

What's
New

JAN • FEB • MAR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS | TRAVEL

50
N
NORTH
ENRICHING LIVES,
SUPPORTING
INDEPENDENCE.

HAPPY 2025
NEW YEAR

IMPORTANT
MESSAGE

ATTENTION MEMBERS

Starting in the New Year, the Navigator will **NO LONGER** be included in the Courier that gets **mailed to individual residences**. Be sure to visit 50 North to pick up your copy or check our website at 50north.org. You can also find the publication at the following locations:



- ARMES CANCER CENTER
- BRINKMAN'S MARKET
- DIETSCH BROTHERS
- THE FAMILY CENTER
- FINDLAY PUBLIC LIBRARY
- GREAT SCOT PHARMACY
- GREAT SCOT SUPERMARKET
- KROGER (ON TIFFIN AVENUE)
- OIO - ORTHOPAEDIC INSTITUTE OF OHIO

Magician Comedian:
Jason Abbott

Friday, Jan. 24 • 5:30 - 7:00 pm
50 North Marathon Café
Cost: \$15 per person



One part magician and three parts comedian, Jason Abbott entertains audiences with his hilarious brand of comedy and magic. He has been on FOX, NBC and ABC and has performed nationwide. His secret is combining fresh, original magic with quick wit and outrageous comedy.

Ticket Includes: Appetizers and a choice of one cocktail (Sangria), one can of beer (Findlay Brewing), or a non-alcoholic (N/A) drink. See Member Services for info and to reserve your seat. **Must be registered by January 21!**

Live Piano Show with
Tommy Lee Thompson

Friday, Mar. 14 • 5:30 - 7:00 pm
50 North Marathon Café
Cost: \$20 per person



Enjoy a night of music and fun with Tommy Lee Thompson! Known as a one-man dueling piano sensation, Tommy brings the energy of a full band with his powerhouse performance. Get ready to sing along to classic hits, rock anthems, and all your favorite Billy Joel songs!

Ticket Includes: Appetizers and a choice of one cocktail (Sangria), one can of beer (Findlay Brewing), or a non-alcoholic (N/A) drink. See Member Services for info and to reserve your seat. **Must be registered by March 10!**

THE
NAVIGATOR

50 NORTH
339 E. MELROSE AVE.
FINDLAY, OHIO 45840

PHONE:
419.423.8496

WWW.50NORTH.ORG



Dear Community Members,

At 50 North, we are deeply committed to serving adults aged 50 and over in Hancock County. Our mission is to enrich lives and support independence, and we take pride in offering a wide range of services to help you thrive. From lifelong learning activities and exciting travel opportunities to home repair assistance, mobile meals, and wellness programs, we are here to meet your needs.

We understand that financial challenges can arise, which is why we provide financial assistance based on a sliding fee scale. This ensures that everyone can access our Chore, Nutrition, and Wellness services, regardless of their financial situation. Applications for assistance are available at our member service desk, outreach department, and on our website. Once approved, you'll simply pay a portion of the fees.

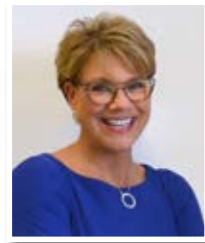
Due to rising operational costs, we will be increasing our rates starting January 1, 2025. This adjustment will help us continue providing the high-quality services you rely on, including support with chores, mobile meals, and engaging activities. We believe that participating in our programs not only enriches lives but also helps you manage and delay the onset of chronic diseases, enhancing your overall well-being.

We are here for you and look forward to continuing to meet the needs of our community now and in the future.

Warm regards,



Carolyn Copus
Executive Director



“It is my honor and privilege to serve you!”

Looking for a meaningful way to support 50 North?

We're so grateful for our wonderful community and the many ways members give back. If you're considering a gift to help us continue providing exceptional programs and services, there are several options to explore! You might choose a direct cash gift, an IRA charitable rollover, appreciated stock, or even consider a gift by will, trust, or life insurance. Each option makes a lasting impact on our community.

If you'd like to learn more about any of these options, we'd be delighted to chat and answer questions, with no obligation at all!

Your generosity, in whatever form it takes, truly enriches our mission.

Thank you for being part of 50 North!



Board of Trustees

Tony Price President	Greg Amburgey	Pat McCauley	Dr. Richard States
Jill Jaynes Vice President	Thomas Brumley	Scott Miller	Bev Yammine
John Haywood Secretary	Warren Kahn	Cindy Osting	
Michael Weissling Treasurer		Bob Schuck	
Don Weber Past President			

50 North Center Hours

(Winter Hours – January, February, March)
 Monday thru Thursday . . . 7:00 am – 7:00 pm
 Friday 7:00 am – 5:00 pm
 Saturday 7:00 am – 12:00 pm
 Sunday Closed

50 North Facility Schedule

(Schedule for January, February, March)
 New Years Eve Hours:
 Tuesday, December 31 . . . 7:00 am – 3:00 pm
 50 North will be CLOSED on:
 Wednesday, January 1 New Years Day

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 aged 50 and older. Please see the member service desk to complete a new member service information form and 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 fitness staff if you are interested in a Wellness Center membership.
- Anyone 50 and older who resides outside of Hancock County will be assessed \$47 for an annual membership fee per household.
- 50 North will engage in intergenerational programs from time to time.
- Members must exhibit independence and the ability for self-care or always have a caregiver with them. A caregiver may be younger than 50 years old. The caregiver must stay with the member at all times while at 50 North.
- Activity fees: There may be nominal fees associated with a variety of activities offered at 50 North.
- Convenience fees: There will be a 3% convenience fee for all credit card purchases.

Regarding guests:

- 50 North encourages all members to bring guests 50 years of age or older. All your guests are welcome to take a tour of 50 North by one of our staff members. If the guest chooses to fill out a membership application and receive a key tag, there will not be a guest fee charged.
- If a member's guest chooses not to join but would like to stay after the tour to eat in the café or participate in any non-registration activities, there will be an \$11.00 guest fee. If they choose to join at the end of their visit that day, they will receive 2 free meal cards (value of \$14.00) to be used on returning visits.
- Member fee in Hancock County is FREE. Outside Hancock County is \$47.00 per household per fiscal year.
- Out-of-town friends and family are welcome to visit 50 North when accompanied by a 50 North member. Each time a visitor attends, they must register at the Member Services Desk and indicate which non-fee activities they will be participating in that day. Guests must be 50 years of age or older to participate in activities. However, out-of-town visitors of any age may enjoy the café.
- Children/Younger Adults in Senior Center: 50 North will engage in intergenerational programs from time to time.

Thank you for allowing us to create a fun and welcoming environment for all members!



SPECIAL EVENTS



NEW! Monthly Happy Birthday Dinner Celebration!

Did you receive a birthday card from 50 North? If so, register at the Member Service desk for our monthly birthday event and bring a guest!

When: Fourth Thursday of the month (January 23, February 27, and March 27)
6:00 pm – 7:00 pm

Menu: Entree, side salad, potato, vegetable, dinner roll, drink, and a free birthday dessert!

Cost: \$7 per person (paid at registration)

Register by: One week prior to the event.



SWEET TREATS & SONGS! Thursday, February 13 5:30 – 7:00 pm Location: 50 North



Celebrate Valentine's Day

early with an evening of sweet treats and live music! Whether you're coming with your partner or a group of friends, this event promises a delightful night of indulgence and entertainment.

Savor delicious sweets from local bakeries while enjoying music from talented local musicians. Relax, unwind, and make this Valentine's Day even sweeter!

Cost: \$15 per person (paid at registration)

Register by: February 7

Reserve your spot at Member Services!



Week of February 3rd is SUPERBOWL SPIRIT WEEK!

Each day leading up to the Super Bowl, 50 North Staff and Members are dressing up to match the daily theme. *Join us for this fun event with drawings and prizes!*

- | | |
|--------------------------|--|
| Monday, Feb. 3 | Superhero Day |
| Tuesday, Feb. 4 | Tie-Dye Day |
| Wednesday, Feb. 5 | Hawaiian Day |
| Thursday, Feb. 6 | Favorite Local Sports Team/School |
| Friday, Feb. 7 | Favorite NFL Football Team |



EXERCISE IS MEDICINE FOR THE BRAIN!

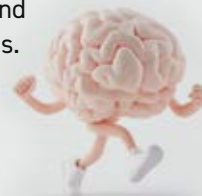
In collaboration with Hancock County Parkinson's Network.

Thur., March 13 @ 5:30 pm

Presented By David Zid, BA ACE APG and Co-Founder of Total Healthworks, a virtual platform for group exercise which targets brain health. Join this uplifting and inspiring seminar presented by a leader in the field of fitness and neurological disease.

Find out how exercise can rewire the brain, promote wellness, and improve memory. Learn the positive impact of a regular fitness regimen on the progression of age-related changes in the brain, including neurological diseases such as Parkinson's and Dementia / Alzheimer's.

DON'T MISS THIS FREE EVENT!
Please register at Member Services.



Dine In and Learn Wellness Series

Our Nutrition and Wellness Departments are teaming up for a Dine In and Learn Wellness Series with Annie Hayes, 50 North's Healthy Living Nutrition Coach & Personal Trainer.

Learn how nutrient dense foods, exercise and overall wellness can be the medicine to help ward off disease and enjoy one of Annie's recipes prepared by 50 North Nutrition staff.

You DO NOT need to be a Wellness Center Member to attend these events!

Time: 5:30 pm – 7:00 pm

Cost: \$15 per person/event (*paid at registration*)

Register: Registration required! Contact the Wellness Center for more information or with questions. Register at Member Services.

January 9 – Arthritis and Chronic Fatigue

Surprising research on how to lower our arthritic pain and how to improve our energy.

Menu: Chicken Stir-fry with veggies and slivered almonds with brown rice / side salad / fortune cookie. **Register by January 2.**

February 6 – Boost Immunity

The importance of antioxidants and how to boost our immune system with food.

Menu: Smoothie made with spinach / frozen fruit / flavored water / lemon juice / ginger / ground flax / turmeric. **Register by January 30.**

NEW SERIES BEGINNING MARCH 6th!

Deep Dive into the 5 Elements of Optimal Health: Fitness – Nutrition – Sleep – Meditation – Social

Learn what power we have to optimize, socialize and revitalize our lives. Light menu will be served. Annie will guide you through a variety of moderate exercises such as stretching (yoga), balance, range of motion, and strength. Supportive shoes recommended.

March 6 – Fitness - Nutrition Element

Taking our Nutrition in a “Protein Forward” motion. Placing protein into the center of our diet to keep blood sugar in check and learn steps to optimal health. Also, learn about a new program through 50 North's Wellness Center - **Introduction of SMART Fit System** - Gamified rehabilitation and fitness training and assessment technology for individuals living with Parkinson's and other neurocognitive conditions, designed to rapidly enhance cognitive function and physical mobility by training the brain and body to work more efficiently together. It is used for prevention and intervention to improve physical, cognitive, and dual tasking (brain-body) performance. See page 32 for further description **Menu:** Grilled salmon on a bed of mixed greens, walnuts and avocados. Balsamic vinaigrette for drizzling on top of the perfect brain health meal.

Register by February 27

April 3 – Sleep Meditation Element

If you are finding it difficult to rest, relax or sleep we will be covering all the bases to get quality rest and create an atmosphere of relaxation in our life. After our learning session, a chair based yoga and meditation will be offered. **Menu:** Tea, finger sandwiches, dessert (Annie's recipe)

Register by March 27



50 North offers a wide variety of special events and programs designed to keep our members happy, active, and engaged.

CHORE

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 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**
- **Build handicap ramps and install hand railing**
- **Repair wood decks /steps**
- **Winterizing doors and windows**
- **Seasonal services such as mowing and snow removal**
- **Trim bushes, clean landscaping**
- **Pressure wash siding, walks, and decks**

WHEEL  **Ask about our CHAIR RAMP Program!**

For more information about this program, please contact the 50 North Chore Services Department at 567-429-9339.



