

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

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

TAKE A LOOK AT WHAT'S HAPPENING!

NEW! BINGOcize

Every Monday & Wednesday
from July 1 thru September 9
10:30 – 11:30 am. Limit 20

See pages 15 for details.

NEW SERIES! Navigating 50 North

50 North Social Groups:
How Can I Get Connected?
Thursday, August 1 at
10:00 am or 5:30 pm

See page 16 for details.

Karaoke Night

Join us for free
Karaoke Night with Tim Holt!
Tuesday, July 30 from
5:00 – 7:00 pm.

See page 16 for details.

Digital Literacy Course Series

Every Friday Morning
from July 12 thru August 9
10:00 am

See page 16 for details.

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

Visit us on the web at...

www.50north.org



THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

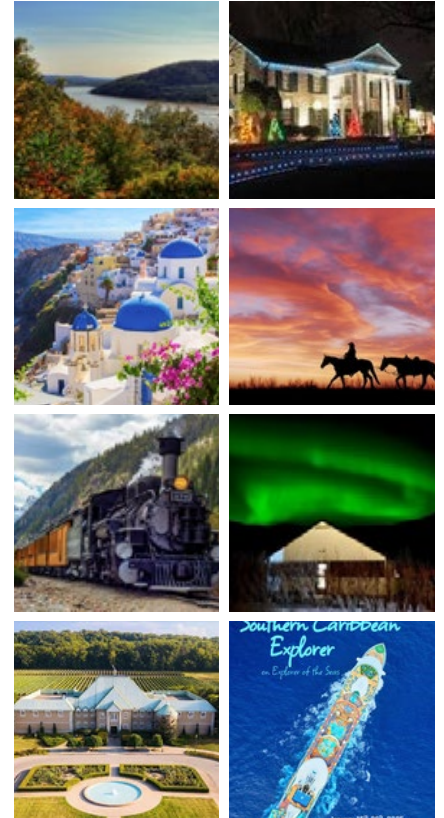
July / August 2024

2025 TRAVEL TEASER!

Registration starts June 13, 2024

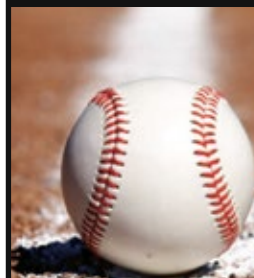
- Heart Of Texas
- Niagara On The Lake*
- National Parks & Historic Train Of Colorado
- Iceland's Magical Northern Lights
- Hudson River Valley And Castles Of New York
- Greece Island Hopper*
- Elvis' Blue Christmas
- Southern Caribbean Explorer

* Registration starts August 15, 2024



For more info about these trips, check out pages 19 - 20 in the travel section.

IT IS ONE, TWO, THREE STRIKES YOU'RE OUT!



CHECK OUT THE 419:
FINDLAY'S NEW COLLEGIATE BASEBALL TEAM!
FLAG CITY SLUGGERS

MONDAY, AUGUST 12 AT 10:00 AM

See page 17 for details.

50 North wants to be a welcoming place for everyone to come because we want you to feel at home when you are here. This article by Lolly Daskal, President and CEO of Lead From Within, reminds me of how we all want to be treated. How you treat others is how you invite them to treat you. Relationships function like a mirror – eventually that change will reflect back onto how you are treated.

Here are nine important principles to remember about how to treat others:

1. Instead of judging people by their past, stand by them and help them build their future. Everyone has a past. Some are a source of pride, and others are best left behind. But whatever their past, people do change and grow, so instead of judging, stand by and support them as they move toward their future. Treat them with respect and make their journey your own.

2. Listen with curiosity, speak with candor, and act with integrity. Listening and curiosity allow relationships to thrive. Speaking your truth allows people to be honest with themselves and with you, and acting with integrity keeps relationships on a high standard. Relationships need curiosity to grow, candor to deepen, and integrity to continue.

3. Treat everyone with kindness – not because they are kindhearted, but because you are. One of the greatest gifts we can give another is kindness. If someone is in need, lend a helping hand. Don't do it only for the people you like and respect – that is easy – but also for the ones who drive you crazy and those you do not even know. True kindness lies in the act of giving without the expectation of getting something in return.

4. Don't try to make yourself great by making someone else look small. The moment you think you have the right to be little others because you are better than they are is the moment you prove you have no power. People tend to make others feel how they themselves feel, whether it is great or small. If you cannot offer help, support, or love, at least do everything in your power not to hurt them or make them feel small. Treat everyone you meet with honor.

5. Remember, everyone has a story. It may be something they have gone through in the past or something they are still dealing with but remember that behavior does not happen in a vacuum. Everyone has inner battles and issues. Withhold judgment and instead offer the consideration you would like to receive.

6. We do not meet people by accident. Every person you meet will have a role in your life, be it big or small. Some will help you grow; some will hurt you; some will inspire you to do better. At the same time, you are playing some role in their

lives as well. Know that paths cross for a reason and treat people with significance.

7. The best teachers are those who do not tell you how to get there but show you the way. There is no better joy than helping people see a vision for themselves, seeing them go to levels higher than they ever would have imagined on their own. But that does not mean you have to fix them or enable them; instead, guide them to the source of their own power. Offer them support and motivation as they find their own way and show you what they are capable of. All you have to do is believe in them.

8. Never look down on someone unless you are helping them up. We like to think of life as a meritocracy, so it is easy to look down on someone who is not as successful or accomplished or well educated as you are. But you have no idea how far that person has already climbed or where they will end up. Time could easily reverse your position, so be sure you treat everyone with dignity.

9. Appreciate those who have supported you, forgive those who have hurt you, help those who need you. Business is complicated, life is complex, and leadership is difficult. Treat all people – including yourself – with love and compassion, and you cannot go wrong. Treat people the way you want to be treated and life will instantly get better.



Carolyn Copus
Carolyn Copus
Executive Director

A blue rectangular advertisement for 'MEDICARE & ACA OPTIONS' by 'Insurance & Investments'. The text is white and blue. It includes the address '321 S Blanchard St, Findlay, OH 45840', the phone number '419-423-1250', and contact information for Heidi Rupp and Toria Felton. There is a photo of two women at the bottom left of the ad.

MEDICARE & ACA OPTIONS
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50 North Center Hours

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

50 North Facility Schedule

50 North will be **CLOSED** on:
 Tuesday, July 4. Independence Day

50 North Participation / Membership

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

Regarding Guests:

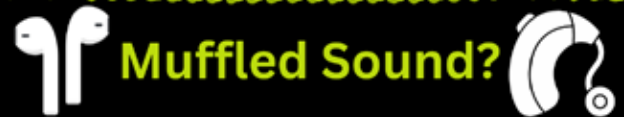
- 50 North encourages all members to bring guests. Please bring your guest to the Member Services Desk to sign in and receive their guest name tag.
- Guests of 50 North members are welcome up to 2 times per year.
- Guests must be over the age of 50, with the exception of the café.
- In the café, 50 North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

Caring For Seniors Because They Cared For Us.



