

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

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

**BACK BY
POPULAR DEMAND!**

**50 North Ballroom
Dancing Lessons:**
Tuesdays in May and June
5:30 - 6:30 pm
See pages 12 and 13 for details.

NEW!
**Photography Class:
Basics of Photography**
Tuesday, May 7 • 5:30 pm
See page 15 for details.

**Member Survey Results
with Carolyn Copus**
Tuesday, May 14 • 10:00 am
See page 16 for details.

**National
Scavenger Hunt Day**
Friday, May 24
8:00 am - 3:00 pm
See page 16 for details.

**50 North offers
some amazing and
unique Arts & Crafts
Classes**
See page 13 - 15 for complete list.

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

Visit us on the web at...

www.50north.org



THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

May/ June 2024

50 North Recognized As OHIO'S SENIOR CENTER OF THE YEAR!

Celebrate with 50 North at an Open House!

Saturday, May 18th from 1:00 - 3:00 pm

For more information about this event,
check out page 16 in the activities section.



*Carolyn Copus (Executive Director of 50 North),
Anna Tobin (President of the OASC), and
Tony Price (50 North Board President),
accepts this prestigious award.*

Donnell Stage at 50 North Presents: 50 North Choir Performance

Thursday, May 30 at 6:30 pm

Enjoy an evening of choral music performed by our very own 50 North Choir. The title of our program is "The Music of our Memories". Doors open at 6:00 pm. Free. Registration is required. *See page 13 for details.*

CHECK OUT THESE FREE 50 NORTH EVENTS!

Job Fair
Thursday, May 23
3:00 - 5:00 pm

OhioMeansJobs and 50 North will be hosting a Job Fair for seniors with over 40 businesses in attendance. Get help with applications and resumes. Event will focus on part-time and seasonal employment opportunities.
See page 16 for full details.

Shredding Event
Saturday, June 8
10:00 am - 1:00 pm

A drive-thru shredding event will be open to Hancock County residents. Volunteers will be on hand to help unload your vehicle. No electronics and a limit of 4 boxes. In partnership with Area Agency on Aging 3 (AAA3).
See page 17 for details and more information.

For more than five decades, 50 North has helped older adults and their families in Hancock County navigate some of life's biggest transitions: from work to retirement; from good health to chronic conditions; and from full independent living to receiving some support. We offer solutions for those 50 and older in Hancock County through activities, chore, nutrition, outreach and wellness.

Each year we eagerly embrace opportunities to best serve Hancock County by Enriching Lives and Supporting Independence for people 50 and older.

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

The top three areas the members enjoy about 50 North are:

1. The wide range of programs and activities offered, catering to diverse interests and promoting active engagement among members.
2. The welcoming and inclusive community atmosphere, making clients feel valued, supported, and part of a close-knit community.
3. The quality and dedication of the staff, noted for their kindness, professionalism, and commitment to providing excellent service and support to clients.

The top three areas for improvement our members said are:

1. Program Diversity: Member suggest further expansion of the variety of programs and activities to cater to a broader range of interests.
2. Facility Improvements: Feedback indicates a need for enhancements in the physical facility to better accommodate activities and member needs.
3. Communication: Members desire improved communication regarding program scheduling, updates, and availability to ensure they can fully participate in the offered services.

The top three programs and services the members request are:

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

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

50 North's Leadership Team worked closely with Dan Gonder, President of Strategic In/Sight Partners to develop initiatives to respond to the member survey results.

The 2024 initiatives and outcomes for each initiative are:

Initiative 2401:

Re-invent the Navigator – Format, Distribution, Technology

Initiative 2402:

Collaboration Across the Community to Offer a Wider Range of Services

Initiative 2403:

Collect More Member Data

Initiative 2404:

Develop a More Member to Member Welcoming Environment

Initiative 2405:

Improve Technology Literacy for Members

If you would like to hear more about the results of the 2023 member survey, come to 50 North on Tuesday, May 14, at 10:00 am.

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



A handwritten signature in black ink that reads "Carolyn Copus".

Carolyn Copus
Executive Director

Corrections: In the March/April edition of The Navigator, we incorrectly listed the names of our donors: Bill and Gail Miller as William and Gayle Miller. We also incorrectly listed Drs. David and Catherine Meier as David and Catherin Meier. Please accept our sincere apology for the corrections.



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50 North Center Hours

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

50 North Facility Schedule

50 North will be **CLOSED** on:
 Monday, May 29 Memorial Day

50 North Participation / Membership

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

Regarding Guests:

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

Got Wax? 

Indications of Ear Wax:

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



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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.



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- Currently accepting applications for new residents. Please call for more information.
- We accept Medicaid.



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

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

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

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



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Ask us about our RENT A RAMP program!