Regardless of whether you have a disability, our friendly drivers are here to assist you with walkers, canes, and more to ensure you travel safely and comfortably from your car to the entrance of 50 North.

Service hours:
Monday – Friday
11 am – 1 pm

To book a ride:
419.957.6590



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 14.** Forms available at the front desk or you can also find the application at www.50north.org.

Drawing will be Tuesday, March 18, 2025. All seniors who entered the lottery will be notified by mail.

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

LOTTERY

2025 LAWN MOWING SERVICES FORM
(Please PRINT. One form per household)

Name(s): _____

Address: _____

City: _____ State: ____ Zip: _____

Email: _____

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

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





COLDWELL BANKER FLAG CITY

1295 FOSTORIA AVE., FINDLAY, OH 45840

BRIAN WHITTA

PRINCIPAL BROKER / PRESIDENT
ABR, C2EX, C-RETS, CRB, CRS, GRI, PSA, RENE, SRS

419-434-9000
BRIAN@FLAGCITY.COM

- RESIDENTIAL
- COMMERCIAL
- INVESTMENT
- NOTARY PUBLIC
- CERTIFIED PROBATE SPECIALIST



Low-Stress Veterinary Care, Right to Your Home!



- Pet Exams
- Vaccinations
- Dental Care
- Spay + Neuter
- Soft Tissue Surgery
- X-Ray / Ultrasound
- Diagnostics
- Allergies



FlagCityVet.com
419-434-1234

Dr. Katie Frederick

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.

- All resident rooms are private with an en suite bathroom.
- Currently accepting applications for new residents. Please call for more information.
- We accept Medicaid.



Providing a lifetime of caring!

2911 North Main Street • Findlay, Ohio 45840

Phone: 419-422-9656

www.judsonpalmerhome.com

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 – 1:00 pm

- Hot Meal - Entree, salad or soup, and a drink \$7
- Salad of the Week - Salad, soup, and a drink \$7
- Build a Salad - Custom made salad, soup and a drink \$7
- Build a Wrap - Custom made wrap, soup and a drink \$7

FREE Ice Cream Sundaes

Enjoy a complimentary ice cream sundae with a paid lunch, courtesy of The Heritage!

When: First and Third Wednesdays of each month

Where: Marathon Café, 11:00 am – 1:00 pm. **Dine in only, while supplies last.**

Curbside Café – Monday through Friday: 11:00 am – 12:00 pm (Reservations required 24 hours in advance; Call 567-429-9249) Hot Meal - Entree, side and drink \$7

Frozen Meals To-Go – Monday through Friday: Entree, 2 sides and a soup \$5
Call 567-429-9249.

Mobile Meals – Nutritious meal delivery, available Monday through Friday with optional weekend meals. Options include hot or cold meals, with diabetic-friendly choices available.

Eligibility: Hancock County residents in need of assistance

Duration: Short or long term

Contact: 567-429-9249

Vending Machines – We have vending machines in our Marathon Café & the National Lime and Stone activity room. Please remember, all food must be consumed in these two designated areas.

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

Bakers Rack – Enjoy home-baked goods for sale. A lock box is available by the café register for payments if you'd like to purchase Grab & Go baked goods outside café hours.

Free Dessert – You may receive one free dessert the week of your birthday. Notify your server!

NEW! Grab & Go Breakfast – available in the Marathon Café
Tuesday - Friday from 7:30 am - 10:00 am.

NEW! Happy Birthday Dinner – available in the Marathon Café every 4th Thursday of the month from 6:00 – 7:00 pm. \$7 per person. See page 4 for more details. **Desserts on us!**

NEW! ANNIE'S SMOOTHIES – Come enjoy cool, fresh, delicious recipes and refreshing smoothies crafted by Annie Hayes, Nutrition Coach & Personal Trainer. Available for purchase in the 50 North Marathon Café for only \$5. **Don't miss out!**
When: Tuesday – Friday, 7:30 am – 10:00 am



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

NUTRITION



Howard
**Rare Coin
Gallery**

Silver City
AUCTIONS

**WE BUY AND SELL
GOLD & SILVER AND
U.S. COINS & CURRENCY**



3500 N MAIN ST,
FINDLAY, OH 45840

PHONE: (419) 408-3220




OIO | Orthopaedic
Institute of Ohio

— LOCAL CARE. NO COMPROMISE. —

ORTHOPAEDIC SURGERY | SPORTS MEDICINE | SPINE | PODIATRY
INTERVENTIONAL PAIN MANAGEMENT | ROBOTIC-ASSISTED SURGERY
STEM CELL & PRP | OSTEOPOROSIS | PHYSICAL & OCCUPATIONAL THERAPY

SCHEDULE TODAY!

 www.orthoohio.com

 **419-424-0131**



LOCATIONS IN FINDLAY, TIFFIN, WILLARD, UPPER SANDUSKY, BELLEVUE, AND MORE!

A NEW HOME FOR *Your Health*

**FREE Delivery ▪ Curbside Pickup
\$0 Co-Pays with Most Insurances for Vaccines**

Great Scot
community markets
PHARMACY

**2017 BROAD AVENUE
FINDLAY, OH ▪ 567-251-3900**

cafe EAT AND ENJOY!

January

Friday, Jan. 10	11:00 am - 1:00 pm	Café Karaoke (\$7 lunch purchase required) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. <i>*Sponsored by Provision Living.</i>
Wednesday, Jan. 15	7:30 am - 10:00 am	National Bagel Day Let's celebrate National Bagel Day with bagels being available for purchase during our 'Grab & Go Breakfast'.
Wednesday, Jan. 15	11:00 am - 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase) While supplies last. <i>*Sponsored by The Heritage.</i>
Monday, Jan. 20	11:00 am - 1:00 pm	National Cheese Lovers Day (\$7 lunch purchase required) Enjoy all things CHEESE in the Café! Cheeseburgers, Mac & Cheese and More!
Week of Jan. 20	11:00 am - 1:00 pm	National Blonde Brownie Day January 22nd is National Blonde Brownie Day and to celebrate, enjoy Blonde Brownies as our Dessert of the Week.
Week of Jan. 27	11:00 am - 1:00 pm	National Chocolate Cake Day Monday, January 27th is National Chocolate Cake Day. Enjoy Double Chocolate Cake as the Dessert of the Week!
Tuesday, Jan. 28	11:00 am - 1:00 pm	National Blueberry Pancake Day Join us for Lunch with a Breakfast Menu!!!
Friday, Jan. 31	7:30 am - 10:00 am	Cocoa and Conversation Warm yourself up with a cup of Hot Chocolate from our Hot Cocoa Bar in the Marathon Café.

February

Wednesday, Feb. 5	11:00 am - 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase) While supplies last. <i>*Sponsored by The Heritage.</i>
Friday, Feb. 7	11:00 am - 1:00 pm	Super Bowl Party Wear your favorite NFL Team Shirt and join us for a menu of 50 North Staff's Favorite Party Foods.
Week of Feb. 10	11:00 am - 1:00 pm	National Cream Cheese Brownie Day Monday, February 10th is National Cream Cheese Day! What a wonderful time to serve Cream Cheese Brownies as the Dessert of the Week!
Friday, Feb. 14	11:00 am - 1:00 pm	Café Karaoke (\$7 lunch purchase required) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. <i>*Sponsored by Provision Living.</i>

NUTRITION



- Friday, Feb. 14** 11:00 am - 1:00 pm **Happy Valentine's Day** (\$7 lunch purchase required)
We'll serve up some Sweet Desserts for this fun holiday! Join us for a FREE dessert!
- Wednesday, Feb. 19** 11:00 am - 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase)
While supplies last. *Sponsored by The Heritage.
- Week of Feb. 24** 11:00 am - 1:00 pm **National Chili Day**
Do you like your Chili Spicy? Thursday, February 27th is National Chili Day, so we'll serve up some chili as our soup of the week!

March

- Tuesday, March 4** 7:30 am - 10:00 am **Paczki Day!**
We'll be serving up this Polish Pastry during our "Grab & Go Breakfast"!
- Wednesday, March 5** 11:00 am - 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase)
While supplies last. *Sponsored by The Heritage.
- Thursday, March 6** 11:00 am - 1:00 pm **National Oreo Cookie Day**
To celebrate this cookie born in 1912, we'll have Oreo Cookie Dessert as our Dessert of the Week.
- Friday, March 14** 11:00 am - 1:00 pm **Café Karaoke** (\$7 lunch purchase required)
Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt.
*Sponsored by Provision Living.
- Friday, March 14** 11:00 am - 1:00 pm **PI Day!**
How many digits of Pi do you know by heart? We'll be selling Pies at the register to celebrate this fun math day!
- Monday, March 17** 11:00 am - 1:00 pm **Happy St. Patrick's Day**
Everyone is Irish on St. Patty's Day! Wear your GREEN and come hang out with us! We'll have Reuben Casserole and green punch for lunch today!
- Tuesday, March 18** 11:00 am - 1:00 pm **National Sloppy Joe Day**
Come join us for this delicious, yet messy sandwich!
- Wednesday, March 19** 11:00 am - 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase)
While supplies last. *Sponsored by The Heritage.
- Thursday, March 27** 11:00 am - 1:00 pm **MLB Opening Day!**
Wear your favorite Baseball Shirt and join us for some of our favorite Ball Park Foods!



Eating together makes you feel good.

Interacting and socializing are key parts of being human. Whether that's talking, laughing, or simply spending time in each other's company.

Having a meal with family and friends is a great way to boost your mood.



Visit www.50north.org for more information and to view the menus.

50 North has an Outreach Department staffed with Social Workers who provide assistance, information, and referrals

for various issues and needs. Please call 419-423-8496 to speak with a Social Worker.

The following services can be utilized through the 50 North Outreach Department

- **Advocacy** – Answer questions and help fill out paperwork for services such as housing, disability, Social Security, SNAP, etc.
- **Mental Health Referrals** – Case managers work with members and their family to connect with Behavioral Health Services.
- **Emergency Response Systems Program** – With just a push of a button, professionally trained monitoring staff will contact your designated responders if you have an emergency and need help. Information and enrollment is available through the Outreach Department.
- **Financial Assistance** – Available for our Marathon Café, Curbside Café, Mobile Meals, Chore Services, Emergency Response System, and Wellness. It's determined by a sliding fee scale based on family size and income.
- **Medical Equipment Loan** – Durable medical equipment such as wheelchairs, walkers, shower benches, etc. and supplies are available for loan.
- **Medicare Programs** – Representatives of the Ohio Department of Insurance give presentations to provide information and answer questions for anyone who is already receiving Medicare or will be eligible.
- **Ohio Senior Health Insurance Information Program (OSHIIP)** – Trained OSHIIP social workers answer questions and give information about Medicaid, Medicare, Medicare Part D Prescription, and Supplemental Insurances.
- **Transportation** – Information and assistance through HATS and Find-A-Ride.
- **Information and Referral** – To community resources and 50 North services.

“Help the life of one person and you can help the community!”

Steven Sawalich



Support Groups

FREE! Caregivers Support Group First Thursday of every month at 1:30 pm January 2, February 6, and March 6

This program 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 Gary at 567-429-9298.