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Dr. Katie Frederick

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

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

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

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

**Ask us about our
RENT A RAMP program!**

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

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Looking for the perfect gift idea?
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Give the gift of 50 North. See a staff member to purchase.

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

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

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

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

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

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

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

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

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

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

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

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



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Tuesday, July 2	11:30 am - 12:30 pm	Café Entertainment – Patriotic Piano by Erica Bickhart (\$7 lunch purchase required) Join us in the café for lunch and listen to Erica Bickhart play some of our patriotic favorites.
Wednesday, July 3	11:00 am - 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Wednesday, July 3	11:00 am - 1:00 pm	National Eat Your Beans Day (\$7 lunch purchase) Beans, Beans, the magical fruit! Come join us in the café for some beans!
Week of July 8 – 12		National Sugar Cookie Day (\$7 lunch purchase; dessert is \$1) These cookies are almost as sweet as you! Tuesday, July 9 is National Sugar Cookie Day, so the dessert of the week will be Sugar Cookies!
Monday, July 8	11:00 am - 1:00 pm	National Blueberry Day (\$7 lunch purchase; Baker's Rack Desserts are \$2) Don't be blue! It's National Blueberry Day. To celebrate, there will be a blueberry dessert on the Baker's Rack.
Friday, July 12	11:00 am - 1:00 pm	National Pecan Pie Day (\$7 lunch purchase; Baker's Rack Desserts are \$2) Desserts all around. Celebrate with some pecan pie on the Baker's Rack.
Monday, July 15	11:00 am - 1:00 pm	Orange Chicken Day (\$7 lunch purchase) Don't be a chicken! Come join us in the café for some orange chicken!
Friday, July 19	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.
Week of July 22 – 26		National Peanut Butter & Chocolate Day (\$7 lunch purchase; dessert is \$1) You butter check out this amazing dessert! Tuesday, July 23 is National Peanut Butter and Chocolate Day, so the dessert of the week will be peanut butter and chocolate!
Thursday, July 25	11:00 am - 1:00 pm	National Chili Dog Day (\$7 lunch purchase) Hot diggity dog! Come join us in the café for some chili dogs.
Monday, July 29	11:00 am - 1:00 pm	National Lasagna Day (\$7 lunch purchase) Lots of layers of love to this one! Come join us in the café for some lasagna.
Wednesday, July 31	11:30 am - 12:30 pm	Café Entertainment – Scott Shaul (\$7 lunch purchase required) Join us in the café for lunch and listen to local musician and 50 North member Scott Shaul as he sings and plays some of his favorite songs.
Wednesday, August 7	11:00 am - 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.
Friday, August 16	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.
Monday, August 19	11:00 am - 1:00 pm	National Potato Day (\$7 lunch purchase) Hot potato hot potato! Come celebrate National Potato Day with us today.
Wednesday, August 21	11:00 am - 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change.

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

- **Advocacy** – Answer questions and help fill out paperwork for services such as housing, Social Security, SNAP benefits, and any other needs.
- **Information and Referral** – Linkage to community resources such as behavioral health services and other senior needs.
- **Emergency Response Systems Program** – With just a push of a button, a professionally trained monitor will contact your designated responders if you need emergency help. Information and enrollment are available through the Outreach Department.
- **Financial Assistance** – Financial Assistance is available for our Marathon Café, Curbside Café, Mobile Meals, Chore Services, Emergency Response System, and the Wellness Center. Assistance is determined by a sliding fee scale based on family size and household income. Written proof of income is needed and will be returned to the member.
- **Medical Equipment Loan** – Durable medical equipment such as wheelchairs, walkers and/or shower benches are available for loan.
- **Medicare Programs** – Representatives of the Ohio Department of Insurance offer presentations providing information and answering questions for anyone who is receiving Medicare or will be eligible soon. Trained 50 North Case Managers provide information about Medicaid, Medicare, Medicare Part D Prescription and Supplemental Insurances.
- **Transportation** – Provide information for community transportation resources, such as HATS and Find-A-Ride.

SUPPORT GROUPS

Caregivers Support Group (No July Meeting) **Thursday, August 1 at 1:30 pm**

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

Alzheimer's Support Group **Wednesday, July 10 and August 14 at 6:30 pm**

This group meets on the 2nd Wednesday of each month at 6:30 pm. For questions, contact Mary Beth Torsell matorsell@alz.org or 419-419-5858 or call the helpline at 800-272-3900.

Parkinson's Support Group

Thursday, July 18 and August 15 at 1:00 pm

This group meets on the 3rd Thursday of each month at 1:00 pm. For more information, email Mark Fisher at mfish1200@aol.com

Diabetes Support Group

Tuesday, July 9 at 10:00 am

Diabetes, Lifestyle & Dementia Risks

Tuesday, August 13 at 10:00 am

Low Sugar Food Preservation Techniques

This group meets the 2nd 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.



The image shows a promotional graphic for Old Fort Banking Company. On the left, there is a circular logo with the text "OLD FORT BANKING COMPANY" around the perimeter and "EST. 1916" in the center. Below the logo is the tagline "Working Together to Make Things Happen" and "Established 1916" in a script font. On the right, the address "15030 Flag City Drive, Findlay" is listed, along with the phone number "419-424-0458" and the website "www.oldfortbank.com". At the bottom right, there is a "Member FDIC" logo.

OUTREACH PROGRAMS

Take Time For You: Emotional Well Being Bingo Thursday, July 11 at 10:00 am

One guarantee in life is change, and sometimes extra support can help to work through the change. Join Dee Graham, LISW-S from the Area Agency on Aging 3 for a brief presentation on how to recognize stressors that may be occurring in your life or the lives of loved ones. Then, stay for a game of Emotional Well-Being BINGO! This is a fun way to learn a variety of positive techniques to improve self-care. The BINGO is free, and prizes will be given! **Pre-registration required. Free.**

Medicare Presentation Tuesday, July 16 at 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. **Pre-registration required. Free.**

***New Series* Tech Connections: Navigating the Medicare Website Tuesday, July 16 at 12:30 pm**

In the first class of our new series, you will be learning how to register, login, and navigate the Medicare website, facilitated by Dave Painter from the Ohio Dept of Insurance. You may bring your own charged laptop, tablet, or phone, or 50 North will provide laptops for class use. **Pre-registration is required. Free.**

***New Series* Mindful Monday: Self-Care Monday, July 22 at 1:00 pm**

This first session focuses on what it means to have self-care. This series will meet once a month and will be led by Amber Wolfrom from Family Resource Center. Each session will talk about different ways to improve our mental health and wellness and include an activity, craft, or something to take home. **Pre-registration required. Free.**

