

# What's New APR • MAY • JUNE

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS | TRAVEL

50 NORTH  
ENRICHING LIVES,  
SUPPORTING  
INDEPENDENCE.

## FREE! Parkinson's Empower Walk

Saturday, April 26 • 10:00 am – 1:00 pm



Join us for the 2025 Parkinson's Empower Walk, an event to empower and show support for individuals affected by Parkinson's. *The event will feature:*

- Team Prizes
- "Walk in My Parkinson's Shoes" Symptom Simulation
- Messages
- Resource Tables
- Raffles
- Silent Auction and more

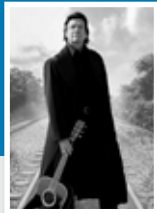
Instructors from the YMCA and 50 North will be on hand to share information. Team walk is at 10:30am and raffle/auction winners announced at 12:30 pm. Visit [HCParkinsonsnetwork.org](http://HCParkinsonsnetwork.org) or contact Barb Matheny at 419.306.6136 to register your team or make a donation.

### A FUN-FILLED EVENT

for 50 North Members AND Individuals  
Aged 50 And Older Who Reside In  
Findlay Or Hancock County.

### Johnny Cash Tribute: Terry Lee Goffee

Friday, April 11 - 5:30 -7:00 pm



Relive the magic of Johnny Cash like never before! More than a tribute; it's a celebration of one of the great legends in music history! Johnny Cash's own brother says "The show is great. My brother would be proud".

Sponsored by the Findlay-Hancock County Community Foundation Fun For All Grant.

All guests must be registered prior to the event. Registration ends April 8.

### TWO OUTSTANDING MEMBERS ONLY EVENTS!

Not A Member? No Problem. Join Today.  
Membership Is FREE.

### Motown

Friday, May 16  
5:30 -7:00 pm



Get ready for an unforgettable night of Motown magic! Delivering an electrifying performance that will have you feeling the timeless energy of Motown, with classic hits and a professional stage presence. Enjoy a night filled with pure musical joy!

**For 50 North Members Only.**  
**\$20 per person. Registration ends May 13.**

### Two Groovy

Friday, June 20  
5:00 -7:30 pm



Get ready to groove with **TWO GROOVY**, bringing the best of the '60s and '70s straight to you! Feel the infectious rhythm and timeless classics that defined an era. Let the music transport you back to a time of pure groove and unforgettable vibes!

**For 50 North Members Only.**  
**\$15 per person. Registration ends June 17.**

Tickets to ALL 3 of the highlighted musical events include:

**Appetizers and choice of beverage;** one cocktail (Sangria), one can of beer, one non-alcoholic (N/A) drink or bottle of water.

See Member Services for information and to reserve a seat.

(Tickets are non-refundable).

# THE NAVIGATOR

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

PHONE:  
419.423.8496

WWW.50NORTH.ORG



## Dear Community Members,

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

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

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

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

Warm regards,

Carolyn Copus  
Executive Director



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

### Board of Trustees

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### 50 North Center Hours

*(Hours – April, May, June)*

Monday thru Thursday . . . 7:00 am – 7:00 pm  
Friday . . . . . 7:00 am – 5:00 pm  
Saturday . . . . . 7:00 am – 12:00 pm  
Sunday . . . . . Closed

### 50 North Facility Schedule

*(Schedule for April, May, June)*

50 North will be CLOSED on:  
Monday, May 26 . . . . . Memorial Day

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

# Thank You To Our 2024 Annual Giving Donors

## \$25,000 and above

Anonymous  
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## \$200 - \$499

50 North Improver and  
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in Memory of Jim Fletcher  
Ted and Janice Blum  
Pat Bunge  
Regina Borkosky  
Mark and Joni Bretz  
Jack and Elaine Crates  
Annette Crawford  
Joyce DeYoung  
William and Joyce Durliat  
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Duana McFadden  
Eugene and Mariella Meyer  
Florence Meyers  
Les and Mary Miller  
Carol Monday  
Ralph Mullinger  
Diana and Jeff Nienberg  
Molly O'Connell  
William and Melissa Patch  
John and Sue Platt  
Joan Rader  
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John and Marsha Reinhard  
Pete and Elaine Reynolds  
Dr. James and Mrs. Robertson  
Carol Roessing  
Daryl and Cyndy Rotman  
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Charles and Mary Simmons  
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Norma Strausbaugh  
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Nicole Wehner  
Susan Williams  
Ivan and Judy Withrow  
Lori and Kelly Wolfe  
Norman Wolfrom  
in memory of Margaret Wolfrom  
Jan Wood  
Rose Zimmerly

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Garth and Linda Beatty  
Barbara Beaver  
Richard Brumbaugh  
Randy Buck  
Jean Cappello  
Eric Chatelain  
Lindell Clemens  
Janice Cool  
Mary Copus  
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John and Barbara Deeds  
Richard Deerhake  
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David and Barbara Gasior  
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Barbara Hahn  
Jeff and Alice Hailey  
Hancock County Parkinsons  
Support Group  
in memory of Sue Sandusky  
David and Suzi Healy  
Phyllis Heffner  
Tom and Nancy Jakubiec  
Helen Jomantas  
Carolyn Kear  
Rik and Ginny Laiho  
Ken and Lela Lammers  
Gwen Lewis  
Margaret Lobb  
Ric and Lisa Loyd  
in honor of Jim Shrader  
Janet Lyons  
Grant Mapes  
Elizabeth McCartney  
Jerry Minch  
Deborah Nuhfer  
Mary Parshall  
Robin Ridge  
Hope Riegler  
Grover and Sandy Rutter  
Linda Salvati  
Maria Schwartzkopf  
Mary Lou Sliney  
Charlene Spitan  
Ann Sullivan  
Eileen Vorst  
Paul Wilch

## \$10 - \$49

50 North Tuesday Afternoon Bridge  
Lucy Biando  
Judith Baumgartner  
Jon and Sandra Burnside  
Judy Butler  
Marilyn Elarton  
Clara Fagan  
Doug and Cynthia Ferguson  
Judy M. Heater  
Peggy Howard  
Pamela McMaster  
Sara Mead  
Linda Pitkin  
Daniel and Norma Riemann  
Wilson Rudolph  
Cheryl Ruppright  
Carl and Molly Shaffer  
Merle Shank  
Pamela Shull  
Joan Stough  
Emilee Whetstone

*\* We are extremely grateful for the support we receive throughout the year. While we strive to ensure that our list is accurate, occasionally there is an inadvertent omission or error that is found. If this occurs, we humbly apologize and ask that you please contact Carolyn Copus at 567-429-9254 so that she may correct the information.*

Thank you.

# SPECIAL EVENTS

## Monthly Happy Birthday Dinner Celebration!

Fourth THURSDAY of the month  
(April 24, May 22, and June 26)  
6:00 - 7:00 pm

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

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

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

**Register by: One week prior to the event.**



## 50 North GAME-A-PALOOZA!

Third SATURDAY of the month  
(April 19, May 17, and June 21)  
Noon - 3:00 pm

### Are you game?

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

*Note: The Wellness and track areas will not be open! Sponsored by the FHCCF Fun For All Grant.*



## 50 North's 'JUNK-O-RAMA PROM' COUNTRY GIRLS EVENT!

Tuesday, April 29  
5:30 - 7:00 pm

Get ready for a Girls Night like no other: The 50 North's "Junk-o-Rama Prom" Country Girls Event! Join us in the Marathon Café for an unforgettable evening filled with fun, country vibes, and a few surprises. Enjoy your choice of wine, beer, or a non-alcoholic drink while grooving to country music and indulging in delicious food.

Upon arrival, receive your very own cowboy hat and hit the dance floor to show off your best moves. Snap some fun photos at our photo op station, do a western craft and so much MORE!

**Exciting bonus:** Bring your gently used clothing to participate in our Clothing Swap! It's a great way to refresh your wardrobe with new pieces and give old favorites a second life.

**Cost:** Just \$15 per person  
(paid at registration)  
*Tickets are non-refundable*

**Registration ends April 22.**

*Gather your girls, put on your boots, and let's make it a night to remember!*

*You won't want to miss this!*



## DONNELL STAGE at 50 North Presents:

### 50 North Choir Performance

Thursday, June 12 • 6:30 pm

Enjoy an evening of choir music performed by our very own 50 North Choir. Make sure you save the date! Doors open at 6:00 pm. Registration required.

**THIS IS A FREE EVENT!**

## 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.

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

**Time:** 5:30 pm – 7:00 pm

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

**Register at Member Services.** Contact: The Wellness Center for more information.



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

This series continues by learning what power we have to optimize, socialize and revitalize our lives. Light menu will be served.

#### April 3 • Sleep Meditation Element

When we are discussing the basics of wellness, sleep is a main pillar. We know that sleep is the purest form of repair and recovery. When it comes to true health and disease prevention, we know that consistently putting effort into our daily habits can have the most effective results. Consistent sleep and wake patterns help our circadian rhythm and is an excellent tool for longevity. We discuss sleep and relaxation best practices and finish our class with a short chair/seated meditation practice.

**Menu:** *Tea, Finger Sandwiches, dessert (Annie's recipe)*

**Registration required by March 27.**

#### May 1 • Social Element Description

When it comes to the Social Element of wellness, we understand all too well how important connecting with others is. We understand how difficult it is to be isolated and how quickly we can become overwhelmed by loneliness without being able to be around others. In our focus on the social aspect of health and wellness, we are going to discuss different ways we can reach out to others and make connections we never thought possible. We will discuss the science of isolation and the depression that can develop. Join us for an evening of new connections and new ideas to reconnect with family and life-long friends and quite possibly make new friends.