FREE! Alzheimer's Support Group Second Wednesday of every month at 5:00 pm January 8, February 12, and March 12

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

FREE! Parkinson's Support Group Third Thursday of every month at 1:00 pm January 16, February 20, and March 20

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

Outreach Programs

FREE! WISE (Wellness in Senior Education) Every Monday from January 6 to February 10 from 9:30 - 11:00 am

This program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance abuse. The program's interactive lessons provide valuable educational services to older adults on topics including health and wellness, medication use, stress management, depression, and substance abuse. **Registration required by December 30.**

FREE! Check Out the 419: **Welcome to a New Life** Wednesday, January 15 at 10:00 am

Welcome to a New Life is a nonprofit organization in Hancock County, Ohio, dedicated to mentorship and resources for adults involved in the criminal justice system so they can live

crime-free, drug-free, and productive lives. Our volunteer mentors are making an impact on the lives of those we serve and I would like to highlight stories of transformation, showing how the support, accountability, and encouragement mentors provide help mentees achieve lasting, positive change. This presentation will emphasize how mentorship builds hope, fosters trust, and empowers individuals to break free from cycles of crime and addiction, creating ripple effects of change in their families and communities. **Registration required.**

FREE! Medicare Presentation

Tuesday, January 21 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. **Registration required.**

FREE! Adjusting to Vision Loss Series

This monthly series, led by Andrea Marley from The Sight Center of Northwest Ohio, is a safe space where people can come together to discuss challenges, successes and questions they have about their vision loss. *This program is generously funded by The Findlay-Hancock County Community Foundation.* **Registration required.**

Topic: Daily Living Tips

Friday, January 10 at 10:00 am

Topic: Transportation

Friday, February 14 at 10:00 am

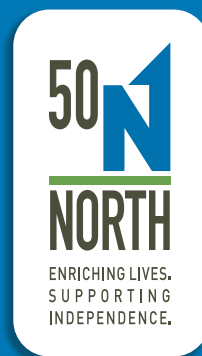
Topic: Vision Loss and the Winter Months

Friday, March 14 at 10:00 am

FREE! Medicare Presentation

Tuesday, March 18 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. **Registration required.**



50 North
has social
workers
to provide
information,
referrals,
advocacy.

If you are
overwhelmed
or you are
experiencing
a different
situation,
50 North is
here to help
seniors and their
caregivers
navigate a
wide range
of needs.

50 North Activities for January, February and March

To register, call: 419-423-8496 or register in person at 50 North.

The views expressed in presentations given at 50 North are not necessarily the views of 50 North and the invitation to the presenter to put on presentations shall not be seen as an endorsement of the presenter or their business by 50 North.

SOCIAL GROUP ACTIVITIES

CREATIVE ARTS ACTIVITIES

PERFORMING ARTS ACTIVITIES

EDUCATION, ENRICHMENT & WELLNESS

RECURRING ACTIVITIES

FREE! CARDS & GAMES

The National Lime and Stone Activity Room is for those playing cards, board games, puzzles, coloring, or other activities designated by the Activities Department. Groups of four or less are first come, first serve. For groups of more than four, contact the Activities Department for room availability.

Billiards:	During regular hours
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

FREE! BINGO

Every Monday, 9:00 am – 10:00 am
Registration required.

- First Monday** – Bring a white elephant gift
- Second Monday** – Sponsored by Sunrise of Findlay
- Third Monday** - Sponsored by The Heritage
- Fourth Monday** - Sponsored by Brookdale Findlay

FREE! MUSIC BINGO

First Wednesday of the month at 1:00 pm

- January** No Music Bingo
- February 5** 'Love Songs'
- March 5** 'TV Theme Songs'

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

FREE! CARD BINGO

Second Friday of the month at 1:30 pm

- January 10, February 14, and March 14**
- Card Bingo and prizes sponsored by Bridge Home Health and Hospice. Limited Space. Registration required.

FREE! LINE DANCE

- Beginners:** Please note day and time change
No experience needed.
Instructed by Robb Sammet and Cindy Fletcher
Wednesdays, 5:00 – 6:30 pm
5:00 – 5:30 (Learn basic steps)
5:30 – 6:30 (Line Dance)
 - Intermediate:** Experience needed.
Instructed by Margie Wien
Mondays, 2:00 – 3:30 pm
Wednesdays, 2:00 – 3:30 pm
Fridays, 3:00 – 4:30 pm
 - Improvers:** Experience needed.
Instructed by Margie Wien
Mondays, 3:30 – 4:30 pm
Wednesdays, 3:30 – 4:30 pm
Fridays, 3:00 – 4:30 pm
- No Line Dances on January 1**



CAFÉ KARAOKE

Second Friday of the month

from 11:00 am – 1:00 pm

January 10, February 14, and March 14

Karaoke is led by Tim Holt and is in partnership with Provision Living. Lunch purchase is required to attend.

FREE! SCRAPBOOKING

Every Friday from 10:00 am – 3:00 pm

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

FREE! 50 NORTH FEATHERWEIGHT FRIENDS

First and Third Tuesday of the month

from 8:00 am – 12:00 pm

Tuesdays, January 7 and 21

Tuesdays, February 4 and 18

Tuesdays, March 4 and 18

Bring your Featherweight machine, projects, ideas and questions. Facilitated by Linda Croy.

FREE! NEEDLECRAFT & CONVERSATION

Every Wednesday, 10:00 am – 12:00 pm

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

FREE! BIBLE STUDY

Every Thursday, 10:00 – 11:00 am

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

FREE! SENIOR TECH SUPPORT

Every Tuesday, 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

Every Friday at 1:00 pm

Free movie and popcorn. Movies titles subject to change. Sponsored by Fox Run Manor and Taylor Place.

Jan. 3 **Life of the Party** (PG13 – 2 hours)

Jan. 10 **Viva Las Vegas** (Happy Birthday Elvis!)

Jan. 17 **Woodlawn** (PG - 123 minutes)

Jan. 24 **Ruby Herring Hallmark Mysteries Series: A Silent Witness** (Hallmark)

Jan. 31 **Loving Vincent** (in celebration of "National Inspire Your Heart with Art" Day)

Feb. 7 **Believe in Me**
(to celebrate "National Women in Sports" Day)

Feb. 14 **Very, Very Valentine**
(Hallmark – 82 minutes)

Feb. 21 **5 Flights Up** (PG13 – 93 minutes)

Feb. 28 **Ruby Herring Hallmark Mysteries Series: Her Last Breath** (Hallmark)

Mar. 7 **Last Flag Flying** (PG13 – 125 minutes)

Mar. 14 **St. Vincent** (PG – 102 minutes)

Mar. 21 **Singing in the Rain** (1952)

Mar. 28 **Hallmark Mysteries Series: Prediction Murder**

FREE! BLOOD PRESSURE CHECKS

Every Thursday from 11:00 am to 1:00 pm

No registration or appointments required.

FREE! COFFEE CONVERSATIONS

Third Thursday of the month
from 9:00-10:30 am

Grab a cup of complimentary coffee from the F&M Coffee Bar and chat with 50 North staff members.

January 16	Activities
February 20	Nutrition / Café
March 20	Wellness / Fitness

50 NORTH BREAKFAST/DINNER CLUB

Tuesday, January 14 at 5 pm **Applebees**

Tuesday, January 28 at 8 am **Cracker Barrel**

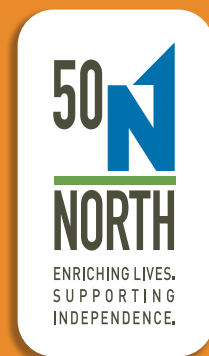
Tuesday, February 11 at 5 pm **Dark Horse**

Tuesday, February 25 at 5 pm **Gilligs**

Tuesday, March 11 at 8 am **Scramblers**

Tuesday, March 25 at 5 pm **Ralphies**

50 North will not provide transportation to or from the restaurant and is not responsible for payment of meals or drinks, or any issues that could occur while dining at the restaurant. Registration required. Limit: 10.



Please always
remember to
scan in!



SIGNATURE SERIES

FREE! BINGOcize

Every **THURSDAY** of the month • 12:00 – 1:00 pm

January 2, 9, 16, 23 & 30

February 6, 13, 20 & 27

March 6, 13, 20 & 27

Every **MONDAY** of the month • 12:00 – 1:00 pm

January 6, 13, 20 & 27

February 3, 10, 17 & 24

March 3, 10, 17, 24 & 31

Join this fun, evidence-based program that combines bingo, exercise, and health education for older adults of all physical and mental ability levels. BINGOcize helps improve mobility, independence, and health behaviors while promoting social engagement.

- Commitment: Attend at least 16 of the 20 sessions to earn a completion certificate.
- Details: Movements are adaptable for all mobility levels – dress comfortably.
- Class Size: Limited to 20 participants.
- Cost: Free, but **Register by December 30**. For more info, contact Erica at 567-429-8672.

BEGINNERS SPANISH

Every **FRIDAY** of the month • 9:30 – 11:00 am

January 3, 10, 17, 24 & 31

February 7, 14, 21 & 28

March 7, 14, 21 & 28

Would you like to learn Spanish? If so, come meet Instructor: Lori Fleming. **Register by September 2**. Limit: 20. Fee: \$15.

FREE! ADVANCED SPANISH

Every **TUESDAY** of the month • 1:00 – 2:30 pm

Starts January 7, 14, 21 & 28

February 4, 11, 18 & 25

March 4, 11, 18 & 25 (end date)

This class is for those who have previously taken Lori's Intermediate level classes. **Register by December 30**. Limit: 20.

FREE! WISE

(Wellness in Senior Education)

Every **MONDAY** of the month • 9:30 – 11:00 am

January 6 thru February 10

Starts January 6, 13, 20 & 27

February 3 & 10

Celebrate healthy aging and make informed lifestyle choices. Enjoy Interactive lessons covering health and wellness, medication use, stress management, depression, and substance abuse. Facilitated by Amber Wolfrom. **Register by December 30**.

FREE! WITS WORKOUT- 4 sessions

Every **TUESDAY** in February • 1:00 pm

February 4: Forget Me Not
(Procedural Memory)

February 11: Take a Number
(Numbers)

February 18: Roam in Rome
(Exercises and Brain Health)

February 25: Savor the Seasons
(Diet and Brain Health)

Boost brain health with this interactive, educational program developed by the University of Illinois Extension. Join OSU Extension Educator Jennifer Little for four engaging February sessions featuring fun, challenging activities. **Register by Jan 28**.

FREE! 50 NORTH GAMEPALOOZA!

Third **SATURDAY** of the month

from Noon – 4:00 pm

(January 18, February 15 & March 15)

Are you game? Then join us every 3rd Saturday of the month for a fun-filled afternoon of games, food, and fun! Enjoy pizza, dessert, and drinks in the Café. Play puzzles, cards, and more in the **Activity Room**. Relax and connect in the **Billiards and Commons** areas. Come for the games, stay for the fun! See you there!

Please note: Wellness and Track areas will NOT be open.

JANUARY

CRAFT CORNER: Mosaic On Canvas

Thursday, January 2 • 4:00 – 7:00 pm

Recycle - Reuse - Recreate Series. Create a unique mosaic art piece using magazines and found objects. Materials provided. Instructor: Luk Boggs. **Registration required.** Limit: 12. Fee: \$5.

SEWING: Hand-Sewn Cup Cozy

Monday, January 6 • 9:00 – 10:00 am

Recycle - Reuse - Recreate Series. Transform old sweaters and quilts into stylish cup cozy. Instructor: Luk Boggs. **Registration required.** Limit: 12. Fee: \$5.

FREE! NATURE NOTES WITH HPD: Snakes

Monday, January 6 • 1:00 pm

Learn about the special characteristics of snakes and look at the snakes that inhabit Hancock County and Ohio. Led by Hancock Parks District. **Registration required.**

SEWING: Handbag Creation

Monday, January 6 • 3:00 – 5:00 pm

Recycle - Reuse - Recreate Series. Craft an adorable handbag from old quilts or blankets. Basic sewing machine experience required. All materials provided. Instructor: Luk Boggs. **Registration required.** Limit: 12. Fee: \$10.

FREE! CRAFT CORNER: 50 North's Surprise Craft

First Tuesday, January 7 • 1:00 – 2:00 pm

Surprise craft class. All supplies provided. **Register by December 31.** Limit: 20.