Grief Share: Loss of Spouse

Wednesday, August 7 from 10:00 am – 12:00 pm

Do you dread the lonely days and nights? Wonder what to do with your spouse's belongings? Feel like your brain is in a fog and unsure of how you will go on? At this non-

denominational workshop, you'll find reasons for hope, receive tips for coping, and discover other people who understand and have found ways to make it through. The event will include a short video, time for sharing, and will provide you with a guide to take home on how to live with grief and eventually rebuild your life. Facilitated by Rowan and Linda Colwell. **\$5 book fee paid to instructor at the time of the class - registration ends July 29.**

***New Series* Mindful Monday: Anxiety Monday, August 26 at 1:00 pm**

This first session focuses on what anxiety actually is and ways we can help with anxiety regulation. This series will meet once a month and will be led by Amber Wolfrom from Family Resource Center. Each session will talk about different ways to improve our mental health and wellness and include an activity, craft, or something to take home. **Pre-registration required. Free.**



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July and August Activities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Did you know that you can pre-register for 50 North events and activities online?

Save time and pre-register on your home computer or on your phone!

1. Log onto www.myactivecenter.com to create an account.
2. Click "New User".
3. You will need to change your location to '45840' and select '50 North'.
4. Create an account using the number on the back of your 50 North keytag and the phone number when signing up for membership.
5. Once your account is created, you can search for events and add each event to your cart.
6. When you're finished selecting events, click on your 'cart' to check out.

For additional help, please call 419-423-8496 or e-mail jgottschalk@50north.org and we will set up a time for you to work one-on-one with a staff member or volunteer.

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 GROUPS

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

CARDS AND GAMES

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

Billiards

Open during regular facility hours.

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

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

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

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

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

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

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

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

Mahjongg: Fridays 12:00 - 4:30 pm

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

BINGO

Mondays from 9:00 to 10:00 am

Everyone receives 2 cards per game. Each game has 3 winners. Last game is a regular game leading into cover-all. Free. Registration required.

- First Monday – bring a white elephant gift to share
- Second Monday – sponsored by Sunrise of Findlay
- Third Monday – sponsored by The Heritage
- Fourth Monday – sponsored by Brookdale Findlay

MUSIC BINGO

Wednesday, July 3 at 1:00 pm – “Beach Boys”

Wednesday, August 7 at 1:00 pm – “Elton John”

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

CARD BINGO

Friday, July 12 and Friday, August 9 at 1:30 pm

The room will not be available until 1:00 pm. Card Bingo and prizes sponsored by Bridge Home Health and Hospice. Free. Registration required.

LINE DANCE

No Class on Thursday, July 4

Beginners: No experience needed.

Instructed by Robb Sammet
Thursdays, 6:30 – 7:30 pm

Improvers: Experience needed.

Instructed by Cindy Fletcher
Mondays, 4:00 – 5:00 pm
Wednesdays, 4:00 – 5:00 pm
Fridays, 1:00 – 2:00 pm

Intermediate: Experience needed.

Instructed by Cindy Fletcher
Mondays, 2:00 – 4:00 pm
Wednesdays, 2:00 – 4:00 pm
Fridays, 2:00 – 4:00 pm

Scrapbooking

Tuesdays: July 9 and August 27

Fridays: July 5, 19, 26 and August 16, 23
from 10:00 am to 3:00 pm

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

50 North Featherweight Friends
Tuesdays, July 2 and 16, August 6 and 20
8:00 am – 12:00 pm

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

Needlecraft and Conversation
Every Wednesday from 10:00 am to 12:00 pm

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

Bible Study
Every Thursday from 10:00 to 11:00 am

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

Senior Tech Support
Every Tuesday from 12:00 to 2:00 pm

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

Senior Cinema (Titles are subject to change)
Every Friday at 1:00 pm. Free movie and popcorn provided. Movie titles are subject to change. Additional movie details on our website.

- July 5 **You Had Me At Aloha** (Hallmark)
- July 12 **Space Oddity** (PG13)
- July 19 **Ordinary Angels** (Faith-Based)
- July 26 **Invitation To Murder** (PG13)
- August 2 **Arthur The King** (PG13)
- August 9 **Field Of Dreams** (PG)
- August 16 **Wonka** (PG)
- August 23 **The Art Of Falling In Love** (PG)
- August 30 **Betty's Bad Luck In Love** (Hallmark)

Free Blood Pressure Checks
First and Third Thursdays of each month
Thursday, July 18 and Thursday, August 1 and 15
from 11:30 am to 1:00 pm

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

Coffee with a Cop
Thursday, July 18 and August 15 from 9:00 to 11:00 am
 Every third Thursday, enjoy a cup of coffee in The Commons area and conversation with local law enforcement.
**This is in addition to their regular meeting at Coffee Amici*

First Fridays with the Findlay Fire Dept.
Friday, July 5 and August 2 from 9:00 to 11:00 am
 Fire safety for older adults is very important! The FFD will be here each month in The Commons area to chat with 50 North members, discuss fire safety, and answer your questions.

NEW GROUP! 50 North Dinner Club
Second and Fourth Tuesdays of the Month
Starts at 5:00 pm

Whether you're looking for some new friends or looking for dinner plans, 50 North Dinner Club is for you. Join your new found friends for a night out on the town. Every 2nd and 4th Friday there will be a different restaurant to explore! Please note: 50 North will not provide transportation to or from the restaurant. 50 North is not responsible for payment of meals or drinks, or any issues that could occur while dining at the restaurants. Registration Required.

- July 9 **Tavern at the Inn (Findlay Inn)**
(Registration due by July 1)
- July 23 **Dark Horse** (Registration due by July 15)
- August 13 **Chick-Fil-A** (Registration due by August 5)
- August 27 **Tony's Restaurant** (Registration due by August 19)

CREATIVE & PERFORMING ARTS

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

PERFORMING ARTS

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

Encore Theatre: Playwriting
Every Tuesday in July and August, starting July 9
from 2:00 to 3:00 pm

This class will run for 8 weeks. In the first 6 classes, we'll learn how to write a short play based on events from history or personal experiences. Each play will be guided through a non-judgmental workshop process where your fellow classmates will serve as readers and provide feedback in a safe space. The last 2 classes serve as our performance day for our class. All experience levels welcome! Pre-registration required. Free.

50 North Choir
 Choir will resume on Thursday, September 5. Stay tuned for the September/October Navigator for more information!

CRAFT CLASSES

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

Craft Corner: First Tuesday Free Craft!
Tuesday, July 2 at 1:00 pm
 Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by June 25.