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

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

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

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

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

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

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

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

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

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

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

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

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



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Wednesday, May 1	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. <i>While supplies last. Date, availability, and sponsorship subject to change.</i>
Thursday, May 2	11:00 am - 1:00 pm	World Tuna Day (<i>\$7 lunch purchase</i>) There's nothing fishy about this! World Tuna Day is May 2nd. Come join us in the café for a Tuna Noodle lunch!
Week of May 6 – 10		National Butterscotch Brownie Day (<i>\$7 lunch purchase; dessert is \$1</i>) National Butterscotch Brownie Day is Thursday, May 9th, and in celebration, a butterscotch brownie will be the dessert of the week!
Week of May 13 – 17		National Chocolate Chip Day (<i>\$7 lunch purchase; dessert is \$1</i>) National Chocolate Chip Day is Wednesday, May 15th, and in celebration, a chocolate chip dessert will be the dessert of the week!
Wednesday, May 15	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. <i>While supplies last. Date, availability, and sponsorship subject to change.</i>
Thursday, May 16	11:00 am - 1:00 pm	National BBQ Day (<i>\$7 lunch purchase</i>) If you were a chicken, you sure would be im-peck-able, it's National BBQ Day, and to celebrate we'll be having BBQ Chicken for lunch.
Friday, May 17	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt.
Week of May 20 – 24		National Vanilla Pudding Day (<i>\$7 lunch purchase; dessert is \$1</i>) If we had to rate you, we'd be puddin' you as Number One! National Vanilla Pudding Day is Wednesday, May 22nd, and in celebration, vanilla pudding will be the dessert of the week!
Tuesday, May 28	11:00 am - 1:00 pm	National Hamburger Day (<i>\$7 lunch purchase</i>) May 28th is National Hamburger Day, so we'll be having hamburgers for lunch! Come join us in the café!
Wednesday, June 5	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. <i>While supplies last. Date, availability, and sponsorship subject to change.</i>
Friday, June 7	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt.
Wednesday, June 19	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage. <i>While supplies last. Date, availability, and sponsorship subject to change.</i>
Week of June 24 – 28		National Chocolate Pudding Day (<i>\$7 lunch purchase; dessert is \$1</i>) National Chocolate Pudding Day is Wednesday, June 26th, and in celebration, chocolate pudding will be the dessert of the week!

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

- **Assistance** – Answer questions and help fill out paperwork for services such as housing, disability, social security, SNAP, etc.
- **Counseling** – Our case managers work with members and their family to connect with Behavioral Health.
- **Emergency Response Systems** – 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** – Is available for our Marathon Café, Curbside Café, Mobile Meals, Chores, Emergency Response System, and Wellness. It's determined by a sliding fee scale based on family size and income.
- **Health Screenings** – Blood Pressure readings scheduled 1st and 3rd Tuesday from 11:30 a.m. – 12:30 p.m. in the 50 North Lobby.
- **Medicare Equipment Loan** – Durable medical equipment such as wheelchairs, walkers, shower benches, etc., and supplies are available for loan.
- **Medicare Programs** – Representatives of Ohio Department of Insurance give presentations to provide information and answer questions for anyone who is already receiving Medicare, or will be eligible soon.
- **Ohio Senior Health Insurance Information Program (OSHIIP)** – Trained OSHIIP licensed social workers answer questions and give information about Medicaid, Medicare, Medicare Part D Prescription, and Supplemental Insurances.
- **Transportation** – Information and assistance through HATS and Find A Ride.

SUPPORT GROUPS

Caregivers Support Group
Thursday, May 2 and Thursday, June 6
at 1:30 pm

Diabetes Support Group
No Meeting The Month Of May
Tuesday, June 11 at 10:00 am – Cancer

Alzheimer's Support Group
Wednesday, May 8 and June 12 at 6:30 pm

Parkinson's Support Group
Thursday, May 16 at 1:00 pm
No Meeting The Month Of June

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OUTREACH PROGRAMS

QPR (Question Persuade Refer) Training

Friday, May 3 from 10:00 to 11:30 am

Friday, May 3 from 2:00 to 3:30 pm

The same session will be offered at 2 different times. May is Mental Health Month Offering: QPR (Question Persuade Refer) Training helps people talk about suicide with their family and friends to be able to assess risk and connect to resources and services when needed. This 90-minute training provides the common causes and warning signs of suicidal behavior and how to get help for someone in crisis. **Limited space available. Registration required by May 1.**

Take Time For You – Prioritizing Self-Care

Wednesday, May 8 at 10:00 am

Join Annie Hayes, 50 North's Personal Trainer & Healthy Living Nutrition Coach, as she talks about the benefits of prioritizing your self-care and the benefits it can have. **Registration required. Free.**

Medicare Presentation

Tuesday, May 21 at 10:00 am

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

Check Out The 419 –

Hancock County Farmer's Market

Tuesday, May 28 at 10:00 am

Scott Grenerth with the Hancock County Farmer's Market will highlight several of our unique vendor offerings, detail new initiatives being developed, answer questions, and give insight into where the market is headed. The speakers will feature the power of locally produced foods and their benefit to our community along with the Seniors Farmers' Market Nutrition Program. **Registration required. Free.**

Senior Traffic Safety – Navigating The Road:

The Mature Driver Advantage

Wednesday, June 5 at 10:00 am

Join Hancock Public Health as they discuss the importance of being aware of your vehicle, driving safety, and statistics of Hancock County Drivers. **Registration required. Free.**

Wellness Wednesday:

Reducing Your Risk Of Alzheimer's With

Marybeth Torsell, Alzheimer's Association

Wednesday, June 19 at 1:00 pm

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

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May and June Activities

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

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

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

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

SOCIAL GROUPS

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

CARDS AND GAMES

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

Billiards

Open during regular facility hours.

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

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

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

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

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

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

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

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

Mahjongg: Fridays 12:00 - 4:30 pm

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

BINGO

Mondays from 9:00 to 10:00 am

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

No Bingo on Monday, May 27

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

MUSIC BINGO

Wednesday, May 1 at 1:00 pm – "Patsy Cline"

Wednesday, June 5 at 1:00 pm – "Carpenters"

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

CARD BINGO

Friday, May 10 and Friday, June 14 at 1:30 pm

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

LINE DANCE

No Line Dancing on Monday, May 27

Beginners: No experience needed.

