

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

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

Don't Miss Out!

Grandparents Event with Awakening Minds Art!

Saturday, September 7
12:00 – 2:00 pm.

See pages 17 for details.

Ladies Night Out.

Special 50 North
Ladies Night Out Event!
Tuesday, October 15
5:30 – 7:30 pm

See pages 17 for details.

Dinner Theatre “A Night Of Scenes.”

Wednesday, October 23
Begins at 5:30 pm

See page 17 for details.

50 North Gift Certificates Are Available!

A great way to give or get
a gift. See a staff member
to purchase.

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

September/October 2024



The 2024 50 NORTH ARTS & CRAFTS FAIR

See page 2 for details.

Saturday, October 26, 2024 • 9:00 am to 2:00 pm

It's back! The 50 North Arts & Crafts fair features some of the best crafters in the area, featuring only homemade arts and crafts items. The Marathon Café will be open with breakfast items, sandwiches, snacks, and beverages. Open to everyone! Everyone attending will receive free admission and one free hot dog combo for lunch.

Attention Retirees and Soon-To-Be Retirees!

RETIREE WORKSHOP

Living A Better Second Half of Life

Saturday, September 28, 2024

11:30 am to 2:30 pm

Designed to help pre-retirees and retirees transition into a more purpose filled life. A **FREE EVENT** with lunch provided, but registrations required. Call 50 North to reserve your spot. Space limited to the first 100 registered.

HIxon ZUERCHER
Capital Management

All three of the above events are a part of the
Findlay-Hancock County Community Foundation's Fun For All - For Free!



2024 SENIOR HEALTH FAIR



Saturday, October 12, 2024

Noon to 2:30 pm

Celebrate by participating in a full line up of fun activities to keep you safe, healthy, and informed. Meet with local health care professionals, experience free health screenings, flu shots, mini smoothies and so much more!

CHECK OUT THESE OTHER 50 NORTH EVENTS!

TRAVEL EVENT

Tuesday, Sept. 17 • 5:00 to 7:00 pm

If you like to travel or always wanted to and never have, this is the event for you!

See page 19 for full details.



Walk to End Alzheimer's Event!

Saturday, Sept. 14 • 9:00 - 11:00 am

Bring the entire family for fun activities, chances to win prizes and more! Don't miss the family zone, photo booth, Promise Garden or the "Purple Zone."

50 North recognizes the emergence of a new kind of older adult with different interests and needs. These older adults will live longer, enjoy better health, intend to stay involved and participate in an active, interesting and more flexible lifestyle. 50 North will come together to make sure the resources are there to ensure our older adults live healthy, productive, independent and happy lives.

In October/November, 2023, Strategic In/Sight Partners (formerly 6D) conducted a comprehensive survey of our members to ask what they liked about 50 North and what we could do better.

The top three programs and services the members requested were:

1 Expanded fitness and health-related activities, emphasizing tailored options for various mobility levels.

- 2 More educational workshops or classes focusing on current technology use and digital communication tools.
- 3 Increased social events and cultural outings that cater to a wide range of interests and encourage community building among members.

Under the section 'Special Events - What's New at 50 North', enjoy the expanded fitness and health-related activities, classes on technology and digital tools plus social events and cultural outings. We look forward to continuing to meet your needs today and your needs tomorrow.

Carolyn Copus

Carolyn Copus
Executive Director



Special Events – What's New at 50 North

We listened and we have heard you! We are so excited to offer new and exciting programs and services and we continue our mission to support adults who are 50 and older by enriching their lives, supporting their independence, and helping them navigate life's transitions. Let's get older together!

Grab & Go Breakfast!

Breakfast will be available for purchase Tuesday thru Friday from 7:30 – 10:00 am. Enjoy assorted parties, muffins, yogurt parfait, fruit cups and more. Located in the Marathon Café.

Happy Birthday to YOU!

Is your birthday in September or October? If so, you'll receive a 50 North Birthday Card that card entitles you and a guest to sign up and experience the ALL NEW 50 North Evening Birthday Celebration Dinner. See page 9 for complete details.

Adult Art Camp

Ignite your creativity at 50 North! Escape into the therapeutic nature of art as our encouraging facilitators show you how to unlock your creative potential. Discover embracing your inner child and enjoy experimenting with art making.

Open Art Studio

Monday, September 23 and October 28 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 create!

Puzzle Tournament

Puzzles have become a HUGE part of our Activity Room. Today, we're bringing the puzzles to the Younger Room for a PUZZLE TOURNAMENT! See page 17 for complete details.

Dine In and Learn Wellness Series

50 North's Nutrition Department & Wellness Department 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 at 50 North's Cafe, prepared by 50 North's Nutrition staff. \$15 per person/event. Pre-registration required. You do not need to be a Wellness Center member to attend.

Time: 6:00 - 7:30 pm. Contact the Wellness Center with questions. Register at Member Services or register online!

9/5 Overview-General information on Healthy Living, exercise, and overall wellness. Menu will include Sweet Potato Lasagna/Green salad/Apple-walnut salad (register by 8/29)

10/3 Cardiovascular Disease, Cholesterol and Cancer. The effect our diet has on the development of cardiovascular disease and cancer. Menu will include Chicken Fajita Salad with maple syrup and balsamic dressing (register by 9/26)



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




**THE INFLATION
 REDUCTION ACT
 BRINGS BIG
 CHANGES IN 2025**

Call TODAY **MEDICARE ENROLLEES
 PREPARE FOR YOUR PLAN UPDATES**


Watch for your plan's Annual Notice of Change

- Weigh costs and benefits of any plan that includes Part D prescription drug coverage
- Prepare a list of your current medications and healthcare providers
- Schedule a plan review during the Annual Enrollment Period October 15 - December 7




SCAN ME!

419-425-0916 www.GBCbenefits.com



ANNETTE SHAFFER LENI MUELLER
 LICENSED AGENTS

 **GROUP BENEFIT CONSULTANTS, INC.**
 418 S. Main St., Findlay OH

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


Age
In Place

"Your complete flooring source!"

