

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

# 50 NORTH

ENRICHING LIVES.  
SUPPORTING  
INDEPENDENCE.

## In This Issue...

### Evening Conversations: **Wills Planning**

Thursday, November 16  
6:00 pm

Christine Ranzau, JD and Rooney & Ranzau Ltd. Law, and Marty Rothy from the Blanchard Valley Health Foundation presents.  
*See page 15 for details.*

### 50 North Donnell Stage Series: **Findlay String Factor**

Tuesday, November 28  
6:00 pm

Erica Bickhart will open the show and then turn it over to FSF.  
*See page 16 for complete details.*

### 50 North Donnell Stage Series: **VIP and FFE Holiday Performance**

Wednesday, December 6  
6:30 pm

Talented performers from Findlay High School will share their holiday program through music and dance. Registration required. Free.  
*See page 16 for complete details.*

### 50 North Choir presents: **'Songs Of The Season'**

Friday, December 8 at 6:30 pm  
*See page 16 for complete details.*

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

Visit us on the web at...

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



# THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

November / December 2023



## TRAVEL WITH 50 NORTH!

### 50 North is offering some amazing extended and day trip opportunities!

We offer exciting new Extended Trip packages to exotic locations like Italy, the American and Canadian National Parks, the Pocono Mountains and much more. 50 North Day Trips make great getaways and also make unique gifts. Packages sell out quickly, so don't hesitate. Book your trip today! *See pages 17-19 for more information and full details.*

## HAVE LUNCH WITH SANTA CLAUS

Saturday, December 2, 2023  
Noon to 2:30 pm

This year, Santa is visiting 50 North for a **FREE LUNCH** instead of breakfast. Come eat a kid friendly lunch, visit with Santa, and receive a free 5"x 7" photo of you and your family with Santa! Limited space.

*High chairs and booster seats are not available. Made possible through the Findlay-Hancock County Community Foundation Fun For All Grant.*

*See page 16 for complete details.*

Have some **FREE** enjoyable and healthy fun before 2023 ends.

## 50 North Wellness Day

Saturday, December 9, 2023  
11:30 am to 1:30 pm

Individuals 50 and over may attend the 50 North's FREE Wellness Center event. **You do NOT need to be a 50 North member or a Wellness Center member.** Try out the mini-fitness classes offered and trail mix buffet will be provided to all who attend. Contact the Wellness Center by calling 567-429-8382 to reserve your spot. *See page 16 for details.*

## WE THANK OUR 50 NORTH VETERANS THROUGH THESE EVENTS!

### FREE Veterans Day Lunch in the Marathon Café

Friday, November 10  
11:00 am – 1:00 pm

Free lunch for all 50 North Veterans, with a live rendition of "TAPS" playing at 11:11 am in honor of Veterans Day.

*Paid for by "Blessings and Baseball".*

### Sweets & Songs: Honoring Those Who Served

Friday, November 10  
6:00 – 8:00 pm

50 North will have a fully stocked ice cream bar, and other sweets for 50 North Veterans.

*See page 15 for full details on either of these events.*

## Board of Trustees

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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 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.

## 50 North Holiday Schedule

50 North will be **CLOSED** on the following holidays. Mobile Meals, Senior Café, and the Wellness Center are canceled on these holidays, as well.

Thursday, November 23 . . . . . Thanksgiving  
 Friday, November 24 . . . . . Thanksgiving  
 Monday, December 25 . . . . . Christmas  
 Tuesday, December 26 . . . . . Christmas  
 Monday, January 1 . . . . . New Years Day

### Threatening weather in the forecast?

Tune to Findlay area radio stations: WFIN 1330AM, WKXA 100.5FM, local television stations: Toledo News Channels 11 & 13, or check out [www.thecourier.com](http://www.thecourier.com) for cancellations or closings.



- Level 1** Open
- Level 2** Open, but NO Mobile Meal Delivery, NO Fitness Center Classes or Activities
- Level 3** Closed



# Looking for the perfect gift idea? Gift Certificates Available.

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

This year has been a good and productive year at 50 North. We have seen growing daily attendance, more seniors receiving vital services, and a full calendar of activities offered to our diverse membership. Daily attendance has significantly increased by 29% (Pre-COVID) and we expect this to increase. 50 North is an energetic and happening place!

All of this was made possible because of generosity like yours!

Having reached the end of summer, we are officially on the downhill side of 2023. Our activities and entertainment are beginning to look and sound like fall and the upcoming holidays. As the final quarter of the year approaches, it is that time of year when we look to our friends and neighbors to support the important work we do for Findlay and Hancock County's older adults and their families.

