

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

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

Look What's Happening!

60's Survivor Band! Enjoy a night of 60's music.

Friday, November 1
6:30 – 8:30 pm

Tickets available at Member Services for \$10 per person. *One free drink (non-alcoholic) and small appetizer included in ticket price! See page 18 for details.

FREE Veterans Day Lunch.

Monday, November 11
11:00 am – 1:00 pm

FREE LUNCH FOR ALL 50 NORTH VETERANS!

Paid for by "Blessings and Baseball" See pages 4 and 19 for details.

Guys Night Out Event!

Tuesday, November 19
5:30 – 7:30 pm

Food, drinks, games and money! What else does one need? \$15 per person. Register NOW at Member Services. See page 19 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

November/December 2024

2025 50 NORTH DAY TRIPS ANNOUNCED!

For more information about any of our trips, check out pages 22 – 27 in the Travel section.



LUNCH WITH SANTA CLAUS!

Saturday, December 7, 2024
11:00 am – 1:00 pm

Come to our kid-friendly lunch, enjoy a visit with Santa and receive a FREE 5"x 7" photo of you and your family! Register at Member Services beginning November 22.

See page 10 for complete details.

Have some FREE enjoyable and healthy fun before 2024 ends.

50 North Wellness Day

Saturday, November 16, 2024
11:30 am to 1:30 pm

Come experience mini-fitness classes and enjoy a trail mix buffet provided to all who attend. Reserve your spot by contacting the Wellness Center by phone at 567-429-8382. **You do NOT need to be a 50 North Member or a Wellness Center Member to attend this FREE event.**

See page 4 for complete details.

Both of the above events (Lunch with Santa Claus and the Wellness Day) are made possible through the Findlay-Hancock County Community Foundation Free Fun For All Grant.

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:

- BRINKMAN'S MARKET
- FINDLAY PUBLIC LIBRARY
- KROGER
- DIETSCH BROTHERS
- THE FAMILY CENTER
- GREAT SCOT SUPERMARKET
- ARMES CANCER CENTER
- COFFEE AMICI



A Message From Our Executive Director!

The Vital Role of Mobile Meals at 50 North

As we age, the importance of proper nutrition and social support becomes increasingly critical. For many homebound adults, maintaining a balanced diet and engaging socially can be challenging. This is where 50 North's Mobile Meals and Nutritional Department, led by Dustin Rader, Nutrition Director, steps in.

What We Offer:

- **Nutritious Meals:** We prepare meals daily in our kitchen, tailored to meet the specific dietary needs and preferences of older adults.
- **Friendly Delivery:** Our dedicated volunteers deliver meals while providing essential safety checks for our homebound members.
- **Social Interaction:** These visits foster connections, helping to alleviate feelings of loneliness.
- **Resource Connection:** We help connect older adults with additional services like home repairs, modifications, and transportation.

Our Impact: For over 54 years, 50 North has been a lifeline for individuals aged 50 and older in Hancock County. In the last 13 years alone, we've delivered over 264,054 meals to 1,556 individuals.

Member Experiences:

One member shared her journey: "I suffer from a rare immune disorder and need good nutrition. My disorder has greatly improved, and my doctor credits this in part to Mobile Meals. I'm so thankful for how they've benefited my health." - BB

Please keep 50 North in mind during this season of giving.

Gift Ideas Include...

- **Cash Gifts**
- **IRA Charitable Rollover**
- **Appreciated Stock**
- **Gifts by Will or Trust**
- **Life Insurance**
- **Remainder Interest in Real Property**
- **Beneficiary Designation on Retirement Plans**

Why Mobile Meals Matter:

Not only do our meals support the nutritional needs of older adults, but they also provide peace of mind for families. Loneliness can lead to depression and anxiety; our volunteers bring not just food, but a friendly conversation that can brighten someone's day. One caregiver noted: "Mobile Meals allows me to spend more quality time with my wife. The staff is always friendly and caring." - RS

Moreover, our trained volunteers are attuned to changes that might signal a health issue, allowing for timely interventions that can save lives.

Grateful Families:

As one adult child expressed: "My mother, at 98, enjoys your meals. Thank you for helping her stay in her own home." - LB

Join Our Community:

I extend my heartfelt gratitude to our staff and volunteers for their dedication to this essential service, which promotes health, well-being, and connection among our older community members.

If you or your loved ones need nutritious meals, call 419-423-8496, ext. 111, and Dustin Rader will be happy to assist you. 50 North is a community that cares for you.



Carolyn Copus
Executive Director



*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

Board of Trustees

Tony Price President
 Jill Jaynes Vice President
 John Haywood Secretary
 Michael Weissling Treasurer
 Don Weber Past President

Greg Amburgey
 Thomas Brumley
 Warren Kahn
 Pat McCauley
 Scott Miller
 Cindy Osting
 Bob Schuck
 Dr. Richard
 B. States, D.H.Sc.
 Bev Yammine

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:
 Thursday, November 28 Thanksgiving Day
 Friday, November 29 Day after Thanksgiving
 Tuesday, December 24 Christmas Eve
 Wednesday, December 25 Christmas Day
 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 the fitness staff if you are interested in a Wellness Center membership.
- Anyone 50 and older 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.
- 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.
- The member fee in Hancock County is FREE. Outside Hancock County is \$40.00 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 inter-generational programs from time to time.

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.

**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

What's New At 50 North?

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Special Events

Crop Scrapbooking Day (Fun For All)

Saturday, November 2nd from 8:00 am – 5:00 pm. Did you know that 50 North has a Scrapbooking Group that meets multiple times a month? Thanks to the popularity of this group, we are hosting our first “Crop Day”. This day includes your own table, lunch, goody bags, swap and trade area, workshops, and a fun time socializing and swapping ideas with other scrapbookers! Registration is FREE thanks to the Findlay-Hancock County Community Foundation Fun For All Grant. Limited Space. Pre-registration is required by October 30.

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. \$15 per person/event. Pre-registration Required! You DO NOT need to be a Wellness Center member to attend!

Time: 6:00 pm – 7:30 pm. Contact the Wellness Center with questions. Please register at the Member Services.

November 7 – Brain Health, Food and Mood

What can we do to improve our brain health, our mood and even depression? Menu will include Salmon, Sweet Potato, Spinach Salad with Avocado and Walnuts, and Mixed Berries with light whip for dessert. (Register by October 31)

December 5 – Diabetes and Prediabetes

Explore strategies to improve our blood sugar levels. Menu will include Grilled Chicken, Baked Potato, Broccoli with Almond Slivers, and Small Spinach and Beet Salad with Walnuts. (Register by November 28).

FREE Veterans Day Lunch in the Marathon Café

Monday, November 11th from 11:00 am - 1:00 pm. Free lunch for all 50 North Veterans! Visit our Café cashier and let her know you served! We are sincerely grateful for your service and sacrifice. Paid for by “Blessings and Baseball”.

Open Art Studio

Tuesday, November 12th and Tuesday, December 10th from 3:00 pm – 5:00 pm. Everyone is welcome! Join us for an OPEN STUDIO intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. Bring a project and CREATE!

Wellness Day (Fun For All)

Saturday, November 16th 11:00 am – 2:00 pm. INVITE A FRIEND to share in this special wellness event! The event is for individuals 50 years and up. You DO NOT need to be a Wellness Center member to attend. Come and experience all we have to offer! No Registration needed!

- Kick Off Wellness Day from 11:10 - 11:30 am. with a presentation ‘Introduction to 28 Day Holiday Challenge (Thanksgiving to Christmas)’ by Annie Hayes.
- Participate in Group Exercise Class-15-minute Demos. (obtain complete schedule from Wellness Center staff)
- Wellbeats™ on-demand, virtual workouts for every age, gender, interest, or ability level with the feel of a live experience.
- Fitness Equipment Demonstration.
- Consultation with Wellness staff on group exercise class offerings, personal training, and Healthy Living Nutrition presentation offerings.
- Work out in Fitness Equipment Room or Walk/Jog on Track
- Hydro Bed appointments (5 minute sessions).

This FREE event is made possible through the Findlay-Hancock County Community Foundation Fun For All Grant.

Adult Art Camp

Tuesday, November 19th and Tuesday, December 16th from 5:00 – 7:30 pm. Unleash your creativity at 50 North! Immerse yourself in the therapeutic power of art, guided by our inspiring facilitators who will help you tap into your creative potential. Rediscover the joy of embracing your inner child as you explore and experiment with the art-making process.