**Menu:** *Pasta with chicken and vegetables, Waldorf Salad (Annie's Grandma's Recipe)*

**Registration required by April 24.**

#### June 5 • The Importance of Hydration

Do you wonder how much water you should be consuming? We will take a deep dive (pun intended) into all the benefits of getting hydrated and staying hydrated, and how we can fit more water into our diet and lifestyle. You will be surprised to hear how important hydration is to our body's vital organs and our energy!

**Menu:** *Tuscan Chicken Soup and Salad with Italian Dressing*

**Registration required by May 29.**

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

# CHORE

## Parking Lot Shuttle Service

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

Service hours:  
Monday - Friday  
11 am - 1 pm

To book a ride:  
419.957.6590



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

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

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

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

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

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





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[www.ToledoDerm.com](http://www.ToledoDerm.com)

50 North provides delicious meals through a variety of options, all designed to fit the nutritional needs of our members 50+. We offer: Marathon Café, Curbside Pick-up

Lunches, frozen Meals-To-Go, and our Mobile Meals program. Financial assistance is available for those who qualify.

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

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

**FREE! Ice Cream Sundaes**

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

*When:* First and Third Wednesdays of each month

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

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

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

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

*Eligibility:* Hancock County residents in need of assistance

*Duration:* Short or long term

*Contact:* 567-429-9249

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

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

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

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

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

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

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



**Go to: [50north.org](http://50north.org) for more information and to view the menus.**


# NUTRITION





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# cafe **EAT AND ENJOY!**

## April

- Wednesday, April 2** 11:00 am – 1:00 pm **Ice Cream in the Café** (*FREE with \$7 lunch purchase*)  
While supplies last. *Sponsored by The Heritage.*
- Thursday, April 3** 11:00 am – 1:00 pm **National Burrito Day**  
Get ready to *build your perfect burrito!* Choose from a mouthwatering selection of toppings and create the ultimate burrito masterpiece. Let's make it a fiesta!
- Friday, April 11** 11:00 am – 1:00 pm **Café Karaoke** (*\$7.00 Lunch purchase required*)  
Warm up those vocal cords and bring your A-game! Karaoke with Tim Holt, where YOU are the star.  
*Sponsored by Provision Living.*
- Wednesday, April 16** 11:00 am – 1:00 pm **Ice Cream in the Café** (*FREE with \$7 lunch purchase*)  
While supplies last. *Sponsored by The Heritage.*
- Friday, April 18** 10:00 am – 1:00 pm **Holiday Bake Sale**  
Satisfy your sweet tooth with some delicious homemade baked goods. While supplies last!
- Wednesday, April 23** 11:00 am – 1:00 pm **National Picnic Day**  
Celebrate this fun day by building your own picnic for lunch in the Café.

## May

- Monday, May 5** 11:00 am – 1:00 pm **Cinco De Mayo**  
It's the perfect day for Chips, Salsa, and a fiesta of Mexican flavors to spice up your lunch!
- Wednesday, May 7** 11:00 am – 1:00 pm **Ice Cream in the Café** (*FREE with \$7 lunch purchase*)  
While supplies last. *Sponsored by The Heritage.*
- Friday, May 9** 11:00 am – 1:00 pm **Café Karaoke** (*\$7.00 Lunch purchase required*)  
Warm up those vocal cords and bring your A-game! Karaoke with Tim Holt, where YOU are the star.  
*Sponsored by Provision Living.*
- Wednesday, May 14** 11:00 am – 1:00 pm **National Buttermilk Biscuit Day**  
Let's celebrate those flaky, buttery biscuits. Who's ready for some chicken pot pie over biscuits?

NUTRITION





**Wednesday, May 21** 11:00 am – 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase) While supplies last. *Sponsored by The Heritage.*

**Friday, May 23** 11:00 am – 1:00 pm **Holiday Pregame!** Get the weekend started early with cookout style favorites in the café! You won't want to miss this.

## June

**Tuesday, June 3** 11:00 am – 1:00 pm **National Egg Day** We're scrambling up some fun today! It's breakfast for lunch!

**Wednesday, June 4** 11:00 am – 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase) While supplies last. *Sponsored by The Heritage.*

**Monday, June 6** 11:00 am – 1:00 pm **National Fudge Day** It's time to indulge in some fudgy goodness! Treat yourself to a Fudge Brownie, our dessert of the week, and satisfy your sweet cravings.

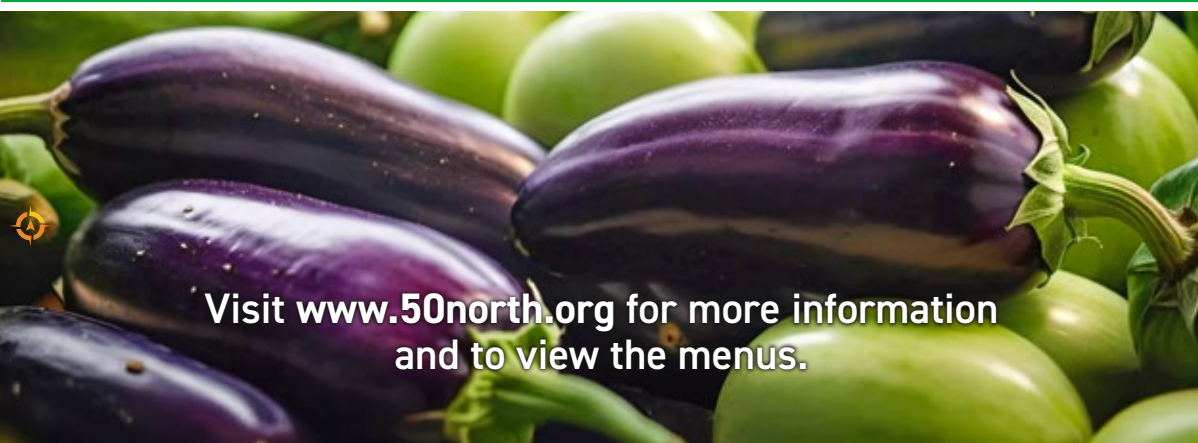
**Friday, June 13** 11:00 am – 1:00 pm **Café Karaoke** (\$7.00 Lunch purchase required) Warm up those vocal cords and bring your A-game! Karaoke with Tim Holt, where YOU are the star. *Sponsored by Provision Living.*

**Wednesday, June 18** 11:00 am – 1:00 pm **Ice Cream in the Café** (FREE with \$7 lunch purchase) While supplies last. *Sponsored by The Heritage.*

**Thursday, June 26** 11:00 am – 1:00 pm **National Chocolate Pudding Day** Treat yourself to some deliciously rich and creamy chocolate pudding – it's the perfect way to celebrate!



Sharing nutritious meals with friends nourishes both your body and mind, boosting mood, reducing stress, and fostering a sense of belonging and well-being through social connection.



Visit [www.50north.org](http://www.50north.org) for more information and to view the menus.

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

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

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

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

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

*Steven Sawalich*



## Support Groups

### **FREE! Caregivers Support Group**

**First THURSDAY of every month • 1:30 pm  
April 3, May 1, and June 5**

Join our supportive and welcoming group designed for families, partners, and caregivers. Discuss the joys and challenges of caring for older adults. Each session includes a 30-minute activity led by a University of Findlay OT student, focused on self-care skills to help caregivers recharge. Followed by time to connect with others and share experiences. For details, contact Gary at 567-429-9298.

### **FREE! Alzheimer's Support Group**

**Second WEDNESDAY of every month • 5:30 pm  
April 9, May 14, and June 11**

For questions, contact Mary Beth Torsell at [matorsell@alz.org](mailto:matorsell@alz.org) or 419-419-5858 or call the helpline at 800-272-3900.

### **FREE! Parkinson's Support Group**

**Third THURSDAY of every month • 1:00 pm  
April 17 and May 15 (NO GROUP on June 19)**

For more information, email Mark Fisher at [mfish1200@aol.com](mailto:mfish1200@aol.com)

## Outreach Programs

### **FREE! Winning at Wellness Series**

**Second TUESDAY of every month • 10:00 am  
May 13 and June 10**

Attendees will discover how to achieve their personal best and “go for the gold” in their own lives. Each one-hour session will explore a different aspect of wellness, while Amber Wolfrom coaches participants on effective strategies to excel in the game of wellness through new insights, skill-building, and “training” exercises. **Registration required.**

### **FREE! Adjusting To Vision Loss**

**Second FRIDAY of every month • 10:00 am**

**April 11:** Assistive Technology

**May 9:** Preparing for Medical Appointments and Access to Medical Care

**June 13:** My Favorite Things

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

### **FREE! Afternoon Conversations: The Family Center**

**Tuesday, April 15 • 1:00 – 2:00 pm**

Learn more in the activities section on page 19. **Registration required.**

### **FREE! Minimize Risk, Maximize Life**

**Wednesday, April 16 • 1:00 – 3:00 pm**

A two-hour evidence-based program for adults of all ages who would like to learn about reducing their risk of problems related to their alcohol use. Individuals will leave this presentation with personalized low risk guidelines. **Registration required.**

### **FREE! Creating An Inclusive Community**

**Wednesday, May 7 • 1:00 – 3:00 pm**

Learn the importance of connection to create a safe, happy, and healthy environment in your community. Explore how unintentional exclusion can cause harm and have negative consequences on the health and wellness of your neighbors. Learn actionable steps to create a consciously inclusive environment in your community and at 50 North. **Registration required.**

### **FREE! Medicare Presentation**

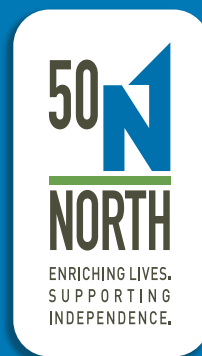
**Tuesday, May 20 • 10:00 am**

Welcome to Medicare 101. The Ohio Dept. of Insurance provides an overview of Medicare coverage and plan choices for anyone new to Medicare and those needing a refresher course. **Registration required.**