HOUSE OF COLOR™
 WOOD • TILE • CARPET

523 E. Bigelow Ave.
 Findlay, OH 45840

419-422-8554 www.findlayfloors.com



**TUB-TO-SHOWER CONVERSION
 ZERO ENTRY SHOWERS (CURBLESS)
 RAMPED SHOWERS
 CUSTOM GROUTLESS SHOWERS
 HEATED FLOORS**

We offer **FREE ESTIMATES**, design help & an amazing selection of colors and styles.

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:

Monday, September 2 Labor Day

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 debit credit/credit card purchases.

Regarding guests:

- 50 North encourages all members to bring guests. 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.
- The member fee in Hancock County is FREE. Outside Hancock County is \$40.00 per household per fiscal year. The visiting guest must go to the member service desk to pay their \$11.00 fee and receive their guest tag.
- Guests must be over the age of 50, with the exception of the café.
- Out of town friends and family members are welcome to visit 50 North while visiting the 50 North member. Each time a visitor attends 50 North (must be accompanied by 50 North member), the visitor must register at the Member Services Desk and indicate what activities the visitor is attending that day.

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

Taking Care of Your Hearing Aids

\$5 Off
Basic Service!
Available for new and current patients
Expires: 10/31/2024

At Clean and Check Appointments:

- sanitize your hearing aids
- talk to you about any issues or concerns
- remove any moisture from your hearing aids
- change filters
- check your ears



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



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
- NEW CONSTRUCTION
- NOTARY PUBLIC
- CONSULTING



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

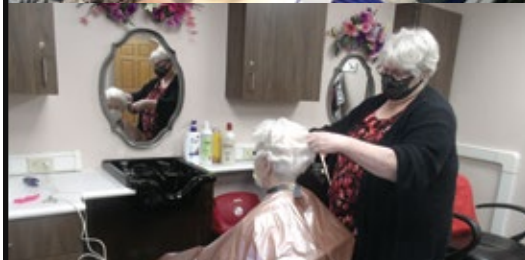
Dr. Katie Frederick

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.**



Time To Submit Your Snow Removal Service Lottery Entry Form!

50 North offers snow removal which is a paid service and uses a lottery system. If you desire to have your name placed in the lottery, **fill out this form and submit it to 50 North before October 25th.**

You can also find the application at the Member Services Desk, and at www.50north.org. On October 29th, a drawing will be held at 50 North. After the drawing, all seniors who placed their name in the lottery will be notified by letter.

**Be sure to turn in your entry form before
October 25 to ensure that you are considered for
service for 2024-2025!**

2024 SNOW REMOVAL FORM
 (Please PRINT. One form per household)

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____


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

Date Submitted: ____ / ____ / ____

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

Howard Rare Coin Gallery
Silver City AUCTIONS

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



3500 N MAIN ST,
FINDLAY, OH 45840

PHONE: (419) 408-3220



OIO | Orthopaedic Institute of Ohio

— LOCAL CARE. NO COMPROMISE. —

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

SCHEDULE TODAY!

 www.orthoohio.com

 **419-424-0131**



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

The Critter-Getter
Insect Control Specialist

*Rodents • Spiders • Roaches
Bees • Wasps • Carpenter Ants*

Commercial & Residential Pest Control



419.421.1234



Making Your Problem My Problem
Since 1989

State Licensed & Insured Bug Off Pest Control, LLC.

**MEDICARE QUESTIONS?
CALL (419) 835-2190**



**WE REPRESENT ALL
MAJOR CARRIERS IN OHIO**
*OFFICE, IN HOME, OR REMOTE APPOINTMENTS

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

Ken and Babs Atwell
923 Summer Dr., Suite H,
Carey Ohio, 43318

A+ Insurance Solutions

family is at the
heart of everything we do.



 **Hufford**
FAMILY FUNERAL HOME
Family to Family Care

1500 Manor Hill Rd. ♦ Findlay
419-422-1500 ♦ www.huffordfh.com

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

Marathon Café – Monday through Friday: 11:00 am 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 vending machines in our café! (All food must be consumed in the National Lime and Stone Activity Room, Fitzgerald Activity Room, Younger Activity Room, Art Studio, or Marathon Café)

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

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

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

NEW! Grab & Go Breakfast – available in the Marathon 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 6:30 -7:30 pm. \$7.00 per person. Happy Birthday card invite, only.

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



Great Scot
community markets
PHARMACY

FLU SHOTS
AVAILABLE HERE!
GET YOUR FAMILY VACCINATED

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

| | | |
|-----------------------------|--------------------|--|
| Wednesday, Sept. 4 | 11:00 am - 1:00 pm | Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change. |
| Week of Sept. 9 – 13 | | International Chocolate Day (<i>\$7 lunch purchase</i>) International Chocolate Day is Friday, September 13th, so we will be celebrating all week with a different chocolate dessert each day! |
| Wednesday, Sept. 11 | 11:00 am - 1:00 pm | Patriot Day (<i>\$7 lunch purchase required</i>) Wear your RED, WHITE and Blue and you can enter a DRAWING TO WIN ONE FREE LUNCH for your next visit! |
| Thursday, Sept. 12 | 11:00 am - 1:00 pm | National Chocolate Milkshake Day (<i>\$7 lunch purchase</i>) Come see what is shaking' at 50 North! |
| Wednesday, Sept. 18 | 11:00 am - 1:00 pm | Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change. |
| Thursday, Sept. 19 | 11:00 am - 1:00 pm | University of Findlay Oiler's First Home Game (<i>\$7 lunch purchase</i>) Get ready for the Oiler's FIRST HOME GAME on the 21st. Wear your orange and black and show your Oiler pride. You might receive a surprise! |
| Friday, Sept. 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. |
| Wednesday, Oct. 2 | 11:00 am - 1:00 pm | Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change. |
| Thursday, Oct. 3 | 11:00 am - 1:00 pm | OCTOBERFEST (<i>\$7 lunch purchase required</i>) To celebrate, we will have a little pretzels and cheese up our sleeve! |
| Monday, Oct. 14 | 11:00 am - 1:00 pm | National Dessert Day (<i>\$7 lunch purchase required</i>) Come enjoy a FREE DESSERT with a lunch purchase! |
| Wednesday, Oct. 16 | 11:00 am - 1:00 pm | Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. While supplies last. Date, availability, and sponsorship subject to change. |
| Friday, Oct. 18 | 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. |
| Thursday, Oct. 31 | 11:00 am - 1:00 pm | Halloween Party (<i>\$7 lunch purchase required</i>) Join us for some witch's brew (available for lunch). Dress up for Halloween and we'll TREAT you instead of TRICK you to a FREE SPOOKY DESSERT! |

NEW OFFERINGS IN THE CAFE

Grab & Go Breakfast!