FREE! DECLUTTER WITH DEB: Resolutions, Goals, and Habits

Tuesday, January 7 • 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Don't miss this month's helpful tips to declutter and simplify. **Registration required.**

ART CLASS: Pour Paint Technique

Tuesday, January 7 • 3:00 – 5:00 pm

Explore the joy of freeform pour painting to create a one-of-a-kind artwork. Instructor: Terri Lynne Perry. **Register by January 3.** Limit: 12. Fee: \$10.

FREE! ALZHEIMER'S ASSOCIATION: Dementia Bingo

Wednesday, January 8 • 9:00 am

Join us for this new monthly series provided by the Alzheimer's Association. During this session, you will learn more about Alzheimer's and Dementia, the warning signs, risk factors, and current medications... all while playing BINGO. **Registration required.**

SEWING CLASS: Quilt Block of the Month – Final Assembly

Thursday, January 9 • 9 am – 12:30 pm

Saturday, January 11 • 8:30 – 11:30 am

Finalize your quilt project in this last class before it is sent to a longarm quilter. Bring and press your backing fabric. Instructor: Sharon Weddell. **Register by January 3.** Limit: 6. Fee: \$15

CRAFT CORNER: Paint A Puzzle

Thursday, January 9 • 1:00 – 3:00 pm

Paint one of three unique wood puzzles hand-crafted by a local artisan - perfect for gifting! Instructor: Luk Boggs. **Registration required.** Limit: 12. Fee: \$5.

SCRAPBOOKING: Beginner's Class

Thursday, January 9 • 5:00 – 7:00 pm

Discover the joys of scrapbooking. Bring personal photos; all other materials provided. Instructor: Sherry Shultis. **Register by January 3.** Limit: 12. Fee: \$10.

FREE! ADJUSTING TO VISION LOSS: Daily Living Tips

Friday, January 10 • 10:00 am

Join Andrea Marley from The Sight Center of Northwest Ohio for this monthly series, offering a safe space to discuss challenges, successes, and questions about vision loss. **Registration required.** *This program is generously funded by The Findlay-Hancock County Community Foundation.*



Every day
is a busy day
at 50 North,
chock-full of
activities and
events designed
to help you
make the
most of your
interests
and
friendships.

ACTIVITIES

SCRAPBOOKING: Beginner's Class

Monday, January 13 • 10:00 am – Noon

Learn the basics of scrapbooking. All materials provided. Instructor: Sherry Shultis. **Register by January 10.** Limit: 12. Fee: \$10.

FREE! MORNING CONVERSATIONS: Hancock County Naturalists – Moths and Butterflies Of Hancock County

Monday, January 13 • 10:30 am

Presented by Mike Gilligan from the Hancock County Naturalist group. Learn about the different moths and butterflies found in Hancock County. **Registration required.**

SEWING: No Sew Quilt Block

Monday, January 13 • 1:00 - 3:00 pm

Create a quilt block using fussed webbing. All materials provided. Instructor: Luk Boggs. **Registration required.** Limit: 12. Fee: \$5.

FREE! MORNING CONVERSATIONS: The Good Deeds Program

Tuesday, January 14 • 10:00 am

Learn how to prepare your estate and avoid probate court issues with Judge Kristen K. Johnson from the Hancock County Probate Court. This program helps protect assets and prevent delays.

Registration required by January 3:

- Call 50 North at 419-423-8496
- Call the Recorders Office at 419-424-7091 (they will provide your deed).
- For additional questions, contact the Recorders Office.

FREE! DOING DIABETES TOGETHER: New Year New Habits – Behavior Change

Tuesday, January 14 • 10:00 am

“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 reach out to Jennifer Little at little.18@osu.edu.

FREE! OPEN ART STUDIO

Tuesday, January 14 • 1:00 – 3:00 pm

All are welcome! Come explore your creativity in our open studio, where you can experiment and connect with others. Bring your current project and enjoy the freedom of the open space! **Registration required.**

FREE! CHECK OUT THE 419: Welcome to a New Life

Wednesday, January 15 at 10:00 am

Welcome to a New Life is a nonprofit in Hancock County, Ohio, offering mentorship and resources to adults in the criminal justice system, helping them lead crime-free, drug-free, and productive lives. This presentation will highlight stories of transformation, showing how mentorship provides support, accountability, and encouragement to break cycles of crime and addiction, fostering hope and trust. The ripple effects of this change extend to families and communities. **Registration required.**

FUSED GLASS CLASS

Wednesday, January 15 • 12:30 – 3:00 pm

Snowflake Suncatcher: Decorate a snowflake on a 3” clear glass background, with a nylon coated wire for hanging. Instructor: Mary Burget. **Register by January 8.** Limit: 14. Fee \$20.

FREE! TAKING TIME FOR YOU: Essential Oils

Wednesday, January 15 • 2:00 pm

Presented by Sarah Lambert. This Intro to Essential Oils class will go over the basics: what they are, the different ways to use them, the benefits of some of the top oils and some samples will be available. **Registration required.**

FREE! BOOK CLUB: “The Masterpiece” by Fiona Davis

Thursday, January 16 • 10:00 am

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



FREE! CRAFT CORNER: Monthly Ornament Series – Popcorn Day

Thursday, January 16 • 1:00 – 3:00 pm

Celebrate Popcorn Day with a hand-sewn ornament in this new monthly series. Instructor: Luk Boggs. **Registration required.** Limit: 12.

CRAFT CORNER: Winter Wonderland “Busted Canvas”

Monday, January 20 • 9:00 am – 12:30 pm

Create a layered canvas art piece featuring a cardinal or snowman winter scene. Instructor: Sharon Weddell. **Register by January 17.** Limit: 12. Fee: \$18.

FREE! HAND SEWING: Fabric Yo-Yo Pin

Monday, January 20 • 1:00 – 3:00 pm

Part of the *Recycle - Reuse - Recreate Series*. Stop in and create an adorable pin Instructor: Luk Boggs. **Registration required.** Limit: 12.

FREE! ART CLASS: 20th Century Artists

Thursday, January 20 • 1:00 – 3:00 pm

Join a lively discussion and short video about a famous artist each month. This month's focus: Louise Nevelson. Instructor: Luk Boggs. **Registration required.**

FREE! MEDICARE PRESENTATION

Tuesday, January 21 • 10:00 am

Welcome to Medicare 101. The Ohio Dept. 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. **Registration required.**

FREE! PAPER CRANES ART INSTALLATION

Tuesday, January 21,

Wednesday, January 22 &

Thursday, January 23 • 1:00 – 3:00 pm

Learn to fold paper cranes for a collaborative art display. Attend any or all three days. All materials provided. Instructor: Luk Boggs. **Registration required.**

ART CAMP: Mixed Media Collage Bookmarks

Tuesday, January 21 • 5:00 – 7:00 pm

Experience collage by cutting and gluing materials to create art. We will explore key elements like contrast, repetition, layering, texture, pattern, and focal point. No art experience necessary. **Registration required.** Limit: 12. Fee \$10.

FREE! CHECK OUT THE 419: Framing the Future - Celebrating 25 Years of Habitat Building Community

Wednesday, January 22 • 10:00 am

Executive Director Wendy McCormick shares how Habitat for Humanity of Findlay/Hancock County is celebrating its 25th year. Habitat dedicated its first home in our community in 2000 and since then, the Habitat team has built 61 homes, conducted hundreds of critical home repairs, and helped thousands of families achieve stability and self-reliance. With an ongoing critical need for affordable workforce housing in our community, their work is far from done. **Registration required.**

FREE! SUNRISE COOKING CLASS: Cheeseburger Soup

Wednesday, January 22 • 11:30 am

Learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limit: 20. **Register by January 17.**

FREE! MORNING CONVERSATIONS: You Have The Power To Stop Medicare Scams

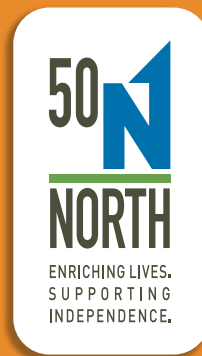
Thursday, January 23 • 10:00 am

Presented by Ohio Senior Medicare Patrol's, Susan Marshall. Learn how Medicare scams work and gain tips to protect yourself from Medical Identity Theft. **Registration required.**

FREE! DIETITIAN CHAT: Cooking Techniques for Vitamin Retention in Vegetables

Thursday, January 24 • 3:00 pm

Learn how different cooking methods affect vitamin content in vegetables. Presented by Sophia Smith, a dietitian with BVHS. **Registration required.**



Drink Up!
Water plays a key role in many bodily functions including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature.

Water should always be your go-to beverage.



FREE! MORNING CONVERSATIONS:
Ben Sapp, Director of The Mazza Museum

Monday, January 27 • 10:00 am

Have you ever been to the Mazza Museum and Conda STEAM Center? Do you know why and when it started? Join us as Ben shares the museum's offerings, the history of how it started, and the stories behind the artwork. Registration required.

AWAKENING MINDS ART

Monday, January 27 • 10:00 am – Noon

Acrylic scene – “Strike a pose Snowman.” Register by January 20. Limit:10. Fee: \$10.

FREE! KEEP CURRENT: “Tariffs”

Monday, January 27 • 1:00 pm

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

ART CLASS:

Introduction To Interior Design Series

Monday, January 27, Tuesday, January 28, and Thursday, 30 • 6:00 – 7:00 pm

Learn design basics, including scale, color theory, and fabrics, while creating a plan for your own room. Instructor: Luk Boggs. Registration required. Limit: 12. Fee \$20.

FREE! SEWING: Beginner’s
Quilt-As-You-Go Mug Rug

Tuesday, January 28 • 9:00 – 12:30 pm
and Wednesday, January 29 • 1:00 – 4:30 pm

New to sewing? Learn the basics with our Janome machines and create a colorful mug rug. Approximate size 6” x 9”. Instructor: Sharon Weddell. Register by January 25. Limit: 12.

FREE! PUZZLE TOURNAMENT

Wednesday, January 29 • 9:30 am – 12:00 pm

Today is National Puzzle Day! Register your team of 50 North members (up to 3 per team) and put together a puzzle. Everyone will do the same puzzle, but there is only one winner! Registration required.

CRAFT CORNER: Valentine’s Day
Yarn & Ribbon Door Hanger

Thursday, January 30 • 9:00 am – 12:30 pm

Craft a heart-shaped wreath with yarn and Valentine-themed ribbons to welcome guests. All materials provided. Instructor: Sharon Weddell. Register by January 24. Limit: 12. Fee: \$20.

FREE! MORNING CONVERSATIONS:
Andy Warhol

Friday, January 31 • 10:00 am

Celebrate “National Inspire Your Heart with Art” Day by exploring Andy Warhol’s vibrant world. Create a small piece inspired by his bold colors and playful style. Registration required.

FEBRUARY

SEWING: Hanging Kitchen Towel

Monday, February 3 • 9:00 am – 12:30 pm

Learn a unique method to make a hanging towel. Complete one to keep and one for the 50 North Craft Fair. Instructor: Sharon Weddell. Register by January 30. Fee: \$15.

FREE! MORNING CONVERSATIONS:
Saving Money On Energy Bills

Monday, February 3 • 10:30 am

50 North welcomes back Amy Carles, Senior Outreach & Education Specialist with the Office of the Ohio Consumers’ Counsel to discuss ways to save money on your energy bill. You don’t want to miss this very informative presentation. Registration required.

FREE! ART: Drawing Class

Monday, February 3 • 1:00 – 3:00 pm

Continue to develop your skills or just get started. No matter what level you are at, all are welcome. A “still life” display will be set up and waiting for you! Registration required.