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

Improvers: Experience needed.

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

Intermediate: Experience needed.

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

50 NORTH BALLROOM DANCING LESSONS

Mondays in May and June from 5:30 to 6:30 pm

Back by popular demand! Join certified instructor, Timothy Frost, as we learn the basic patterns and skills to some of the world's best dances! All are welcome and you don't need a partner! Dances scheduled in 2 or 3-week sessions. Each session is \$30/couple or \$15/single. Must pre-register and attend all dates in each session. Partial payments or refunds will not be distributed. Limited Space.

Session 1: May 6, 13, and 20 –

Waltz (Registration and fee due by May 1)

Session 2: June 3 and 10 –

Country 2-Step (Registration and fee due by May 29)

Session 3: June 17 and 24 –

Jitterbug (Registration and fee due by June 10)

Scrapbooking

Tuesdays: May 7, June 4, 18

Fridays: May 3, 17, 24, 31 and June 28

from 10:00 am to 3:00 pm

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

50 North Featherweight Friends

Tuesdays, May 7, 21, June 4, 18

from 8:00 am to 12:00 pm

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

Needlecraft and Conversation

Every Wednesday from 10:00 am to 12:00 pm

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

Bible Study

Every Thursday from 10:00 to 11:00 am

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

Senior Tech Support

Every Tuesday from 12:00 to 2:00 pm

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

Senior Cinema (Titles are subject to change)

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

May 3	Stars Fell On Alabama (PG13)
May 10	Finding Normal (Faith-Based)
May 17	Wizard Of Oz (National Classic Movie Day Celebration) (1939)
May 24	Love, Weddings, And Other Disasters (PG13)
May 31	My Sailor, My Love (PG13)
June 7	Sand Dollar Cove (Hallmark)
June 14	Freud's Last Session (PG13)
June 21	Next Goal Wins (PG13)
June 28	Home Again (PG13)

Free Blood Pressure Checks

First and Third Thursdays of each month

May 2 and 16 and June 6 and 20

from 11:30 am to 1:00 pm

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

Coffee with a Cop

Thursday, May 16 and June 20 from 9:00 to 11:00 am

Every third Thursday, enjoy a cup of coffee in The Commons area and conversation with local law enforcement.

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

First Fridays with the Findlay Fire Dept.

Friday, May 3 and June 7 from 9:00 to 11:00 am

Fire safety for older adults is very important! The FFD will be here each month in The Commons area to chat with 50 North members, discuss fire safety, and answer your questions.

CREATIVE & PERFORMING ARTS

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

PERFORMING ARTS

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

Encore Theatre: Readers Theatre

Every Tuesday from 2:00 to 3:00 pm

Starting May 7, this course increases the knowledge of how to present dramatic literature and allows expression by reading scenes, poetry, illuminating literature, or speeches in front of an audience. This class is perfect for anyone new to theatre or wanting to try out their acting skills without having to memorize a lot of lines.

Donnell Stage at 50 North Presents:**50 North Choir Performance**

Thursday, May 30 at 6:30 pm

Come and enjoy an evening of choral music performed by our very own 50 North Choir. The title of our program is "The Music of our Memories". Doors will open at 6:00 pm. Free. Registration required.

CRAFT CLASSES

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

Craft Corner: First Tuesday Free Craft!

Tuesday, May 7 at 1:00 pm

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

Craft Corner: Flower Planter

Wednesday, May 20 at 10:00 am

You will be supplied with a flowerpot pre-filled with dirt and you will choose from a variety of plants to create your own unique pot. All materials included. Instructor: Sharon Weddell. Registration and \$43 due by May 13.

Craft Corner: First Tuesday Free Craft!

Tuesday, June 4 at 1:00 pm

Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by May 28.

May and June Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Craft Corner: USA Patriotic Button Art

Wednesday, June 19 from 9:30 am to 12:30 pm

Come create a beautiful, patriotic display using red, white, and blue buttons in the shape of the United States. All materials included. Instructor: Sharon Weddell. Registration and \$22 due by June 12.

ART CLASSES

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

Art Class: Acrylic - "Lilac Irises 2" - Monet

Monday, May 13 from 10:00 am to 1:00 pm

Paint Impressionistic style of Claude Monet. Use monochromatic rich purple hues creating Iris Garden on a 24"x12" canvas. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by May 6.

Art Class: Acrylic - "Ship at le Havre" - Braque

Monday, May 20 from 2:00 to 5:00 pm

Paint in the style of George Braque. Gazing across le Havre in France, paint the view with Impressionist ships at port on 9"x12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with Personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by May 13.

Art Class: Drawing - Charcoal Pencil - "Live Human Figure" Monday, June 3 from 2:00 pm to 5:00 pm

Live Drawing Studio with clothed human model. Beginner Class in practice of human proportions and quick action poses. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by May 27.

Art Class: Acrylic - "The Cliff Walk Pourville" 1882 - Monet

Monday, June 10 from 2:00 to 5:00 pm

Paint bold Summer colors of French water landscape through the eyes of Impressionist Claude Monet on a 16"x20" canvas. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by June 3.

Art Class: Drawing - Charcoal Pencil - Beginner's Human Figure Portrait: "Umbrella Girl"

Thursday, June 13 from 2:00 pm to 5:00 pm

Drawing Beginner's Class in practice of human proportions while focusing on facial features. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by June 6.

Art Class: Watercolor - "Picking Up Seashells"

Monday, June 17 from 10:00 am to 1:00 pm

Paint water landscape Impressionist style on 9"x12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by June 10.

