 3/30, 4/13 and 4/27)
11:00 am *SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga	11:00 am *SilverSneakers® Yoga	11:00 am (T)Parkinson's Class	11:00 am Yoga Fusion	Yoga Flow (3/9, 3/23, 4/6, and 4/20)
12:00 pm SilverSneakers® Yoga		Yoga	1:00 pm (T)Seated Resistance Training	11:00 am (T)Cardio Drumming	
1:00 pm (T)Seated Strength and Stretch	11:00 am (T)Parkinson's Class	1:00 pm (T)Seated Strength and Stretch	1:30 pm GeriFit®	1:00 pm (T)Standing Stronger	
1:15 pm Body Tuning	1:00 pm (T)Seated Resistance Training	1:15 pm Body Tuning	5:30 pm Yoga Fusion		
2:30 pm Yoga Fusion	1:30 pm GeriFit®	2:30 pm (T)Cardio Drumming	6:00 pm (T)Power-up Combo		
5:30 pm Cycling Mix	6:00 pm Power-Up Combo	2:30 pm Yoga Fusion			
5:30 pm (T)Cardio Drumming		5:30 pm Cycling Mix			

*Classes are offered also on ZOOM. Contact the Wellness Center to be added to the e-mail list for ZOOM Classes.

BodyBlast (45 minutes)
Mondays, Wednesdays, & Fridays 8:30 am
 A full body HIIT workout that involves cardio and resistance training to sculpt the arms, legs, and core.

SilverSneakers® Classic (45 minutes)
Mondays & Wednesdays, 9:45 am
 Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga (45 minutes)
Mondays, Tuesdays, & Wednesdays, 11:00 am
Mondays, 12:00 pm, Tuesdays, Thursdays & Fridays, 9:45 am
 Seated and standing yoga poses to increase flexibility, balance and range of motion.

Yoga Fusion (45 minutes)
Mondays & Wednesdays 2:30 pm, Thursdays 5:30pm & Fridays 11:00 am
 Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

SilverSneakers® EnerChi (45 minutes)
Every other Saturday, 10:00 am
Please see above for dates.
 Seated or standing Tai Chi movements in flowing sequence to progress strength, balance and focus.

Yoga Flow (45 minutes)
Every other Saturday, 10:00 am
Please see above for dates.
 Continuous flow of movement and breath with a focus on balance, stretching, strength, and developing inner peace. Chair option available.

Enhance® Fitness (45 min.)
Tuesdays & Thursdays, 8:30 am
 Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

Geri-Fit® (45 minutes)
Tuesdays & Thursdays, 1:30 pm
 Geri-Fit® is a 45-minute evidence based strength training exercise class for older adults. The program helps increase muscular strength, improves balance and coordination, boosts motor skills and reaction time, enhances flexibility and gait, lessens arthritic conditions and helps manage chronic disease. Most of the bodybuilding exercises are performed seated in chairs with light dumbbell weights.

Body Tuning (45 minutes)
Mondays & Wednesdays, 1:15 pm
 Full body toning and core strengthening class with light cardio.

Cycling Mix (1 hour)
Mondays & Wednesdays, 5:30 pm
 Beginner level spin class. Great for cardio, toning and sculpting.

Power-up Combo (45 minutes)
Tuesdays & (T)Thursdays, 6:00 pm
 Different class formats from toning, cardio, weight training, circuit, or bootcamp style.

(T)Cardio Drumming (45 minutes)
Mondays 5:30 pm, Wednesdays 2:30 pm & Fridays 11:00 am
 Drum to the rhythm of music. Class can be done seated or standing.

(T)Parkinson's Exercise Class (45 minutes)
Tuesdays & Thursdays, 11:00 am
 This class is specifically designed for individuals with Parkinson's Disease (PD). In this class we work on exercises to help prevent falls, improve balance, posture, strength, walking ability, cognitive, cardiovascular health, and more. Exercise can help slow down some of the progression of the changes that occur with PD and aging.