Breakfast will be available for purchase.

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

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

HAPPY BIRTHDAY To YOU, DINNER!

3rd Thursday of each month.
from 6:30 - 7:30 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!

COMING SOON!

ANNIE'S SMOOTHIES

Be on the lookout for Annie's Smoothies to appear soon. Located in the Marathon Café.

Annie Hayes, Nutrition Coach and Personal Trainer.

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

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

SUPPORT GROUPS

Caregivers Support Group

Thursday, Sept. 5 and Oct. 3 at 1:30 pm

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

Alzheimer's Support Group

Wednesday, Sept. 11 and Oct. 9 at 6:30 pm

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

Medicare Open Enrollment Period

October 15, 2024, through December 7, 2024.

Please call the Outreach Department to make an appointment.

Parkinson's Support Group

Thursday, Sept. 19 and Oct. 17 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



OUTREACH PROGRAMS

Take Time For You:

Hand Massages and Essential Oil Wednesday, Sept. 11 at 2:00 pm

Debra Darling, LMT will provide complimentary hand massages on a **first come, first served basis – you will sign up for your time slot when you arrive.** While you wait, make your own homemade hand sanitizer with a variety of essential oils. Massages and supplies provided by Brookdale Findlay Assisted Living. **Free.**

Mindful Monday:

“Positive Perspectives & Reframing Outlooks” Monday, Sept. 16 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, Sept. 17 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:

“Self Esteem & Setting Boundaries” Monday, Oct. 21 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.**

Friday, October 11, 2024, at 10:00 am

Hancock County Veterans Service Office

Presents the valuable benefits available for military veterans, their spouses, adult children, surviving spouses, and caregivers. Whether the veteran served 9 months on active duty or 35 years, you won't want to miss it!

For more detailed information see page 16



**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 Realty **TH**
TIFFANY HOLDGREVE
419.722.4499
TIFFANYHOLDGREVE@DANBERRY.COM



Where Family Comes to Live

Whatever level of care
you or your loved one may need,
our team is here to serve you.

THE HERITAGE
A Trilogy Senior Living Community

419-424-1808 | theheritagehc.com

**ASSISTED LIVING | MEMORY CARE
POST-ACUTE CARE**

September and October Activities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

REGISTRATION REQUIRED FOR ALL ACTIVITIES.

Call: 419-423-8496 (ext. 120) or email:
ebickhart@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.

| | |
|--------------------------|---|
| Ping Pong: | Tuesday thru Saturday, 8:00 am - 12:00 pm |
| Euchre: | Mondays and Tuesdays, 1:00 - 4:00 pm |
| Scrabble: | Tuesdays, 10:00 - 11:30 am. |
| Afternoon Bridge: | Tuesdays, 12:30 - 3:30 pm. |
| Pinochle: | Tuesdays, 12:00 - 4:30 pm. |
| Evening Bridge: | Wednesdays, 3:00 - 6:30 pm |
| Evening Bridge: | Thursdays, 2:00 - 5:30 pm |
| Card Scufflers: | Thursdays, 1:00 - 5:00 pm |
| Mahjongg: | Fridays 12:00 - 4:30 pm |
| Cribbage: | Fridays, 1:00 - 3:00 pm |

BINGO

Mondays from 9:00 – 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, September 4 at 1:00 pm – “50’s Jukebox”

Wednesday, October 2 at 1:00 pm – “Dynamic Duos”

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, September 13 and Friday, October 11 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. No classes Monday, September 2.

Beginners: No experience needed.

Instructed by Robb Sammet, Cindy Fletcher, and Margie Wien.

Thursdays, 6:30 – 7:30 pm

Classes start Thursday, September 5

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

Classes start Friday, September 6

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

Classes start Friday, September 6

Scrapbooking

Tuesdays: September 10, 17 and October 22

Fridays: September 6, 27 and October 4, 18
from 10:00 am – 3:00 pm

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

50 North Featherweight Friends

Tuesdays, September 3 and 17, and October 1 and 15
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.

| | |
|----------|-------------------------------------|
| Sept. 6 | Unsung Hero (Faith Based) |
| Sept. 13 | All At Sea (PG) |
| Sept. 20 | The Long Game (PG) |
| Sept. 27 | Meet Me In St. Louis (1945) |
| Oct. 4 | The Perfect Catch (Hallmark) |
| Oct. 11 | The Shack (PG-13) |
| Oct. 18 | The Big Year (PG) |
| Oct. 25 | No Movie |

Free Blood Pressure Checks

**First and Third Thursdays of each month
Thursday, September 5 and 19 and October 3 and 17
from 11:30 am – 1:00 pm**

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

Coffee with a Cop

Thursday, September 19 and October 17 from 9:00 - 11:00 am
Every third Thursday, enjoy a cup of coffee in The Commons area and conversation with local law enforcement.

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

First Fridays with the Findlay Fire Dept.

Friday, September 6 and October 4 from 9:00 – 11:00 am
Fire safety for older adults is very important! The FFD will be here each month in The Commons area to chat with 50 North members, discuss fire safety, and answer your questions.

50 North Dinner Club

Second and Fourth Tuesdays of the Month, Starts at 5:00 pm
Every 2nd and 4th Tuesday 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: “A Night of Scenes”

**Every Tuesday in September and October
starting Sept. 3 from 2:00 – 3:00 pm**

The 50 North Encore Group will present “A Night of Scenes” Dinner Theatre on Wednesday, October 23. We will choose and rehearse these sketches and scenes to perform for that evening. Light memorization may be requested, but not mandatory. **Pre-registration required.**

50 North Choir

Every Thursdays at 3:00 pm, starting September 5

The 50 North choir will be rehearsing for their upcoming holiday choir performance tentatively scheduled for December 12. We welcome anyone who enjoys singing to join the choir. No experience or memorization required. **Pre-registration required.**

CRAFT CLASSES

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

Craft Corner: First Tuesday Free Craft!