### **FREE! Morning Conversations: What Is Guardianship And When Should I Consider It?**

**Friday, June 20 • 10:00 – 11:00 am**

Learn more in the activities section on page 25. **Registration required.**



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

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

## 50 North Activities for April, May and June

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

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

### SOCIAL GROUP ACTIVITIES

### CREATIVE ARTS ACTIVITIES

### PERFORMING ARTS ACTIVITIES

### EDUCATION, ENRICHMENT & WELLNESS

## RECURRING ACTIVITIES

### FREE! CARDS & GAMES

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

<b>Billiards:</b>	<b>During regular hours</b>
<b>Euchre:</b>	<b>MONDAY and TUESDAY</b> <b>1:00 – 4:00 pm</b>
<b>Scrabble:</b>	<b>TUESDAY • 10:00 – 11:30 am</b>
<b>Afternoon Bridge:</b>	<b>TUESDAY • 12:30 – 3:30 pm</b>
<b>Pinochle:</b>	<b>TUESDAY • 12:00 – 4:30 pm</b>
<b>Evening Bridge:</b>	<b>WEDNESDAY • 3:00 – 6:30 pm</b>
<b>Evening Bridge:</b>	<b>THURSDAY • 2:00 – 5:30 pm</b>
<b>Card Scufflers:</b>	<b>THURSDAY • 1:00 – 5:00 pm</b>
<b>Mahjongg:</b>	<b>FRIDAY • 12:00 – 4:30 pm</b>
<b>Cribbage:</b>	<b>FRIDAY • 1:00 – 3:00 pm</b>

### FREE! BINGO

Every **MONDAY** of the month  
**9:00 am – 10:00 am**  
Registration required.

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

### FREE! MUSIC BINGO

First **WEDNESDAY** of the month • **1:30 pm**  
**April 2** 'Motown'  
**May 7** 'Kings and Queens of Music'  
**June 4** 'Life's A Beach'

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

### FREE! CARD BINGO

Second **FRIDAY** of the month • **1:30 pm**  
**April 11, May 9, and June 13**

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

### FREE! LINE DANCE

<b>Beginners:</b>	No experience needed. Instructed by Robb Sammet and Cindy Fletcher <b>WEDNESDAY • 5:00 – 6:30 pm</b> <b>5:00 – 5:30 pm (Learn basic steps)</b> <b>5:30 – 6:30 pm (Line Dance)</b>
<b>Intermediate:</b>	Experience needed. Instructed by Margie Wien <b>MONDAY • 2:00 – 3:30 pm</b> <b>WEDNESDAY • 2:00 – 3:30 pm</b> <b>FRIDAY • 3:00 – 4:30 pm</b>
<b>Improvers:</b>	Experience needed. Instructed by Margie Wien <b>MONDAY • 3:30 – 4:30 pm</b> <b>WEDNESDAY • 3:30 – 4:30 pm</b> <b>FRIDAY • 3:00 – 4:30 pm</b>

### CAFÉ KARAOKE

Second **FRIDAY** of the month • **11:00 am – 1:00 pm**  
**April 11, May 9, and June 13**  
 Karaoke is led by Tim Holt and is in partnership with Provision Living. Lunch purchase is required to attend.

### FREE! SCRAPBOOKING

Every **FRIDAY** • **10:00 am – 3:00 pm**  
 Bring your own supplies and spend the day scrapbooking with friends.



## FREE! 50 NORTH FEATHERWEIGHT FRIENDS

First and Third TUESDAY of the month

8:00 am – 12:00 pm

Tuesdays, April 1 and 15

Tuesdays, May 6 and 20

Tuesdays, June 3 and 17

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

## FREE! NEEDLECRAFT & CONVERSATION

Every WEDNESDAY • 10:00 am – 12:00 pm

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

## FREE! BIBLE STUDY

Every THURSDAY • 10:00 – 11:00 am

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

## FREE! SENIOR TECH SUPPORT

Every TUESDAY • 12:00 to 2:00 pm

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

## FREE! SENIOR CINEMA

Every FRIDAY • 1:00 pm

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

April 4 **Paddington** (PG – 1 hour, 35 minutes)

April 11 **Conclave** (PG – 2 hours)

April 18 **If** (PG – 1 hour, 44 minutes)

April 25 **Wicked** (PG – 2 hours, 40 minutes)

May 2 **The Book Thief**  
(PG 13 – 2 hours, 11 minutes)

May 9 **Beetlejuice** (PG – 1 hour, 32 minutes)

May 16 **You Got To Believe** (Baseball)  
(PG – 1 hour, 44 minutes)

May 23 **The Magic Of Ordinary**  
(Hallmark – 2 hours)

May 30 **Sound Of Hope: The Story Of  
Possum Trot** (2 hours, 18 minutes)

June 6 **Tender Mercies** (Robert Duvall)  
(PG – 1 hour, 32 minutes)

June 13 **Dark Horse** (NR – 1 hour, 26 minutes)

June 20 **Gran Torino** (Clint Eastwood)  
(R – 1 hour, 56 minutes)

June 27 **Going In Style** (PG – 1 hour, 35 minutes)

## FREE! BLOOD PRESSURE CHECKS

Every THURSDAY • 11:00 am to 1:00 pm

No registration or appointments required.

## FREE! COFFEE CONVERSATIONS

Third THURSDAY of the month • 9:00-10:30 am

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

April 17 **Executive/Assistant Director**

May 15 **Outreach**

June 19 **Travel**

## 50 NORTH BREAKFAST/DINNER CLUB

Tuesday, April 8 • 5:00 pm **Nara Ramen**

Tuesday, April 22 • 8:00 am **Toasted Yolk Café**

Tuesday, May 13 • 5:00 pm **Flight House**

Tuesday, May 27 • 8:00 am **Bob Evans (Trenton)**

Tuesday, June 10 • 5:00 pm **The Fern**

Tuesday, June 24 • 5:00 pm **Tony's**

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

## FIRST FRIDAYS WITH FFD:

**With Fire Inspector Eric Wilkins**

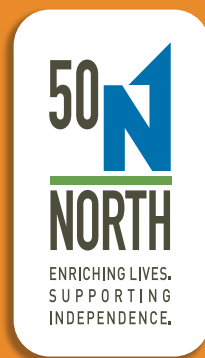
First FRIDAY of the month • 9:00 am – 11:00 am

The Commons.

## OIO Toenail Trimming Clinic at 50 North

Third FRIDAY of the month • 8:00 am – 1:00 pm

Having trouble managing your toenails? You are invited to schedule an appointment with a certified foot and nail care nurse. No Wellness Center membership required. Schedule your appointment at 419-423-8496. Cost is only \$15.



Please always  
remember to  
scan in!



**FREE! A MATTER OF BALANCE:  
Managing Concerns About Falls**

Every **TUESDAY** of the month • 1:00 – 3:00 pm  
April 1, 8, 15, and 22

Every **THURSDAY** of the month • 1:00 – 3:00 pm  
April 3, 10, 17, and 24

Matter of Balance is two sessions per week for four weeks, conducted by 50 North Wellness Staff. It emphasizes practical strategies to reduce fear of falling and increase levels. Participants learn to view falls and fear of falling and increase activity levels. Register by March 25 required. Limit 14.

**SEWING: Spring Flower Wall Hanging**

9:00 am – 12:30 pm

Monday, April 14

Wednesday, April 16

Tuesday, April 22

Let's sprout some spring flowers using Lori Holt's Prairie Quilt Seeds Flower Patterns. We will be making colorful flowers using material from her fabric collections. Approximate finished size: 10.5" x 20.5". All materials included. Instructor Sharon Weddell. Registration required. Limit 8. Fee. \$28.

**FREE! BUNCO**

Second **TUESDAY** of the month • 10:00 – 1:30 am  
April 8, May 13, and June 10

Join us for a fast-paced and exciting game! We have space for 12 players each month (three tables of 4), so make sure to sign up quickly! Once you're registered, remember that we rely on everyone to make the game happen. If you can't attend, please find a substitute or reach out to Luk at 567-429-9318 to let him know. See you there! Registration required. Limit 12. Sponsored by Primrose.

**FREE! SIGN LANGUAGE:  
Songs, Vocabulary & Conversation!**

**MONDAYS** twice a month • 2:30 – 3:30 pm

April 7 and 28

May 5 and 19

June 2 and 16

Sign up today and start learning sign language! Instructor Deb Wickerham will guide you through vocabulary, sign songs, and help you

engage in fun, interactive signing conversations. Registration required.

**FREE! OPEN ART STUDIO**

Second **TUESDAY** of the month

1:00 – 3:00 pm

April 8, May 13, and June 10

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

**FREE! SEWING: 50 North  
Quilt-A-Thon Donation Project**

9:00 am – 12:30 pm

Monday, May 5 – Cutting Class

Monday, May 12 – Sewing

Wednesday, May 21 – Sewing

Monday, June 2 – Sewing

Calling all sewing/quilting enthusiasts. Please join 50 North instructor Sharon Weddell in the sewing of a beautiful queen-sized quilt to be donated to Hope House for their annual Fundraiser. This is a great opportunity for members who have previously taken our beginning sewing class and want to learn how to put a quilt together. We are counting on you. SIGN UP NOW & GIVE BACK! Registration required. Limit 8.

**FREE! CRAFT TUESDAY**

First **TUESDAY** of the month • 1:00 – 3:00 pm

April 1, May 6, and June 3

Come and enjoy the free craft. All supplies are provided. Be surprised and creative. Instructor: Sarah Whitman. Registration required. Limit 8. Sponsored by Fox Run Manor, Manor at Greendale, and The Heritage Home Health.