FREE! CRAFT CORNER:
50 North’s Surprise Craft

Tuesday, February 4 • 1:00 – 2:00 pm

Surprise craft class. Register by January 30. Limit: 20.

FREE! CRAFT CORNER: Paper Teacups

Wednesday, February 5 • 2:30 – 4:00 pm

Celebrate National Tea Month with adorable paper teacup favors. Instructor: Luk Boggs. Registration required. Limit: 12.

FREE! WOMEN IN SPORTS DAY

Wednesday, February 5 • 3:00 pm

Come celebrate the day with your favorite University of Findlay female athletes. Learn about their accomplishments on and off the field/court, discover what it takes to be a college athlete, and visit some of your favorite players.

FREE! UNIVERSITY OF FINDLAY CULTURAL CONNECTIONS: Tea Of The World

Wednesday, February 5 • 3:30 – 4:30 pm

Calling all Tea Lovers! Get ready for an exciting cultural experience! Join us for a globally inspired tea tasting featuring unique teas from across the world. Plus, indulge in delicious tea cookies to complement every sip. Registration Required. Limit: 30.

CRAFT CORNER: Around And Around

Monday, February 10 • 1:00 – 3:00 pm

Use recycled materials to craft unique home art. Instructor: Luk Boggs. Registration required. Limit: 12 spaces. Fee: \$5.

FREE! NATURE NOTES WITH HPD: Pioneer Cooking and Recipes

Monday, February 10 • 1:00 pm

Discover the art of wood-stove cooking at the 1847 McKinnis House with recipes and photos from 25 years of tradition. Sample a short-bread valentine cookie. Presented by Hancock County Parks. Registration required.

FREE! OPEN ART STUDIO

Tuesday, February 11 • 11:00 am – 3:00 pm

All are welcome! Come explore your creativity in our open studio, where you can experiment and connect with others. Bring your current project and enjoy the freedom of the open space! Registration required.

CRAFT CORNER: Valentine Cards

Tuesday, February 11 • 9:30 – 11:00 am

Make stamped cards to share with loved ones. Instructors: Renee and Dawn. Register by February 7. Limit: 20. Fee \$5.

FREE! DOING DIABETES TOGETHER: Spice It Up - History and use of Spices

Tuesday, February 11 • 10:00 am

"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 reach out to Jennifer Little at little.18@osu.edu. Registration required.

FREE! ALZHEIMER'S ASSOCIATION SERIES: Healthy Living for your Brain and Body

Wednesday, February 12 • 9:00 am

Join us for this new monthly series provided by the Alzheimer's Association. Explore the connection between brain and body health through research on nutrition, exercise, cognitive activity, and social engagement. Registration required.

FUSED GLASS CLASS: 2 Red Heart Magnets

Wednesday, February 12 • Noon – 2:00 pm

Make two 1½" red heart magnets, decorating the red glass by using a variety of options. Instructor: Mary Burget. Register by February 5. Limit: 14. Fee \$10.

FREE! SEWING: Heart Ornament

Thursday, February 13 • 1:00 – 3:00 pm

Create a heart ornament for yourself and one to gift. Instructor: Luk Boggs. Registration required. Limit:12.

FREE! ADJUSTING TO VISION LOSS SERIES: Transportation

Friday, February 14 • 10:00 am

Join Andrea Marley from The Sight Center of Northwest Ohio in a safe space to discuss challenges, successes, and questions related to vision loss. Each month features a specific



From dancing and yoga, to Bible study and flower arranging, you'll be sure to find opportunities to stay physically and mentally fit while having fun with a great group of folks!

ACTIVITIES

topic and guest speakers. *This program is generously funded by The Findlay-Hancock County Community Foundation. Registration required.*

SEWING: Foundation Paper Piecing

Monday, February 17 • 8:30 am – 12:30 pm
Learn this quilting technique to make a pot-holder or trivet. Instructor: Sharon Weddell. Register by February 14. Limit: 6. Fee: \$5.

ART CAMP: Mixed Media Collage Artist Trading Cards

Tuesday, February 18 • 5:00- 7:00 pm
Experience collage by cutting and gluing materials to create art. We will explore key elements like contrast, repetition, layering, texture, pattern, and focal point. No art experience necessary. Registration required. Limit: 12. Fee \$10.

FREE! HANCOCK HISTORICAL MUSEUM: Underground Railroad

Wednesday, February 19 • 10:00 am
Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. Registration required.

FREE! QPR (QUESTION PERSUADE REFER) TRAINING

Wednesday, February 26
10:00 – 11:30 am or 2:00 – 3:30 pm
Learn to discuss suicide, assess risk, and connect others to resources in this 90-minute session. Covers causes, warning signs, and crisis support. Register by February 19.

FREE! BOOK CLUB: “The Extraordinary Life of Sam Hell” by Robert Dugoni

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

CRAFT CORNER: Woven Canvas

Thursday, February 20 • 1:00 – 3:00 pm
Use yarn to create a unique wall art piece. Instructor: Luk Boggs. Registration required by February 14. Limit: 12. Fee: \$5.

AWAKENING MINDS ART

Monday, February 24, 10:00 am – Noon Acrylic scene – “Winter Forest”. Must register by February 17. Limit: 10. Fee: \$10.

SEWING: Fabric Yo-Yo Wreath

Monday, Feb 24 • 2:00 –4:00 pm
Use fabric scraps to create a fun wreath. Instructor: Luk Boggs. Registration required. Limit: 12. Fee: \$10.

FREE! ART CLASS: Drawing Class

Tuesday, February 25 • Noon – 2:00 pm
Stop in and continue to develop your skills or just begin to start. No matter what level you are at, all are welcome. A “still life” display will be set up and waiting! Registration required.

WEAVING WORKSHOP

Tuesday, February 25
and Thursday, February 27 • 6:00 – 7:00 pm
Learn weaving techniques and make a stunning wall piece. Instructor: Beth Mauer. Registration required. Limit: 10. Fee: \$20.

FREE! SUNRISE COOKING CLASS: Cranberry Brie Bites

Wednesday, February 26 • 11:30 am
Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limit: 20. Register by January 17.

HAND SEWING: English Paper Piecing

Wednesday February 26 • 2:00 – 4:00 pm
Hand-sew a quilt square and turn it into a coin purse. Instructor: Luk Boggs. Registration required. Limit: 12. Fee: \$5.

FREE! ARTIST SERIES: Vermeer

Thursday, February 27, 1:00 –3:00 pm
Watch a video about Johannes Vermeer’s life and work, followed by a lively discussion. Instructor: Luk Boggs. Registration required.

FREE! DIETITIAN CHAT: Cow’s Milk vs. Non-Dairy Alternatives

Thursday, February 27 • 3:00 pm
Learn the differences between cow’s milk and non-dairy alternatives with dietitian Sophia Smith from BVHS. Registration required.



MARCH

ART CLASS: Self-Portrait

Monday, March 3 • 9:00 – 11:00 am

Create a unique self-portrait using found objects in our *Recycle-Reuse-Recreate Series*. Materials provided. Instructor: Luk Boggs. Registration required. Limit: 12. Fee \$5.

FREE! SEWING: Ornament Series

Monday, March 3 • 1:00 – 3:00 pm

Continued ornament series. Hand sewn bird ornament. Instructor; Luk Boggs. All materials provided. Registration required. Limit: 12.

FREE! MORNING CONVERSATIONS: “Day-lilies 101: Not Your Grandma’s Ditch Lily”

Monday, March 3 • 10:00 am

Join Michael Anders to explore the incredible variety of day-lilies beyond the common yellow and orange blooms seen in landscaping and along roadsides. Discover the rich history of day-lilies and learn about the over 100,000 registered varieties available in a range of colors, sizes, shapes, and heights. Registration required.

FREE! AFTERNOON CONVERSATIONS: Happy Birthday Dr. Seuss!

Monday, March 3 • 1:00 pm

Join us for a presentation about Theodor Seuss Geisel, a.k.a. “Dr. Seuss”. Learn about the history of Dr. Seuss and how the books became such a phenomenon. Registration required.

FREE! DECLUTTERING WITH DEB: Paper Clutter and Digital Clutter – Managing Information Overload

Tuesday, March 4 • 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Do not miss this month’s helpful tips to declutter and simplify. Registration required.

FREE! CRAFT CORNER: 50 North’s Surprise Craft

Tuesday, March 4 • 1:00 – 2:00 pm

Surprise craft class. All supplies provided. Register by February 26. Limit: 20.

FREE! ENCORE THEATRE

Starting Tuesday, March 4 • 2:00 pm

Lets talk about what we do next! Registration Required.

ART CLASS: Landscape Painting

Tuesday, March 4 • 3:00 – 4:00 pm

Paint a beautiful landscape using acrylics and learn expert techniques. Instructor: Terri Lynne Perry. Registration required. Limit: 12. Fee \$ 10.

FREE! 50 NORTH CHOIR

Starting Thursday, March 4 at 2:00 pm

Let’s talk about what we do next! Registration required.

FREE! MORNING CONVERSATIONS: Avoid Consumer Fraud - National Consumer Protection Week

Wednesday, March 5 • 10:00 am

National Consumer Protection Week (NCPW) is an annual event aimed at helping people understand their consumer rights and avoid fraud. 50 North welcomes representatives from the Ohio Attorney General’s Office and other consumer protection agencies to discuss current scams and fraud prevention. Registration required.

FREE! UNIVERSITY OF FINDLAY CULTURAL CONNECTIONS: Games Of The World

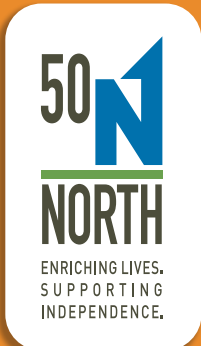
Wednesday, March 5 • 3:30 – 4:30 pm

Did you attend February’s event? If so, you won’t want to miss this one! Join us for some fun and exciting games. Registration Required. Limit: 30.

FREE! NATURE NOTES WITH HPD: Microanimals

Monday, March 10 • 1:00 pm

The world is full of creatures including some that are so small that you cannot see them with your bare eyes. Learn about the world of microanimals. Look through a microscope and see what you can find! Presented by Hancock Parks District. Registration required.



In order to keep 50 North a clean and safe environment, always keep lids on all of your beverages.



SEWING: Easter Table Topper Mini-Series

Monday, March 10, Thursday, March 13, and Monday, March 17 • 9:00 am – 12:30 pm
Craft a festive table topper featuring four bunny squares using Foundation Paper Piecing. Instructor: Sharon Weddell. Register by March 7. Limit: 6. Fee \$30.

FREE! DOING DIABETES TOGETHER: National Nutrition Month

Tuesday, March 11 • 10:00 am
“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 reach out to Jennifer Little at little.18@osu.edu.

FREE! OPEN ART STUDIO

Tuesday, March 11 • 11:00 am – 3:00 pm
All are welcome! Come explore your creativity in our open studio, where you can experiment and connect with others. Bring your current project and enjoy the freedom of the open space! Registration required.

FREE! ALZHEIMER’S ASSOCIATION: 10 Warning Signs of Alzheimer’s Disease

Wednesday, March 12 • 9:00 am
Join us for this new monthly series provided by the Alzheimer’s Association. Learn how to recognize common signs of the disease, how to approach someone about memory concern, the importance of early detection, and tests and assessments. Registration required.

FREE! ART CLASS: Drawing Class

Wednesday, March 12 • 1:00 – 3:00 pm
Stop in and continue to develop your skills or just begin to start. No matter what level you are at, all are welcome. A “still life” display will be set up and waiting for you!

CRAFT CORNER: Easter Cards

Thursday, March 13 • 2:00 – 4:00 pm
Design charming, stamped Easter cards. Materials provided. Instructors: Renee and Dawn. Register by March 7. Limit: 12. Fee: \$10.