Craft Corner: Resin Charcuterie Board
Tuesday, July 30 from 9:00 am to 12:30 am
 You'll be creating a classy, fully functional charcuterie board using food safe resin and embellishments. Board measures approximately 12"x 16". Board will be decorated in class, but must be left to dry. Pickup will be announced by instructor. All materials included. Instructor: Sharon Weddell. Registration and \$45 due by July 23.

July and August Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Craft Corner: Greeting Card Mania

Friday, August 30 from 9:00 am to 12:30 pm

Learn a few card making techniques in this class. Iris folding, fractured cards, and one sheet wonders. You'll make festive cards using unique styles of card making. If you have a paper cutter, please bring it to class. All materials included. Instructor: Sharon Weddell. Registration and \$25 due by August 23.

Craft Corner: First Tuesday Free Craft!

Tuesday, August 6 at 1:00 pm

Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by July 30.

ART CLASSES

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

Art Class: Graphite Drawing – “Lonely Umbrella”

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

Draw a beginner's perspective landscape with lady walking in the rain. Optional color added with colored pencils. PowerPoint used with personal instruction in skills development. Supplies included. Instructor Cindy Meadows. Registration and \$30 due by July 5.

Art Class: Watercolor -

“Splash – Flooding of the Maumee River”

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

Paint a water landscape in an Impressionist Style on 9"x12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction in skills development. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by July 8.

Art Class: AMA - “Isle of Palms”

Monday, July 22 at 10:00 am

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

Art Class: Acrylic – Claude Monet “Waterlilies”

Monday, July 29 from 10:00 am to 1:00 pm

Paint Impressionist Claude Monet's Garden Lily Pond on a 16"x20" canvas. PowerPoint used with personal instruction in skills development. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by July 22.

Art Class: Watercolor – “It's All About Pink”

Monday, August 12 from 10:00 am to 1:00 pm

Paint a water landscape in an Impressionist Style on 9"x12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction in skills development. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by August 5.

Art Class: Acrylic – Monet: “Water Lily Bridge”

Monday, August 19 from 10:00 am – 1:00 pm

Paint a colorful landscape surrounding Claude Monet's water lily pond and his bridge covered with purple wisteria. Power-

Point used with personal instruction in skills development. Supplies included. Instructor Cindy Meadows. Registration and \$30 due by August 12.

Art Class: AMA - “Bushel of Cherries”

Monday, August 26 at 10:00 am

This class is perfect for beginners! Receive step-by-step instructions from Mackenzie of Awakening Minds Art. Only 10 spots available. Registration and \$15 due by August 19.

SEWING CLASSES

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

Sewing: Quilt Block of the Month Parts Three & Four

Part Three: Friday, July 12 from 9:00 am - 12:00 pm

Part Four: Friday, August 9 from 9:00 am - 12:00 pm

This is the third and fourth set of classes in a monthly series that teaches several different quilt blocks, resulting in creating a throw/twin size quilt top. Each participant is provided a quilt block kit at each class that contains the fabric pattern for the Block of the Month. Blocks not completed are the responsibility of the student to complete at home prior to the next month's class. Please note this project will be completed over the course of seven months. No new sign ups will be taken at this time. All materials included. Instructor: Sharon Weddell. Part Three Registration and \$25 due by July 5. Part Four Registration and \$20 due by August 2.

Beginning Sewing: Folded Star Square Potholder

Tuesday, August 13 and Wednesday, August 14

from 9:00 am to 12:30 pm

Making a fall-themed folded star square potholder. Four coordinated fabrics will be used to assemble the layered star following a pre-printed interfacing template. All materials included. Instructor: Sharon Weddell. Registration and \$30 due by August 6.

Beginning Sewing: Project In a Day - Drawstring Bag

Tuesday, July 23 from 9:00 am to 12:30 pm

In this class, you will be creating a functional drawstring bag. We will learn how to make a sleeve for the drawstring and how to feed the drawstring through the sleeve. Instructor: Sharon Weddell. Registration and \$25 due by July 16.

BASKET WEAVING CLASSES

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

Beginning Basket Weaving: Jelly Jar Basket

Wednesday, July 17 from 9:00 am to 2:00 pm

In this class, you will be creating a Jelly Jar Basket. This class is perfect if you're a first-time basket weaver! Note: This class does not break for lunch. You may bring a bottled drink and individually packed snacks. Instructor: Teresa Margraf. Only 10 spots available. Registration and \$30 due by July 10.

Intermediate Basket Weaving: Napkin Basket

Wednesday, August 21 from 9:00 am to 2:00 pm

In this class, you will be creating a Patio Napkin Basket. Previous weaving experience is recommended! Note: This

class does not break for lunch. You may bring a bottled drink and individually packed snacks. Instructor: Teresa Margraf. Only 10 spots available. Registration and \$35 due by August 14.

FUSED GLASS CLASSES

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

July Fused Glass Class: Votive Candle
Wednesday, July 10 at 10:00 am

August Fused Glass Class: Fish Sun Catcher
Wednesday, August 28 at 10:00 am

All skill levels welcome! Your instructor, Mary Burget, will take your pieces to be fired and will be available for pickup at a later date. Registration and \$35 due by July 3 for July class. Registration and \$35 due by August 21 for August class.

EDUCATION, ENRICHMENT & WELLNESS

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

SUPPORT GROUPS

Caregivers Support Group
(No July Meeting)

Thursday, August 1 at 1:30 pm

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

Diabetes Support Group

Tuesday, July 9 – Diabetes, Lifestyle & Dementia Risks

Tuesday, August 13 – Low Sugar Food Preservation Techniques

Meetings start at 6:30 pm

“Doing Diabetes Together” meets the 2nd Tuesday of each month. Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. If you have any questions, please reach out to Jennifer Little at little.18@osu.edu.

Alzheimer’s Support Group

Wednesday, July 10 and Wednesday, August 14

Starts at 6:30 pm

This group meets on the 2nd Wednesday of each month at 6:30 pm. For questions, contact Mary Beth Torsell matorsell@alz.org or 419-419-5858 or call the helpline at 800-272-3900.

Parkinson’s Support Group

Thursday, July 18 at 1:00 pm

Thursday, August 15 at 1:00 pm

Group meets on the 3rd Thursday of each month at 1:00 pm. For more info, email Mark Fisher at mfish1200@aol.com

EDUCATION

De-Clutter with Deb Series – “Paper Clutter”
Tuesday, July 2 at 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Each month will have a different topic and helpful tips to declutter and simplify. Pre-registration required. Free.

NEW PROGRAM! BINGOcize

Every Monday and Wednesday from July 1 through September 9 from 10:30 – 11:30 am.