**FREE! WINNING AT WELLNESS SERIES**

Second **TUESDAY** of the month • 10:00 – 11:00 am

May 13 and June 10

Attendees will discover how to achieve their personal best and "go for the gold" in their own lives. Each session will explore a different aspect of wellness, while Amber Wolfrom coaches participants on effective strategies to excel in the game of wellness. Through new insights, skill-building, and "training" exercises,



participants will elevate themselves from beginners to world-class competitors on their wellness journey. Registration required.

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### **FREE! ENCORE THEATRE**

Every **TUESDAY** of the month • 2:00 – 3:00 pm

**April 1, 8, 15, 22, and 29**

**May 6, 13, 20, and 27**

**June 3, 10, 17, and 24**

If you're looking to hone your acting skills, this is the place to be! Join us as we explore the world of theater. We'll practice the craft and then showcase what we've learned through performance. Come along for a creative, fun, and exciting adventure! Registration required.

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### **FREE! 50 NORTH CHOIR**

Every **THURSDAY** of the month • 3:00 – 4:15 pm

**April 3, 10, 17, and 24**

**May 1, 8, 15, 22, and 29**

**June 5 and 12**

If you love to sing and share your passion for music with others, this is the group for you! Join us as we come together to prepare for our upcoming choir concert on June 12. Registration required.

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### **FREE! ART CLASS: Paint Brush Buddy**

10:00 am – 12:00 pm

**Monday, May 19 – Class #1**

**Tuesday, May 27 – Class #2**

Save those old paint brushes and turn them into a cute little wall hanging or gift it to an artist friend. Class #1 will be creating, and Class #2 will be painting. This is a two-class process. All materials included. Instructor: Luk Boggs. Registration required. Limit 12.

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### **FREE! COLLABORATIVE ART:**

#### **Paper Piece A Flag**

Every **MONDAY** of the month • 1:00 – 3:00 pm

**June 2, 9, 16, and 23**

We'll use paper piecing to create a Flag. This will be a collaborative endeavor and will be proudly displayed for all to see. All materials included. Instructor: Luk Boggs Registration required.

### **SEWING: Patriotic Fold 'n Stitch Wreath/Candle Mat**

9:00 am – 12:30 pm

**Monday, June 9**

**Tuesday, June 10**

Let's learn how to create a fabric wreath/candle mat using Bosal in R Single-sided fusible foam squares. We'll be creating a patriotic themed project using coordination fabrics. All materials included. Instructor: Sharon Weddell. Registration required by June 2. Limit 8. Fee \$28.

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### **SEWING: Summer Bucket Hat**

9:00 am – 12:30 pm

**Monday, June 23**

**Tuesday, June 24**

We'll be creating a bright, summery bucket hat to protect you from the sun. Day 1 will involve measuring for size and cutting out all pieces for the project prior to sewing. All Materials included. Instructor: Sharon Weddell. Registration required by June 16. Limit 8. Fee \$18.

## **APRIL**

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### **FREE! DE-CLUTTER WITH DEB:**

#### **Who Wants my Extra Stuff?**

**Tuesday, April 1 • 10:00 – 11:00 am**

Where to donate or sell it. Take the first step to de-cluttering. Facilitated by Deb Harvitt, Clutter Consultant. Registration required.

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### **FREE! MORNING CONVERSATIONS:**

#### **Get to Know Cornerstone Giving**

**Wednesday, April 2 • 10:00 – 11:00 am**

Cornerstone Caregiving's Operating Director, Paige Gibson will discuss ways that Cornerstone Giving can provide aid and assistance with everyday tasks. If you are a Veteran, you may qualify for free care. Registration required.

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### **FREE! CHECK OUT 419:**

#### **Habitat for Humanity**

**Thursday, April 3 • 10:00 – 11:00 am**

Executive Director Wendy McCormick shares how Habitat for Humanity of Findlay/Hancock County is celebrating its 25th year. Habitat dedicated its first home in our community in



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

# ACTIVITIES

2000 and since then, the habitat team has built 61 homes, conducted hundreds of critical home repairs, and helped thousands of families achieve stability and self-reliance. With an ongoing critical need for affordable workforce housing in our community, their work is far from done. **Registration required.**

## **FREE! SEWING: Bowl Cozy**

**Monday, April 7 • 9:00 am - 12:30 pm**

Learn to sew up a quick bowl cozy to cradle that warm bowl of soup out of the microwave. Each participant will sew two cozies, one to keep and one to donate to the 50 North Craft show in October. Participants need to have sewing experience. All materials included. Instructor Sharon Weddell. **Registration required by April 2. Limit 8.**

## **FREE! BVHS HEALTH TALK: National Volunteer Month**

**Monday, April 7 • 10:00 - 11:30 am**

Stop in to learn about the wonderful things that the Auxiliary has to offer. **Registration required.**

## **FREE! CHECK OUT THE 419: The Lavender Hour**

**Monday, April 7 • 10:00 - 11:30 am**

Stop in to learn more about the services that they offer to care for the Whole Body, Mind, and Spirit, restorative yoga, Meditation, Reiki, Sound Healing, and oils. **Registration required.**

## **FREE! ART CLASS: Drawing**

**Monday, April 7 • 1:00 - 3:00 am**

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

## **FREE! DOING DIABETES TOGETHER: Potassium & Diabetes**

**Tuesday, April 8 • 10:00 am**

Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. If you have questions about the group, please reach out to Jennifer Little at little.18@osu.edu. **Registration required.**

## **FUSED GLASS CLASS:**

### **Easter Sun Catcher**

**Wednesday, April 9 • 10:00 am - 12:00 pm**

Create a cute precut bunny or chick, with beaded nylon coated wire for hanging, with optional glass scoring/cutting. Instructor Mary Burget. **Registration required by April 4. Limit 14. Fee \$25.**

## **FREE! ALZHEIMER'S EDUCATION: Understanding Alzheimer's and Dementia**

**Wednesday, April 9 • 9:00 am**

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real life issues. **Registration required.**

## **FREE! GARDENING IN OUR GOLDEN YEARS: Hydrangeas**

**Wednesday, April 9 • 10:30 am - 12:00 pm**

Learn about the various types, care, pruning, planting location and soil conditions for be able to grow beautiful hydrangeas. Presenter: Master Gardeners. **Registration required.**

## **FREE! CRAFT CORNER: Bunny Ornament**

**Thursday, April 10 • 1:00 - 3:00 pm**

This hand sewn bunny will make a great addition to your tree. Instructor: Luk Boggs. **Registration required. Limit 12.**

## **FREE! MORNING CONVERSATIONS: Armstrong Space Museum: Moon Landing Hoax**

**Thursday, April 10 • 10:00 am**

Take a deep dive through the history of lunar conspiracies and learn about the evidence to discover for yourself if we landed on the moon or not. This talk will go into the fascination theories behind the Moon landing and discuss why the Moon is, well, just plain weird! From the rocks on the moon to it ringing like a bell, one can determine that there is more to our neighboring satellite than we may truly know. **Registration required.**



**FREE! ADJUSTING TO VISION LOSS:  
Assistive Technology**

**Friday, April 11 • 10:00 am**

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

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**FREE! SEWING: Recycled Purse**

**Saturday, April 12 • 9:00 am - 12:00 pm**

Let's recycle old quilts into a fashionable purse. Use of a sewing machine is a must. All materials are provided. Instructor Luk Boggs. **Registration required.** Limit 8.

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**FREE! MORNING CONVERSATIONS:  
Hancock County Naturalists - Eggs**

**Monday, April 14 • 1:00 pm**

Discussion will cover animals that lay eggs, including birds like the Blue Jay, American Robin, and Ruby-throated Hummingbird, as well as reptiles such as the Box Turtle and Rat Snake. We'll also explore farm fowl like the Mallard Duck, Turkey, Geese, and Chickens. You'll learn about how each species builds its nest, the time it takes for their eggs to hatch, and the challenges they face in the wild. **Registration required.**

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**ADULT ART CAMP: Printmaking 1**

**Tuesday, April 15 • 5:00 - 7:00 pm**

Printing with Objects. We'll use an interesting variety of household, found, and natural objects to create shapes, textures, and patterns. Enjoy learning something new in a playful, relaxing atmosphere! We encourage you to ask the question: What if I tried this? We will practice together learning some fun printmaking skills. Instructors: Terry Olthouse and Beth Maurer. **Registration required.** Limit 12. Fee \$5.

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**FREE! CHECK OUT the 419:  
Millstream Carvers Club Demonstration**

**Tuesday, April 15 • 10:00 - 11:00 am**

Stop in to learn about wood carving and view some of the craftsmanship from the local artisans. **Registration required.**

**FREE! AFTERNOON CONVERSATIONS:  
The Family Center**

**Tuesday, April 15 • 1:00 - 2:00 pm**

The Family Center hosts 12 partner agencies. Learn about the services provided, how these agencies work together, and opportunities to support and volunteer. **Registration required.**

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**FREE! ART DISCUSSION:  
20th Century Artists**

**Tuesday, April 15 • 1:00 - 3:00 pm**

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

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**FREE! IMAGINATION STATION:  
Science Idol**

**Wednesday, April 16 • 9:00 - 11:00 am**

This unique science competition-style demonstration will put you into teams to compete in science themed challenges. You will learn about important scientists' past and present from several disciplines and explore a variety of science concepts through hands-on experiments. **Registration required.**

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**FREE! IMAGINATION STATION:  
Nitro Pops**

**Wednesday, April 16 • 11:00 am - 12:00 pm**

You will make your own tasty frozen treat by dipping a marshmallow into an ice cream base and flash freezing it in liquid nitrogen. This is the tastiest way to explore the properties of liquid nitrogen and find out why it is such a "cool" scientific substance. **Registration required.**

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**FREE! HANCOCK HISTORICAL  
MUSEUM: Emory Adams**

**Wednesday, April 16 • 10:00 - 11:00 am**

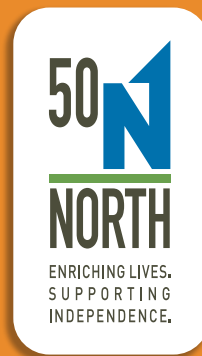
Discover the fascinating history behind Emory Adams Park in Findlay, Ohio, and learn how it came to be. **Registration required.**

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Find more information about any of these programs on our website at

[www.50north.org](http://www.50north.org)

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

Water should always be your go-to beverage.