FUSED GLASS CLASS Spring Flower Suncatcher

Thursday, March 13 • 4:00 – 6:00 pm
Make a 4’ square hanging suncatcher that is decorated with green glass, blue sky, and your choice of spring flowers. Instructor: Mary Burget. Register by February 27. Limit: 14. Fee \$20.

FREE! ADJUSTING TO VISION LOSS: Vision Loss and Winter Months

Friday, March 14 • 10:00 am
Does vision loss affect you or a family member? Join Andrea Marley from The Sight Center of Northwest Ohio in a safe space to discuss challenges, successes, and questions related to vision loss. Each month features a specific topic and guest speakers. *This program is generously funded by The Findlay-Hancock County Community Foundation.* Registration required.

FREE! MEDICARE PRESENTATION

Tuesday, March 18 • 10:00 am
Welcome to Medicare 101. The Ohio Dept. of Insurance provides an overview of Medicare coverage and plan choices for anyone new to Medicare and those needing a refresher on Medicare plans and coverage. Registration required.

FREE! KARAOKE NIGHT

Tuesday, March 18 • 4:30 – 6:30 pm
50 North is bringing Tim Holt back for Karaoke Night! There will be snacks available for purchase while you sing your favorite karaoke songs! *Funded by Provision Living.* Registration required.

ART CAMP: Mixed Media Collage Notebook

Tuesday, March 18 • 5:00 - 7:00 pm

Experience collage by cutting and gluing materials to create art. We will explore key elements like contrast, repetition, layering, texture, pattern, and focal point. No art experience necessary. **Registration required.** Limit: 12. Fee \$10.

FREE! HANCOCK HISTORICAL MUSEUM: War of 1812

Wednesday, March 19 • 10:00 am

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

FREE! ART CLASS: Drawing Class

Wednesday, March 19 • 1:00 – 3:00 pm

Stop in and continue to develop your skills or just begin to start. No matter what level you are at, all are welcome. A “still life” display will be set up and waiting for you!

FREE! BOOK CLUB: “Lady Tan’s Circle of Women” by Lisa See

Thursday, March 20 • 10:00 am

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

FREE! ARTIST SERIES: Picasso

Thursday, March 20 • 1:00 – 3:00 pm

Dive into the life of Pablo Picasso with a video and engaging discussion. Instructor: Luk Boggs. **Registration required.** Limit: 20.

SEWING: Quilt Binding

Saturday, March 22 and

Saturday, March 29 • 8:00 – 11:30 am

This class is for those who participated in the 2024 Block of the Month program. You will attach the binding to your quilt constructed in the 2024 sewing classes. Instructor: Sharon Weddell. **Register by March 15.** Fee: \$10.

AWAKENING MINDS: Spring Birds

Monday, March 24 • 10:00 am – Noon

Acrylic scene – “Spring Birds.” **Must register by January 20.** Limit: 10. Fee \$10.

FREE! KEEP CURRENT: “Trends That Will Impact Our Lives”

Monday, March 24 • 1:00 pm

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

ART CLASS: Intro To Interior Design

Monday, March 24, Tuesday, March 25,

Wednesday, March 26, and

Thursday, March 27 • 1:00 – 3:00 pm

Learn design essentials - scaling, color theory, fabrics, and principles - to redesign a room in your home. Includes assignments to build skills. Four sessions. Instructor: Luk Boggs. **Register by March 21.** Limit: 12. Fee: \$20.

CRAFT CORNER: Bunny Wreath Rail

Tuesday, March 25 • 9:00 am – 12:30 pm

Hop into Easter crafting with a triple bunny wreath rail made from deco mesh and ribbons. Instructor: Sharon Weddell. **Register by March 18.** Fee: \$18.

SUNRISE COOKING: Beignets

Wednesday, March 26 • 11:30 am

Come learn a new recipe and test what you made. Sponsored by: Sunrise Senior Living. **Register by March 17.** Limit: 20.



50 North offers programs and services to support adults who are 50 and older by enriching their lives, supporting their independence, and helping them navigate life’s transitions.

Get out and enjoy one of 50 North's popular trips, whether an adventure to an impressive location or a simple overnight or day trip to

explore performances and landscapes a little closer to home. We look forward to making travel memories with you!

Extended Trip Opportunities

HEART OF TEXAS TRIP

April 27 - May 1, 2025

(4 nights/5 days)

Activity Level 3



Discover Texas highlights: Dallas city tour with JFK sites, Sixth Floor Museum, Southfork Ranch & Cowboy Dinner, AT&T Stadium tour, Fort Worth Stockyards cattle drive, Magnolia Market, Waco HGTV tour with Harp Designs Co., and Dr. Pepper Museum.

Included: Round-trip motor coach and air, transfers, hotel accommodations, 4 breakfasts, 1 lunch, 3 dinners, baggage handling, sight-seeing, tips, taxes and service charges.



COST PER PERSON:

\$2,299 Double | \$2,799 Single

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due February 28, 2025

HUDSON RIVER VALLEY & CASTLES OF NEW YORK

Fall Getaway: October 7 - 12, 2025

(5 nights/6 days)

Activity Level 4



Visit the FDR Presidential Library, Millbrook Winery, Culinary Institute of America, Rockefeller Estate, West Point, Houdini Museum, and more, plus a boat cruise, Great Pumpkin Blaze, and *Legend of Sleepy Hollow* storyteller.

Included: Round-trip motor coach, hotel accommodations, 5 breakfasts, 1 lunch, 3 dinners, baggage handling, sight-seeing, tips, taxes and service charges.



COST PER PERSON:

\$2,369 Double | \$2,969 Single

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due July 7, 2025



50 North trips always fill up fast!

Don't miss your chance to book one of these fantastic trips.

Call our travel department today to make arrangements for your next one-of-a-kind adventure!



GREECE ISLAND HOPPER

October 18 – 28, 2025

(10 nights/11 days)

Activity Level 3



Explore Athens' Acropolis and Parthenon, enjoy 3 days in Mykonos, visit Oia on Santorini, tour the Akrotiri excavation site, and indulge in a winery tour with lunch and traditional music.

Included: Round-trip motor coach and air, transfers, hotel accommodations, some meals, baggage handling, sight-seeing, tips, taxes and service charges.

Not Included: Airline baggage fees, hotel incidentals, some meals.

COST PER PERSON:

\$5,299 Double | \$6,299 Single | \$5,249 Triple

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due July 20, 2025

ELVIS' BLUE CHRISTMAS

December 1 – 5, 2025

(4 nights/5 days)

Activity Level 2



Enjoy the Blue Christmas Dinner Show, Merry MoJo Tour, Sun Studios, Beale Street, Graceland Holiday Tour, and Memphis BBQ dinner.

Included: Round-trip motor coach, hotel accommodations, 3 breakfasts, 1 lunch, 2 dinners, baggage handling, sight-seeing, tips, taxes and service charges.

Not Included: Hotel incidentals, some meals.

COST PER PERSON:

\$1,749 Double | \$2,249 Single

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due September 5, 2025

CHRISTMAS IN LANCASTER

December 8 – 12, 2025

(4 nights/5 days)

Activity Level 3



Enjoy 3 holiday shows, a Lititz Town Tour, Wilbur Chocolate, Julius Sturgis Pretzel Bakery, Koziar's Christmas Village, Amish Farmlands Tour, and more!

Included: Round-trip motor coach, hotel accommodations, 4 breakfasts, 1 lunch, 4 dinners, baggage handling, sight-seeing, tips, taxes and service charges.

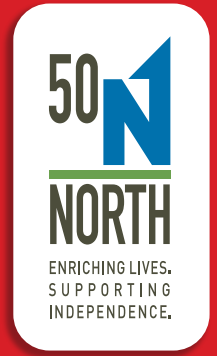
Not Included: Hotel incidentals, some meals.

COST PER PERSON:

\$1,829 Double | \$2,189 Single

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due September 8, 2025



Exposure to different cultures can broaden perspectives and increase appreciation for diversity.



Overnight Trip Opportunities

CHRISTMAS TIME AT THE ARK ENCOUNTER

December 4 – 5, 2025
(Overnight)

Activity Level 3



Enjoy a trip to the Ark Encounter with a stay at Wingate by Wyndham-Erlanger, including a breakfast, lunch at the Creation Museum, buffet dinner at the Ark, and all entry fees.

Included: Round-trip motor coach, hotel accommodations, meals, baggage handling, sight-seeing, tips, taxes and service charges.

Not Included: Hotel incidentals, some meals.



COST PER PERSON:

\$525 Single • \$499 Double
\$479 Triple • \$459 Quad

DISCOVER DETROIT

September 9 – September 10, 2025
(Overnight)

Activity Level 4



Visit Eastern Market, Ford Piquette Avenue Plant, Belle Isle Aquarium & Conservatory, Dossin Great Lakes Museum, Detroit Train Station, and Motown Museum, plus enjoy time at the MGM Casino.

Included: Round-trip motor coach, hotel accommodations, lunch at American Coney Dog Island, dinner at Ford Garage, baggage handling, sight-seeing, tips, taxes and service charges.

Not Included: Hotel incidentals, breakfast.







COST PER PERSON:

\$529 Single • \$499 Double
\$489 Triple • \$479 Quad



Reminder:
When booking an extended trip, always bring your **PASSPORT!**

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

TOLEDO WALLEYE HOCKEY

Wednesday, March 5, 2025

Wichita Thunder vs. Toledo Walleye

\$89 Per Person

- Round Trip Motorcoach Transportation
- Private Party Terrace Seats with Buffet

Activity Level 2



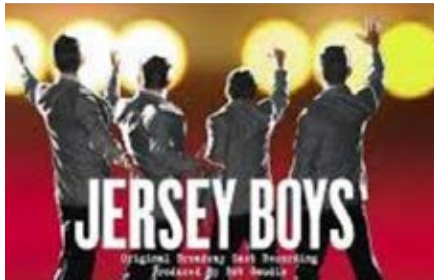
DINNER THEATER EXPERIENCE at LaComedia "JERSEY BOYS"

Thursday, March 20, 2025

\$128 Per Person

- Round Trip Motorcoach Transportation
- Full Dinner and tickets to the Musical Adventure: Jersey Boys

Activity Level 1



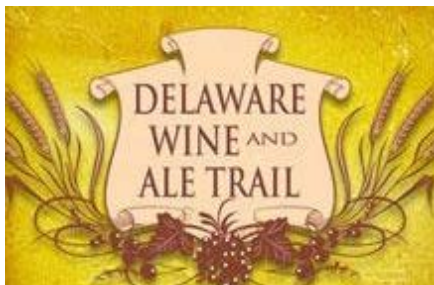
DELAWARE WINE & ALE TRAIL

Friday, April 25, 2025

\$110 Per Person

- Round Trip Motorcoach Transportation
- Visits to 4 top Delaware Breweries and Wineries
- Includes 1 Brew Flight, 1 Wine Flight, and a Mystery Sweet Stop
- Food available for purchase at each stop

Activity Level 2



DISCOVER PORT HURON LIGHTHOUSE AND BOAT TOUR

Thursday, July 10, 2025

\$150 Per Person

- Round Trip Motorcoach Transportation
- Lunch at Freighters Tap House by the St. Clair River
- Lady Huron Boat Cruise on the St. Clair River
- Fort Gratiot Lighthouse Tour & Climb (weather permitting)

Activity Level 1



EXPERIENCE HAMTRAMCK Michigan's Polish Village Tour

Thursday, August 7, 2025

\$119 Per Person

- Round Trip Motorcoach Transportation
- Visits to Polish Art Center, St. Florian and St. Albertus Churches, Pope Park, Hamtramck Museum
- Lunch at Polish Village Café (included.)
- Stop at New Palace Bakery (goodie bag included) & Srodek's Campau Quality Sausage.

Activity Level 3



50 **N**
NORTH
ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

50 North
trips always
fill up fast!

Don't miss
your chance to
book one of
these fantastic
trips.