50 North is proud to announce that we are a BINGOcize certified facility. BINGOcize is an evidence based, health promotion program that combines bingo with exercise and health education for older adults. The program is designed for sedentary adults at all physical and mental ability levels. BINGOcize is meant to be played twice a week, with each session lasting 45 – 60 minutes. The overall goals of the program are: to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors, and engage older adults in social settings. We ask that those participating commit to at least 16 out of the 20 class sessions to receive their completion certificate. There will be movement involved in this class, so please dress comfortably. The movements and exercises in this class can be modified for those of all mobility levels. Please contact Erica for any additional information. There is a maximum class size of 20 set by the BINGOcize program. Free, but pre-registration is required for this class.

Nature Notes with HPD: Animals In Your Backyard
Monday, July 8 at 1:00 pm

Rabbits, squirrels and woodchucks, oh my! Learn neat and uncommon facts about common animals that call your backyard home. Species of mammals, birds, reptiles, amphibians, and insects will be covered. Pre-registration required. Free.

Check Out the 419: Chick-Fil-A
Tuesday, July 9 at 10:00 am

Today is National Cow Day! This unofficial holiday was started by the restaurant, Chick-Fil-A! Paul Hadde, the owner/operator of the Findlay Chick-Fil-A, will be at 50 North to talk about one of Findlay’s favorite restaurants and all that they do for the community! Pre-registration required. Free.

Trail Walks with Hancock Parks (offsite)
Wednesday, July 10 at 10:00 am

Join the Hancock Parks District as they guide you on trail walks this summer. This walk will be at Litzenberg Memorial Woods – South Side. Meet at the South Side Parking Lot. Register with Jordan at jgottschalk@50north.org

Take Time For You: Emotional Well Being Bingo
Thursday, July 11 at 10:00 am

One guarantee in life is change, and sometimes extra support can help to work through the change. Join Dee Graham, LISW-S from the Area Agency on Aging 3 for a brief presentation on how to recognize stressors that may be occurring in your life or the lives of loved ones. Then, stay for a game

July and August Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

of Emotional Well-Being BINGO! This is a fun way to learn a variety of positive techniques to improve self-care. The BINGO is free, and prizes will be given! Pre-registration required. Free.

Digital Literacy Course Series

Every Friday (July 12 through August 9) at 10:00 am

Week 1: Computer/Mouse Basics

Week 2: Web Browsers/Online Safety

Week 3: Email

Week 4: Microsoft Word/Documents

Week 5: Useful technology products/Class questions

We are all at different levels of computer and technology knowledge. This series is designed to help you learn about computer basics and fill in any parts you're not too sure about. Classes are instructed by a JB Networks staff member. You do not need to attend each session. Bring your own charged laptop, tablet, or phone, or 50 North will provide laptops for class use. Class size limit. Pre-registration is required. Free.

Medicare Presentation

Tuesday, July 16 at 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. Pre-registration required. Free.

NEW SERIES! Tech Connections:

Navigating the Medicare Website

Tuesday, July 16 at 12:30 pm

In the first class of our new series, you will be learning how to register, login, and navigate the Medicare website, facilitated by Dave Painter from the Ohio Dept of Insurance. You may bring your own charged laptop, tablet, or phone, or 50 North will provide laptops for class use. Pre-registration is required. Free.

Hancock Historical Museum: "Hancock County Courthouse"

Wednesday, July 17 at 10:00 am

Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. Pre-registration required. Free.

Wellness Wednesday:

Importance of Hydration with Erica Reid

Wednesday, July 17 at 1:00 pm

This Alzheimer's Association sponsored event provides a different health and wellness presentations the 3rd Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Pre-registration required. Free.

Book Club: "Beneath A Scarlet" by Mark Sullivan

Thursday, July 18 at 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. Pre-registration required. Free.

NEW SERIES! Mindful Monday: Self-Care

Monday, July 22 at 1:00 pm

This first session focuses on what it means to have self-care. Series will meet once a month and will be led by Amber Wolf from Family Resource Center. Each session will talk about different ways to improve our mental health and wellness

and include an activity, craft, or something to take home. Pre-registration required. Free.

Trail Walks with Hancock Parks (offsite)

Wednesday, July 24 at 10:00 am

Join the Hancock Parks District as they guide you on trail walks this summer. This walk will be at Riverbend Recreation Area – Meadow Area. Meet at Shelter 6 in the Meadow Activity Area. Register with Jordan at jgottschalk@50north.org

Sunrise Cooking Class: Kabobs

Wednesday, July 24 at 11:30 am

Learn a new recipe and taste test what you make! Sponsored by Sunrise Senior Living. Limited space. Register by July 17.

Morning Conversations:

"Moon Hoax" with Armstrong Space Museum

Tuesday, July 30 from 10:00 am

Fact or hoax... Did we land on the moon? Fact or fiction, we have not been back with people since 1972. Why? Join the Armstrong Space Museum as they explore some of the various theories on why we never went back, including the moon being hollow, and a potential space station. Pre-registration required. Free.

Karaoke Night

Tuesday, July 30 from 5:00 - 7:00 pm.

Join us for free Karaoke Night with Tim Holt! There will be individual wrapped snacks, sandwiches, and desserts available for purchase. You do not need to sing to attend, but all food must be eaten in the Café. Come and stay the whole time, or just pop in while you're at 50 North that night. Pre-registration required. Free.

National Coloring Book Day

Friday, August 2 from 9:00 am to 4:00 pm

Coloring is a great way to improve your health by helping you become more mindful and giving you a healthy way to relieve stress. Get a group together and spend some time coloring and chatting in the Art Studio or come by yourself and get creative. 50 North will provide coloring books and coloring supplies, but you are welcome to bring your own.

NEW SERIES! Navigating 50 North:

50 North Social Groups: How Can I Get Connected?

Thursday, August 1 at 10:00 am or 5:30 pm

The class in our "Navigating 50 North" series covers different social groups that 50 North offers every day. From card games, to scrapbooking, to needlecraft and sewing, to Bible study, and much more! We strive to connect members and help create friendships. Come to one of the class sessions and learn how YOU can get connected! Pre-registration required. Free.

De-Clutter with Deb Series: "Focus on Priorities"

Tuesday, August 6 at 10:00 am

Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Each month will have a different topic and helpful tips to declutter and simplify. Pre-registration required. Free.

Grief Share: Loss of Spouse

Wednesday, August 7 from 10:00 am – 12:00 pm

Do you dread lonely days and nights? Wonder what to do with your spouse's belongings? Feel like your brain is in a fog and

unsure of how you will go on? In this non-denominational workshop, you'll find reasons for hope, receive tips for coping, and discover other people who understand and have found ways to make it through. The event will include a short video, time for sharing, and will provide you with a guide to take home on how to live with grief and eventually rebuild your life. Facilitated by Rowan and Linda Colwell. \$5 book fee paid to instructor at the time of the class - registration ends July 29.