**FREE! BOOK CLUB: Holes**

**Thursday, April 17 • 10:00 - 11:00 am**

“Some day you will be old enough to start reading fairy tales again...” Join adult services librarian, Melody, as we discuss the middle-grade classic, Holes by Louis Sachar at 50 North. Copies of the book are available in the Adult Services Department at the Findlay-Hancock County Public Library, and digitally on Libby. Registration required.

**CRAFT CORNER: Resin Pour Initial**

**Thursday, April 17 • 9:00 am - 12:30 pm**

Create your very own beautifully decorated initial using crushed glass, stone, foils, and colored epoxy resin. The initials will be decorated during class but must be left to dry for a few days. Pick-up will be available in the Art Studio the following week. Please wear old clothes. Please specify what letter you will need at sign up. All materials included. Instructor: Sharon Weddell. Registration required by April 10. Limit 12. Fee \$28.

**FREE! AFTERNOON CONVERSATIONS: Minimize Risk, Maximize Life**

**Friday, April 18 • 1:00 - 3:00 pm**

A 2-hour evidence-based program for adults of all ages who would like to learn about reducing their risk of problems related to their alcohol use. Individuals will leave this presentation with personalized low risk guidelines. Registration required.

**FREE! CHECK OUT THE 419: Northwest Ohio Railroad Museum**

**Monday, April 21 • 10:00 - 11:00 am**

Stop in to learn all about the local Railroad Museum and all that they have to offer Findlay. You will be surprised and won't want to miss the updates! Registration Required.

**SEWING: Sashiko Stitching (Hand Sewing)**

**Monday, April 21 • 10:00 am - 12:00 pm**

Let's learn a Japanese stitching technique that involves sewing geometric patterns onto fabric for decorative sewing or patching your clothes. Instructor: Luk Boggs. Registration required. Limit 12. Fee \$5.

**FREE! SUNRISE COOKING: Crunchy Mandarin Orange Salad**

**Wednesday, April 23 • 11:30 am - 12:30 pm**

Learn a new recipe and taste test what you made! Registration required by April 16. Limit 20. Sponsored by Sunrise Senior Living.

**FREE! ART CLASS: Introduction to Watercolor**

**Thursday, April 24 • 1:00 - 3:00 pm**

Learn the very basics of watercolor. Simple techniques and create a post card size work of art. Instructor: Luk Boggs. All materials included. Registration required. Limit 12.

**ART CLASS: Acrylic Scene - "Lamp Post"**

**Monday, April 28 • 10:00 am - 12:00 pm**

Sign up for Acrylic Scene - 'Lamp Post' and create a beautiful, vibrant painting that brings a charming street scene to life! Instructor from Awakening Minds. Registration Required by April 21. Limit 10. Fee \$10.

**FREE! CHECK OUT THE 419: Jones Mansion: M is for Murder**

**Monday, April 28 • 10:00 am**

You won't want to miss this! Stop in and listen to our local historian, Eric Vanrenterghem. Every town has its light and its shadows. M is for Murder will transport you to the dark past of Findlay and Hancock County. Registration Required.

**FREE! KEEP CURRENT: Immigration Process / Sanctuary Cities**

**Monday, April 28 • 1:00 - 2:00 pm**

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

**FREE! REAL ESTATE RUN DOWN: What Is a Reverse Mortgage and How Does It Work?**

**Tuesday, April 29 • 10:00 - 11:00 am**

Join Mark Kutscher, Certified Reverse Mortgage Specialist will explain what a reverse mortgage is, how it works and if it's right for you. Lunch will be provided. Registration required. Limit: 20.

**FREE! PURPOSEFUL LIFE WORKSHOP:  
Building Meaningful Relationships  
for a Purposeful Life**

**Tuesday, April 29 • 10:00 - 11:00am**

Relationships are the foundation of meaningful and fulfilling lives. They support our well-being, help us navigate life transitions like retirement, and contribute to long-term health and happiness. Yet, despite their importance, building and maintaining strong connections isn't always easy. So how can we deepen our relationships and expand our social circles? Join us for an engaging conversation on fostering meaningful connections and creating positive change in a world that often feels disconnected. **Registration required.**

**FREE! FINANCE WORKSHOP:  
Map & Design Your Financial Future**

**Tuesday, April 29 • 11 am - 12:00 pm**

Presented by Jessica Hinks, CFP® - Wealth Advisor for Hixon Zuercher. Your financial journey is unique, and having a clear road-map can make all the difference. Join Jessica Hinks, CFP®, Wealth Advisor at Hixon Zuercher Capital Management, for an interactive session where you'll engage in hands-on activities to assess your finances, set meaningful goals, and create a plan for a confident future. Whether you are preparing for retirement, managing expenses, or planning for life's next chapter, this workshop will help you take control and move forward with clarity. **Registration required.**

**SEWING: Sashiko Stitching  
(Hand Sewing)**

**Tuesday, April 29 • 3:00 - 5:00 pm**

If you missed the first class, here is your chance to learn this addictive stitch. Let's learn a Japanese stitching technique that involves sewing geometric patterns onto fabric for decorative sewing or patching your clothes. Instructor: Luk Boggs. **Registration required.** Limit 12. \$5 fee.

Find more information about any of these programs on our website at:

[www.50north.org](http://www.50north.org)

**MAY**

**FREE! MORNING CONVERSATION:  
Cinco De Mayo**

**Monday, May 5 • 12:00 - 1:00 pm & Movie following the presentation**

Discover the history of Cinco De Mayo, and its traditions while enjoying Mexican traditions while sampling delicious treats. Then, enjoy a special screening of Pixar's Coco, inspired by the Mexican holiday Day of the Dead. **Registration required.**

**FREE! DE-CLUTTER WITH DEB:  
Storage Solutions for Homes of all Sizes**

**Tuesday, May 6 • 10:00 - 11:00 am**

Take the first step to de-cluttering. Facilitated by Deb Harvitt, Clutter Consultant. **Registration required.**

**FUSED GLASS CLASS:  
Small Flower Dish**

**Wednesday, May 7 • 10:00 am - 12:00 pm**

If you love working with glass, register now and create a 3" square dish featuring spring flowers! Instructor: Mary Burget. **Registration required by April 30.** Limit 12. Fee \$25.

**FREE! GARDENING IN OUR GOLDEN  
YEARS: Growing Figs in Cold Weather**

**Thursday, May 7 • 10:30 am - 12:00 pm**

Yes, you can grow figs in cold weather! Come learn how to grow figs in cold weather zones. Presenter: Master Gardeners. **Registration required.**

**FREE! CREATING AN  
INCLUSIVE COMMUNITY**

**Wednesday, May 7 • 1:00 - 3:00 pm**

Learn the importance of connection to create a safe, happy, and healthy environment in your community. Explore how unintentional exclusion causes harm and has negative consequences on the health and wellness of your neighbors. Learn actionable steps to create a consciously inclusive environment in your community and at 50 North. **Registration required.**



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

# ACTIVITIES

**FREE! CRAFT CORNER: Strawberries**

**Thursday, May 8 • 1:00 - 3:00 pm**

Get ready to stitch up some sweet, strawberry-inspired ornaments that will add a burst of color and charm to any space. Instructor: Luk Boggs. **Registration required. Limit 12.**

**FREE! BVHS HEALTH TALK:**

**National Nurses Day**

**Monday, May 12 • 10:00 am**

Join us to learn about the Daisy Award and its significance on National Nurses Day! **Registration required.**

**FREE! NATURE NOTES:**

**Hancock Park District - Warblers**

**Monday, May 12 • 1:00 - 2:00 pm**

Spring migration is here bringing a colorful group of birds called warblers to Northwest Ohio. Often called the "warbler capital of the world" due to the number of these birds. Discover these fascinating birds and learn how to identify 36 species that migrate through Ohio each year by sight, sound, and habitat. **Registration required.**

**CRAFT CORNER:**

**Button Art Flower Bouquet**

**Tuesday, May 13 • 9:00 am - 12:30 pm**

We'll be creating a unique flower bouquet made from assorted colorful buttons attached with floral wire. All "flowers" will be positioned in the openings of a saltshaker/small vase for a unique take on a spring bouquet. All material included. Instructor: Sharon Weddell. **Registration required by May 6. Limit 12. Fee \$10.**

**FREE! DOING DIABETES TOGETHER: Getting Outdoors, Getting Active!**

**Tuesday, May 13 • 10:00 am**

Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. If you have questions about the group, please reach out to Jennifer Little at little.18@osu.edu. **Registration required.**

**FREE! ALZHEIMER'S EDUCATION: Communicating Effectively**

**Wednesday, May 14 • 9:00 am**

Learn how dementia affects communication. Additionally, leave with tips for communicating well with family, friends and healthcare professionals. **Registration required.**

**FREE! CHECK OUT 419:**

**Green Clean-Up**

**Wednesday, May 14 • 11:00 am - Noon**

Sarah Lambert, instructor, invites you to discover how to achieve a spotless home without the harmful toxins found in traditional cleaning products. Join us for "Green Cleaning with Essential Oils" and learn how to reduce toxic exposure while using essential oils and other everyday ingredients you likely already have! **Registration required.**

**FREE! BOOK CLUB:**

**The Midnight Library**

**Thursday, May 15 • 10:00 - 11:00 am**

A "feel-good book guaranteed to lift your spirits..." Join adult services librarian, Melody, as we discuss the Goodreads Choice Award Winner, *The Midnight Library* by Matt Haig. Copies of the book are available in the Adult Services Department at the Findlay-Hancock County Public Library, and digitally on Libby. **Registration required.**

**FREE! IMAGINATION STATION:**

**3-D Printing**

**Thursday, May 15 • 9:30 - 11:30 am**

Embark on an exciting journey into 3-D printing and explore cutting-edge fabrication skills. Transform ideas into tangible creations, prototype inventions, craft custom parts, and produce stunning art in this hands-on workshop. Note: due to print time, products will be delivered to 50 North on June 5, 2025. **Registration required. Limit 25.**

**FREE! ART DISCUSSION:**

**20th Century Artists**

**Tuesday, May 15 • 1:00 - 3:00 pm**

Join a lively discussion and a short video about a famous artist each month. This month's



focus: Jackson Pollock. Instructor: Luk Boggs. Registration required.