Call
our travel
department
today at
567.429.9340
to make
arrangements
for your next
one-of-a-kind
adventure!

*Driver & Tour Host gratuities included on all Day Trip Packages.

TRAVEL

Traveling leaves you speechless and then turns you into a storyteller!



Day Trip Opportunities (continued)

LET'S PLAY BALL TOLEDO MUDHENS

Activity Level 2



Wednesday, August 13, 2025

Toledo Mudhens vs. Columbus Clippers

\$79 Per Person

- Round Trip Motorcoach Transportation with Snacks
- Game Ticket
- Stop at Tony Packo's for meal (at own expense)



CLEVELAND ADVENTURE

Activity Level 2



Tuesday, September 23, 2025

\$99 Per Person

- Round Trip Motorcoach Transportation
- Visit to West Side Market (2 hours)
- Tour of the Christmas Story House
- Stop at Sweeties, the world's largest candy store
- Ice cream at Mitchell's (choice of flavor)



OHIO'S AMISH COUNTRY FALL TOUR

Activity Level 3



Wednesday, October 8, 2025

\$120 Per Person

- Round Trip Motorcoach Transportation
- Buffet meal at Amish Door Restaurant (includes pie)
- Guided tour of Behalt Cyclorama
- Visit the world's largest cuckoo clock, cheese shop, gift shops and bakery
- Admission to Amish farm petting zoo (giant work horses)



DINNER THEATER EXPERIENCE at LaComedia "SCROOGE"

Activity Level 2



Wednesday, December 10, 2025

\$128 Per Person

- Round Trip Motorcoach Transportation
- Full Dinner and Musical Adventure: Scrooge



CHRISTMAS LIGHT SHOW Light Show at Clifton Mill

Activity Level 2



Thursday, December 11, 2025

\$89 Per Person

- Round Trip Motorcoach Transportation with Bingo
- Dinner at Young's Dairy (meal at own expense)
- Admission to Clifton Mill Light Show
- Drive through Ramar Neighborhood lights



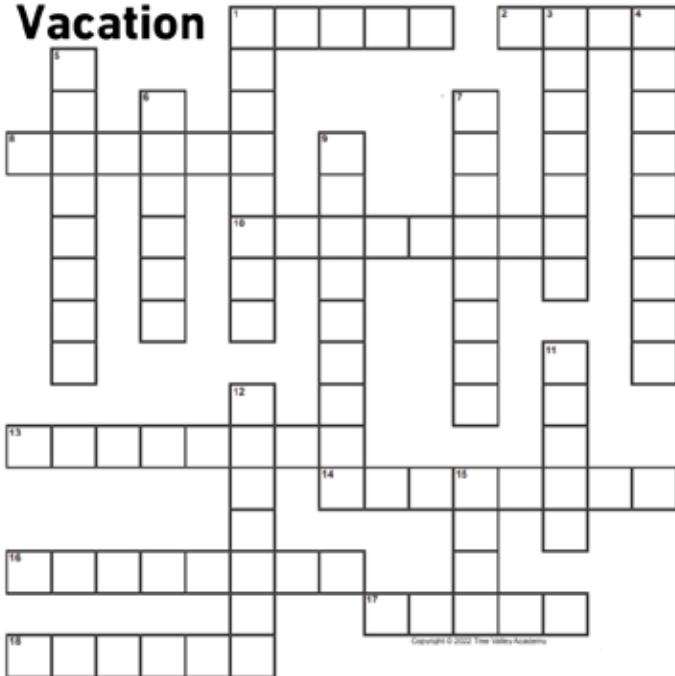
*Driver & Tour Host gratuities included on all Day Trip Packages.



CROSSWORD PUZZLE!

Puzzles have been proven to help keep minds sharp.

Vacation

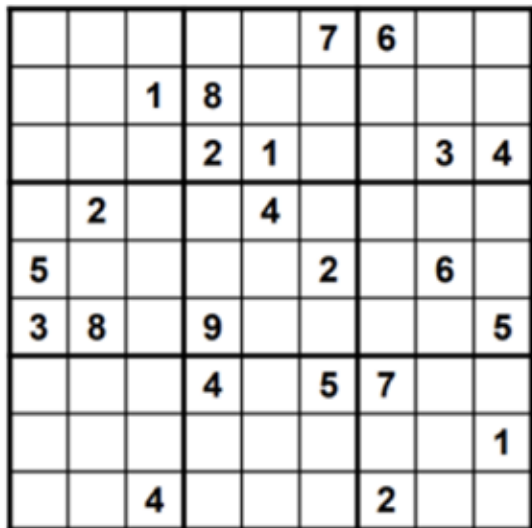


ACROSS

1. Having plenty of bright sunshine
2. Tiny loose pieces of rock on beaches
8. To fly to the destination without stopping
10. A flying vehicle with wings
13. A period of time a person spends away from home in order to relax or travel
14. The part of the world that is near the equator where the weather is very warm
16. A document you need when you go to another country
17. Spend time resting or doing something enjoyable
18. A journey on a plane

DOWN

1. A container to carry your clothing when traveling
3. To reach a place at the end of a journey
4. Act of leaving a place to start a journey
5. The activity of moving through the water by moving your arms and legs
6. A place where people go for vacations
7. A beautiful place that seems perfect
9. Moving in an irregular or violent way
11. Area covered with sand next to an ocean
12. A place where aircraft can land



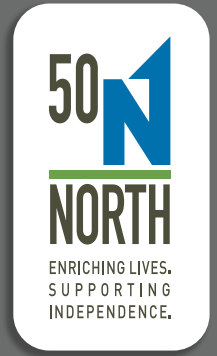
SUDOKU PUZZLE

Since **Sudoku** puzzles require players to remember numbers and their potential placements, it may help enhance and improve short-term memory.



LOCATE THESE SIX ICONS FOR A CHANCE TO WIN!

Find these 6 icons hidden in this issue of 50 North Navigator Magazine and get entered into a drawing for a chance to **WIN ONE FREE MEAL IN THE 50 NORTH MARATHON CAFÉ.** E-mail your answers (page numbers and location on each page) to hsensei@50north.org to be entered into the drawing. Winners contacted via e-mail at the magazine issue's end date.



PUZZLES

Wellness Center Membership Fee for 2025

Memberships at the Wellness Center are open to all older adults aged 50 and above.

Annual Membership Fees

- Single Membership: \$186.97 (tax included)
- Household Membership (Two Members): \$311.60 (tax included)

6-Month Membership Fees

- Single Membership: \$123.49 (tax included)
- Household Membership (Two Members): \$223.55 (tax included)

SilverSneakers®, Silver&Fit®, and Renew-Active™ Facilities.
 Contact the Wellness Center to find out if you qualify.

*Reduced rates available through our financial assistance program.
 (Applications at the Member Service desk and online at 50north.org).*



**DAILY
 FITNESS PASS
 ONLY \$11**

NEW! Accepting Appointments Now! SMARTfit®

A 'gamified' training technology for individuals with Parkinson's Disease and other neurocognitive conditions, designed to boost cognitive function and physical mobility by improving brain-body coordination. **SMARTfit®** focuses on high-repetition exercises to enhance daily functioning physical, cognitive, and dual-task performance, rebuilding essential neural pathways. Contact the Wellness staff for pricing and interest forms.



Healthy Living Nutrition Coaching and Personal Training with Anne Hayes & Personal Training with Sue Pasche and Jan Barnes!

See Wellness Staff to obtain an interest form to schedule your FREE consultation appointment with one of our Personal Trainers. Different packages are available. See Wellness Staff for available packages and pricing. Must be a Wellness Center Member.

See Page 5 (the Special Event page) for Dine In & Learn with Annie Hayes.

Physical Therapy with OIO at 50 North

Gordon Estlack, PT, DPT, OCS, GCS, and Aaron Low, PTA, from the Orthopedic Institute of Ohio (OIO - Findlay) in Findlay, are available for physical therapy appointments on Tuesdays and Thursdays. Most cases do not require a referral. Wellness Center membership required. To schedule an appointment, please call 419 423-8496.

Combat the Winter BLUES!

Stay active and connected this winter with 50 North! Physical activity and socializing can boost your mood and energy. Our expanded Zoom offerings ensure you can join virtual exercise classes from home.



Welcome to 50 North's Wellness Center!

Our programs are thoughtfully designed to support your overall well-being and help you achieve optimal health through a balanced approach that incorporates movement, strength training, and self-awareness. Here's what you can look forward to as a member:

Comprehensive Fitness Equipment:

Our Wellness Center is equipped with a wide variety of cardio and strength training tools to meet diverse fitness needs:

Cardio Equipment:

Treadmills, ellipticals, arm ergometers, Bio-Steps, Nu-Steps, recumbent bikes, spinning bikes, rowing machines, and the new Helix Trainer Recumbent Lateral Trainer.

Strength Training Tools:

Strength Training Tools: Biodex Sit2Stand Squat-Assist Trainer (ideal for those needing assistance from a seated position), upper/lower body machines, hand weights, resistance bands, TRX straps, balance balls, stretch tables, balance bars, and steps. Contact the Wellness Center staff for more information.

With such a diverse selection, you're sure to find the perfect fit for your workout routine, helping you elevate your fitness experience.

50 North's Wellness Center is equipped with wheelchair-accessible options and step-through equipment to ensure easy on and off, promoting inclusivity and convenience for all members.

Personalized Guidance:

Our experienced staff is dedicated to helping you achieve your fitness and wellness goals. We offer complimentary exercise plans tailored to all fitness levels, whether you're just starting out or already physically fit. Let us help you re-imagine your wellness journey and create a personalized health plan that fits your unique needs.

Group Exercise Classes:

As a member, you can enjoy a variety of group exercise classes offered both during the day and evening. Our classes include options focused on cardio, strength training, balance, and flexibility. Additionally, we provide specialized classes for individuals with Parkinson's disease and other chronic conditions, ensuring everyone can find a suitable and supportive program. No additional fee.

Join us at 50 North's Wellness Center and connect with a community of like-minded individuals and dedicated professionals.

3-Lane Track (19 Laps per Mile)

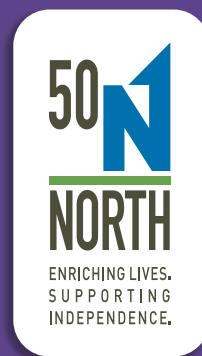
Wellness Center members can enjoy a safe environment for walking or jogging on our 3-lane track. Use it as a warm-up before accessing the Fitness Equipment room, as a cool down after a class, or simply to stay active and in shape. **Please note: The track is closed on Tuesdays from 11:00 to 12:00 pm for the Parkinson's exercise class.**

VibePlate:

Enhance your flexibility, stability, and mobility with VibePlate training, designed to increase muscle density and strength. Be sure to consult your physician regarding any health concerns before use.

HydroMassage Bed & Lounger:

Experience a therapeutic massage using water and pressurized jets to relax muscles and soft tissues. See staff for assistance; a minimal additional fee applies.



Getting some sunshine in the morning may help with weight loss.

Wellness Center Classes



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

Classes subject to change.

*Classes are also offered via ZOOM. T=Track

	MON	TUES	WED	THUR	FRI	SAT
T Body Blast	*8:30am		*8:30am		*8:30am	
EnhanceFitness®		*8:30am		*8:30am		
T SilverSneakers® Classic	*9:45am		*9:45am			
SilverSneakers® Yoga	9:45am *11:00am	*9:45am *11:00am	*11:00am	*9:45am	*9:45am	
Yoga Fusion	12:00pm		2:30pm	5:00pm	11:00am	
T Parkinson's Class		11:00am		11:00am		
T Seated Strength and Stretch	*1:00pm		*1:00pm			
T Balance and Strength		*1:00pm		*1:00pm		
T Standing Stronger					*1:00pm	
Body Toning	1:15pm		1:15pm			
GeriFit®		1:30pm		1:30am		
T Cardio Drumming	5:30pm		2:30pm		11:00am	
Cycling	5:30pm		5:30pm			
T Power-Up Combo		6:00pm		6:00pm		
SilverSneakers® Enerchi				ALTERNATE SATURDAYS ↑ ↓		10:00am
Yoga Flow						10:00am

Wellbeats™

Experience on-demand, **virtual workouts** tailored for all ages, genders, interests, and abilities. Choose your desired workout with **over 100 classes** to choose from!