Guys Night Out

Tuesday, November 19th from 5:30 to 7:30 pm. We have a special Guys Night Out planned that you are sure to enjoy! November 19 is National Monopoly Day, so this evening is planned all around this historic game. Food, drinks, games, and money – what else is needed? Event is open to 50 North members and costs \$15 per person. If you're not a member, sign up today! Pre-registration and \$15 due by November 12.

Lunch with Santa (Fun For All)

Saturday, December 7th from 12:00 – 2:00 pm. Santa is coming back to visit 50 North for lunch! Enjoy a kid-friendly lunch, visit with Santa, and receive a free 5x7 photo of you and your family with Santa! Highchairs and booster seats are not available. Limited space. Must pre-register your number

of family members. Registration open until November 22 or until all spaces are full. *This FREE event is made possible through the Findlay-Hancock County Community Foundation Fun For All Grant.*

50 North Donnell Stage Series: Findlay String Factor

Monday, December 9 at 6:00 pm

50 North welcomes back the student musicians of Findlay String Factor. This 45 minute program will highlight some of everyone's favorite holiday songs. The group is made up of 9 musicians directed by Ken Pressel. **Pre-registration required. Free.**

50 North Choir Concert

Thursday, December 12th at 6:30 pm. Whether you're "decking the hall" or "having a blue Christmas", this choir program is guaranteed to help you start your holiday season off right! Doors will open at 5:30 pm.

Encore Theatre Holiday Performance

Tuesday, December 17th at 2:00 pm. The Encore Theatre Group will present a Holiday Presentation. This Readers Theatre style play will be free for all 50 North members. Come celebrate the holiday season with this special performance. The event is FREE, but pre-registration is required.

Noon Years Eve in the Marathon Café!

Tuesday, December 31 at NOON. Ring in the New Year with the 50 North Staff as we count down to 'NOON'! Enjoy a toast with a little bubbly (non-alcoholic) as we celebrate the coming of the New Year. \$7 lunch purchase is required.



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.

BROOKDALE
SENIOR LIVING

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.

**Your Belly Should Be Full
This Season, Not Your Ears...**

Indications of Ear Wax:

- feeling of fullness in the ears
- tinnitus or ringing in the ears
- hearing muffled sounds



Come into our office for an ear check!
Sometimes, it's just wax...

\$2 Off
Wax Removal Product
Available for new and current patients
Expires: 12/31/2024

Findlay Hearing CENTER

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



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

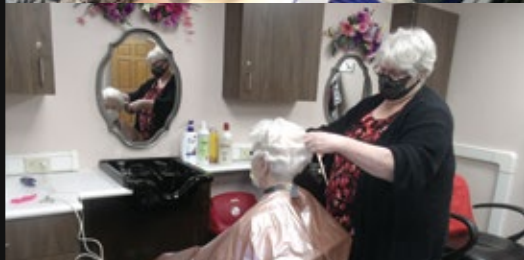
Dr. Katie Frederick

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

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/steps**
- **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.



NEW! 50 North Shuttle Service

We're excited to offer our transportation service to all seniors visiting 50 North, regardless of whether you have a disability. Our friendly drivers are here to assist you with walkers, canes, and more, ensuring you travel safely and comfortably from your car to the entrance of 50 North.

Service Hours:

Monday through Friday, from 11:00 AM to 1:00 PM.

Booking a Ride:

To arrange your transportation, please call us at 419-957-6590.

Parking:

When you arrive, we encourage you to park in the designated shuttle parking spots.


For more details, feel free to stop by the Member Service Desk. Let us help make getting around easier for you!



Howard
Rare Coin Gallery

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

Silver City
AUCTIONS



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!



Great Scot
community markets
PHARMACY

FLU SHOTS
AVAILABLE HERE!
GET YOUR FAMILY VACCINATED

2017 BROAD AVENUE · FINDLAY, OH · 567-251-3900

50 North provides delicious meals through a variety of options, all designed to fit the nutritional needs of our members 50 and up. (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/long term and hot/cold meals, with diabetic options available. Eligibility based on needs of assistance. Must be a Hancock County resident. Call (419) 423-8496, ext.117.

Vending Machines – We have two vending machines. One vending machine is located in the Marathon Café and the other vending machine is located in the National Lime and Stone Activity Room. (All food must be consumed in the Marathon Café or the National Lime and Stone Activity Room).

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

Bakers Rack – includes home-baked goods for sale. We have added a lockbox for you to drop your payment into if you would like to purchase Grab & Go baked goods outside of café hours. This box is located right by the café register.

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

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

NEW! Happy Birthday Dinner – available in the Marathon Cafe every 3rd Thursday of the month from 6:00 -7:00 pm. \$7.00 per person. Happy Birthday card invite, only.

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

NEW! GRAB & GO BREAKFAST!

Breakfast will be available for purchase.

Tuesday - Friday
from 7:30 until 10:00 am

Enjoy assorted pastries, muffins, yogurt parfait, fruit cups and more. Located in the Marathon Cafe.

NEW! MONTHLY HAPPY BIRTHDAY DINNER CELEBRATION!

3rd Thursday of each month.
from 6:00 until 7:00 pm

Bring your 50 North Birthday Card to member services and register (one guest may register with you). Entree, side salad, potato, vegetable, dinner roll and a drink. \$7.00 per person and your Birthday dessert is on us! *Must pay at time of registration. Must register one week prior to the event.*

NEW! ANNIE'S SMOOTHIES

Come and try one of Annie's Smoothies! Cool, fresh, and delicious. Don't miss out. Now available for purchase in the 50 North Marathon Café for only \$5.00.

Tuesday - Friday
from 7:30 until 10:00 am

Annie Hayes, Healthy Living Nutrition Coach and Personal Trainer.

Café Fun & Entertainment

Tuesday, November 5	7:30 am - 10:00 am	National Donut Day Donuts and cider available for purchase during “Grab & Go Breakfast” time.
Wednesday, November 6	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>) <i>While supplies last. *Sponsored by Heritage.</i>
Wednesday, November 6	11:00 am - 1:00 pm	National Nacho Day (<i>\$7 lunch purchase required</i>) Swap your soup or side salad for nachos and cheese with your lunch entrée.
Monday, November 11	11:00 am - 1:00 pm	Veterans Day (<i>non-veterans: \$7 lunch purchase required</i>) FREE lunch for veterans. THANK YOU FOR YOUR SERVICE! Taps will be played during lunch at 11:11 followed by the singing of the National Anthem.
Tuesday, November 12	11:00 am - 1:00 pm	National French Dip Day (<i>\$7 lunch purchase</i>) Join us for lunch today and celebrate with a delicious French Dip sandwich!
Friday, November 15	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. <i>*Sponsored by Provision Living.</i>
Wednesday, Nov. 20	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>) <i>While supplies last. *Sponsored by Heritage.</i>
Wednesday, Nov. 27	11:00 am - 1:00 pm	Holiday Meal and OSU / Michigan Game Spirit Day (<i>\$7 lunch purchase</i>) Enjoy ham, sweet potatoes, green bean casserole, cranberry relish, dinner roll and pumpkin dessert. Wear your team colors - Scarlett and Gray or Maize and Blue to support your favorite team!
Wednesday, Nov. 27	11:00 am - 1:00 pm	Bake Sale and Pie Sale Fruit pies for only \$10 each. Pecan pie for only \$12. Stop by the Younger Room and purchase fresh baked holiday goods!
Tuesday, December 3	11:00 am - 1:00 pm	National Green Bean Casserole Day (<i>\$7 lunch purchase required</i>) Celebrate with this classic dish. Offered as a hot side today!
Friday, December 6	12:00 pm - 1:15 pm	Café Entertainment – McComb Jazz Bands and Choir The McComb Jazz Band and Choir will be our special café entertainment! <i>(\$7 lunch purchase required. Food orders end at 1:00 pm)</i>
Wednesday, December 4	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>) <i>While supplies last. *Sponsored by Heritage.</i>
Saturday, December 7	11:00 am - 1:00 pm	Enjoy a FREE lunch with Santa! (<i>Limited space</i>) Santa is coming back to visit 50 North for lunch! Enjoy a kid-friendly lunch and receive a free 5X7 photo of you and your family with Santa! Highchairs and booster seats are not available. Must pre-register. Registration open until November 22 or spaces are full. This FREE lunch is made possible through the Findlay-Hancock County Community Foundation Free Fun For All Grant.