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### **ART CLASS: Ceramic Hand Dish**

**Monday, May 19 • 2:00 - 4:00 pm**

Create a unique ceramic dish in the shape of your hand, perfect for holding change, jewelry, or small items, while exploring Hindu hand painting designs and traditions. Instructor: Heather Sensel. **Registration required.** Limit 16. Fee \$10.

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### **FREE! MORNING CONVERSATIONS: Creating Monsters!**

**Monday, May 19 • 10:00 am**

Are you a Bigfoot believer or captivated by the Loch Ness Monster? Do you enjoy the monsters that star in horror films and linger in ghost stories told around the campfire? Join artist and University of Findlay Mazza Museum Director of Curation and Exhibitions, Dan Chudzinski, as he brings fantasy creatures to life using a variety of artistic mediums. Watch him at work and learn about his creative process, you won't be disappointed! **Registration required.**

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### **FREE! MEDICARE PRESENTATION**

**Tuesday, May 20 • 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.**

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### **FREE! DID YOU KNOW: World Bee Day!**

**Tuesday, May 20 • 1:00 - 2:00 pm**

Join us for a discussion on World Bee Day to learn how vital bees are to our daily lives, and enjoy local treats made from the 'yellow gold' they produce! Don't BEE LATE! **Registration required.**

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### **ADULT ART CAMP: Printmaking 2**

**Tuesday, May 20 • 5:00 - 7:00 pm**

Printing with Styrofoam. We'll use everyday material to easily draw and print repeat patterns that can be combined in creative ways.

Instructors: Terry Olthouse and Beth Maurer. **Registration required.** Limit 12. Fee \$5.

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### **FREE! HANCOCK HISTORICAL MUSEUM: Hats!**

**Wednesday, May 21 • 10:00 - 11:00 am**

Join the Hancock Historical Society for a captivating presentation on the history of hats! Discover the evolution of headwear, cultural significance, and impact on fashion and society. Don't miss this chance to explore hats' timeless place in history. **Registration required.**

---

### **FREE! REAL ESTATE RUNDOWN: How to Pay for Upgrades and Stay In Your House?**

**Tuesday, May 27 • 10:00 - 11:00 am**

Join Mark Kutscher, Certified Reverse Mortgage Specialist will explain how to get the upgrades you need so you can stay in your house without having to take out a loan. Lunch will be provided. **Registration required.** Limit: 20

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### **FREE! SUNRISE COOKING: Kielbasa Skillet**

**Wednesday, May 28 • 10:30 - 11:00 am**

Come learn a new recipe and taste test what you make! **Registration required.** Limit 20. Sponsored by Sunrise Senior Center Living

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## **JUNE**

### **FREE! DE-CLUTTER WITH DEB: Wardrobe Management**

**Tuesday, June 3 • 10:00 - 11:00 am**

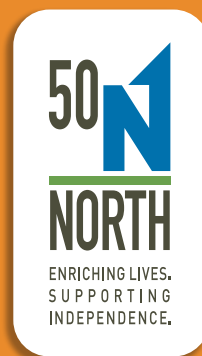
Everyone's invited to bring something you have not worn in a long time for Show and Tell. Take the first step to de-cluttering. Facilitated by Deb Harvitt, Clutter Consultant. **Registration required.**

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### **FREE! IMAGINATION STATION: Laser Cut Accessories**

**Thursday, June 5 • 9:00 - 11:00 am**

Release your creativity and watch as your hand-drawn designs come to life as you choose materials and fabricate them using a state-of-the-art laser cutting machine. Experience the magic of transforming light into precision cuts



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



and identify how lasers are used in everyday life. Registration required.

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**CHECK OUT 419:  
Featherweight Machines**

**Thursday, June 9 • 10:00 - 11:00 am**

Join us for an engaging discussion with Linda Croy as she delves into the history of the Featherweight machine. Learn about this iconic sewing machine, which remains as relevant today as when it was first introduced to the sewing world. Registration required.

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**FREE! DOING DIABETES TOGETHER:  
Dairy and Diabetes**

**Tuesday, June 10 • 10:00 am**

Led by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. If you have questions about the group, please reach out to Jennifer Little at little.18@osu.edu. Registration required.

---

**FREE! WINNING AT WELLNESS  
SERIES**

**Tuesday, June 10 • 10:00 - 11:00 am**

Attendees will discover how to achieve their personal best and “go for the gold” in their own lives. Each session will explore a different aspect of wellness, while Amber Wolfrom coaches participants on effective strategies to excel in the game of wellness. Through new insights, skill-building, and “training” exercises, participants will elevate themselves from beginners to world-class competitors on their wellness journey. Registration required.

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**FREE! ALZHEIMER'S EDUCATION:  
Responding to Dementia - Related Behaviors**

**Wednesday, June 11 • 9:00 am**

Understanding common behavior changes and how they are a form of communication. Additionally, this program will provide non-medical approaches to behaviors and how to recognize when additional help is needed. Registration required.

**FREE! GARDENING IN OUR GOLDEN YEARS: Roses**

**Thursday, June 12 • 10:30 am - 12:00 pm**

Learn about the various types, how to care for them, and what diseases may plague your roses. Presenter: Master Gardeners. Registration required.

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**FREE! CRAFT CORNER: Firecracker**

**Thursday, June 12 • 1:00 - 3:00 pm**

Create a firecracker that will make a great addition to your tree. Instructor: Luk Boggs. Registration required. Limit 12.

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**FREE! ADJUSTING TO VISION LOSS:  
My Favorite Things**

**Friday, June 13 • 10:00 am**

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

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**FREE! CRAFT CORNER: Patriotic  
Wooden Biscuit Sunflower**

**Monday, June 16 • 9:00 am - 12:30 pm**

We will be painting a red, white, and blue sunflower using wood biscuits. Our patriotic display will then be assembled on a wooden background and embellished and painted USA letters to complete the look. All materials included. Instructor: Sharon Weddell. Registration required by June 9. Limit 12. Fee \$20.

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**FREE! BVHS HEALTH TALKS:  
Men's Health**

**Monday, June 16 • 10:00 - 11:00 am**

Blanchard Valley Hospital will be hosting a health talk for senior men. Experts will provide practical advice for healthy aging. The goal is to empower men with knowledge to improve their overall health and quality of life. Registration required.

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**NATURE NOTES: Ticks**

**Monday, June 16 • 1:00 - 2:00 pm**

There is an abundance of ticks in Ohio and the number is growing. Unfortunately, these



arachnids are infamous for carrying harmful diseases. Learn about the distinct species of ticks in Ohio, how to identify them, and learn all about tick safety and the diseases they are capable of spreading. Presented by: Hancock Park District. **Registration required.**

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### **ADULT ART CAMP: Printmaking 3**

**Tuesday, June 17 • 5:00 - 7:00 pm**

Printing with Linoleum Blocks. We will use soft-cut linoleum blocks along with special cutting tools to create designs that can be reproduced on cards, gift bags, and other items. This class is perfect for those who participated in the popular Christmas card making class, as well as beginners. Instructors: Terry Olthouse and Beth Maurer. **Registration required by June 10. Limit 12. Fee \$10.**

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### **FUSED GLASS CLASS: Sailboat Sun Catcher**

**Wednesday, June 18 • 10:00 am - 12:00 pm**

Sailboat Sun Catcher. 3½" square fused glass sun catcher, with a beaded nylon coated wire for hanging. Glass scoring and cutting will be required. **Registration required by June 11. Limit 14. Fee \$20.**

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### **FREE! HANCOCK HISTORICAL MUSEUM: 1980's**

**Wednesday, June 18 • 10:00 - 11:00 am**

The Hancock County Historical Society will be joining us for an informative presentation on the 1980's. Explore the rich history of this fascinating era, as they share insights into the people, events, and developments that shaped the county during this transformative decade. Don't miss the chance to learn more about the past through their expert perspective. **Registration required.**

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### **FREE! ART DISCUSSION: 20th Century Artists**

**Thursday, June 19 • 1:00 - 3:00 pm**

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

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### **FREE! MORNING CONVERSATIONS: What is guardianship and when should I consider it?**

**Friday, June 20 • 10:00 am - 11:00 am.**

The Great Lakes Guardianship Services Board acts as the legal Guardian for adult residents of Hancock, Ottawa or Wood County who have substantial mental impairment (including dementia) or developmental disability, who have been declared incompetent by the Hancock, Ottawa or Wood probate courts. Learn what Guardianship is, when it's time to consider it, and what alternative measures can be taken to avoid it. **Registration required.**