Art Class: Drawing - Charcoal Pencil - Beginner's Human Figure Portrait: "1920's Flapper"

Thursday, June 20 from 2:00 pm to 5:00 pm

Drawing Beginner's Class in practice of human full body proportions while focusing on facial features. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by June 13.

Art Class: AMA - "Waterfall"

Monday, June 24 at 10:00 am

This class is perfect for beginners! Receive step-by-step instructions from Mackenzie of Awakening Minds Art. Only 10 spots available. Registration and \$15 due by June 17.

Art Class: Drawing - Charcoal Pencil - Beginner's Human Figure Portrait: "Gibson Girl"

Thursday, June 27 from 2:00 pm to 5:00 pm

Drawing Beginner's Class in practice of human full body proportions while focusing on facial features. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor Cindy Meadows. Registration and \$30 due by June 20.

SEWING CLASSES

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

Sewing: Introduction to Quilting Terminology

Monday, May 6 from 10:00 am to 12:00 pm

This class is designed to go over quilting terminology and abbreviations related to quilting. Mattress and quilt sizing will be discussed as well. The goal of this class is to take the mystery out of how to read a quilt pattern, cut your material, pressing vs. ironing, etc. It is recommended for anyone signing up for the Block of the Month program to sign up for this as well. All materials/handouts will be provided. Instructor: Sharon Weddell. Free. Registration Required.

Sewing: Quilt Block of the Month (Parts One and Two)

Part One: Friday, May 10 from 9:00 am to 12:00 pm

Part Two: Friday, June 14 from 9:00 am to 12:00 pm

This is the first set of classes in a monthly series that will teach several different quilt blocks, resulting in the creation of a throw/twin size quilt top. Each participant will be provided a quilt block kit at each class that contains the fabric/pattern for the Block of the Month. Any blocks not completed will be the responsibility of the student to complete at home prior to the next month's class. Please note this project will be completed over the course of seven months. All materials included. Instructor: Sharon Weddell. Part One Registration and \$25 due by May 3. Part Two Registration and \$20 due by June 7.

Beginning Sewing: Applique Potholder

Tuesday, May 14 and Wednesday, May 15 from 9:00 am to 12:30 pm

In this class, you will learn how to do basic applique, creating an owl-themed potholder project. You will learn how to use the material Heat 'n Bond Lite to hold the design into place. All materials included. Instructor: Sharon Weddell. Registration and \$30 due by May 7.

**Beginning Sewing: Project In A Day - Hemming Pant Legs
Tuesday, June 25 from 9:00 am to 12:30 pm**

In this class, you will learn a different feature on the sewing machine know as the blind-hem-stitch. You'll practice creating a hem using this stitch. If you have pants that need to have the legs shortened bring one pair along. Sewing experience is required for this class. Instructor: Sharon Weddell. Registration and \$25 due by June 18.

EDUCATION, ENRICHMENT & WELLNESS

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

SUPPORT GROUPS

Caregivers Support Group

Thursday, May 2 at 1:30 pm

Thursday, June 6 at 1:30 pm

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

Diabetes Support Group

**Tuesday, June 11 at 10:00 am – Weight Loss Medications
(No May Meeting)**

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

Alzheimer’s Support Group

Wednesday, May 8 at 6:30 pm

Wednesday, June 12 at 6:30 pm

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

Parkinson’s Support Group

Thursday, May 16 at 1:00 pm

(No June Meeting)

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

EDUCATION

**Gardening in Our Golden Years –
“Planting Flower Pots With Friends”**

Wednesday, May 1 at 10:00 am

Join Linda Finsel and other Master Gardener Volunteers as they celebrate May Day / The Festival of Flowers. All participants will receive a small pot, planting soil, mixed live greens and flowers in bloom to select and take home. Please bring gloves and a plastic bag to carry home. Registration and \$15 due by April 26.

NEW! QPR (Question Persuade Refer) Training

Friday, May 3 from 10:00 to 11:30 am

Friday, May 3 from 2:00 to 3:30 pm

The same session will be offered at 2 different times. May is Mental Health Month Offering: QPR (Question Persuade Refer) Training helps people talk about suicide with their family and friends to be able to assess risk and connect to resources and services when needed. This 90-minute training provides the common causes and warning signs of suicidal behavior and how to get help for someone in crisis. Limited space available. Registration required by May 1.

De-Clutter with Deb Series – “Wardrobe Management”

Tuesday, May 7 at 10:00 am

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

Intermediate Spanish

**Every Tuesday from May 7 through June 25
from 1:00 – 2:30 pm**

Starting in May, Lori will teach Intermediate Spanish classes for those who have taken her Beginners Spanish class in the past. She will be using the book, “Easy Spanish Step-by-Step”, so if you do not have a copy, please contact the activities department for purchase options. Registration required by May 1.

NEW! Photography Class: The Basics of Photography

Tuesday, May 7 at 5:30 pm

This course is designed to provide beginners with a comprehensive introduction to the art of photography. Whether you’re working with the greatest Nikon or learning how to take a good photo off your smartphone, this course will equip you with the knowledge and skills to capture stunning images. Facilitator, Madison Stearns. Registration Required. Free.

Take Time For You – Prioritizing Self-Care

Wednesday, May 8 at 10:00 am

Join Annie Hayes, 50 North’s Personal Trainer & Healthy Living Nutrition Coach, as she talks about the benefits of prioritizing your self-care and the benefits it can have. Registration required. Free.