Tuesday, September 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 Aug. 27.**

Craft Corner: Resin Art Glass Pumpkin

Tuesday, September 24 from 9:30 am – 12:30 pm

Join us for a fun class creating a color wooden pumpkin. You will be decorating a wooden pumpkin with various colorful crushed glass/stones and then pouring colored resin to create the colors of your pumpkin stem and body. Wearing old clothes is recommended. All materials included. Instructor: Sharon Weddell. **Registration and \$25 due by Sept. 17.**

Craft Corner: First Tuesday Free Craft!

Tuesday, Oct 1 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 Sept. 24.**

Craft Corner – Tree of Life Door Hanger

Monday, October 7, from 9:30 am – 12:30 pm

Join us for a very unique door hanger. You will craft a fall Tree of Life using jute roping, colorful fall leaves, and deco mesh. All materials included. Instructor: Sharon Weddell. **Registration and \$15 due by Sept. 30.**

ART CLASSES

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

Printmaking Classes: Instructed by Cindy Meadows

Cindy received the *Mariana Hofer Grant*, disbursed through the *Marathon Center for the Performing Arts*, and was able to purchase Benjamin Franklin Style Printing Press to use for her printing classes. Learn the process of Printmaking using a Benjamin Franklin Style Printing Press. Collect your

September and October Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

own ideas and bring them in for use or use suggested ideas for your project. Learn about print making tools and how to use them correctly, and printmaking terms and how to apply them. All supplies included.

Prints on Handmade Recycled Paper

Thursday, September 12th from 2:00 to 4:00 pm

Registration and \$20 due by September 5.

Monday, September 16 from 2:00 to 4:00 pm

Registration and \$20 due by September 9.

Art Classes - Instructed by Cindy Meadows

Watercolor: Boudin – Le-Havre, l'avant-port-2

Monday, October 14 from 10:00 am to 12:00 pm

Paint Monochromatic colors of French waterscape through the eyes of Impressionist Eugene Boudin on 9"x 12" paper canvas. All supplies included. Registration and \$20 due by October 7.

Watercolor: "Asian Sunscape"

Thursday, October 24 from 2:00 to 4:00 pm

Paint an Asian landscape with lilies and Koi. All supplies are included. Registration and \$20 due by October 17.

Art Classes Instructed by Awakening Minds Art

Art Class: AMA - "Swinging in the Fall"

Monday, September 23 at 10:00 am

Only 10 spots available. **Registration and \$15 due by Sept. 16.**

Art Class: AMA - "Scarecrow"

Monday, October 28 at 10:00 am

Only 10 spots available. **Registration and \$15 due by Oct. 21.**

SEWING CLASSES

For more information, go to our website at www.50north.org
Instructed by Sharon Weddell

Sewing: Halloween Table Runner

**September 9 and 10 and September 16 and 18
from 9:30 am – 12:30 pm**

This table runner will be created using a variety of spook-tacular fabrics. There will also be a little bit of moon and bat applique involved to further hone those sewing skills. Approx. size is 15" wide x 40" long. All materials are included. Experienced sewists are welcome to bring your own sewing machine in good working order. **Registration and \$40 due by Sept. 2.**

Craft Show Sewing

**Monday, September 30 and Wednesday, October 9
from 9:00 am – 1:00 pm**

Help us put together some nice projects for the Fall 50 North Craft Fair. We will be making a variety of items – potholders, table runners, Christmas tree skirts, storage baskets, etc. Proceeds from items sold will benefit the creative arts program. We appreciate all volunteers who can help us out for these special sewing days.

Beginning Sewing – Quilt-as-you-Go Potholder

Tuesday, October 29 and Wednesday, October 30

9:00 am – 12:30 pm

In your first class, you will learn the basics of using a sewing machine and fabric cutting, and in your second class, you will put together a colorful Christmas themed potholder. Approx. size: 8" x 8". **Registration and \$25 due by Oct. 22.**

FUSED GLASS CLASSES

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

Tic Tac Toe Game

Tuesday, September 10, 4:00 – 6:00 pm

Registration and \$15 due by Sept. 3. Limited class size.

Fused Glass Hanging Cross

Wednesday, September 25, 4:00 – 6:00 pm

Registration and \$10 due by Sept. 18. Limited class size.

Halloween Coaster

Thursday, October 3, 4:00 – 6:00 pm

Registration and \$10 due by Sept. 26. Limited class size.

Halloween Magnet

Wednesday, October 16, 4:00 – 6:00 pm

Registration and \$5 due by Oct. 9. Limited class size.

BASKET WEAVING CLASSES

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

Small Pumpkin Basket

Wednesday, September 18, from 4:00 – 7:00 pm

Continuous weave. You will have the opportunity to dye your pumpkin in orange during the class. Registration and \$10 due by September 11. Limited class size of 10.

Choice of: Cocktail Napkin Basket,

Pencil Holder, Mini Berry Basket

Saturday, October 19, 8:30 – 11:30 am

Please choose your item at time of registration. Registration and \$10 due by October 12. Limited class size of 10.

NEW! OPEN ART STUDIO

**Monday, September 23 and Monday, October 28
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!

NEW! ADULT ART CAMPS

Ignite your creativity at 50 North! Escape into the therapeutic nature of art as our encouraging facilitators show you how to unlock your creative potential. Discover embracing your inner child and enjoy experimenting with art making!

Nierika Yarn Painting**Thursday, September 19 from 5:00 – 7:00 pm**

\$10 per person. Limit 20 participants

Adult Art Camp: Paint with Clay**Tuesday, October 8 from 5:00 – 7:00 pm OR****Monday, October 21 from 10:00 am – 12:00 pm**

\$10 per person. Limit 20 participants.