Monday, December 9	7:30 am - 10:00 am	Let's Celebrate National Breakfast Pastry Day Pastry items will be available for purchase during our "Grab & Go Breakfast".
Friday, December 13	7:30 am - 10:00 am	National Cocoa Day Warm yourself up with a cup of Hot Chocolate from our Hot Cocoa Bar.
Wednesday, Dec. 18	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>) <i>While supplies last. *Sponsored by Heritage.</i>
Friday, December 20	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. <i>*Sponsored by Provision Living.</i>
Monday, December 23	11:00 am - 1:00 pm	Holiday Meal (<i>\$7 lunch purchase required</i>) Enjoy ham, mashed potatoes, corn casserole, cranberry relish, dinner roll and a slice of pie.
Monday, December 23	11:00 am - 1:00 pm	Bake Sale and Pie Sale Stop by the Younger Room and purchase fresh baked holiday goods! Fruit pies for only \$10 each. Pecan pie for only \$12.
Monday, December 30	11:00 am - 1:00 pm	National Bacon Day (<i>\$7 lunch purchase required</i>) What a wonderful day for a BLT for lunch today.!
Tuesday, December 31	11:00 am - 1:00 pm	Happy New Year! (<i>\$7 lunch purchase required</i>) Come and join the 50 North Staff as we count down to "NOON"! Ring in the New Year with us and enjoy a toast with a little 'non-alcoholic' bubbly!

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



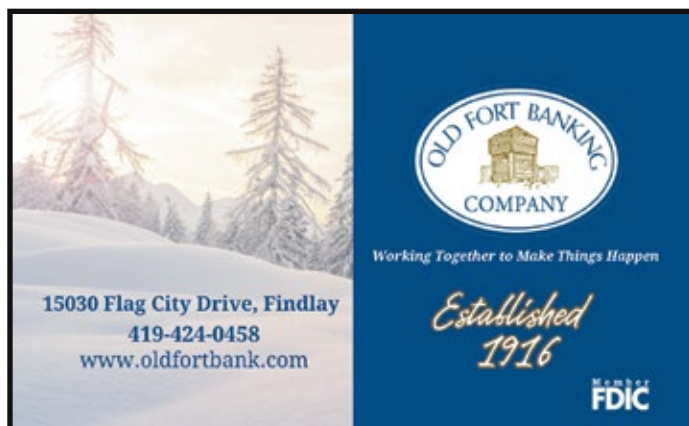
**LOOKING FOR
A REALTOR?**

Your trusted partner in finding your dream home. Professional, personalized service guiding you through every step of the real estate journey.

Danberry
Realtors

TH
TIFFANY HOLDGREVE

TIFFANY HOLDGREVE
419.722.4499
TIFFANYHOLDGREVE@DANBERRY.COM



**OLD FORT BANKING
COMPANY**

Working Together to Make Things Happen

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

Established
1916

MEMBER
FDIC

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, 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 licensed 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.



Looking for the perfect
HOLIDAY GIFT?

**50 North Gift Certificates
make a great gift idea!**

Give the gift of 50 North. See a staff member to purchase.

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.



THE HERITAGE
A Trilogy Senior Living Community

GET STARTED TODAY!

567-301-3552 | theheritagehc.com | f

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

SUPPORT GROUPS

Caregivers Support Group

Thursday, Nov. 7 and Dec. 5 at 1:30 pm

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 Gary at 567-429-9298.

Alzheimer's Support Group

Wednesday, Nov. 13 and Dec. 11 at 6:30 pm

Meets on the 2nd Wednesday of each month at 6:30 pm. 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, Nov. 21 and Dec. 19 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.

Medicare Open Enrollment Period is available until December 7, 2024.

Call the Outreach Department to
make an appointment.

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

uis Insurance & Investments

OUTREACH PROGRAMS

Morning Conversations: Jim Steffen

Wednesday, November 6 at 10:00 am

Jim Steffen, professional speaker and owner of Jim's Gym in Findlay will talk about functional longevity – staying physically fit in your 50's through 100's! **Pre-registration required. Free.**

Mindful Monday:

**Holiday Stress and How To Remain Mindful
Monday, November 18 at 1:00 pm**

This series meets 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.**

Medicare Presentation

Tuesday, November 19 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. **Registration required. Free.**

Mindful Monday:

"Wrap Up and Holiday Party"

Monday, December 9 at 1:00 pm

This series meets 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.**

WISE (Wellness In Senior Education)

**Every Monday (November 4 until December 9)
from 9:30 – 11:00 am**

The WISE 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. This program is FREE for 50 North members, but registration is required by October 30.

November and December Activities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

REGISTRATION REQUIRED FOR ALL ACTIVITIES.

Call: 419-423-8496 (ext. 120) or email:
lboggs@50north.org or register online at
www.myactivecenter.com

Additional information can be found at www.50north.org
or on the flyers 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 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.
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 – 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, November 6 at 1:00 pm – “The Beatles”

Wednesday, December 4 at 1:00 pm – “The Rat Pack”

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, November 8 and Friday, December 13 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

Please note time changes. Due to the holidays, there will be no classes on November 28 and December 26.

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

Due to the holidays, there will be no Beginners classes on November 28 and December 26.

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

Due to the holidays, there will be no Intermediate Line Dance on November 22, 25, 27, and December 20, 23 and 27.

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

Due to the holidays, there will be no Improvers Line Dance on November 22, 25, 27, and December 20, 23 and 27.

Scrapbooking

Tuesdays: November 12, 26 and December 10, 31
Fridays: November 8, 15, 22 and December 6, 20, 27
from 10:00 am – 3:00 pm

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

Café Karaoke

**Fridays: November 15 and December 11
from 11:00 am – 1:00 pm**

Sing your favorite songs, eat some lunch, and socialize with others who enjoy music. Karaoke is led by Tim Holt and is in partnership with Provision Living. Lunch purchase required to attend.

50 North Featherweight Friends

**Tuesdays, November 5 and 19, and December 3
from 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 – 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 – 11:00 am

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

Senior Tech Support

Every Tuesday from 12:00 – 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. Sponsored by Taylor Place and Fox Run Manor.

Nov. 1	The Express: The Ernie Davis Story (PG)
Nov. 8	The Wolf And The Lion (PG)
Nov. 15	Titanic: The Musical
Nov. 22	The Magic Of Belle Island (PG)
Nov. 29	NO MOVIE (Closed)
Dec. 6	(SPECIAL TIME - STARTS AT 1:30 PM TODAY!) I'll Be Home For Christmas
Dec. 13	Double Holiday (Hallmark)
Dec. 20	(SPECIAL SHOWING AT 10:00 AM) Radio City Rockettes Christmas Spectacular
Dec. 20	Journey To Bethlehem (PG)
Dec. 27	An American In Paris (1951)

Free Blood Pressure Checks

Every Thursday of the month from 11:00 am – 1:00 pm

Free blood pressure checks are available in the lobby, with no registration or appointments required.

OIO Toenail Trimming Clinic at 50 North

Donna Shepline is certified as a foot and nail care nurse. Call (419) 423-8496 to schedule your appointment.

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 our special community member or 50 North staff member.

November 21 – Meet 50 North Staff

December 19 – Surprise Community Member

50 North Dinner Club

November 12 and December 10 at 5:00 pm

Every month there will be a different restaurant to explore! 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. Once you register, we will email you with the upcoming restaurants. You will be able to let us know if you would like to attend at that time.

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

**Every Tuesday in November and December
starting December 5 from 2:00 – 3:00 pm**

The 50 North Encore Group will meet to put together a Holiday Readers Theatre presentation on December 17 at 2 pm. **Pre-registration required.**

**50 North Donnell Stage Series: Findlay String Factor
Monday, December 9 at 6:00 pm**

50 North welcomes back the student musicians of Findlay String Factor. This 45 minute program will highlight some of everyone's favorite holiday songs. The group is made up of 9 musicians directed by Ken Pressel. **Pre-registration required. Free.**

November and December Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

50 North Choir

Every Thursday at 3:00 pm

Rehearsals started in September for the 50 North Choir performance on Thursday, December 12 at 6:30 pm.

CREATIVE ARTS

For more info on each class, go to www.50north.org

Quilt Block Sewing

Registration for this class is open to those who have completed the previous quilt block sewing classes.