Check Out the 419 – Rally in the Alley

Friday, May 10 at 10:00 am

Come and talk with The Findlay-Hancock County Chamber of Commerce: Senior Investor Experience Lead, Doug Jenkins, as he talks about Rally in the Alley. Rally in the Alley is a series of free musical performances in downtown Findlay throughout the summer. The Findlay-Hancock County Chamber of Commerce helps arrange the concerts with the help of local bands, sponsors, and restaurants. Registration required. Free.

Nature Notes with HPD: Scat

Monday, May 13 at 1:00 pm

Join the Hancock Park District as they provide a monthly talk about Nature. Registration required. Free.

May and June Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Member Survey Results with Carolyn Copus

Tuesday, May 14 at 10:00 am

In October/November 2023, Strategic In/Sight Partners (formerly6D) conducted a comprehensive survey of our members to ask what they liked about 50 North and what we could do better. Come hear what the results of the comprehensive members survey were given by Carolyn Copus, Executive Director.

Hancock Historical Museum: "Brothels"

Wednesday, May 15 at 10:00 am

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

Wellness Wednesday: Tips On Managing Your Chronic Disease with Ashlin Toland, AAA3

Wednesday, May 15 at 1:00 pm

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

Book Club: "As Bright As Heaven" by Susan Meissner

Thursday, May 16 at 10:00 am

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

Open House Celebration – "50 North Senior Center of the Year" and "Older Americans Month"

May 18 from 1:00 – 3:00 pm

Come and celebrate with fun activities and entertainment for Older Americans Month and our recent award. You'll see arts and craft displays and the many programs we offer, line dancing, mini fitness class demos, experience our Hydro Massage Bed & Lounger, walk our indoor track, and more. Meet the team at 50 North and check out what we have to offer in all our departments: Activities, Chore, Nutrition, Outreach, and Wellness. Our Travel team and Volunteer staff will also be ready to answer your questions. Tours will be available, and you'll leave with a special gift! Free.

Medicare Presentation

Tuesday, May 21 at 10:00 am

Welcome to Medicare 101. The Ohio Dept of Insurance provides an overview of Medicare coverage and plan choices for anyone new to Medicare and those needing refresher on Medicare plans and coverage.

Sunrise Cooking Class: Snack Boxes

Wednesday, May 22 at 11:30 am

Learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Register by May 15.

Job Fair

Thursday, May 23 from 3:00 - 5:00 pm

OhioMeansJobs-Hancock County and 50 North will be collaborating to host a Job Fair for seniors 50 +. There will be over 40 businesses in attendance. OhioMeansJobs will

also be helping with applications and resumes. The event will focus on part-time and seasonal employment opportunities. This is a FREE event.

National Scavenger Hunt Day

Friday, May 24 from 8:00 am - 3:00 pm

Celebrate this holiday by having some fun at 50 North! Pick up your papers when you arrive that day and try to find all the items on your scavenger hunt list! Turn in your completed sheet for a prize! Free. Registration required.

NEW SERIES! Navigating 50 North:

"How to Pre-Register Online for 50 North Activities"

Friday, May 24 at 10:00 am

Thursday, May 28 at 2:00 pm

Wednesday, May 29 at 6:00 pm

The same class will be offered at 3 different times to allow for everyone to attend. Did you know you can save time and pre-register for 50 North activities online? In this class, you will learn how to set up a "My Active Center" account and learn how to pre-register for activities and classes. To prepare, please bring your 50 North key fob or know your 50 North ID number (located on the back of the key fob). You will also need to know your email address. You may also bring a charged laptop or electronic device you can use to create and access your account during these sessions. 50 North will have some laptops available to use during these sessions. Registration Required. Free.

Check Out the 419 – Hancock County Farmer's Market

Tuesday, May 28 at 10:00 am

Scott Grenerth with the Hancock County Farmer's Market will highlight several of our unique vendor offerings, detail new initiatives being developed, answer questions, and give insight into where the market is headed. The speakers will feature the power of locally produced foods and their benefit to our community along with the Seniors Farmers' Market Nutrition Program. Registration required. Free.

NEW! Trail Walks with Hancock Parks

Wednesday, May 29 at 10:00 am

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

Morning Conversations: CBD Health and Wellness

Monday, June 3 at 10:00 am

Have you heard of CBD but have questions and what and when to use? SunMed CBD Store will be here to discuss how to focus on health and wellness using CBD. They will educate on how CBD and other cannabinoids can help in a health and wellness journey, along with other natural health products. Registration required. Free.

De-Clutter with Deb Series: "Collections and Keepsakes"

Tuesday, June 4 at 10:00 am

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

NEW! Photography Class:**A Deeper Dive Into the Art of Photography****Tuesday, June 4 at 5:30 pm**

Building upon the fundamentals learned in the beginner's course, this class is designed to further develop your skills. This class is perfect for those who completed the Basics of Photography Class or have a basic understanding of photography. Facilitator, Madison Stearns. Registration Required. Free.

Senior Traffic Safety: Navigating The Road – The Mature Driver Advantage**Wednesday, June 5 at 10:00 am**

Join Hancock Public Health as they discuss the importance of being aware of your vehicle, driving safety, and statistics of Hancock County Drivers. Registration required. Free.

Shredding Event**Saturday, June 8, 10:00 am – 1:00 pm**

Drive-thru shredding event in partnership with Area Agency on Aging 3 (AAA3). Open to Hancock County residents. No electronics and a limit of 4 boxes. Volunteers will be on hand to help unload your vehicle. Free.