(T)Seated Strength and Stretch (30 minutes)
Mondays & Wednesdays, 1:00pm.
 A seated class offering full body strength and core conditioning, posture & stretching. Wheelchairs are welcome.

(T)Seated Resistance Training (30 minutes)
Tuesdays & Thursdays, 1:00 pm
 Experience the benefits of bone health and gain lean muscle mass using hand weights, tubing and small balls. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more. (Walkers and walking sticks available.)

(T)Standing Stronger (30 minutes)
Fridays 1:00 pm
 A 30 minute class designed to encourage independence and to strengthen the body, so participants can proceed from a seated position into a standing position. Participants may or may not be capable of standing independently, but will strengthen the body to work towards this goal.

(T) denotes classes that are held in the track area. *Class schedule subject to change.

WHY VOLUNTEERING IS ENJOYABLE

Many people wonder why volunteers like to work for free. There are many factors when people get involved.

- **It Gives You a Sense of Freedom.** Do what you want is one of the main reasons people choose volunteer work. You can stop at any time, giving a sense of freedom. Life is too short to spend it doing things that don't make you happy.
- **You Contribute to a Cause That's Important to You.** When you go out of your way for a cause that's important to you, you feel you're part of something bigger than yourself.
- **You Make New Friends.** Nothing is more fulfilling than meeting like-minded people from diverse backgrounds who share common interests. Like you, they're committed to making a positive impact for a good cause.
- **You Feel Useful to Society.** Most of the time you get something out of volunteering. You feel you're a part of something bigger and that your voice matters.
- **You Gain Skills and Work Experience.** Community service expands your personal and life-related skills. You'll learn at 50 North how a non-profit works, the challenges it faces, and how it can improve.
- **Volunteering Experiences Can Open Your Eyes.** Sharing hidden talents makes you want to change your thinking and/or community involvement.
- **You Gain Confidence.** You feel good because your actions have a real impact on people's lives.
- **You Learn About Yourself.** Getting involved in projects that are different from your daily routine helps you discover things that are unexpected about yourself.
- **You Feel Inspired.** Volunteering helps us focus on the positive instead of dwelling on the negative. When we help others, it's easier to appreciate what we have in our lives.

We appreciate our volunteers. Call Julie Niswander, 50 North Volunteer Coordinator, to see how you can get involved.

**Bank better.
Bank local.
Bank on
OFBC.**



www.oldfortbank.com 

15030 Flag City Drive, Findlay | 419-424-0458

Volunteer Spotlight



The Findlay Dental Care group (Sheryl Coleman, Katelyn Frederick, Kathryn Lewis, Amanda Stuckey, Debbie Ehlers, and Emma Franks) volunteer in the Parkinson's class.



UF Service & Community Engagement Coordinator, Alex Parker and entering Freshman raked leaves for our seniors.



Mandy Rawlins, UF OT intern is working with Outreach and Wellness.



Welcome back **Diane Zoll.** She's here every Wednesday taking lunch tickets. She's been volunteering since 2010!

A big shout out to our Shuttle volunteers:
Judy Pelphrey, Cam Williams, Dennis Kauffman, Mike Dillion, and Curt Hugunin.



Your *connected* care network... is right here.

Caring for nearly 4,000 patients every day.

Blanchard Valley Health System is more than a hospital. BVHS is an integrated health system serving an eight-county region. Extending beyond Blanchard Valley Hospital and Bluffton Hospital, our network of care includes physicians and caregivers offering services for patients of all ages and needs. We have more than 50 physician offices conveniently located throughout our service area, and you can **call 419.422.APPT if you need a primary or specialty care provider.**

BVHS is honored to share in the lives of our patients and their families. We are committed to providing quality, safe care through our mission of "Caring for a lifetime."

Learn more about the network of services provided by BVHS by visiting bvhealthsystem.org/connect or scanning the QR code.



**A network
of providers
and services.**



1900 South Main Street, Findlay