Saturday, November 9 from 8:00 – 11:30 am

Friday, November 15 from 9:00 am – 12:30 pm

Friday, December 6 from 9:00 am – 12:30 pm

Saturday, December 7 from 8:00 – 11:30 am

Crop Scrapbooking Day (Fun For All)

Saturday, November 2 from 8:00 am – 5:00 pm

Did you know that 50 North has a Scrapbooking Group that meets multiple times a month? Thanks to the popularity of this group, 50 North is hosting their first “Crop Day”. This day includes your very own table, lunch, goody bags, a swap and trade area, workshops, and a fun time socializing and swapping ideas with other scrapbookers! Registration is FREE thanks to the Findlay-Hancock County Community Foundation Fun For All Grant. **Limited Space. Pre-registration is required by October 30.**

Sewing: Hand Sewing – Donut

Monday, November 4 from 10:30 am – 12 pm

Celebrate National Donut Day by hand sewing 2 donuts using back stitch, chain stitch, blanket stitch, and whipstitch. All materials provided. Instructor: Luk Boggs. **Pre-register by November 1. \$3 class fee.**

Craft Corner: First Tuesday Free Craft!

Tuesday, November 5 at 1:00 pm

Aaron Rider, 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 October 29.**

Craft Corner: Air Dry Clay

Tuesday, November 5 from 5:00 – 7:00 pm and

Wednesday, November 6 from 5:00 – 7:00 pm

In this 2-day class, we will make a clay dish or two using a leaf from nature to create texture. In the first class, you will create your dish, and in the second class, you will paint your dried clay dish. Class size of 12. **Pre-register by October 29. \$5.00 class fee.**

Craft Corner: Wood Pumpkin

Thursday, November 7 from 1:30 – 3:00 pm

We're recycling wood scraps and creating and painting pumpkins perfect for your fall holiday décor. All supplies provided. Instructor: Luk Boggs. Class size of 12. **Pre-register by November 4. \$5 class fee.**

Craft Corner: Acorns

Thursday, November 7 from 5:00 – 7:00 pm

In this mixed media craft, we will use easter eggs to create three Acorn to use as ornaments or as decor in your fall dish. Class size of 12. **Pre-register by October 31. \$3.00 Class fee.**

Sewing: Project-in-a-Day:

Christmas Tree Wall/Door Hanging

Friday, November 8 from 9:00 am – 12:30 pm

Let's get ready for the holidays. This cute Christmas tree hanger will make a great addition to your holiday decor. Approximate finished size is 10" W x 20" L. All materials included. Instructor: Sharon Weddell. Experienced sewists are welcome to bring your own sewing machine in good working order. **Pre-register by November 1. \$25 class fee.**

Craft Corner: Indian Corn Pin

Friday, November 8 from 2:00 – 4:00 pm

Make an adorable pin to celebrate the holiday by using seed beads to create an ear of Indian corn to pin to your lapel. This same class will be repeated on November 19. Class size 12. **Pre-register by November 1. \$3.00 Class Fee.**

Craft Corner: Faux Greenery Christmas Wreath

Tuesday, November 12 from 9:00 am – 12:30 pm

There will be a variety of holiday picks, ribbons, and signs to choose from to make this your unique creation. Everything will be attached to a faux greenery base. We will use the E-Z bow maker tool to create bows. All materials included. Instructor: Sharon Weddell. **Pre-register by November 5. \$22 class fee.**

OPEN ART STUDIO

Tuesday, November 12 from 1:00 – 3:00 pm

Everyone is welcome! Join us for an open studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. Bring a project and enjoy the open space to create!

Art Class: Basic Drawing – Turkey**Wednesday, November 13 from 2:00 – 3:30 pm**

This class is perfect for those wanting to learn how to draw but don't know where to start. Luk Boggs will teach you basic drawing skills to help you make a turkey just in time for the holidays! Class size 12. **Pre-register by November 6. Free class.**

Art Class: Drawing 101**Thursday, November 14 from 2:00 – 4:00 pm**

Let's explore line drawing perfect for all beginners. Class instructor, Luk Boggs, will teach you the skills you need to help with the next class in the series on November 21. Class size 12. **Pre-register by November 7. Free class.**

Craft Corner: Antique Book Wreath**Monday, November 18 from 10:00 am – 12:00 pm**

Creating a wreath using an old book as part of our recycle, reuse and re-create series Pre-register by Nov. 11. Class size 12. **Pre-register by November 11. \$5.00 Class fee.**

Adult Art Camp – Linoleum Block Printing**Tuesday, November 19 from 5:00 – 7:30 pm**

In this linoleum block printing class, participants will learn the art of relief printing by carving intricate designs into linoleum blocks. The class begins with an introduction to tools and safety, followed by techniques for transferring images onto the block. Members will explore carving methods to create textures and patterns, then apply ink to their blocks using rollers. Finally, they'll print their designs on paper, experimenting with color and layering. By the end of the session, each participant will have unique, hand-crafted prints to take home, showcasing their creativity and newfound skills! Class size of 15. **Pre-registration required by Nov 12. \$15 class fee.**

Craft Corner: Indian Corn Pin**Tuesday, November 19 from 1:00 – 2:30 pm**

Make an adorable pin to celebrate the holiday by using seed beads to create an ear of Indian corn to pin to your lapel. This same class was repeated on November 8. Class size 12. **Pre-register by November 12. \$3.00 Class Fee.**

Art Class: Drawing 102**Thursday, November 21 from 2:00 – 4:00 pm**

Continue to expand your beginning drawing skills by introducing shading and still life. Instructor: Luk Boggs. Class size 12. **Pre-register by November 14. Free class.**

Craft Corner: Angel Ornament**Monday, November 25 from 10:00 am – 12:00 pm**

In this class, we will turn a plain ornament into a cute angel perfect to put on your tree or display with your holiday décor. Instructor: Sharon Weddell. All supplies included. **Pre-register by Nov 18. \$\$\$ class fee.**

Craft Corner: Dot Art Painting Christmas Tree**Monday, December 2 from 9:30 am – 12:30 pm**

Let's make a beautiful Christmas tree on a tree-shaped canvas using the dot art painting technique. This is a very easy project using acrylic paints and various size wooden skewers. Add in a few sparkly gems for colorful ornaments for a cute decoration. Finished size is approximately 8" x 10". All materials included. Instructor: Sharon Weddell. **Pre-register by November 25. \$10 class fee.**

Craft Corner: First Tuesday Free Craft!**Tuesday, December 3 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 November 26.**

Sewing: Hand Sewing – Gingerbread**Thursday, December 5 from 10:30 am – 12 pm.**

All materials provided. Use your hand sewing knowledge to create a Gingerbread ornament. Instructor: Luk Boggs. Class size 12. **Pre-register by November 26. \$3 class fee.**

OPEN ART STUDIO**Tuesday, December 10 from 1:00 – 3:00 pm**

Everyone is welcome! Join us for an open studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. Bring a project and enjoy the open space to create!

Craft Corner: Pipe Cleaner Tree**Tuesday, December 10 from 4:00 – 6:00 pm**

Part of our recycle, reuse, re-create series is to create an ornament for yourself or to share. Instructor: Luk Boggs. Class size 12. **Pre-register by Dec. 3. \$3.00 Class Fee.**

Fused Glass Class:**Christmas Tree Ornament/Sun Catcher****Wednesday, December 11 from 2:00 – 4:00 pm**

Everyone is sure to enjoy this class for the holidays! Instructor, Mary Burget, will show you how to make a Christmas tree perfect for your holiday décor. **Pre-register by December 4. \$25 class fee.**

November and December Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Sewing: Project-in-a-Day: Christmas Potholder/Mug Rug Friday, December 13 from 9:00 am – 12:30 pm

Let's sew a holiday project ideal for gift giving. Make your choice of a potholder or mug rug. All materials included. Instructor: Sharon Weddell. Experienced sewists are welcome to bring your own sewing machine in good working order. **Pre-register by December 6. \$10 class fee.**

Craft Corner: Snow Globes

Tuesday, December 16 from 9:00 – 11:00 am

A fast and fun craft to make and take. All materials are provided. Instructor: Luk Boggs. Class size of 12. **Pre-register by December 9. \$3 class fee.**