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### **FREE! KEEP CURRENT: Axis and Allies – Does It Really Matter Anymore?**

**Monday, June 23 • 1:00 - 2:00 pm**

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

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### **FREE! REAL ESTATE RUNDOWN: How to Access Your Equity in Your House?**

**Tuesday, June 24 - 10:00 - 11:00 am**

Mark Kutscher, Certified Reverse Mortgage Specialist, will explain how to access the equity in your house and how you can use it. Lunch will be provided. **Registration required. Limit: 20.**

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### **FREE! SUNRISE COOKING: Farmers' Breakfast Hash**

**Wednesday, June 25 • 11:30 am - 12:30 pm**

Learn a new recipe and taste test what you made! **Registration required by June 18. Limit 20. Sponsored by Sunrise Senior Living.**

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### **FREE! ART CLASS: Drawing**

**Thursday, June 26 • 1:00-3:00 pm**

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

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Find more information about any of these programs on our website at:

[www.50north.org](http://www.50north.org)

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

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

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

## Extended Trip Opportunities

### HEART OF TEXAS TRIP

April 27 - May 1, 2025

(4 nights/5 days)

Activity Level 3



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

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



**COST PER PERSON:**

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

**DEPOSIT:** \$500 per person at reservation.

**FINAL PAYMENT:** Due February 28, 2025

### HUDSON RIVER VALLEY & CASTLES OF NEW YORK

Fall Getaway: October 7 - 12, 2025

(5 nights/6 days)

Activity Level 4



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

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



**COST PER PERSON:**

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

**DEPOSIT:** \$500 per person at reservation.

**FINAL PAYMENT:** Due July 7, 2025

**50 North trips always fill up fast!**

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

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



## GREECE ISLAND HOPPER

October 18 – 28, 2025

(10 nights/11 days)

Activity Level 3



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

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

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

### COST PER PERSON:

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

**DEPOSIT:** \$500 per person at reservation.

**FINAL PAYMENT:** Due July 20, 2025

## ELVIS' BLUE CHRISTMAS

December 1 – 5, 2025

(4 nights/5 days)

Activity Level 2



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

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

**Not Included:** Hotel incidentals, some meals.

### COST PER PERSON:

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

**DEPOSIT:** \$500 per person at reservation.

**FINAL PAYMENT:** Due September 5, 2025

## CHRISTMAS IN LANCASTER

December 8 – 12, 2025

(4 nights/5 days)

Activity Level 3



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

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

**Not Included:** Hotel incidentals, some meals.

### COST PER PERSON:

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

**DEPOSIT:** \$500 per person at reservation.

**FINAL PAYMENT:** Due September 8, 2025

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

Fill your life  
with adventure,  
not things.  
Have stories  
to tell, not stuff  
to show!



*Full payment is due upon registration.*

## Overnight Trip Opportunities

### CHRISTMAS TIME AT THE ARK ENCOUNTER

December 4 – 5, 2025  
(Overnight)

Activity Level 3



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

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

**Not Included:** Hotel incidentals, some meals.



**COST PER PERSON:**

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

### DISCOVER DETROIT

September 9 – September 10, 2025  
(Overnight)

Activity Level 4



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

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

**Not Included:** Hotel incidentals, breakfast.







**COST PER PERSON:**

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



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

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

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

Full payment is due upon registration.

## Day Trip Opportunities

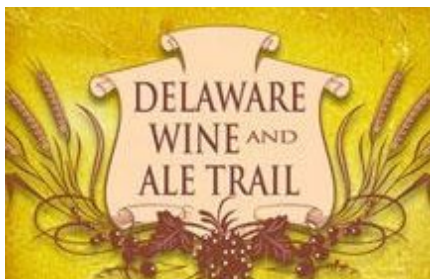
### DELAWARE WINE & ALE TRAIL

Activity Level 2

Friday, April 25, 2025

\$110 Per Person

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



### DETROIT PRINCESS RIVERBOAT DINNER CRUISE & MOTOWN SHOW

Activity Level 2

Thursday, June 19, 2025

\$150 Per Person

- Round Trip Motorcoach Transportation
- Riverboat Cruise (Largest Riverboat in the Midwest!)
- Prime Rib Dinner Buffet with Dessert
- Motown Entertainment



### EXPERIENCE HAMTRAMCK Michigan's Polish Village Tour

Activity Level 3

Thursday, August 7, 2025

\$119 Per Person

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



### LET'S PLAY BALL TOLEDO MUDHENS

Activity Level 2

Wednesday, August 13, 2025

Toledo Mudhens vs. Columbus Clippers

\$79 Per Person

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



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

50 North  
trips always  
fill up fast!

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

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

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

*Full payment is due upon registration.*

**Day Trip Opportunities (continued)**

**CLEVELAND ADVENTURE**

Activity Level 2

**Tuesday, September 23, 2025**

**\$99 Per Person**

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



**DINNER THEATER EXPERIENCE at LaComedia "SCROOGE"**

Activity Level 2

**Wednesday, December 10, 2025**

**\$128 Per Person**

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



**CHRISTMAS LIGHT SHOW Light Show at Clifton Mill**

Activity Level 2

**Thursday, December 11, 2025**

**\$89 Per Person**

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

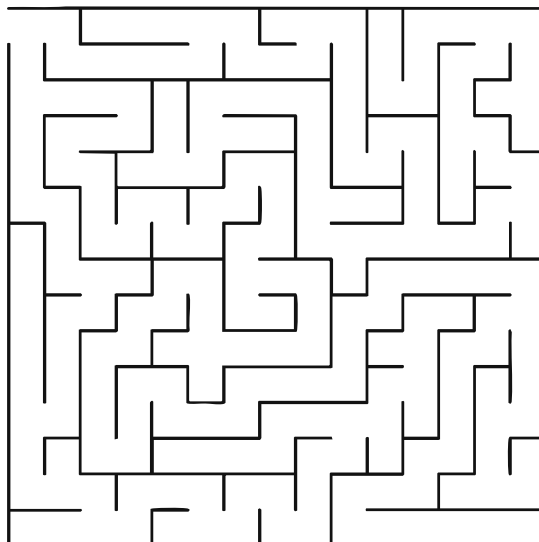


*\* Driver & Tour Host gratuities included on all Day Trip Packages.*

Want a cognitive and memory boost? Travel with us! Exploring new places, navigating unfamiliar territory, and picking up a new language all stimulate brain health.

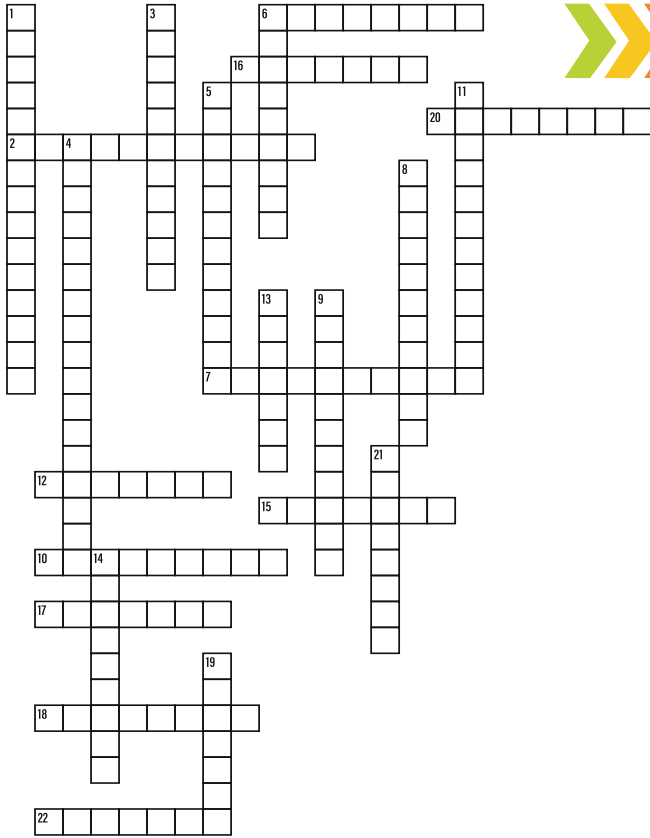
**FIND YOUR WAY PUZZLE**

Find your way from the check-in gate and through the maze to board your plane.



**NOW BOARDING!**





## CROSSWORD PUZZLE!

Puzzles have been proven to help keep minds sharp.

### Across:

2. Art of beautiful handwriting.
6. Enjoying water activities.
7. Gathering items of interest.
10. Studying stars and planets.
12. Living outdoors for fun.
15. Expressing ideas in words.
16. Enjoying books and stories.
17. Crafting with beads and wire.
18. Creating art with colors.
20. Building miniatures or dioramas.
22. Preparing delicious meals.

### Down:

1. Gathering postage stamps.
3. Capturing moments in images.
4. Studying new languages.
5. Creating sounds with instruments.
6. Drawing with pencil or pen.
8. Creating with wood materials.
9. Playing digital games.
11. Helping others in need.
13. Riding bikes for leisure.
14. Exploring new places.
19. Moving rhythmically to music.
21. Crafting with yarn and needles.