Nature Notes with HPD: Woodpeckers**Monday, June 10 at 1:00 pm**

Join the Hancock Park District as they provide a monthly talk about Nature. Registration required. Free.

Gardening In Our Golden Years: “Humming Through Summer”**Tuesday, June 11 at 10:30 pm**

Join Tim Brugeman, Master Gardeners and Hancock County Naturalist Volunteers as they discuss all about Hummingbirds. Learn about attracting, feeding, and enjoying our areas smallest and most active bird. Registration required. Free.

NEW! Trail Walks with Hancock Parks**Wednesday, June 12 at 10:00 am**

Join the Hancock Parks District as they guide you on trail walks this summer. This walk will be at Aeraland Recreation Area. Please meet at the Shelter. Register with Jordan at jjgottschalk@50north.org

Check Out the 419 – MCPA 2024-2025 Season Reveal**Friday, June 14 at 10:00 am**

Explore the thrilling lineup of performances slated for the 2024/2025 season at MCPA with Executive Director, Heather Clow. Registration required. Free.

Senior Cinema: National Movie Night – “A Love Song”**Friday, June 14 at 5:30 pm**

At a campground in the rural West, a middle-aged widow waits for her former boyfriend, who is a widower, to arrive, uncertain of his intentions while bashful about hers. This film premiered at Sundance Film Festival in 2022 and is 81 minutes. Thanks to the Findlay-Hancock County Community Foundation Fun For All Grant, the movie and snacks are provided free for all who attend. Pre-registration is required.

Check Out the 419 –**Fort Findlay Playhouse 2024-2025 Reveal****Tuesday, June 18 at 10:00 am**

Join 50 North Activities Coordinator, Jordan Gottschalk, as he discusses the highly anticipated 2024-2025 Fort Findlay Playhouse season. Registration required. Free.

Hancock Historical Museum: “Radio”**Wednesday, June 19 at 10:00 am**

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

Wellness Wednesday: Reducing Your Risk Of Alzheimer’s With Marybeth Torsell, Alzheimer’s Association**Wednesday, June 19 at 1:00 pm**

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

Book Club: “Moloka’i” by Alan Brennert**Thursday, June 20 at 10:00 am**

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

National Yoga Day Celebration**Friday, June 21 Yoga Flow at 10:00 am****Yoga Fusion at 11:00 am**

International Yoga Day promotes awareness about the benefits of yoga and meditation worldwide. You’re invited to attend Yoga Flow-Continuous flow of movement and breath with a focus on balance, stretching and strength. Exercises done standing and seated (no floor). Yoga Fusion - Mix of Yoga techniques and traditional stretching, Pilates, core, and muscle strengthening exercises with standing and floor work. Classes led by 50 North’s Wellness Center Instructors. Registration Required. Free. Do not need to be a Wellness member.

Sunrise Cooking Class: Broccoli/Cauliflower Salad**Wednesday, June 26 at 11:30 am**

Learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by June 19.

Dietitian Chat: Dispelling Nutrition Myths (Part 2)**Thursday, June 27 at 3:00 pm**

In this two-part series, take an even deeper look into various food myths and fad diets. Learn the truth about these claims. Presented by Sophia Smith, a dietitian with Blanchard Valley Health System. Registration required. Free.

COMING SOON:**50 North Dinner Club**

Whether you’re looking for some new friends or looking for a dinner plan, 50 North Dinner Club is for you. Join your new found friends for a night out on the town. Every 2 weeks there will be a different restaurant to explore! Please note: 50 North will not provide transportation to or from the restaurant. 50 North is not responsible for payment of meals or drinks, or any issues that could occur while dining at the restaurants. If interested, contact Jordan Gottschalk.

Trip Opportunities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

CHRISTMAS AT THE GREENBRIER WITH OGLEBAY'S FESTIVAL OF LIGHTS

December 7 – 9, 2024

Wheeling & White Sulphur Springs West Virginia, featuring the Greenbrier Bunker Tour.

3 DAY MOTORCOACH TOUR

Modern Motorcoach Transportation. Several meals included.

HURRY... ONLY 8 SPOTS LEFT!

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

COST PER PERSON:

\$1,199.00 – Double | \$1,069 – Triple | \$1,599 Single

Deposit: \$100 due at time of registration

This trip is rated activity LEVEL 2.



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

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

DAY TRIP OPPORTUNITIES FOR 2024

STAN HYWET HALL & GARDENS TOUR

Thursday, May 30, 2024

Cost with Cash or Check \$120*

ONLY 9 SPOTS LEFT SO REGISTER TODAY!

Explore the former estate of F.A. Seiberling, co-founder of The Goodyear Tire & Rubber Company. Estate features include the historic 65-room Tudor Revival Manor House, Gate Lodge (birthplace of Alcoholics Anonymous), historic gardens and the Corbin Conservatory. Enjoy a guided tour of the Manor House & Gardens. The tour includes a highly recommended box lunch on site.

This trip is rated activity LEVEL 4.



BROADWAY PRESENTS MOMMA MIA AT THE SCHUSTER CENTER IN DAYTON

Wednesday, June 12, 2024

Cost with Cash or Check \$170*

ONLY 8 SPOTS LEFT SO ACT NOW!

Join 50 North as we take in another Broadway show. Mamma Mia takes us to a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA! On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make MAMMA MIA! the ultimate feel-good show. This is an evening performance.