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

EDUCATION, ENRICHMENT & WELLNESS**Matter of Balance****Every Tuesday/Thursday from September 24 – October 17 from 1:00 to 3:00 pm**Matter of Balance is a 5-week, 2 sessions per week class, conducted by the 50 North Fitness and Wellness staff. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. You do not need to be a Fitness & Wellness Center member. **Registration required by September 17. Limited Space. Free.****Beginners Spanish****Every Friday in September and October from 9:30 – 11:00 am**This class is perfect for a beginner or someone who hasn't taken a Spanish class since grade school. Class fee of \$15 will cover the cost of the book. Instructor: Lori Fleming. Limited Space. **Registration and \$15 due by Sept. 2.****Advanced Spanish****Every Tuesday in September and October from 1:00 – 2:30 pm**This class is for those who have previously taken Lori's Intermediate level classes. Limited space. **Pre-registration required.****De-Clutter with Deb Series –****“The Relationship between Clutter & Stress”****Tuesday, September 3 at 10:00 am**Deb Harvitt, Clutter Consultant, facilitates this monthly class on decluttering. Each month will have a different topic and helpful tips to declutter and simplify. **Pre-registration required. Free.****Nature Notes with HPD: “Honey Bees”****Monday, September 9 at 1:00 pm**Come learn interesting facts about the honeybee from the Hancock Parks District. There will also be a display of items related to the bee and its honey. **Pre-registration required. Free.****Doing Diabetes Together -****“Go Nuts for Diabetes and Heart Health”****Tuesday, September 10 at 10:00 am**

Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office, this group meets the 2nd

Tuesday of each month. For more information, email Jennifer at little.18@osu.edu.

BVHS Health Series:**“Physical Therapy Options for Urinary Incontinence”****Wednesday, September 11 at 1:00 pm**Presented by Heidi Jolliff, PT, physical therapist with Julie A. Cole Rehab & Sports Medicine. **Pre-registration required. Free.****Take Time for You: Hand Massages and Essential Oil****Wednesday, September 11 at 2:00 pm**Debra Darling, LMT will provide complimentary hand massages on a first come, first served basis – you will sign up for your time slot when you arrive. While you wait, make your own homemade hand sanitizer with a variety of essential oils. Massages and supplies provided by Brookdale Findlay Assisted Living. **Free.****Morning Conversations: Dan Chudzinski****Thursday, September 12 at 10:00 am**We are happy to have Dan Chudzinski, award winning artist and Mazza Museum Director of Curation and Exhibitions, visiting with us at 50 North today! Come meet Dan, hear about his exciting career path, and experience his art and sculptures. **Pre-registration required. Free.****Medicare Presentation****Tuesday, September 17 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.****Hancock Historical Museum: “Krantz Brewery”****Wednesday, September 18 at 10:00 am**Provided in cooperation with the Hancock Historical Museum. Facilitated by Ginny Geaman. **Pre-registration required. Free.****Wellness Wednesday: “Reflexology”****presented by Angela Klausing from Back to Health****Wednesday, September 18 at 1:00 pm**This Alzheimer's Association sponsored event provides a different health and wellness presentations the third Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! **Pre-registration required. Free.****Book Club:****“The Boys in the Boat” by Daniel James Brown****Thursday, September 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 availability. **Pre-registration required. Free.****Mindful Monday:****“Positive Perspectives & Reframing Outlooks”****Monday, September 16 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

September and October Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

about different ways to improve our mental health and wellness and include an activity, craft, or something to take home. **Pre-registration required. Free.**

Keep Current: “Misinformation and Disinformation – If it’s on the internet, it must be true.”

Monday, September 23 at 1:00 pm

What are the definitions of misinformation and disinformation, and how are they affecting our views and decisions? Jim Jaffe, retired attorney and university professor facilitates discussion based on current events. **Pre-registration required. Free.**

Sunrise Cooking Class: Veggie Pizza

Wednesday, September 25 at 11:30 am

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

Dietitian Chat:

“Snacking - Who, What, Where, Why and How”

Thursday, September 26 at 3:00 pm

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

De-Clutter with Deb Series: “Holiday Planning”

Tuesday, October 1 at 10:00 am

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

Morning Conversations: “Older Adult Bank Fraud”

Thursday, October 3 at 10:00 am

Older Americans lose roughly \$3 billion to a growing number of scams each year, according to the United States Senate Special Committee on Aging. 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.**

BVHS Health Series: “Dispelling Nutrition Myths”

Friday, October 4 at 10:30 am

Sophia Smith RDN, LD, a Wellness Dietitian with BVHS, will give you all of the information you need to know about what’s right and wrong regarding nutrition myths. **Pre-registration required. Free.**

Check Out the 419 –

Northwest Ohio Railroad Preservation

Monday, October 7 at 10:30 am

Jump on the train and learn all about the history of the NWORRP, their museum, upcoming activities, and train rides. **Pre-registration required. Free.**

Doing Diabetes Together - “Put Your Best Food First: Food Sequence and Blood Sugar”

Tuesday, October 8 at 10:00 am

Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office, this group meets the

2nd Tuesday of each month. For more information, email Jennifer at little.18@osu.edu.

Navigating 50 North:

“50 North Member Code of Conduct”

Monday, October 9 at 10:00 am or

Thursday, October 12 at 1:00 pm

This session covers the newly revised 50 North Member Code of Conduct. Learn about the updated policies and why they are necessary. All who attend get entered into a drawing for a FREE lunch for YOU AND A FRIEND! **Pre-registration required. Free.**

BVHS Health Series – Speech Therapy for Older Adults

Wednesday, October 9 at 11:30 am

Stephanie Rosenberger, speech pathologist, will be presenting on how older adults can benefit from speech therapy and the importance of keeping your voice strong and healthy as we age. **Pre-registration required. Free.**

Check Out the 419 –

Hancock County Veteran’s Service Office

Friday, October 11 at 10:00 am

Join us for an informative presentation on the valuable benefits available through the Hancock County Veterans Service Office, tailored for all military veterans, their spouses, adult children, surviving spouses, and caregivers. Don’t miss this opportunity to learn how you can access the earned benefits available to the veteran or their surviving spouse. **Pre-registration required. Free.**

National “I Love Lucy” Day!