			4		2						
7	1				3				4	6	
4		8		7			5			9	
2			8		9					5	
	8							9			
9			6		3					2	
8		7		6			3			4	
6	5			9				1		7	
				5							

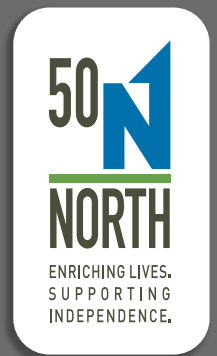
## SUDOKU PUZZLE

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



### LOCATE THESE SIX ICONS FOR A CHANCE TO WIN!

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



# PUZZLES

## Wellness Center Membership Fee for 2025

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

### Annual Membership Fees

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

### 6-Month Membership Fees

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



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

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

## **NEW!** Accepting Appointments Now!

### SMARTfit®

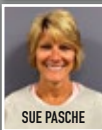
A 'gamified' training technology for individuals with **Parkinson's Disease and other neurocognitive conditions**, designed to boost cognitive function and physical mobility by improving brain-body coordination. **SMARTfit®** focuses on high-repetition exercises to enhance daily functioning physical,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



Contact the Wellness staff for pricing and interest forms.



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



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

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

## Physical Therapy with OIO at 50 North

Gordon Estlack, PT, DPT, OCS, GCS, and Aaron Low, PTA, from the Orthopedic Institute of Ohio (OIO - Findlay) in Findlay, are available for physical therapy appointments on

Tuesdays and Thursdays. Most cases do not require a referral. Wellness Center membership required. To schedule an appointment, please call 419 423-8496.





## Welcome to 50 North's Wellness Center!

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

### Comprehensive Fitness Equipment:

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

### Cardio Equipment:

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

### Strength Training Tools:

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

---

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

---

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

### Personalized Guidance:

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

### Group Exercise Classes:

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

---

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

---

### 3-Lane Track (19 Laps per Mile)

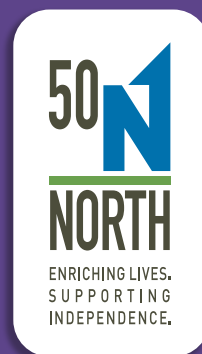
Wellness Center members can enjoy a safe environment for walking or jogging on our 3-lane track. **Please note: The track is closed on Tuesdays from 11:00 to 12:00 pm for the Parkinson's exercise class.**

### VibePlate®:

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

### HydroMassage Bed & Lounger:

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



Lowers your risk of heart disease, stroke, colon cancer and diabetes.

Strengthens your bones.

Prevents osteoporosis and osteoarthritis.

# Wellness Center Classes



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

Classes subject to change.

\*Classes are also offered via ZOOM. T=Track

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

## Wellbeats™

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



Locations:

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

**Join us for classes with Wellbeats™**

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

*Check the Wellness Center for room schedules. Sign up daily outside the studio to reserve.*

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

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

## Wellness Center Classes

### **(T) BodyBlast** (45 min.)

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

### **(T) SilverSneakers® Classic** (45 min.)

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

### **SilverSneakers® Yoga** (45 min.)

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

### **Enhance Fitness®** (45 min.)

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

### **Yoga Fusion** (45 min. – 1 hr.)

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

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

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

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

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

### **(T) Standing Stronger** (30 min.)

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

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

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

### **Tone & Sculpt** (45 min.)

Full body toning and core strengthening class with light cardio.

### **Geri-Fit®** (45 min.)

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

### **(T) Cardio Drumming** (45 min.)

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

### **Cycling/Flex/Core** (1 hr.)

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

### **Power-up Combo** (45 min.)

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

### **SilverSneakers® EnerChi** (45 min.)

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

### **Yoga Flow** (45 min.)

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

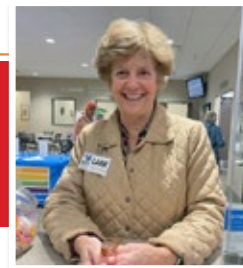
*T = Occurs in the Track area*

## VOLUNTEER SPOTLIGHT!

### Let's meet some of our Mobile Meal Drivers.

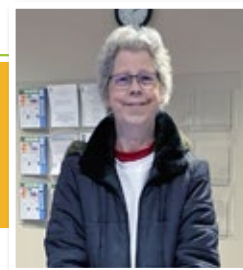
Approximately 50 people volunteer with mobile meals. An additional 15 mobile meal packers pack meals daily. **Hats off to these dedicated volunteers** as they prepare and deliver meals to seniors in all kinds of weather and often ahead of winter weather.

**Lark McCormick**, a retired teacher and now a mobile meal driver since 2016, continues serving our community.



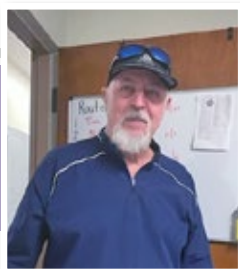
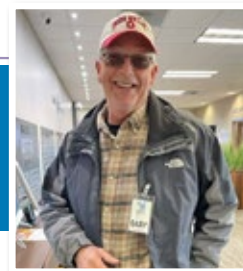
**Fred Ziegman** retired from Millstream and has been a dependable mobile meal driver since 2022.

**Karen Trotta** started delivering mobile meals in 2020 when Covid closed us up. She is greatly appreciated as our volunteer.



**Mark Short**, our newest driver, is a retired Findlay City School custodian eager to keep busy.

**Gary Crawford** is a retired tech guy and driver happy to offer help delivering mobile meals.



**Dan Boyd** is a long time mobile meal driver who continues to help 50 North thrive and is greatly appreciated.

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

# Volunteering: The Happiness Effect!

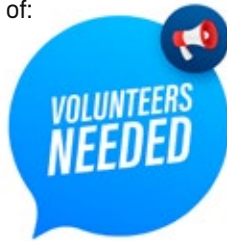
Are you finding yourself with more time on your hands? Have you retired and are looking for things to do with your days? There are many ways we can occupy ourselves as we get older. We can start new hobbies, we can travel, and we can spend time with friends and family. One great and rewarding way to spend our time is to get involved and give our time to help our community. The proven benefits are physical, social, and mental. It just feels good to be needed and provide much-needed help in our community.



Today's senior centers are reinventing themselves to meet the needs and desires of three generations of older adults. 50 North continues to develop new programs and opportunities for these dynamic generations and now have an eye towards the future of Generation X turning 60 this year.

I have volunteer openings for young people and groups as well as for those retired in areas of:

- Fitness**
- Mobile Meal Drivers and Substitutes**
- Café**
- Special Events**



Julie Niswander

Contact Julie Niswander, 50 North Volunteer Coordinator, at (419) 423-8496, ext. 121, or [JNiswander@50North.org](mailto:JNiswander@50North.org).

Volunteer applications are on our website, and we welcome individuals, couples, and groups.

## Get Ready For A Night Of Fun And Celebration!

# VOLUNTEER APPRECIATION DINNER

Tuesday, April 22, 2025 • 5:30 pm

Join us for an evening at 50 North filled with food, fun, and fabulous fellowship as we celebrate **YOU... our VOLUNTEERS!**

Volunteering is fun, but volunteering with a friend is even better! So, 50 North volunteers are invited to bring a potential volunteer as a guest, and we'll all enjoy the good times together!

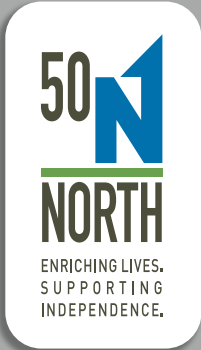
**It's our turn to SERVE YOU!** Plus, you'll get the chance to meet some of the 50 North staff who will be serving you during the evening!

**RSVP by April 11** to save your spot for this special event! *You won't want to miss it!*

## Volunteering WordSearch

M	G	E	X	P	E	R	I	E	N	C	E	L	D
M	E	G	P	R	I	C	E	L	E	S	S	G	I
H	E	D	E	T	I	M	O	C	A	E	L	H	
C	G	I	H	E	I	R	E	S	E	H	E	L	P
D	A	N	L	E	B	D	R	D	N	I	A	G	D
N	O	G	I	C	P	E	S	T	R	I	V	E	I
I	S	E	K	R	D	I	B	E	L	I	E	V	E
K	E	V	O	A	A	G	I	V	I	N	G	G	S
C	R	N	E	S	L	H	R	O	H	H	E	P	M
H	V	L	S	C	F	I	S	L	O	O	E	H	N
A	I	N	E	N	O	I	S	S	A	P	M	O	C
N	C	C	H	A	L	L	E	N	G	E	R	H	D
G	E	F	R	I	E	N	D	S	H	I	P	A	I
E	N	E	D	E	L	L	I	K	S	D	E	N	C

- |            |            |            |
|------------|------------|------------|
| STRIVE     | KIND       | COMPASSION |
| SHARING    | PRICELESS  | COMMITTED  |
| HELP       | SKILLED    | BELIEVE    |
| FRIENDSHIP | EXPERIENCE | CHANGE     |
| SERVICE    | GAIN       | HOPE       |
| LEADERS    | CHALLENGE  | GIVING     |



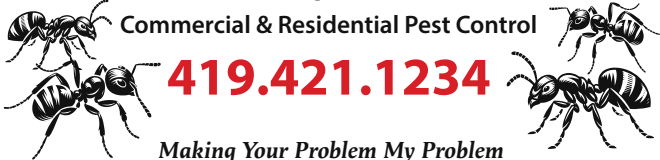
“The best way to find yourself is to lose yourself in the service of others.”

Gandhi

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Blanchard Valley Health System Wellness Park is a cutting-edge campus dedicated to health and healing. Conveniently located on Wellness Way off County Road 99 in Findlay, right by I-75. With a wide range of services available in two connected buildings, we're bringing care closer to home for you and your family.

### **3401 Building**

- Orthopedics & podiatry
- Sports medicine
- Adult & pediatric rehabilitation, including occupational, physical & speech therapies
- X-ray & EKG
- Laboratory

### **3411 Building**

- Primary care
- Endocrinology & Diabetes
- Community Glucose Study
- Rheumatology



**Wellness Park**

3401 Wellness Way, Findlay | [bvhealthsystem.org/wellness](http://bvhealthsystem.org/wellness)

View video of Wellness Park,  
driving directions & more