Locations:

Wellbeats™ 1: In the Multi-Purpose Studio • Wellbeats™ 2: In the Group Exercise Studio

Interested in evening group exercise classes? Join us for classes with Wellbeats™

Yoga • Tai Chi • Zumba® • Pilates • Strength • Hillo Cardio • Seated Classes • and MORE!

Check the Wellness Center for class descriptions and room schedules. Sign up daily outside the studio to reserve.

Wellness Center Classes

(T) BodyBlast (45 min.)

A full body HIIT workout that involves cardio and resistance training.

(T) SilverSneakers® Classic (45 min.)

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga (45 min.)

Seated & standing yoga poses to increase flexibility, balance and range of motion.

Enhance Fitness® (45 min.)

An evidence-based class offering a full aerobic workout with cardio, strength, balance, and flexibility exercises. Arm and ankle weights are available for strength training.

Yoga Fusion (45 min. – 1 hr.)

Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

(T) Parkinson's Exercise Class (45 min.)

Designed for individuals with Parkinson's Disease, this class focuses on exercises to improve balance, posture, strength, walking, cognition, and cardiovascular health.

(T) Seated Strength and Stretch (30 min.)

A seated class offering full body strength and core conditioning, posture and stretching. Wheelchairs are welcome.

(T) Standing Stronger (30 min.)

A class focused on building strength for greater independence, helping participants move from seated to standing positions. Suitable for those working toward standing independently.

(T) Balance & Strength Class (30 min.)

A seated and standing chair-based class focused on improving balance, strength, and bone health using hand weights and tubing.

Body Toning (45 min.)

Full body toning and core strengthening class with light cardio.

Geri-Fit® (45 min.)

An evidence-based strength training class for older adults focused on increasing strength, balance, coordination, flexibility, and motor skills. Exercises, mostly done seated with dumbbells, can help reduce arthritis symptoms and support chronic disease management.

(T) Cardio Drumming (45 min.)

Drum to the rhythm of music. Class can be done seated or standing.

Cycling/Flex/Core (1 hr.)

Cycling integrated with elements of yoga, resistance training or Pilates.

Power-up Combo (45 min.)

Different class formats from toning, cardio, weight training, circuit, or bootcamp style.

SilverSneakers® EnerChi (45 min.)

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

Yoga Flow (45 min.)

Continuous flow of movement and breath with a focus on balance, stretching, strength, and developing inner peace. Chair option available.

T = Occurs in the Track area



***Classes are also offered via ZOOM.**

Additional classes added for winter months. Contact the Wellness Center to be added to the e-mail list for ZOOM classes.

Our Outstanding VOLUNTEERS

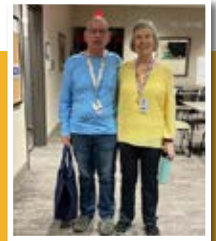
VOLUNTEER SPOTLIGHT!

Edie Wannemacher and **Alice Hailey** are dedicated volunteers at 50 North. Edie serves as a greeter and helps with special events, while Alice volunteers in the Parkinson's Class and also assists with special events. Both ladies bring warmth and positivity to their roles, always ready to greet you with a big smile.



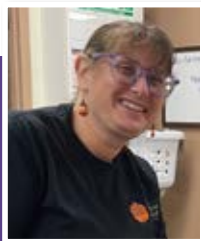
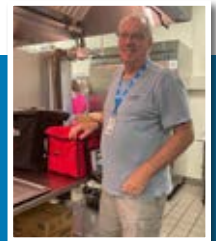
Sisters **Melanie Hough** and **Deb Moore** bring joy and enthusiasm to every special event they volunteer for. Their teamwork and fun-loving spirit make them a delightful addition to our volunteer team!

Burnie and Sandy Ducatare are invaluable volunteers in our fitness department and at special events. Their dedication and support bring great energy and encouragement to our team and members!



The **Findlay Service League** has been a wonderful addition to our team of group volunteers, assisting with our First Thursday Dine In and Learn events. Their support and enthusiasm help make these events enjoyable and successful for everyone involved!

Jim Ellerbe has been a dedicated Mobile Meal driver for five years. His reliability and kindness make a meaningful difference, and he is greatly appreciated by all he serves.



Ashley Hendel is a compassionate volunteer who helps pack Mobile Meals with a heart of gold. Her kindness and dedication make a positive impact on our community every day,

Thank you, thank you, thank you to each of these volunteers!

Volunteering: The Happiness Effect

Retirement offers freedom, but for many - including myself, a former teacher - it can feel empty without a sense of purpose. I expected leisure to fulfill me, but soon found my days monotonous. Golf and gardening were seasonal joys, but not enough. The turning point was realizing I needed to keep my experience and skills alive in a meaningful way.



Al Gini, in the Journal of Business Ethics, says work shapes who we are. Retirement challenges that identity, yet volunteering helped me regain it. Now, I coordinate over 300 volunteers, surrounded by passionate people making a difference.

If you're looking for purpose, we have roles for:

- Mobile Meal Drivers**
- Greeters**
- Café Staff**
- Special Events**



Julie Niswander

Contact Julie Niswander, 50 North Volunteer Coordinator, at (419) 423-8496, ext. 121, or J.Niswander@50North.org. Volunteer applications are on our website, and we welcome individuals, couples, and groups.

Find purpose and community with us.

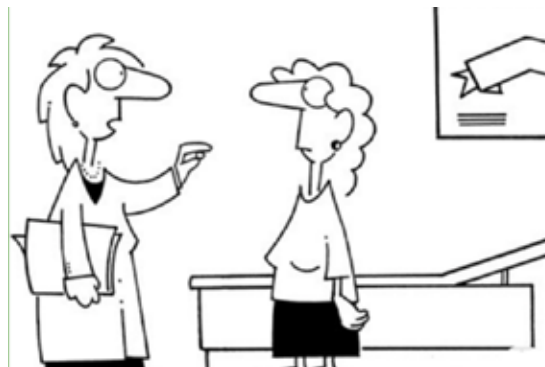
Think about this.

“Life’s most persistent and urgent question is ‘what are you doing for others?’”

Martin Luther King, Jr.

The practice of healthy habits can improve physical as well as mental health.

Getting enough sleep can help prevent disease, keep your mood good, and improve your mental sharpness.



These ear plugs will help you stick to your diet. When you wear them, you can't hear snacks calling your name from the kitchen!

50 NORTH
ENRICHING LIVES.
SUPPORTING INDEPENDENCE.

“As you grow older, you will discover that you have two hands.

One for helping yourself and the other for helping others.”

Audrey Hepburn

The Critter-Getter

Insect Control Specialist

Rodents • Spiders • Roaches
Bees • Wasps • Carpenter Ants

Commercial & Residential Pest Control

419.421.1234

Making Your Problem My Problem
Since 1989

State Licensed & Insured

Bug Off Pest Control, LLC.



MEDICARE QUESTIONS? CALL (419) 835-2190

WE REPRESENT ALL

MAJOR CARRIERS IN OHIO
*OFFICE, IN HOME, OR REMOTE APPOINTMENTS

- * Medicare Advantage
- * Medicare Supplements
- * Prescription Drug Plans (Part D)
- * Gap Plans (Prior to Medicare)
- * Dental/Vision/Hearing
- * Term & Whole Life



Ken and Babs Atwell
923 Summer Dr., Suite H,
Carey Ohio, 43316

A+ Insurance Solutions

BUYING SELLING *a home?*

Let's work together!

Buying or selling a home can be a stressful process if you don't have the right real estate agent. With tons of experience, you can rely on me to get you the best possible result.



419.722.4499

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

Senior Living A CUT ABOVE THE REST

Kick off the new year by experiencing the warmth of our community! Enjoy a complimentary meal, tour our welcoming spaces, and explore everything we have to offer in 2025—from personalized dining to engaging activities and the friendly faces that make our community feel like home.

To reserve your complimentary meal,
call Pat Gory at (567) 525-7120!

**Limit of one complimentary meal per person.*

**PROVISION
LIVING**
Senior Living Communities

11915 Township Rd. 145
Findlay, OH 45840

www.provisionliving.com



**Health insurance solutions
for every generation!**

Call
TODAY

- ✓ No cost, no obligation, plan review
- ✓ Enrollment assistance; Medicare and ACA
- ✓ Plan quotes with multiple carrier comparison
- ✓ Year-round client service and support

419-425-0916

www.GBCbenefits.com



ANNETTE SHAFFER LENI MUELLER
LICENSED AGENTS



**GROUP BENEFIT
CONSULTANTS, INC.**

418 S. Main St., Findlay OH

Not connected with or endorsed by any government or Federal Medicare Program.



Working Together to Make Things Happen

Established 1916

Member FDIC

15030 Flag City Drive, Findlay
419-424-0458
www.oldfortbank.com

MEDICARE ANNUAL ENROLLMENT PERIOD...

October 15 - December 7
ACA Enrollment November 1 - December 15

CALL TODAY!
419-423-1250

Heidi Rupp, MBA, CLTC
hrupp@uisprotect.com
Ext. 1742

Toria Felton
tfelton@uisprotect.com
Ext. 1155



Insurance & Investments



Keeping Your Devices Fresh!

\$5 Off Basic Service!

Available for new and current patients
Expires: 3/31/2025

At Clean and Check appointments we:

- sanitize the hearing aids
- discuss any issues or concerns
- remove moisture from the devices
- change filters
- check your ears for wax



Do this every six months and your hearing aids will **thank you!**



419-422-5242
930 Plaza Street
Findlay, Ohio 45840
www.findlayhearing.com

SENIOR LIVING

simplified.

Planning for the future?

The Heritage is here to help you every step of the way – whether you're a family caregiver or looking for a new place to call home.



GET STARTED TODAY!

567-301-3552 | theheritagehc.com | f

**INDEPENDENT & ASSISTED LIVING
MEMORY CARE | AND MORE!**





WE'RE HONORED

Our residents deserve noteworthy care and services, which is why our community is honored to be recognized by **U.S. News & World Report** for three consecutive years. This accomplishment and our residents' satisfaction are made possible by our team's commitment to compassion, excellence and integrity.



Call us today at 419-423-4440 to schedule your visit!
725 Fox Run Rd. • Findlay, Ohio 45840 • brookdale.com

Facility No. 11310 • ©2024 Brookdale Senior Living Inc. All rights reserved.
BROOKDALE SENIOR LIVING is a registered trademark of Brookdale Senior Living Inc.

New Procedure Available for Lower Back Pain



We're here for *expertise.*

One in six people have chronic lower back pain. Vertebrogenic pain is felt in the middle of the lower back and tends to get worse during physical activity or long periods of sitting.

Blanchard Valley Pain Management is now offering a revolutionary option called the Intracept procedure, which helps people with vertebrogenic pain, return to active lifestyles.

The Intracept procedure is an implant-free, same-day surgery that preserves the overall spinal structure. One single treatment can provide long-term pain relief!

While not every patient may be a candidate for the Intracept procedure, our team does offer numerous other treatment options for pain. To schedule a consultation, please call 419.423.5555.



**Blanchard Valley
Pain Management**

BLANCHARD VALLEY HOSPITAL

Findlay | Carey | Bluffton | North Baltimore | Kenton | Ottawa | Lima