Tuesday, October 15 from 9:30 am to 11:30 am

Come celebrate the day at 50 North and watch a few of our favorite episodes of I LOVE LUCY! Whether she’s promoting *Vitametavegamin*, stuffing her mouth with chocolate, or causing other sorts of mischief, everyone LOVES Lucy. You do not need to stay the entire time. **Pre-registration required. Free.**

Hancock Historical Museum: “Herstory”

Wednesday, October 16 at 10:00 am

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

Wellness Wednesday: “Fall Risk and Balance”

with Gina Hoelscher from Opti-Health

Wednesday, October 16 at 1:00 pm

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

Book Club: “All the Light We Cannot See” by Anthony Doer

Thursday, October 17 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.**

Morning Conversations:**Home Safety and Security with Tim Saltzman****October 18 at 10:00 am**

Tim Saltzman, Program Manager for the *All Hazards Training Center*, will be here to discuss home safety and security, as well as locks, deadbolts, cameras, and perimeter lighting. Come discover many ways to keep your home safer.

Pre-registration required. Free.**Nature Notes with HPD: Vampires in Nature****Monday, October 21 at 1:00 pm**

Halloween is approaching, and we love to think of spooky things like vampires. Though these undead creatures of the night are just folklore, there are animals in nature that love to feed on blood. Come and learn about the vampires in nature. We will discuss why an animal would want to eat blood, common features shared with these vampires, and learn about all the creatures that feast on blood. **Pre-registration required. Free.**

Mindful Monday: Self-Esteem & Setting Boundaries**Monday, October 21 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.**Check Out the 419: Findlay Fire Department****Tuesday, October 22 at 10:00 am**

October is Fire Prevention Month and members from the Findlay Fire Department will be at 50 North to help educate our members on fire safety. Meet some members of the fire dept and check up a fire truck up close!

Morning Conversations:**Happy Kidneys - Understanding Kidney Health****Wednesday, October 23 at 10:00 am**

Suzie Siferd, RN Home dialysis program manager will break down the role the kidneys play in keeping you healthy and provide ways to maintain healthy kidneys. **Pre-registration required. Free.**

Sunrise Cooking Class: Frito Dip**Wednesday, October 23 at 11:30 am**

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

Puzzle Tournament**Thursday, October 24 from 9:00 am – 12:00 pm**

Register your group of 3 and compete in today's tournament for a prize. There will be up to 10 groups allowed to enter and everyone will have the same puzzle to complete. Whoever completes the puzzle the fastest, wins! **Registration due by October 17.**

Dietitian Chat: Holiday Baking Cooking Demo**Thursday, October 24 at 3:00 pm**

Learn some tips on how to stay mindful of nutrition during the

holidays. This month will also incorporate a cooking demo on how to make some holiday dishes more nutrient dense. Presented by Sophia Smith, a dietitian with BVHS. **Pre-registration required. Free.**

Keep Current: "A.I. – what is it and how is it used"**Monday, October 28 at 1:00 pm**

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

BVHS Health Series: Pulmonary Care – Lung Cancer Screening & Tobacco Cessation**Wednesday, October 30 at 10:30 am**

Presented by Amber Chavana, MA, and Jessica Gonzalez, RN from Pulmonary & Critical Care Medicine. **Pre-registration required. Free.**

SPECIAL EVENTS**Grandparents Event****Saturday, September 7 from 12:00 – 2:00 pm**

This free event is back by popular demand, thanks to the Fun For All Grant provided by the *Findlay-Hancock County Community Foundation*. This special event is just for the grandparents and grandchildren. Awakening Minds Art will provide our free guided painting workshop, there will be free family photographs, free lunch, and other crafts and games. Limited Space. **Pre-registration required. Free.**

Ladies Night Out**Tuesday, October 15 from 5:30 – 7:30 pm**

We have a special Ladies Night Out planned that all ladies are sure to enjoy! It's a surprise, but we know you'll love it! 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 October 8.**

Dinner Theatre – "A Night of Scenes"**Wednesday, October 23 at 5:30 pm**

The Encore Theatre Group will present to you "A Night of Scenes" featuring different comedic short scenes. This event is sponsored by the Fun For All Grant through the Findlay-Hancock County Community Foundation. **The meal and performance are free, but pre-registration is required by Wednesday, Oct. 16.**

50 North Arts and Crafts Fair**Saturday, October 26 from 9:00 am – 2:00 pm**

Join us at 50 North for one of our most favorite community events. Visit 45 different booths, check out some live craft demos, buy great holiday gifts, and eat some lunch! Free admission and free lunch combo (while supplies last), thanks to the Fun For All Grant provided by the *Findlay-Hancock County Community Foundation*.

Trip Opportunities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

SOUTHERN CARIBBEAN EXPLORER January 15 – 26, 2025 (11 nights / 10 days)

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



COST PER PERSON BASED ON DOUBLE OCCUPANCY:

\$2,499 Interior Stateroom
\$2,899 Oceanview Stateroom
\$3,599 Balcony Stateroom

Deposit: \$750 per person due at time of registration.
Final payment: Due on or before October 18, 2024.

This trip is rated activity LEVEL 2.

HEART OF TEXAS April 27 – May 1, 2025 (5 nights / 6 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., Dr. Pepper Museum and more.



COST PER PERSON:

\$2,299 Double
\$2,899 Single

Deposit: \$500 per person due at time of registration.
Final payment: Due on or before February 14, 2025.

This trip is rated activity LEVEL 3.

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

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

COST PER PERSON:

\$1,639 Double
\$2,039 Single

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

This trip is rated activity LEVEL 2.



NATIONAL PARKS & HISTORIC TRAINS OF COLORADO

August 4 – 12, 2025 (8 nights / 9 days)

Four Historic Rail excursions: Amtrak's California Zephyr, Durango Silverton Narrow Gauge Rail, Pike's Peak Cog Railway, Royal Gorge Railroad. Rocky Mountain National Park, Mesa Verde National Park, Great Sand Dunes National Park, Cowboy Chuckwagon Dinner Music Show, Garden of Gods, Manitou's Springs, and Royal Gorge Bridge & Park.



COST PER PERSON:

\$4,889 Double
\$6,089 Single

Deposit: \$500 per person due at time of registration.
Final payment: Due on or before May 2, 2025.

This trip is rated activity LEVEL 4.

HUDSON RIVER VALLEY & CASTLES OF NEW YORK October 7 – 12, 2025 (6 nights / 7 days)

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

COST PER PERSON:

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

Deposit: \$500 per person due at time of registration.
Final payment: Due on or before July 7, 2024.