Adult Art Camp – Contour Line Drawing

Tuesday, December 16 from 5:00 – 7:30 pm

In this class, participants will create a unique self-portrait using a single continuous line to outline their features, incorporating a Christmas bulb as a focal point. Using black ink, they'll define the contours and expressions, then bring the piece to life with vibrant watercolors, blending festive colors to reflect the holiday spirit. The result is a playful yet introspective piece that captures both the individual's essence and the joy of the season. Class size of 20. **Pre-registration required by December 9. \$10 class fee.**

Class Star Wreath

Wednesday, December 18 from 5:00 – 7:00 pm

Part of our recycle, reuse, and recreate series, this wreath will take you into the new year. Class size 12. **Pre-register by December 9. \$5.00 class fee.**

EDUCATION, ENRICHMENT & WELLNESS

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

60's Survivor Band

Friday, November 1 from 6:30 – 8:30 pm

Pull your favorite tie-dye shirt out of your closet and come enjoy a night of 60's music! Ticket price includes one free drink (non-alcoholic) and a small appetizer. There will be other food and beverages available for purchase. **Tickets are \$10 and can be purchased at 50 North prior to the concert.**

Morning Conversations: National Candy Day

Monday, November 4 at 10:00 am

"I want candy!" Learn about some of your favorite candies and sweets, reminisce on some of your favorites throughout the years, and maybe sample some! **Pre-registration required. Free.**

WISE (Wellness in Senior Education)

**Every Monday from November 4 – December 9
from 9:30 – 11:00 am**

The WISE 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. **This program is FREE for 50 North members, but registration is required by October 31.**

De-Clutter with Deb Series – "Just Do It!"

Tuesday, November 5 at 10:00 am

"Just Do It!" Take the first step to decluttering. 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.**

Tech Connections: "Safe Online Shopping"

Tuesday, November 5 at 6:00 pm

Keith Story, member of the Marathon Petroleum Cybersecurity Team, will give you information on how to keep you and your information safe during your online holiday shopping. **Pre-registration required. Free.**

Jim Steffen

Wednesday, November 6 at 10:00 am

Jim Steffen, professional speaker and owner of Jim's Gym in Findlay will talk about functional longevity - staying physically fit in your 50's through 100's! **Pre-registration required. Free.**

Boost Your Brain & Memory Workshops

**Every Wednesday from November 6 – December 18
from 9:30 – 11:00 am**

This program uses a unique, whole-person approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, reduce stress, and possibly help reduce risk of dementia. Led by Erica Bickhart, 50 North Activities Director. You will leave each class with different activities or mental/physical activities to help improve your brain. Class size is limited to 25. **Pre-registration required. Free.**

**National STEAM Day with the
Mazza Museum and Conda STEAM Center
Friday, November 8 from 9:30 – 11:00 am**

Today is National STEAM Day! STEAM learning (Science, Technology, Engineering, Art, Math) is fun for ALL ages! Stop in, do some fun activities and experiments, and meet the staff from the STEAM Center! **Pre-registration required. Free.**

Veterans Day Celebration**Monday, November 11 from 1:00 – 3:00 pm**

Today we celebrate the 50 North members who are Veterans. After you have a free lunch in the café today, please join your fellow Veterans for a time of fellowship and friendship in the Art Studio. There will be refreshments provided for you and your guest.

**Doing Diabetes Together: “Be Savvy with Holiday Spirits”
Tuesday, November 12 at 10:00 am**

“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 questions about the group, please reach out to Jennifer Little at little.18@osu.edu.

Evening Conversations: Wills & Trust Planning**Tuesday, November 12 from 6:00 – 7:30 pm**

Join Christine Ranzau of JD and Rooney & Ranzau Ltd. Law, and Marty Rothery from the Blanchard Valley Health Foundation as they lead you through this Wills Planning Seminar. The workshop will include legal steps of setting up a will, what happens when no will is in place, tax implications and more. Each participant will receive a FREE copy of the Blanchard Valley Health Foundation’s Wills & Trust Planning Guide and a complete packet featuring The Ohio Advanced Directives forms. **Free. Registration ends November 5.**

Morning Conversations: “Older Adult Bank Fraud”**Wednesday, November 13 at 10:00 am**

This presentation was rescheduled from October. Older Americans lose roughly \$3 billion to a growing number of scams each year, according to the United States Senate Special Committee on Aging. But only one in 44 cases get reported, according to the National Adult Protective Services Association. This presentation given by Farmers & Merchant Bank will provide scam examples, red flags and how to be a cyber savvy senior. **Pre-registration required. Free.**

Morning Conversations: Happy Birthday Mickey Mouse!**Monday, November 18 at 10:30 am**

From Mickey Mouse Sound Cartoons to Mickey Mouse Club to Mickey Mouse Clubhouse, everyone loves Mickey Mouse. Join Erica, 50 North Activities Director, as she takes you through the history of Mickey Mouse and the early years of Disney. Wear your favorite Mickey Mouse memorabilia and join us for this nostalgic presentation. **Pre-registration required. Free.**

Nature Notes with HPD: “Invasive species”**Monday, November 18 at 1:00 pm**

Sometimes when an organism is introduced to a new ecosystem, it outcompetes with other plants, animals, and fungi. These organisms are known as invasive species. They steal precious resources from native species and can cause extensive damage to food crops and the biodiversity of an ecosystem. We will learn about invasive species in Ohio, ones found in other parts of the country, and what can be done to stop them. **Pre-registration required. Free.**

Mindful Monday:**“Holiday Stress and How to Remain Mindful”****Monday, November 18 at 1:00 pm**

This series meets 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.**

Medicare Presentation**Tuesday, November 19 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.**

Disaster Preparedness Workshop**Tuesday, November 19 from 12:00 – 2:00 pm**

In partnership with the Red Cross and the Area Agency on Aging, participants receive a free disaster preparedness kit and information, and free training from the Red Cross and EMA for disaster, fire, tornadoes, etc.– **FREE but MUST call 50 North to register by November 12 – only 50 spots available.**

Guys Night Out**Tuesday, November 19 from 5:30 – 7:30 pm**

We have a special Guys Night Out planned that you are sure to enjoy! November 19 is National Monopoly Day, so this evening is planned all around this historic game. Food, drinks, games, and money – what else does one need?! This event is open to 50 North members and costs \$15 per person. If you’re not a member, let’s get you signed up today! **Pre-registration and \$15 due by November 12.**

November and December Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Hancock Historical Museum: "Ohio Inventions and Inventors"

Wednesday, November 20 at 10:00 am

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

Wellness Wednesday:

"Asset Protection and Long-Term Care"

Wednesday, November 20 at 1:00 pm

Presented by Selena Busching from AlerStallings LLC. Each presentation, sponsored by the Alzheimer's Association, will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! **Pre-registration required. Free.**

University of Findlay International Fair International Night at 50 North

Wednesday, November 20 from 3:00 – 5:00 pm

University of Findlay international students are excited to share their culture with you! Come and Taste treats from their counties as well as participate in hands on activities that represent each of their culture. **Register Now! Pre-registration required. Free.**

Book Club: "The Four Winds" by Kristin Hannah Thursday, November 21 at 10:00 am

These 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.**

Keep Current: "A.I. – what is it and how is it used"

Monday, November 25 at 1:00 pm

This topic was rescheduled from October We're hearing a lot about A.I., but what is it? How is it positively and negatively affecting us? Jim Jaffe, retired attorney and university professor facilitates discussion based on current events. **Registration required. Free.**

Check Out the 419: The Jones Mansion

Monday, December 2 at 10:00 am

Eric VanRenterghem, owner and operator of The Jones Mansion will be at 50 North to share with you the history of the mansion, the renovations, and upcoming events. If you love local history, this presentation is perfect for you! **Pre-registration required. Free.**

De-Clutter with Deb Series: "Let's Celebrate!"