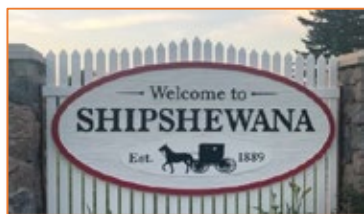
This trip is rated activity LEVEL 1.



SHIPSHEWANA BACK ROADS

**Tuesday,
September 10, 2024**

Cost with Cash or
Check \$125



**HURRY...
ONLY 6 SPOTS LEFT!**

Our trip begins with an early departure for Shippshewana. Trip will include time to shop at the Flea Market or Davis Mercantile if desired. Lunch will be on our own before meeting our back roads tour guide. Stops may include locations such as the Dutch Country Market, Katie's Homemade Noodles, Teaberry Wood Products, and Rise'n Roll Bakery. Enjoy an Amish style dinner before departing for 50 North afterward. This is a trip that will require walking, standing and climbing on and off the motor coach.

This trip is rated activity LEVEL 4.

GREENFIELD VILLAGE

Thursday, September 19, 2024

Cost with Cash or Check \$105

38 SPOTS LEFT!

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

**This trip is rated
activity LEVEL 4.**



LaCOMEDIA DINNER THEATRE

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

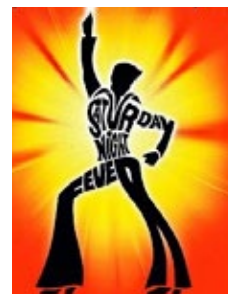
LaCOMEDIA'S SATURDAY NIGHT FEVER

Thursday, October 24, 2024

Cost with Cash or Check \$120

26 SPOTS LEFT!

Enjoy a buffet luncheon before the show! Based on the 1977 film starring John Travolta that became a cultural phenomenon and cemented the Bee Gees as disco-era icons. Tony Manero lives for the weekends, when he and his friends go to the local disco and dance the night away. This mega-musical hits our stage with dazzling new choreography and the songs from the chart-topping soundtrack including "You Should Be Dancing", "Stayin' Alive", "Night Fever", "Jive Talkin'", "Tragedy", and "How Deep Is Your Love"



This trip is rated activity LEVEL 1.

LaCOMEDIA'S IRVING BERLIN'S HOLIDAY INN

**Wednesday,
December 11, 2024**

Cost with Cash or Check \$120

29 SPOTS LEFT!

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



This trip is rated activity LEVEL 1.

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

Wellness Center

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

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

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

Complimentary Orientation Sessions:

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

3 Lane track (19 laps for a mile)

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

VibePlate™

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

Hydro Massage Bed & Lounger *(See staff - additional minimal fee)*

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

Wellness Center Memberships

Membership open to all older adults age 50 and above

Annual membership fees for 2024:

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

6-Month membership are also available:

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

Daily Fitness Pass: \$11 per day

Proud Partnerships with:

Tivity Health®, SilverSneakers®, Silver&Fit®, and Renew-Active™. If eligible, you may receive a Wellness Center membership at no cost (an annual fee may apply with certain programs).

*Contact the Wellness Center to find out if you qualify.

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



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

Healthy Living Nutrition Coaching Packages:

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

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

Personal Training Packages: (inc. TRX Training sessions)

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

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

WellBeats™

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

Physical Therapy with OIO at 50 North

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

OIO Toenail Trimming Clinic at 50 North

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

Additional Equipment Recently Added!

- NuStep® (redesigned model)
- 2 Matrix Ellipticals
- Treadmill
- Stepper
- Recumbent Bike
- Pec Fly
- Tricep Press
- Four-Way Hip
- Abdominal Tower
- Abdominal Crunch



and our latest addition (pictured):
**Biodex Sit2Stand™
Squat - Assist Trainer**

The Sit2Stand™ Trainer guides individuals through the seated and standing motions and builds both lower and upper body muscular strength and endurance in a safe environment.

If you have difficulty getting up from a seated position this trainer is a must for you. Contact the Wellness Center staff for further information and to get started.

Wellness (continued)

ACTIVITIES | CHORE |

Wellness Center Classes

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

Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am *Body Blast 9:45 am *SilverSneakers® Classic	8:30 am EnhanceFitness® 9:45 am *SilverSneakers® Yoga	8:30 am *Body Blast 9:45 am *SilverSneakers® Classic	8:30 am EnhanceFitness® 9:45 am *SilverSneakers® Yoga	8:30 am *Body Blast 9:45 am *SilverSneakers® Yoga	10:00 am – *SilverSneakers® Enerchi (3/2, 3/16, 3/30, 4/13 and 4/27)
11:00 am *SilverSneakers® Yoga 12:00 pm SilverSneakers® Yoga 1:00 pm ^(T) Seated Strength and Stretch	11:00 am SilverSneakers® Yoga 11:00 am ^(T) Parkinson's Class 1:00 pm ^(T) Seated Resistance Training	11:00 am *SilverSneakers® Yoga 1:00 pm ^(T) Seated Strength and Stretch	11:00 am ^(T) Parkinson's Class 1:00 pm ^(T) Seated Resistance Training 1:30 pm GeriFit®	11:00 am Yoga Fusion 11:00 am ^(T) Cardio Drumming 1:00 pm ^(T) Standing Stronger	Yoga Flow (3/9, 3/23, 4/6, and 4/20)
1:15 pm Body Tuning 2:30 pm Yoga Fusion 5:30 pm Cycling Mix 5:30 pm ^(T) Cardio Drumming	1:30 pm GeriFit® 6:00 pm Power-Up Combo	1:15 pm Body Tuning 2:30 pm ^(T) Cardio Drumming 2:30 pm Yoga Fusion 5:30 pm Cycling Mix	5:00 pm Yoga Fusion 6:00 pm ^(T) Power-up Combo	*Classes are offered also on ZOOM. Contact the Wellness Center to be added to the e-mail list for ZOOM Classes.	