This trip is rated activity LEVEL 3.

GREECE ISLAND HOPPER

October 18 – 28, 2025

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



COST PER PERSON:

\$5,299 – Double

\$5,249 – Triple | \$6,299 Single

This trip is rated activity LEVEL 5.

ELVIS' BLUE CHRISTMAS

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

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

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

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

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

This trip is rated activity LEVEL 2.



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

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

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

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

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

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

2025 DAY TRIP PLANNING IN PROCESS!

Take a peek at some of the ideas we are researching!
Tuesday, Sept. 17th 5:00 pm - 7:00 pm

Have you ever traveled with 50North? Have you ever thought about traveling with 50North? No matter your answer you will not want to miss this event. Come and hear about each one of our extended trips & day trips for 2025! Sign up on the spot and get ready for your next adventure!

- Christmas in Frankenmuth
- Detroit Princess
- Firekeepers Casino
- Malabar Farm, 1285 Winery/Blueberry Patch & Wayne's Market
- Ohio Amish Country
- Port Huron Lighthouse & Boat Tour
- Cornwell's Turkeyville USA Dinner Theatre Experience
- Winery Road Trip
- Mystery Trip to Explore Ashland
- Italian Comedy Murder Mystery Dinner Theatre Experience
- Ohio Star Theatre at Dutch Valley
- Tecumseh Overnight with show, food and antique shopping
- Marietta Overnight with dinner theatre river cruise, Lafayette Hotel, shopping downtown, castle, Maritime Museum
- Railroad Experience
- Sporting Event
- Covered Bridges/Farm Fresh experience in Union County
- Wine, Whiskey and Ale
- Rodeo
- Shawshank Redemption
- Bible Museum
- Donut and Ice Cream Trail combined with other attractions
- Lady Caroline boat cruise and market in Cleveland
- Dayton Theatre – Musical with dinner beforehand.

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

Wellness Center

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

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

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

Complimentary Orientation Sessions:

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

3 Lane track (19 laps for a mile)

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

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

VibePlate™

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

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

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

Physical Therapy with OIO at 50 North

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

OIO Toenail Trimming Clinic at 50 North

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

Cost is only \$15.

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

Annual membership fees for 2024:

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

6-Month membership are also available:

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

Daily Fitness Pass: \$11 per day

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

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

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

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** >

< **NEW!**
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. Class offering suggestions are always welcome with surveys available at the Wellness Desk.

*Attend one of the scheduled Wellbeats™ classes in September and receive a **FREE DAY PASS FOR A FRIEND TO ATTEND** or get your name entered into a drawing for **2 FREE LUNCH PASSES for 50 North's Café!***

WellBeats™ Group Class Schedule (Beginning week of September 9th)

Mondays at 4:15 pm – HIIT Cardio

Tuesdays

4:15 pm – Strength

5:00 pm – Tai Chi / Stretch / Balance

Wednesdays at 4:15 pm – Pilates

Saturdays at 9:00 am – Low Impact Cardio

Above classes are located in the Group Exercise Studio on the lower level.

Staff will be available to assist participants during class.

**Classes subject to change.*

**KOUBA
DERMATOLOGY**
Choose well, feel better.*

**FREE
GLYCOLIC PEEL**

WHEN YOU SCHEDULE A SKIN EXAM
WITH ASHLEY WILHELM, CNP
IN THE FINDLAY, OH OFFICE

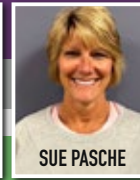
Schedule Now!

567.250.8212

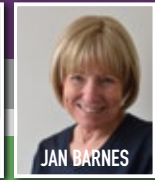
**341 W. TRENTON AVE
FINDLAY, OH**



ANNE HAYES



SUE PASCHE



JAN BARNES

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

Healthy Living Nutrition Coaching Packages:

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

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

Personal Training Packages: (inc. TRX Training sessions)

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

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

Wellness Center Classes

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

| Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|--|---|--|--|
| 8:30 am *Body Blast | 8:30 am EnhanceFitness® | 8:30 am *Body Blast | 8:30 am EnhanceFitness® | 8:30 am *Body Blast | 10:00 am – |
| 9:45 am ^(T) SilverSneakers® Classic | 9:45 am *SilverSneakers® Yoga | 9:45 am ^(T) SilverSneakers® Classic | 9:45 am *SilverSneakers® Yoga | 9:45 am *SilverSneakers® Yoga | SilverSneakers® Enerchi (9/14, 9/28, and 10/12, 10/26) |
| 9:45 am SilverSneakers® Yoga | 11:00 am SilverSneakers® Yoga | 11:00 am *SilverSneakers® Yoga | 11:00 am ^(T) Parkinson's Class | 11:00 am Yoga Fusion | Yoga Flow (9/7, 9/21, and 10/5, 10/19) |
| 11:00 am *SilverSneakers® Yoga | 11:00 am ^(T) Parkinson's Class | 1:00 pm ^(T) Seated Strength and Stretch | 1:00 pm ^(T) Balance and Strength Class | 11:00 am ^(T) Cardio Drumming | |
| 12:00 pm Yoga Fusion | 1:00 pm ^(T) Balance and Strength Class | 1:15 pm Body Tuning | 1:30 pm GeriFit® | 1:00 pm ^(T) Standing Stronger | |
| 1:00 pm ^(T) Seated Strength and Stretch | 1:30 pm GeriFit® | 2:30 pm ^(T) Cardio Drumming | 5:00 pm Yoga Fusion | | |
| 1:15 pm Body Tuning | 6:00 pm Power-Up Combo | 2:30 pm Yoga Fusion | 6:00 pm ^(T) Power-up Combo | | |
| 5:30 pm Cycling Mix | | 5:30 pm Cycling Mix | | | |
| 5:30 pm ^(T) Cardio Drumming | | | | | |

*Classes are also offered via Zoom.