**Trail Walks with Hancock Parks (offsite)
Wednesday, August 7 at 10:00 am**

Join the Hancock Parks District as they guide you on trail walks this summer. This walk will be at Oakwoods Nature Preserve - Prairie. Meet at Discovery Center Porch. Register with Jordan at jgottschalk@50north.org

**BVHS Health Series: "Hypertension & High Cholesterol"
Monday, August 8 from 10 am to 11 am**

Brittany Swiecicki, BSN, RN, cardiovascular services manager at BVHS, will speak on hypertension and high cholesterol. Pre-registration required. Free.

**Morning Conversations: Immunizations
Monday, August 8 at 1:00 pm**

August is National Immunization Month. Hancock County Health Dept Vaccine Clinic Lead, Lisa Joliff RN, will discuss the different immunizations and vaccines suggested for those 50+. She will also be able to answer vaccine and immunization questions, as well as direct you on how to set up appointments for immunizations through the Health Dept. Pre-registration required. Free.

**Check Out the 419:
Flag City Sluggers, Findlay's New Baseball Team
Monday, August 12 at 10:00 am**

Today is National Baseball Fans Day and what better way to celebrate than to learn about Findlay's new summer collegiate baseball team. Find out when the season starts, learn about the organization, and there may even be some games and prizes! Pre-registration required. Free.

**Nature Notes with HPD: Attack of the Killer Hats
Monday, August 12 at 1:00 pm**

Hats are not actually attacking people, but in the past people have caused the near extinction of several wildlife species for use in the hat trade, like the American Beaver. Learn about the hat trade, the animals used to make hats, and how these animals went from almost extinct to making a comeback. Pre-registration required. Free.

**Book Club: "The Moonshiner's Daughter" by Donna Everhart
Thursday, August 15 at 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. Pre-registration required. Free.

**Free Volunteer & Senior Car Wash
Friday, August 16 from 1:30 - 3:30 pm**

Today, the University of Findlay incoming freshman will serve our community by giving a free car wash to our 50 North volunteers and members.

**BVHS Health Series: "Keeping Your Brain Sharp."
Tuesday, August 20 from 10:30 am to 11:30 am**

Laura Durilat, OT, an occupational therapist at Julie A. Cole Rehab & Sports Medicine, will speak on mental awareness and keeping your brain sharp. Pre-registration required. Free.

**Hancock Historical Museum: "Churches"
Wednesday, August 21 at 10:00 am**

Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. Pre-registration required. Free.

**Trail Walks with Hancock Parks (offsite)
Wednesday, August 21 at 10:00 am**

Join the Hancock Parks District as they guide you on trail walks this summer. This walk will be at Litzenberg Memorial Woods. Meet at the Gatehouse. Register with Jordan at jgottschalk@50north.org

**Wellness Wednesday: Scams - What to Know and
How to Spot with Jackie Ernst, Crime Victim Service
Wednesday, August 21 at 1:00 pm**

This Alzheimer's Association sponsored event provides a different health and wellness presentations on the 3rd Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Pre-registration required. Free.

**Dietitian Chat: Cow's Milk vs Non-Dairy Milk Alternatives
Thursday, August 22 at 3:00 pm**

In this 2-part series, take an even deeper look into various food myths and fad diets. Learn the truth about these claims. Presented by Sophia Smith, a dietitian with BVHS. Pre-registration required. Free.

**BVHS Health Series: Chronic Pain and Headaches
Friday, August 23 at 10:30 am**

Help us welcome back Dr. Andrius Giedraitis, a physician with Blanchard Valley Pain Management, as he speaks on Chronic Pain & Headaches. Pre-registration required. Free.

**NEW SERIES! Mindful Monday: Anxiety
Monday, August 26 at 1:00 pm**

This first session focuses on what anxiety actually is and ways we can help with anxiety regulation. This series will meet once a month and will be led by Amber Wolfrom from Family Resource Center. Each session will talk about different ways to improve our mental health and wellness and include an activity, craft, or something to take home. Pre-registration required. Free.

**Sunrise Cooking Class: Different Meat Marinades
Wednesday, August 28 at 11:30 am**

Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by August 21.

**BVHS Health Series: "Fall, Trips, and Slips"
Friday, August 30 from 10:30 am to 11:30 am**

Samantha Walker, RN, trauma program manager, will speak on falls, trips, and slips, and how to keep yourself safe. Pre-registration required. Free.



MARATHON CENTER FOR THE PERFORMING ARTS

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COME SEE HOW THE WORLD COULD BE

HADESTOWN

THE TONY-WINNING BEST MUSICAL

MUSIC, LYRICS & BOOK BY
ANAIS MITCHELL

DEVELOPED WITH & DIRECTED BY
RACHEL CHAVKIN

MONDAY, OCTOBER 21, 2024
7:30 PM

MANDY PATINKIN
IN CONCERT

BEING ALIVE

WITH ADAM BEN-DAVID ON PIANO

SUNDAY, FEBRUARY 16, 2025
7:30 PM

Michael Cavanaugh

A Merry Rockin' Christmas

SUNDAY, DECEMBER 15, 2024
7:30 PM

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CHRISTMAS AT THE GREENBRIER WITH OGLEBAY'S FESTIVAL OF LIGHTS December 7 – 9, 2024 (3 Day Motorcoach Tour)

HURRY... REGISTRATION ENDS OCTOBER 7!

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



COST PER PERSON:
\$1,199 – Double | \$1,069 – Triple | \$1,599 Single
Deposit: \$100 due at time of registration
This trip is rated activity LEVEL 2.

SOUTHERN CARIBBEAN EXPLORER

**January 15 – 26, 2025
(11 nights / 10 days)**

Featuring Miami, Florida, Puerto Plata, Dominican Republic, Puerto Rico, San Juan, Philipsburg, Antigua, St. John's, St. Maarten, St. Croix, Castries, St. Lucia, USVI on the Royal Caribbean Explorer of the Sea and more.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
**\$2,499 Interior Stateroom | \$2,899 Oceanview Stateroom
\$3,599 Balcony Stateroom**
Deposit: \$750 per person due at time of registration.
Final payment: Due on or before October 18, 2024.
This trip is rated activity LEVEL 2.

ICELAND'S MAGICAL NORTHERN LIGHTS March 23 – 29, 2025 (6 nights / 7 days) Only 26 reservations available

Featuring Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skogar Museum Skogafoss, Skateafell National Park, Jokulsarlon Glacial Lagoon, Shlheimajokull Glacier, and Blue Lagoon.

COST PER PERSON:
**\$4,269 Double | \$4,869 Single
\$4,219 Triple (if booked by
September 24, 2024)**
Deposit: \$698 per person
due at time of registration.
Final payment: Due on or
before December 23, 2024.
This trip is rated activity LEVEL 3.