Tuesday, December 3 at 10:00 am

Share your declutter accomplishments and help inspire others! 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.**

Tech Connections: "Safe Social Media"

Tuesday, December 3 at 6:00 pm

Keith Story, member of the Marathon Petroleum Cyber-security Team, will give you information on how to use social media safely and how to keep your personal information secure. **Pre-registration required. Free.**

National Cookie Day

Wednesday, December 4 from 10:00 – 11:00 am

Lets spend some time getting into the holiday spirit by decorating some holiday cookies. 50 North will provide the cookies, icing, and toppings. Limited space. **Pre-registration required. Free.**

Karaoke Night

Wednesday, December 4 from 5:00 – 7:00 pm

Thanks to our partnership with Provision Living, 50 North is bringing Tim Holt back for Karaoke Night! There will be food available for purchase while you sing your favorite karaoke songs! **Pre-registration required. Free.**

Gardening in Our Golden Years:

Holiday Greens Wreath Making Class

Monday, December 9 at 10:30 am

Hancock County Master Gardener Volunteers will lead a "Make It, Take It" wreath making class to bring the seasonal holiday smells into your home. Fresh cut evergreens are provided, with a frame, wire, bows / ribbons and more to decorate your own wreath. Bring cutters and a plastic bag to take home. Limited class size. **Pre-paid registration and \$25 due by Friday November 27.**

Nature Notes with HPD: Natures Christmas Ornaments

Monday, December 9 at 1:00 pm

Learn about the variety of natural items that can be used in making Christmas ornaments. Many examples will be displayed. Participants will also have the chance to make an oyster shell Christmas ornament. **Pre-registration required. Free.**

Mindful Monday: Wrap Up and Holiday Party

Monday, December 9 at 1:00 pm

This series meets 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.**

**50 North Donnell Stage Series: Findlay String Factor
Monday, December 9 at 6:00 pm**

50 North welcomes back the student musicians of Findlay String Factor. This 45 minute program will highlight some of everyone's favorite holiday songs. The group is made up of nine musicians, directed by Ken Pressel. **Pre-registration required. Free.**

**Doing Diabetes Together:
"Holiday Snacks and Plans for 2025"**

Tuesday, December 10 at 10:00 am

"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 questions about the group, please reach out to Jennifer Little at little.18@osu.edu

**Morning Conversations:
"The Star and The Lady on the Moon"**

Tuesday, December 10 at 10:30 am

50 North members and Millstream Astronomy Club members, Doug and Kathryn Rider, will be here to share their passion of astronomy. Learn more about The Bethlehem Star and The Lady on the Moon. **Pre-registration required. Free.**

**Gingerbread House Decorating Contest
Thursday, December 12 from 1:00 to 3:00 pm**

Today is National Gingerbread House Day, so what better way than to have a decorating contest. We will provide the graham cracker gingerbread house and decorations, and YOU get to decorate. Pre-register to win your chance at the "Best Gingerbread House" title. Limited space.

**50 North Choir Concert
Thursday, December 12 at 6:30 pm**

Whether you're "decking the hall" or "having a blue Christmas", this choir program is guaranteed to help you start your holiday season off right! Doors will open at 6:00 pm.

**Encore Theatre Holiday Performance
Tuesday, December 17 at 2:00 pm**

The Encore Theatre Group will perform their annual holiday Readers Theatre program. This Readers Theatre style play will be free for all 50 North members. Come celebrate the holiday season with this special performance. **Pre-registration required. Free.**

**Hancock Historical Museum: "Christmas Symbols"
Wednesday, December 18 at 10:00 am**

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

**Wellness Wednesday:
"Aging with the Visual Arts:
Benefits to Your Mind and Body"**

Wednesday, December 18 at 1:00 pm

Presented by Emily Sullivan of Awakening Minds Art. Each presentation, sponsored by the Alzheimer's Association, will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! **Pre-registration required. Free.**

**Holiday Card Writing
Wednesday, December 18 from 1:00 – 4:00 pm**

The Art Studio will be open for those who would like to write out holiday cards for local nursing home and assisted living residents. 50 North will provide cards and supplies and will deliver the cards. You may also write out and take cards for your personal use.

**Book Club:
"Christmas Bells" by Jennifer Chiaverini**

Thursday, December 19 at 10:00 am.

These 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. **Pre-registration required. Free.**

**Dietitian Chat: "Eating for Cancer Prevention"
Thursday, December 19 at 3:00 pm**

There are many uncontrollable cancer risk factors, including genetics and age. The fortunate news is lifestyle choices, such as diet can play a role in prevention. Tune into class to learn the latest diet recommendations for cancer prevention. Presented by Sophia Smith, a dietitian with BVHS. **Pre-registration required. Free.**

**Special Senior Cinema: Radio City Rockettes
Friday, December 20 at 10:00 am**

We are bringing a touch of NYC Christmas to 50 North! Join us for this special senior cinema as we enjoy a recorded performance of Radio City Rockettes Christmas Spectacular. Snacks are included! **Pre-registration required. (1 hr 20 min.)**

**Keep Current:
"What is price gouging and what can we do about it?"
Monday, December 23 at 1:00 pm**

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

Extended Trip Opportunities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

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; AT&T Stadium tour; Fort Worth Stockyards & Cattle Drive; Magnolia Market at the Silos; Waco & HGTV Tour with Harp Designs Co.; and Dr. Pepper Museum.

Included: Round trip Motor Coach transportation between Findlay and departing airport; Round trip Air; Transfers; Hotel Accommodations; 4 breakfast, 1 lunch and 3 dinners; All entry fees and tips for activities and guides, taxes and service charges.

Not Included: Airline baggage; Hotel incidentals; and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$2,299 Double | \$2,799 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before February 28, 2025.

This trip is rated activity LEVEL 3.

NIAGARA ON THE LAKE – WORLD CLASS THEATRES & WINERIES

May or June of 2025

Featuring 1 night in Stratford, Ontario, 2 nights Niagara-on-the-Lake, a 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.

Included: Round trip Motor Coach transportation; Hotel Accommodations; Luggage handling; 3 breakfast, 1 lunch and 2 dinners; all entry fees to attractions; tips and taxes on meals, Professional Tour Manager; gratuities for Step-on Guides; taxes and service charges.

Not Included: Hotel incidentals and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$1,639 Double | \$2,039 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before 90 days before departure date.

This trip is rated activity LEVEL 2.



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!

HUDSON RIVER VALLEY & CASTLES OF NEW YORK

October 7 – 12, 2025 (5 nights / 6 days)

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

Included: Round trip Motor Coach transportation; Hotel Accommodations; Luggage handling; 5 breakfast, 1 lunch and 3 dinners; all entry fees to attractions; tips and taxes on meals, Professional Tour Manager; taxes and service charges.

Not Included: Hotel incidentals and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$2,369 Double | \$2,969 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before July 7, 2025.

This trip is rated activity LEVEL 4.

GREECE ISLAND HOPPER

October 18 – 28, 2025 (10 nights / 11 days)

Featuring city of Athen's world-renowned sites, 3 days at leisure in Mykonos, the whitewashed island in the Aegean Sea, view from Acropolis, home of the legendary Parthenon, picture-perfect village of Oia on Santorini, 15th century BC at the excavation site of Akrotiri, sample the finest wines in Greece during a winery tour and light lunch in Santorini, indulge in local food and wine accompanied by traditional music.

Included: Round trip Motor Coach transportation between Findlay & departing airport; Round trip Air; Transfers; Hotel Accommodations, some meals; Sightseeing; All baggage handling (1 bag per person); Professional Tour Manager, taxes and service charges.

Not included: Airline baggage fees; Hotel incidentals; and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$5,299 Double | \$5,249 Triple | \$6,299 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before July 20, 2025.

**This trip is rated activity
LEVEL 3.**

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

Extended Trip Opportunities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

ELVIS' BLUE CHRISTMAS

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

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

Included: Round trip Motor Coach transportation; Hotel Accommodations; 3 breakfast, 1 lunch & 2 dinners; all entry fees to attractions.

Not included: Hotel incidentals and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$1,599 Double | \$1,899 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before September 5, 2025.

This trip is rated activity LEVEL 2.

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

LEVEL 1: Minimal walking through parking lots & drop off locations. Standing while waiting in line and for entrance to tours. Will include steps & uneven surfaces throughout the day.

LEVEL 2: Moderate walking/standing, up to half a mile, may include stairs and/ or uneven terrain.

LEVEL 3: Lots of walking/standing for multiple hours, may include flights of stairs and/or uneven terrain.

LEVEL 4: Extensive walking/standing, climbing stairs or hilly walkways and/or extended weather exposure.

CHRISTMAS IN LANCASTER

December 8 – 12, 2025 (4 nights / 5 days)

“Entertainment Extravaganza” featuring 3 Holiday Shows (Holiday Inn at the Dutch Apple Theatre, Deck the Halls at the American Music Theatre and Noah at Sight & Sound). Lititz Town Tour, Wilbur Chocolate Store, Julius Sturgis Pretzel Bakery, Koziar’s Christmas, Amish Farmlands Tour and so much more!