The focus of our annual giving campaign this year is the "Supporting Independence" part of our mission, specifically Nutrition Services. By supporting their nutritional and other important needs, 50 North gives our community's 50 and older adults the ability and the choice to live at home. Among the most vital of the Nutrition services we offer include:

- Marathon Café, projected to serve 29,806 meals in 2023
- Curbside Pick-Up Lunches, projected to serve 1,824 meals in 2023
- Mobile Meals, projected to provide and deliver 23,263 meals in 2023

Fees are charged for meals, but the fees do not fully cover our costs. While the level of financial assistance offered has not changed, both the number of meals served and the cost

of food has steadily risen over the years. This translates into higher Nutrition Services costs for 50 North. 50 North is working hard to make sure our growing number of 50 and older adults have enough food to support an active, healthy, and independent life. While nutrition service is one component of maintaining independence, our mission is to provide services that will encourage physical activity, friendships, technology assistance along with other services that enable a positive day to day life.

Will you make a gift to 50 North this year to support our mission to feed people 50 and over in our community to support their independence and quality of daily life?

Using the form below, you can designate your gift for the specific service areas you prefer, or you can allow us to direct your gift to our area of greatest need. Your gift can also be made directly on the 50 North website at [www.50north.org](http://www.50north.org) or by using the form below and mailing it to 339 E. Melrose Ave., Findlay, OH 45840.

We are so very grateful for your continued support of 50 North in our community.



*Carolyn Copus*

Carolyn Copus  
Executive Director

## ANNUAL GIVING

*"Enriching Lives and Supporting Independence"*

Gift Amount: \_\_\_\_\_ Your custom amount

\$5,000    \$1,000    \$500    \$250    \$100    \$50

I want to direct my gift to:

Area of Greatest Need

Fitness/Wellness

Activities

Mobile Meals/Café

Chore Services

Outreach Services



339 E. Melrose Avenue  
Findlay, Ohio 45840  
(419)423-8496  
[www.50north.org](http://www.50north.org)

*Please complete both sides*



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Your gift can also be made directly on the 50 North website at [www.50north.org](http://www.50north.org) or by using the form below and mailing it to 339 E. Melrose Ave., Findlay, OH 45840



Please Print

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**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Payment Options**

- I wish to pay my gift in full
- I would like to make a monthly gift of \$ \_\_\_\_\_

**Payment Method**

- Check (make payable to 50 North)
- Credit Card (call member services at 419.423.8496 or visit website)
- I am 70 1/2 years old and wish to make my gift directly from my IRA (have IRA custodian make check payable to 50 North)



339 E. Melrose Ave.  
Findlay, Ohio 45840

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

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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.

**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**

**50 North's Chore Services Department provides high quality services to homeowners age 50+ regardless of income.**

**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.

**Interested In Advertising?**

Contact 50 North to see how you can take advantage of advertising in upcoming issues.

**MEDICARE & ACA OPTIONS**





**Insurance & Investments**

321 S Blanchard St, Findlay, OH 45840  
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Dr. Katie Frederick

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)
- **NEW!** 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). **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.