HEART OF TEXAS April 27 – May 1, 2025 (4 nights / 5 days)

Featuring Dallas City Tour with JFK sites; Sixth Floor Museum, Southfork Ranch & Cowboy Dinner; A T & T Stadium tour; Fort Worth Stockyards & Cattle Drive; Magnolia Market at the Silos; Waco & HGTV Tour with Harp Designs Co., Dr. Pepper Museum and more.



COST PER PERSON: \$2,299 Double | \$2,799 Single
Deposit: \$500 per person due at time of registration.
Final payment: Due on or before February 14, 2025.
This trip is rated activity LEVEL 3.

NIAGARA ON THE LAKE – WORLD CLASS THEATRES & WINERIES May or June of 2025 (4 nights / 5 days)

Featuring one night in Stratford, Ontario, two nights at Niagara-on-the-Lake, behind the scenes tour festival theatre, performance at Stratford Festival Theatre, Waterloo Central Railway, Journey Behind the Falls, Peller Estate Winery, Leisure time in Niagara-on-the-Lake, tour of Niagara area, Niagara's outdoor outlet, lunch and tour at Chateau de Charmes Estate Winery.

COST PER PERSON:
\$1,639 Double | \$2,039 Single
Deposit: \$500 per person
due at time of registration.
Final payment: Due on or before
90 days prior to departure date.
This trip is rated activity LEVEL 2.



NATIONAL PARKS & HISTORIC TRAINS OF COLORADO August 4 – 12, 2025 (8 nights / 9 days)

Four Historic Rail excursions: Amtrak's California Zephyr, Durango Silverton Narrow Gauge Rail, Pike's Peak Cog

Trip Opportunities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Railway, Royal Gorge Railroad. Rocky Mountain National Park, Mesa Verde National Park, Great Sand Dunes National Park, Cowboy Chuckwagon Dinner Music Show, Garden of Gods, Manitou's Springs, and Royal Gorge Bridge & Park.



COST PER PERSON: \$4,889 Double | \$6,089 Single

Deposit: \$500 per person due at time of registration.

Final payment: Due on or before May 2, 2025.

This trip is rated activity LEVEL 4.

HUDSON RIVER VALLEY & CASTLES OF NEW YORK

October 7 – 12, 2025 (6 nights / 7 days)

FDR Presidential Library & Museum, Millbrook Winery, Culinary Institute of America, Boat Cruise, Rockefeller Estate, Great Pumpkin Blaze, Legend of Sleepy Hollow Storyteller, Lyndhurst Mansion, Philipsburg Manor, West Point Military Academy, Houdini Museum & Magic Show, and more.

COST PER PERSON:

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

Deposit: \$500 per person due at time of registration.

Final payment: Due on or before July 7, 2024.

This trip is rated activity LEVEL 3.

GREECE ISLAND HOPPER

October 18 – 28, 2025

Featuring Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, and wine tasting.



COST PER PERSON:

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

This trip is rated activity LEVEL 5.

ELVIS' BLUE CHRISTMAS

December 1 – 5, 2025 (4 nights / 5 days)

Featuring Blue Christmas Dinner Show; Merry MoJo Tour; Sun Studios; Beale Street; Graceland Tour, and Memphis BBQ.

COST PER PERSON: \$1,599 Double | \$1,899 Single

Deposit: \$500 per person due at time of registration.

Final payment: Due on or before September 26, 2025.

This trip is rated activity LEVEL 2.

DAY TRIP OPPORTUNITIES FOR 2024

GREENFIELD VILLAGE

Thursday, September 19, 2024

Cost with Cash or Check \$105

HURRY... REGISTRATION ENDS JULY 21, 2024!

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

This trip is rated activity LEVEL 4.

LaCOMEDIA DINNER THEATRE

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

LaCOMEDIA'S SATURDAY NIGHT FEVER

Thursday, October 24, 2024

Cost with Cash or Check \$120

HURRY! REGISTRATION ENDS OCTOBER 7, 2024

Enjoy a buffet luncheon before the show! Based on the 1977 film starring John Travolta that became a cultural phenomenon and cemented the Bee Gees as disco-era icons. This mega-musical hits our stage with dazzling choreography and songs from the chart-topping soundtrack including "You Should Be Dancing", "Stayin' Alive", "Night Fever", "Jive Talkin'", "Tragedy", and "How Deep Is Your Love".

This trip is rated activity LEVEL 1.

LaCOMEDIA'S IRVING BERLIN'S HOLIDAY INN

Wednesday, December 11, 2024

Cost with Cash or Check \$120

HURRY! REGISTRATION ENDS OCTOBER 12, 2024

Enjoy a buffet luncheon before the show! A timeless story of Jim, who leaves the bright lights of show business behind to settle down at his farmhouse... but life just isn't the same without song and dance. His luck takes a spectacular turn when he meets a spirited schoolteacher. Together they turn the farmhouse into a fabulous inn with dazzling holiday performances. This joyous musical features thrilling tap-dance, laugh-out-loud comedy, and a parade of hit Irving Berlin songs.

This trip is rated activity LEVEL 1.

50 North's Wellness Center programs are designed to encourage well-being and optimal health through movement, strength training, and self-awareness. The Wellness Center provides our members with a supportive network of people focused on their health and wellness needs.

Wellness Center

Our Wellness Center is equipped with a wide variety of cardio and strength training equipment including: treadmills, ellipticals, arm ergometers, Bio-Steps™, Nu-Steps®, recumbent bikes, spinning bikes, Biodex Sit2Stand™ Squat-Assist Trainer, row machines, upper & lower body strength training machines, hand weights, resistant bands, TRX straps, and balance balls.

Wheelchair accessible options are available along with "step-through" equipment that provides easy on and off.

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

Complimentary Orientation Sessions:

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

3 Lane track (19 laps for a mile)

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

Please note: Track is closed on Tuesdays from 11:00 – 11:45 am for the Parkinson's Exercise Class.

VibePlate™

Increase Flexibility, Stability and Mobility with our vibration plate. VibePlate™ training works up to 90% of your muscle fibers to help strengthen muscles and develop more muscle tissue. This leads to increased muscle density and increased strength. Consult your physician regarding health concerns prior to using VibePlate™.

HydroMassage® Bed & Lounger (See staff - additional minimal fee)

Therapeutic technique involving the use of water and pressurized jets to help massage muscles and soft tissue in the body.

WellBeats™

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

Physical Therapy with OIO at 50 North

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

OIO Toenail Trimming Clinic at 50 North

Donna Shepline is certified as a foot and nail care nurse. She invites anyone having trouble managing their toenails to come see her. Call (419) 423-8496 to schedule your appointment. Do not need to be a Wellness Center Member. **Cost is only \$15.**

Wellness Center Memberships *Membership open to all older adults age 50 and above*

Annual membership fees for 2024:

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

6-Month membership are also available:

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

Daily Fitness Pass: \$11 per day

Proud Partnerships with: Tivity Health®, SilverSneakers®, Silver&Fit®, and Renew-Active™.