Included: Round trip Motor Coach transportation, Hotel Accommodations, 4 breakfast, 1 lunch & 4 dinners; all entry fees to attractions; Gratuities for Bus Drive, step on guides & Tour Host. Tax & Tips on included meals.

Not included: Hotel incidentals and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$1,829 Double | \$2,189 Single

Deposit: \$500 per person due at time of reservation.
Final payment: Due on or before September 8, 2025.

This trip is rated activity LEVEL 3.

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

State Licensed & Insured

Since 1989

Bug Off Pest Control, LLC.



2025 OVERNIGHT TRIP OPPORTUNITIES

CHRISTMAS TIME AT THE ARK ENCOUNTER December 4 – 5, 2025 (Overnight)

Single night accommodation at the Wingate by Wyndham-Erlanger

Included: Round trip Motor Coach transportation; Hotel Accommodations; breakfast at the Hotel, Lunch Voucher at the Creation Museum & Buffet Dinner at the Ark Encounter, all entry fees to attractions; Gratuities for Bus Drive and Tour Host. Not included: Hotel incidentals; and some meals.



COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$525 Single | \$499 Double | \$479 Triple | \$459 Quad
This trip is rated activity LEVEL 3.

DISCOVER DETROIT September 9 – 10, 2025 (Overnight)

Single Night Accommodations at the MGM Grand Detroit. Join us for an unforgettable overnight adventure in Detroit, Michigan, where we'll immerse ourselves in the city's rich



history and vibrant culture. Explore the flavors of Eastern Market, enjoy a docent-led tour of the Ford Piquette Avenue Plant—the birthplace of the Model T, and visit the beautiful Belle Isle State Park, featuring stops at the aquarium and conservatory. Admission to the Dossin Great Lakes Museum is included, along with a visit to the newly renovated Detroit Train Station. We'll also tour the iconic Motown Museum and cap off the trip with time at the MGM Casino.

Included: Round trip Motor Coach transportation; Hotel Accommodations; 1 Lunch – American Coney Dog Island and 1 Dinner at the Ford Garage; all entry fees to attractions; Gratuities for Bus Drive & Tour Host. Not included: Hotel incidentals; Breakfast at hotel is available, but not complementary.

COST PER PERSON BASED ON DOUBLE OCCUPANCY:
\$529 Single | \$499 Double | \$489 Triple | \$479 Quad
This trip is rated activity LEVEL 4.

2025 DAY TRIP OPPORTUNITIES

TOLEDO WALLEYE HOCKEY Wichita Thunder vs. Toledo Walleye Wednesday, March 5, 2025

Trip Includes: Roundtrip motor coach transportation, private party terrace seats with a private party buffet! Gratuities for Bus Drive & Tour Host.

\$89 Per Person
This trip is rated activity LEVEL 2.



WINE & ALE Friday, April 25, 2025

Trip Includes: Roundtrip motor coach transportation, four stops at Delaware's finest breweries & Wineries, one flight of brew, one flight of wine and a mystery SWEET stop. Gratuities for Bus Drive & Tour Host.
*Food available at each stop at traveler's expense.

\$110 Per Person
This trip is rated activity LEVEL 2.



Day and Overnight Trips

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

DINNER THEATER EXPERIENCE AT CORNWELL'S Thursday, May 8, 2025

Join us for a Dinner Theater experience at Michigan's Famous Family-Owned Professional Dinner Theater! Trip Includes: Roundtrip motor coach transportation, full "Turkey Dinner" (Including all the fixings). Then after dinner you will enjoy the MUST-SEE MUSICAL ADVENTURE – NUNSENSE, with songs and comic interludes paced at break-neck speed. Then before heading home enjoy a stroll through their 10,000 square foot gift shop and ice cream parlor. Gratuities for Bus Drive and Tour Host.



\$125 Per Person
This trip is rated activity
LEVEL 2.

DISCOVER PORT HURON LIGHTHOUSE & BOAT TOUR Thursday, July 10, 2025

Trip Includes: Roundtrip motor coach transportation, Lunch at Freighters Tab House on the beautiful St. Clair River, boat cruise (Lady Huron Cruise) on the St. Clair River and tour of Fort Gariot Lighthouse-climb (weather permitting). Gratuities for Bus Drive and Tour Host.



\$150 Per Person
This trip is rated activity
LEVEL 2.

EXPERIENCE HAMTRAMCK MICHIGAN'S POLISH VILLAGE Thursday, August 7, 2025

Trip Includes: Roundtrip motor coach transportation, stops at the Polish Art Center, St. Florian Church, St. Albertus Church, Lunch (meal included in price) at Polish Village Café, Pope Park, Hamtramck Museum, New Place bakery (goodie bag included) and Srodek's Campau Quality Sausage! Gratuities for Bus Drive and Tour Host.



\$119 Per Person
This trip is rated activity
LEVEL 3.

LET'S PLAY BALL! TOLEDO MUD HENS' vs. COLUMBUS CLIPPERS Wednesday, August 13, 2025



Trip Includes: Roundtrip motor coach transportation, Ticket to the game, stop at Tony Packo's for a meal (meal is at the passenger's expense), snacks and water on the bus! Gratuities for Bus Drive and Tour Host.

\$79 Per Person
This trip is rated activity LEVEL 2.

CLEVELAND ADVENTURE Tuesday, September 23, 2025

Trip Includes: Roundtrip motor coach transportation, 2 hours stop at the famous West Side Market in Cleveland, Ohio. Tour of the one and only CHRISTMAS STORY HOUSE! A stop at the world's largest candy store - SWEET-IES! Then before heading home your choice of flavor at Mitchell's Ice cream! Gratuities for Bus Drive and Tour Host.



\$99 Per Person
This trip is rated activity LEVEL 2.



*Unique trips like these
are great gift ideas for
special occasions!*

OHIO'S AMISH COUNTY FALL TOUR MICHIGAN'S POLISH VILLAGE Wednesday, October 8, 2025

Trip Includes: Roundtrip motor coach transportation, buffet meal at Amish Door Restaurant with pie! Then a docent led tour of Behalt Cyclorama, viewing of the world's largest cuckoo clock, stop at cheese shop, gift shops and bakery, and admission to an Amish farm petting zoo (see the giant Amish work horses). Gratuities for Bus Drive and Tour Host.



\$120 Per Person

**This trip is rated activity
LEVEL 3.**

MYSTERY TRIP YOU WON'T KNOW UNTIL YOU GO? Tuesday, November 18, 2025

We are not going to tell you till you get there... but we PROMISE you will have fun! Trip Includes: Roundtrip motor coach transportation, Meal and Admissions included in price! Gratuities for Bus Drive and Tour Host.



\$99 Per Person

**This trip is rated activity
LEVEL 2.**

CHRISTMAS LIGHT SHOW LIGHT SHOW AT CLIFTON MILL Wednesday, December 11, 2025

Enjoy a holiday evening of lights & Christmas Spirit. Trip Includes: Roundtrip motor coach transportation, Christmas bingo in route, Diner at Young's Dairy/Giftshop (meal is at the traveler's expense). Admission into the Light Show at Clifton Mill and a drive thru Ramar Neighborhood lights!



Gratuities for Bus Drive and Tour Host.

\$89 Per Person

This trip is rated activity LEVEL 2.

Don't hesitate to book!

These trips always fill up fast, so don't miss your chance at these fantastic trip opportunities.

Call our travel department today to see how you can join us on our next !

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.

Welcome to 50 North's Wellness Center! Our programs are crafted to enhance your well-being and achieve optimal health through a balanced approach of movement, strength training, and self-awareness. Here's what you can expect as a member:

Comprehensive Fitness Equipment

Our facility is equipped with a wide array of cardio and strength training tools, including:

- **Cardio Equipment:** Treadmills, ellipticals, arm ergometers, Bio-Steps™, Nu-Steps®, recumbent bikes, spinning bikes, row machines and **NEW** Helix Lateral trainer with a recumbent Lateral trainer coming soon!
- **Strength Training Tools:** Biodex Sit2Stand Squat-Assist Trainer™, upper and lower body strength training machines, hand weights, resistance bands, TRX straps, balance balls, stretch tables, balance bars, and steps.

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

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

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 reimagine your wellness goals and create a personalized health plan that fits your unique needs.

Group Exercise Classes

As a member, you can take advantage of a wide range of group exercise classes, available both during the day and in the evening. Our classes include:

Cardio • Strength Training • Balance & Flexibility

We also offer specialized classes designed for individuals with Parkinson's disease and other chronic conditions, ensuring that everyone finds a suitable and supportive program.