BodyBlast (45 minutes)

Mondays, Wednesdays, & Fridays 8:30 am

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

(T) SilverSneakers® Classic (45 minutes)

Mondays & Wednesdays, 9:45 am

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

SilverSneakers® Yoga (45 minutes)

Mondays, Tuesdays, & Wednesdays at 11:00 am

Mondays, Tuesdays, Thursdays, & Fridays, 9:45 am

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

Yoga Fusion (45 minutes)

Mondays 12:00 pm

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

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

SilverSneakers® EnerChi (45 minutes)

Every other Saturday, 10:00 am

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

Yoga Flow (45 minutes)

Every other Saturday, 10:00 am

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

Enhance® Fitness (45 minutes)

Tuesdays & Thursdays, 8:30 am

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

Geri-Fit® (45 minutes)

Tuesdays & Thursdays, 1:30 pm

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

Body Tuning (45 minutes)

Mondays & Wednesdays, 1:15 pm

Full body toning and core strengthening class with light cardio.

Cycling Mix (1 hour)

Mondays & Wednesdays, 5:30 pm

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

Power-up Combo (45 minutes)

Tuesdays & (T) Thursdays, 6:00 pm

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

(T) Cardio Drumming (45 minutes)

Mondays 5:30 pm

Wednesdays 2:30 pm

Fridays 11:00 am

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

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

Tuesdays & Thursdays, 11:00 am

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

(T) Seated Strength and Stretch (30 minutes)

Mondays & Wednesdays, 1:00 pm

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

(T) Balance and Strength Class (30 minutes)

Tuesdays & Thursdays, 1:00 pm

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

(T) Standing Stronger (30 minutes)

Fridays 1:00 pm

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

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

*Class schedule subject to change.

Volunteering: The Happiness Effect

With most of us leading super busy lives, the idea of volunteering – giving your time and energy to a cause without financial reward – may seem an impossible task. I mean, how can we fit anything else into our already jam-packed schedules?

So, why the interest in volunteering? The Greek philosopher Aristotle once said that the essence of life is “to serve others and do good,” and it seems an increasing number of us are starting to wake up and see why volunteering is important. People are starting to understand how serving and helping each other benefits not just others, but ourselves, too.

With fall upon us our personal schedules open. Volunteering can widen your social circle and build self-esteem. It’s a great opportunity to explore new programs and connect at 50 North. Volunteering is important for a sense of purpose, particularly for older adults – those that have retired or maybe lost a partner or friend. Whatever your age of life story, volunteering can be an important technique to help give your life new meaning and direction!

We have many new programs and activities in need of volunteers this fall and winter. At 50 North we give, we learn, we serve, we grow. Contact Julie Niswander, 50 North Volunteer Coordinator, and learn more about these openings. Come as an individual or a small group. We can use you!

Volunteer Spotlight

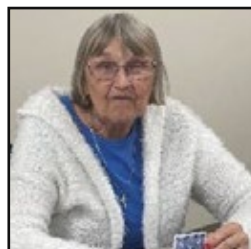


Ice Cream Ambassadors

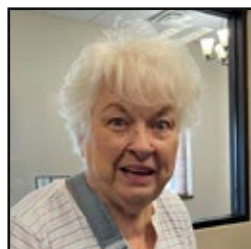
Kathy Hilkert, Sanju Indupuru, Michelle Carnes, Laurie Kessler, and Deb Baderstscher serve free ice cream the first and third Wednesdays each month.



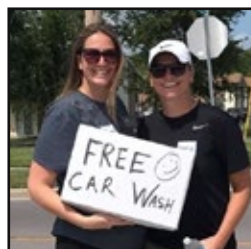
Volunteer **Dennis Kauffman**, or as we know him as Mr. Dependability, our shuttle driver for 4 years. He has met many seniors learning how they gave back to our community, state and/or nation. As he shared, “they inspired me to give back.”



Barb Lucio has been a volunteer since 2016 and is currently leading our fun Monday Euchre group.



Marsha Bates is a nutrition volunteer and helps with special events and is always eager to help.



University of Findlay freshmen hosted our August free car wash.



Looking for the perfect gift idea?

Gift Certificates Available.

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

MEDICARE & ACA OPTIONS

Insurance & Investments

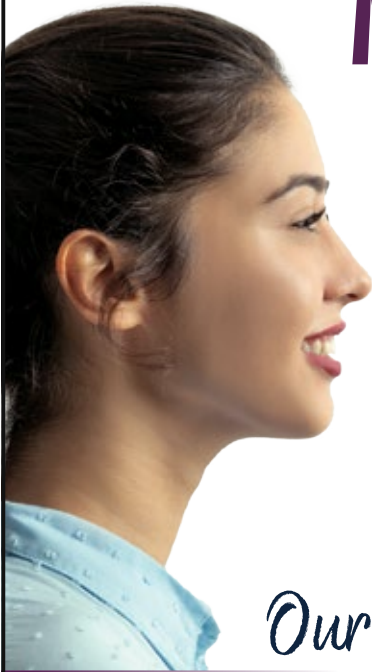
621 Bright Rd, Findlay, OH 45840

419-423-1250

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

Toria Felton tfelton@uisprotect.com Ext. 1153

Minimally Invasive. Maximum Care.



Our Whole-Woman Approach

Blanchard Valley Health System proudly serves as a regional leader in minimally invasive options for every age and every stage. We are committed to providing personalized care for your gynecologic needs.

Minimally Invasive.

Virtually all our gynecologic procedures offer less pain, smaller incisions, lower risk of infection, shorter stays in the hospital, and faster return to daily activities than traditional surgery. Our physicians perform everything from hysterectomies and pelvic organ prolapse surgery to tubal ligation, uterine fibroid surgery, and ovarian cyst removal using minimally invasive techniques.

Some conditions may require traditional surgery, and our expert physicians can help determine the option that is right for you.

Maximum Care.

BVHS is proud to offer advanced procedures in a patient-centered environment. We care for the whole person, blending exceptional surgical expertise with the time and compassion it takes to connect with you. We're here to listen, explain, and understand. We're here to help improve your quality of life. We're here for you.

Our family of professionals works hard to stay up to date on the latest technology, best practices, and effective treatments for a variety of women's health needs. We work together and focus on what is best for you, our valued patient.

We encourage you to experience our whole-woman approach for yourself. If you would like more information or to schedule a consultation, please call **1.844.OBGYN.4U** or visit **bvhealthsystem.org/women**.



FINDLAY | BLUFFTON | OTTAWA | CAREY