BodyBlast (45 minutes)

Mondays, Wednesdays, and Fridays 8:30 am

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

SilverSneakers® Classic (45 minutes)

Mondays and Wednesdays, 9:45 am

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

SilverSneakers® Yoga (45 minutes)

**Mondays, Tuesdays, and Wednesdays at 11:00 am
Mondays at 12:00 pm
Tuesdays, Thursdays, and Fridays, 9:45 am**

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

Yoga Fusion (45 minutes)

**Mondays and Wednesdays 2:30 pm,
Thursdays 5:00pm and
Fridays 11:00 am**

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

SilverSneakers® EnerChi (45 minutes)

Every other Saturday, 10:00 am

Please see above for dates.

Seated or standing Tai Chi movements in flowing sequence to progress strength, balance and focus.

Yoga Flow (45 minutes)

Every other Saturday, 10:00 am

Please see above for dates.

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

Enhance® Fitness (45 minutes)

Tuesdays and Thursdays, 8:30 am

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

Geri-Fit® (45 minutes)

Tuesdays and Thursdays, 1:30 pm

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

Body Tuning (45 minutes)

Mondays and Wednesdays, 1:15 pm

Full body toning and core strengthening class with light cardio.

Cycling Mix (1 hour)

Mondays and Wednesdays, 5:30 pm

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

Power-up Combo (45 minutes)

Tuesdays and (T) Thursdays, 6:00 pm

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

(T) Cardio Drumming (45 minutes)

**Mondays 5:30 pm,
Wednesdays 2:30 pm and
Fridays 11:00 am**

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

(T) Parkinson's Exercise Class

(45 minutes)

Tuesdays and Thursdays, 11:00 am

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

(T) Seated Strength and Stretch

(30 minutes)

Mondays and Wednesdays, 1:00 pm

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

(T) Seated Resistance Training

(30 minutes)

Tuesdays and Thursdays, 1:00 pm

Experience the benefits of bone health and gain lean muscle mass using hand weights, tubing and small balls. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more. (Walkers and walking sticks available.)

(T) Standing Stronger(30 minutes)

Fridays 1:00 pm

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

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

** Class schedule subject to change.*

Volunteer Opportunities Are Always Available!

50 North continues to grow. Even with our current 300 plus volunteers, opportunities are always available. Call Julie Niswander, the 50 North Volunteer Coordinator, or find the volunteer application at 50north.org.

With over 50 mobile meal drivers, 50 North is able to deliver meals Monday through Friday with weekend meals available. Short or long term and hot and/or cold meals, with diabetic options available. Our volunteers keep an eye on your health and safety, too.

Greeters like Myrna Johnson, Dee Thomas, Jodie Kotey, Edie Wannemacher, Jodie Kirran, and Jan Baad provide leadership skills, have the ability to communicate with our members, and represent 50 North to make our visitors feel comfortable. We appreciate them and all of our volunteers.



Leland Hering, mobile meal driver, and greeter, **Myrna Johnson**, greet everyone with big smiles.



A big thank you to volunteers **Pat Barnes, Michael Giagiordano, Pat Park, Barbara Aldrich, Dora Conmay and Lois Karhoff** of the 50 North **Parkinson's Classes**. These volunteers come Tuesdays and Thursdays to help promote exercise to prevent falls, improve balance, posture, strength, walk ability, cognitive, cardiovascular health, and more. Exercise can help slow down some of the progression of the changes that occur with PD and aging.

Volunteer Spotlight



We welcome the **University of Findlay Occupational Therapy Interns** for their fourth collaboration with 50 North. One of the major components of this required class is to allow interns an opportunity to interact with seniors to grow in their professionalism by gaining insight into their communication skills. The students must demonstrate effective oral, nonverbal and written communication skills with colleagues, other health providers, individuals and families as well as the public, in a professionally acceptable manner.

This internship also provides CarFit to our seniors. This educational program offers older adults opportunities to check how well their vehicles “fit” them each spring.



Gerontology students at the University of Findlay have been working with 50 North members to record their stories of growing up, dating, family life and their philosophy of life. The students are studying in the fields of health and pharmacy professions have met weekly to gather the members' personal narratives.

The end product will be a paper that tells the story of the 50 North member. The project was developed as a collaboration between 50 North and the U of F to further intergenerational relationships.

The students and their instructor, **Meredith Pitt**, would like to thank 50 North members.



Exceptional

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Relief for Back Pain Caused by Arthritis

Back pain caused by arthritis (spinal stenosis) is a debilitating condition that affects many individuals, particularly as we age. Through pain management, we can diagnose the cause of that pain and offer options to return patients to their healthy lifestyles.



Once the root cause is determined, a personalized care plan can be developed. Depending on the patient's issue, there are many treatments, including exercise, steroid injections, surgery, and a new revolutionary, minimally invasive option known as the Vertiflex procedure. This outpatient treatment is designed to address the root cause of spinal stenosis without the need for major surgery.

Andrius Giedraitis, MD, performs the simple, streamlined Vertiflex procedure in an outpatient setting, making it very convenient for patients.



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Pain Management

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To schedule a consultation or to learn more about treatment options,
including the Vertiflex procedure, please call 419.423.5555.

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