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

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 VibePlate™ training which helps increase muscle density and 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.

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.**

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

Annual membership fees for 2024:

- \$181.53 single or \$302.53 for two in a household *(No registration fee required / Sales tax included)*

6-Month membership are also available:

- \$119.90 single or \$217.07 for two in a household *(No registration fee required / Sales tax 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)*

WellBeats™

Wellbeats™ caters to every member's needs and interests with on-demand, virtual workouts for every age, gender, interest, or ability level with the feeling of a live experience.

Wellbeats™ 1 is located in the **Multi-Purpose Studio**

Wellbeats™ 2 is located in the **Group Exercise Studio**

Obtain class description and room availability schedule at the Wellness Center. Sign up outside of the studio to reserve the room daily.

Scheduled WellBeats™ Group Classes Are Available.

Staff will be available to assist participants during class. See Wellness Staff for class schedule. Located in the Group Exercise Studio on the lower level.

Attend one of the scheduled Wellbeats™ classes and get your name entered into a drawing for a FREE smoothie or breakfast item from the 50 North cafe!

Jump Start Your New Year with Healthy Habits!

Get a head start on your wellness journey with our **28-day Holiday Challenge**, exclusively for 50 North Wellness members.

Starting from Thanksgiving Day and running through Christmas Day, this challenge is designed to help you focus on essential aspects of health: sleep, movement, meditation, and overall well-being.

Led by Annie Hayes, 50 North's Healthy Living Nutrition Coach and Personal Trainer, this challenge will provide you with the tools and motivation needed to maintain your health through the festive season.

Join us for 50 North's Wellness Day on November 16th to learn more about the challenge and how to get involved. Don't miss this opportunity to prioritize your health and kick off the new year feeling your best!



Senior Living
A CUT ABOVE THE REST

Provision Living at Findlay
Independent Living | Assisted Living | Memory Care

Now Open!

SCHEDULE A TOUR TODAY!



PROVISION LIVING
Senior Living Communities

(419) 871-4268
11915 Township Rd. 145
Findlay, OH 45840
www.provisionliving.com

It's that time of year!

MEDICARE ANNUAL ENROLLMENT
Oct 15, 2024 – Dec 7, 2024

MARKETPLACE OPEN ENROLLMENT
Nov 1, 2024 – Jan 15, 2025



Medicare Plan Review
No cost - No obligation

- Plan quotes with multiple carrier comparison
- Year-round client service and support

ACA Individual/Family Enrollment Guidance

Call: 419-425-0916





GROUP BENEFIT CONSULTANTS, INC
418 S. Main St., Findlay OH
www.GBCbenefits.com



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

ANNETTE SHAFFER LENI MUELLER
LICENSED HEALTH INSURANCE AGENTS

Wellness (continued)



ANNIE HAYES



SUE PASCHE



JAN BARNES

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

See Wellness Staff to obtain 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.

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*	9:00 am Wellbeats**
9:45 am SilverSneakers® Classic (T)*	9:45 am SilverSneakers® Yoga*	9:45 am SilverSneakers® Classic (T)*	9:45 am SilverSneakers® Yoga*	9:45 am SilverSneakers Yoga*	10:00 am SilverSneakers® Enerchi (Nov. 9, 23, and Dec. 7, and 21)
9:45 am SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga*	11:00 am Parkinson's Class (T)	11:00 am Yoga Fusion	10:00 am Yoga Flow (Nov. 2, 16, 30, and Dec. 14, 28)
11:00 am SilverSneakers® Yoga*	11:00 am Parkinson's Class (T)	1:00 pm Seated Strength and Stretch (T)	1:00 pm Balance and Strength Class (T)	1:00 pm Cardio Drumming (T)	
12:00 pm Yoga Fusion	1:00 pm Balance and Strength Class (T)	1:15 pm Body Tuning	1:30 pm GeriFit®	1:00 pm Standing Stronger (T)	
1:00 pm Seated Strength and Stretch (T)	1:30 pm GeriFit®	2:30 pm Cardio Drumming (T)	5:00 pm Yoga Fusion		
1:15 pm Body Tuning	4:15 pm Wellbeats**	2:30 pm Yoga Fusion	6:00 pm Power-up Combo (T)		
4:15 pm Wellbeats**	5:00 pm Wellbeats**	4:15 pm Wellbeats**			
5:30 pm Cycling Mix	6:00 pm Power-Up Combo	5:30 pm Cycling Mix			
5:30 pm Cardio Drumming (T)					

* Classes are also offered via Zoom. (T) Denotes classes that are held in the track area.

BodyBlast (45 minutes)

Mondays, Wednesdays, & Fridays 8:30 am
A full body HIIT workout that involves cardio and resistance training.

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
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
Every other Saturday at 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
Every other Saturday at 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.

Power-up Combo (45 minutes)

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

Body Tuning (45 minutes)

Mondays & Wednesdays, 1:15 pm
Full body toning and core strengthening class with light cardio.

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
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 exercises are performed seated are performed seated in chairs with light dumbbells.

Cycling Mix (1 hour)

Mondays & Wednesdays, 5:30 pm
Beginner level spin class. Great for cardio, toning and sculpting.

Wellbeats™ 2 Classes (20-30 minute classes)

Offering on-demand, virtual classes ranging from moderate/higher intensity cardio, strength, Tai Chi/Stretch/Balance, Pilates, and low impact cardio classes. Obtain class schedule from Wellness Staff. Staff will be available to assist participants during class if needed.

(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.

(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) Cardio Drumming (45 minutes)

Mondays 5:30 pm, Wednesdays 2:30 pm, and Fridays 11:00 am
Drum to the rhythm of music. Class can be done seated or standing.

(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.

Volunteering: The Happiness Effect

On a regular basis the people in our community engage in some kind of non-profit activity. There's no shortage of volunteer opportunities available for those willing to donate their time and efforts at 50 North and/or in our community. "Those who can, do. Those who can do more, volunteer." Findlay is a generous community.

Volunteering is a two-way street: It can benefit you as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, boost your social skills and kindles happiness. By giving back to your community, you show firsthand how volunteering makes a difference and how good it feels to help other people.

Will Rogers once said, "Half our life is spent trying to find something to do with the time we have rushed through life trying to save." Tomorrow can be the beginning of new adventures, new joys, and greater successes – how you spend it is up to you.

When it comes to volunteering, passion and positivity are the only requirement! **CURRENTLY, we have volunteer openings for Mobile Meal Drivers, Mobile Meal Packers, Café, and Special Events.** Contact Julie Niswander, 50 North Volunteer Coordinator, at (419) 423-8496, ext. 121 or email J.Niswander@50North.org for more information.



VOLUNTEER HOLIDAY SOCIAL

Your presence at 50 North is truly a gift and we thank you for all that you do. We warmly invite you to a special Volunteer Reception.

Thursday, December 12 • 5:00 pm
(with a Christmas Concert at 6:00 pm)
50 North Activities Room

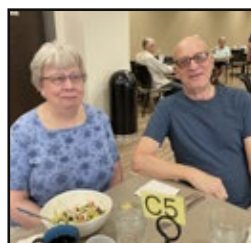
Due to limited seating, please RSVP to Julie Niswander, Volunteer Coordinator, by December 5 to confirm your attendance for both the reception and the concert.

Happy Holidays!

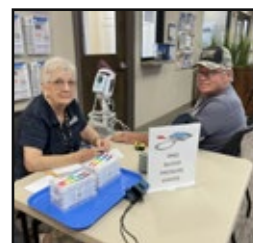
Volunteer Spotlight



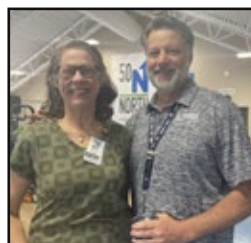
Findlay Service League volunteers serve Thursday Evening Dine In and Learn.



Curt and Ellen Hugunin continue to volunteer with mobile meals, shuttle, and greeting.



Retired nurse, **Jean Borosky**, educates and does blood pressure checks each Thursday (with **Tom Diller**).



Eric and Kathy McKee volunteer their time with the Parkinson's Class contributing support and encouragement.



Laurie Kessler volunteers as mobile meal sub, ice cream ambassador, and IT support (Tuesdays).



Liberty Benton wrestlers and coach, Chad Marzec, once again rake leaves and serve our community.

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