If eligible, you may receive a Wellness Center membership at no cost (an annual fee may apply with certain programs). *Contact the Wellness Center to find out if you qualify.

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



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

Healthy Living Nutrition Coaching Packages:

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

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

Personal Training Packages: (inc. TRX Training sessions)

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

*Call to schedule your FREE consultation appointment for any personalized package through the Wellness Center. Must be a Wellness Center member. Sales tax not included.

Wellness Center Classes

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

Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	10:00 am –
9:45 am ^(T) SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am ^(T) SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am *SilverSneakers® Yoga	SilverSneakers® EnerChi
9:45 am SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga	11:00 am *SilverSneakers® Yoga	11:00 am ^(T) Parkinson's Class	11:00 am Yoga Fusion	(7/6, 7/20, and 8/3, 8/17, 8/31)
11:00 am ^(T) SilverSneakers® Yoga	11:00 am ^(T) Parkinson's Class	1:00 pm ^(T) Seated Strength and Stretch	1:00 pm ^(T) Balance and Strength Class	11:00 am ^(T) Cardio Drumming	Yoga Flow
12:00 pm Yoga Fusion	1:00 pm ^(T) Balance and Strength Class	1:15 pm Body Tuning	1:30 pm GeriFit®	1:00 pm ^(T) Standing Stronger	(7/13, 7/27, and 8/10, 8/24)
1:00 pm ^(T) Seated Strength and Stretch	1:30 pm GeriFit®	2:30 pm ^(T) Cardio Drumming	5:00 pm Yoga Fusion		
1:15 pm Body Tuning	6:00 pm Power-Up Combo	2:30 pm Yoga Fusion	6:00 pm ^(T) Power-up Combo		
5:30 pm Cycling Mix		5:30 pm Cycling Mix			
5:30 pm ^(T) Cardio Drumming					

*Classes are also offered via Zoom.

BodyBlast (45 minutes)

Mondays, Wednesdays, & Fridays 8:30 am

A full body HIIT workout that involves cardio and resistance training to sculpt the arms, legs, and core.

(T) SilverSneakers® Classic (45 minutes)

Mondays & Wednesdays, 9:45 am

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

SilverSneakers® Yoga (45 minutes)

Mondays, Tuesdays, & Wednesdays at 11:00 am Mondays, Tuesdays, Thursdays, & Fridays, 9:45 am

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

Yoga Fusion (45 minutes)

Mondays 12:00 pm (time change)

Wednesdays 2:30 pm, Thursdays 5:00pm & Fridays 11:00 am

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

SilverSneakers® EnerChi (45 minutes)

Every other Saturday, 10:00 am

Please see above for dates. Seated or standing Tai Chi movements in flowing sequence to progress strength, balance and focus.

Yoga Flow (45 minutes)

Every other Saturday, 10:00 am

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

Enhance® Fitness (45 minutes)

Tuesdays & Thursdays, 8:30 am

Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

Geri-Fit® (45 minutes)

Tuesdays & Thursdays, 1:30 pm

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

Body Tuning (45 minutes)

Mondays & Wednesdays, 1:15 pm

Full body toning and core strengthening class with light cardio.

Cycling Mix (1 hour)

Mondays & Wednesdays, 5:30 pm

Beginner level spin class. Great for cardio, toning and sculpting.

Power-up Combo (45 minutes)

Tuesdays & (T) Thursdays, 6:00 pm

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

(T) Cardio Drumming (45 minutes)

Mondays 5:30 pm

Wednesdays 2:30 pm

Fridays 11:00 am

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

(T) Parkinson's Exercise Class (45 minutes)

Tuesdays & Thursdays, 11:00 am

This class is specifically designed for individuals with Parkinson's Disease (PD). In this class we work on exercises to help prevent falls, improve balance, posture, strength, walking ability, cognitive, cardiovascular health, and more. Exercise can help slow down some of the progression of the changes that occur with PD and aging.

(T) Seated Strength and Stretch (30 minutes)

Mondays & Wednesdays, 1:00 pm

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

(T) Balance and Strength Class (30 minutes)

Tuesdays & Thursdays, 1:00 pm

Seated and standing chair-based class that helps improve balance, build upper and lower body strength, and improve bone health. Hand weights and/or tubing are used during strengthening portion of class. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more. (Walkers and walking sticks available.)

(T) Standing Stronger (30 minutes)

Fridays 1:00 pm

A 30 minute class designed to encourage independence and to strengthen the body, so participants can proceed from a seated position into a standing position. Participants may or may not be capable of standing independently, but will strengthen the body to work towards this goal.

(T) denotes classes that are held in the track area.

*Class schedule subject to change.

Volunteering: The Happiness Effect

Volunteering has long been a core value in Ohio. Volunteerism and service is essential for the health of nonprofits, faith-based organizations, and communities. At 50 North, volunteers make a positive difference for others, deepen their knowledge and commitment to their community, and are even shown to have better health outcomes than non-volunteers.

According to the most recent data from the *Volunteering and Civic Life in America Report*, here is how Ohioans give back.

- **2.2 million volunteers annually through an organization**
- **165 million hours contributed**
- **\$4.5 billion volunteer service worth**

At 50 North we give, we learn, we serve, we grow. Call Julie Niswander, the 50 North Volunteer Coordinator, or find the volunteer application at 50north.org.

FREE VOLUNTEER CAR WASH!

We want to show our appreciation to our 50 North Members by offering a FREE carwash.

Friday, August 16 • 1:30 until 3:30 pm

Special Shout-Out to our café and mobile meal packers: Pat McHugh, Marsha Bates, Sue Bausman, Diane Zoll, Tiffany Holdgreve, Cathie Hulbert, Delma Beck, Kathy Hilbert, Paz Emerson, Connie Inbody, Kathy Hirschfeld, Sue Williams, Carrie Allsop, Ashley Hendel, Kathleen Ware, Vicki Moomaw, Pat Park and Ruth Gomez.

Thank you for all you do for 50 North!



Deb Badertscher volunteers in the café, as a garden host, and for special events.



James Larkins is a volunteer always eager to help with Mobile Meals and our parking lot shuttle. Thank you, James.

Volunteer Spotlight



Days of Caring Findlay Municipal Court Volunteers:
Carolyn Copus greeted and thanked **Judge Alan Hackenberg, Judge Stephanie Bishop, Shawn Doe, Nana Flick, Hannah Morris, Kathy Hassan, and Angela Lee.**



University of Findlay Occupational Therapy Interns



Volunteer, **Linda Croy**, and her **Featherweight friends**, share projects and ideas using their vintage Singer sewing machines.

Keep the Pep in *Your* Step!



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