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



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<b>Wednesday, Nov. 1</b>	11:00 am - 1:00 pm	<b>Ice Cream in the Café</b> ( <i>FREE with \$7 lunch purchase</i> )* <i>Sponsored by Heritage.</i>
<b>Wednesday, Nov. 1</b>	11:00 am - 1:00 pm	<b>National Calzone Day in the Café</b> ( <i>\$7 lunch purchase</i> ) Let's get into the zone with National Calzone Day as calzones are served.
<b>Friday, Nov. 3</b>	11:30 am	<b>Café Entertainment: Unvarnished</b> ( <i>\$7 lunch purchase</i> ) The band Unvarnished, featuring a few 50 North members, will be back in the café to play some of your favorite hits!
<b>Monday, Nov. 6</b>	11:00 am - 1:00 pm	<b>National Nachos Day in the Café</b> ( <i>\$7 lunch purchase</i> ) I'm nacho you want to miss this! Come celebrate National Nachos Day.
<b>Week of Nov. 6 - 10</b>	11:00 am - 1:00 pm	<b>National Vanilla Cupcake Day</b> ( <i>Dessert is \$1 with \$7 lunch purchase</i> ) November 10th is National Vanilla Cupcake Day. Join us for a sweet treat.
<b>Friday, Nov. 10</b>	11:00 am - 1:00 pm	<b>Veterans Day Lunch in the Café</b> ( <i>\$7 lunch purchase for non-Veterans</i> ) Free lunch for all 50 North Veterans, paid for by "Blessings and Baseball".
<b>Wednesday, Nov. 15</b>	11:00 am - 1:00 pm	<b>Ice Cream in the Café</b> ( <i>FREE with \$7 lunch purchase</i> )* <i>Sponsored by Heritage.</i>
<b>Friday, Nov. 17</b>	11:00 am - 1:00 pm	<b>Café Karaoke</b> ( <i>\$7 lunch purchase required</i> ) Bring your best voices and join us for Café Karaoke with Tim Holt.
<b>Monday, Nov. 20</b>	11:30 am - 12:30 pm	<b>Café Entertainment: Piano Music by Erica</b> ( <i>\$7 lunch purchase</i> )
<b>Tuesday, Nov. 28</b>	11:00 am - 1:00 pm	<b>National French Toast Day in the Café</b> ( <i>\$7 lunch purchase</i> ) Sure to toast up those taste buds, come join us for National French Toast Day.
<b>Friday, Dec. 1</b>	11:00 am - 1:00 pm	<b>National Pie Day</b> ( <i>Pie is \$2 a slice, with \$7 lunch purchase</i> ) To celebrate National Pie Day, there will be pie on baker's rack, outside of the Café, for \$2 a slice.
<b>Saturday, Dec. 2</b>	12:00 pm	<b>Lunch with Santa</b> ( <i>\$7 lunch purchase</i> ) This year, Santa is visiting 50 North for lunch instead of breakfast! This FREE lunch is made possible through the Findlay-Hancock County Community Foundation Fun For All Grant. See page 16 for details.
<b>Week of Dec. 4 - 8</b>	11:00 am - 1:00 pm	<b>National Cookie Day</b> ( <i>\$7 lunch purchase; dessert is \$1</i> ) Monday, December 4th is National Cookie Day, so come celebrate the entire week with our dessert of the week.
<b>Wednesday, Dec. 6</b>	11:00 am - 1:00 pm	<b>Ice Cream in the Café</b> ( <i>FREE with \$7 lunch purchase</i> )* <i>Sponsored by Heritage.</i>
<b>Friday, Dec. 8</b>	11:00 am - 1:00 pm	<b>Desserts Galore!</b> ( <i>Brownies are \$2 each, with \$7 lunch purchase</i> ) December 8th is National Brownie Day and to celebrate, brownies will be available for \$2 a slice, or by the box on the Baker's Rack outside the Café.
<b>Wednesday, Dec. 13</b>	11:30 am	<b>50 North Carolers</b> 50 North Carolers are "decking the 50 North halls" again. If you'd like to join the group, please contact Erica or Jordan. Songbooks will be provided.
<b>Friday, Dec. 15</b>	11:00 am - 1:00 pm	<b>Café Karaoke</b> ( <i>\$7 lunch purchase required</i> ) Bring your best voices and join us for Café Karaoke with Tim Holt.
<b>Wednesday, Dec. 20</b>	11:00 am - 1:00 pm	<b>Ice Cream in the Café</b> ( <i>FREE with \$7 lunch purchase</i> )* <i>Sponsored by Heritage.</i>
<b>Wednesday, Dec. 20</b>	11:30 am	<b>50 North Carolers</b> 50 North Carolers are "decking the 50 North halls" again. If you'd like to join the group, please contact Erica or Jordan. Songbooks will be provided.
<b>Friday, Dec. 22</b>	11:30 am - 12:30 pm	<b>Café Entertainment: Piano Music by Erica</b> ( <i>\$7 lunch purchase</i> )
<b>Friday, Dec. 29</b>	11:00 am - 1:00 pm	<b>New Years Eve Café Celebration</b> ( <i>\$7 lunch purchase</i> ) Join us for a "lucky" New Years meal in the café and a special New Years Eve sparkling juice toast at Noon!

\* While supplies last.

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 with paperwork and applications - online or paper
- Daily Care Call - For isolated individuals who live alone and benefit from a daily check in call.
- 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.
- Equipment Loan (Free) - We have wheelchairs, walkers, shower chairs, canes, and more.
- Information and connection to 50 North Services. Financial assistance applications are available from the Outreach department.
- Medicare counseling - Social Workers have received OSHIP (Ohio Senior Health Insurance Information Program) training from the Ohio Dept. of Insurance to be able to assist with various Medicare products.
- Transportation information and assistance through HATS and Find A Ride.

## SUPPORT GROUPS & OUTREACH PROGRAMS

### **NEW GROUP! Caregivers Support Group** **Thursday, Nov. 2 and Dec. 7 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, Nov. 14 and Dec. 12 at 10:00 am**

Facilitated by Jennifer Little, Family and Consumer Sciences Educator for OSU Extension Office. "Doing Diabetes Together" meets the 2nd Tuesday of each month. If you are interested in learning more about this group, contact Jennifer Little at little.18@osu.edu or register at 419-423-8496 ext 120.

### **Medicare Open Enrollment** **Oct. 15 – Dec. 7**

Contact Amy Krantz, Outreach Dept. to make an appointment.

### **Alzheimer's Support Group** **Wednesday, Nov. 8 and Dec. 13 at 6:30 am**

Group meets on the second Wednesday of each month at 6:30 pm. Questions? Contact Mary Beth Torsell at matorsell@alz.org or 419-419-5858 or call 800-272-3900.

### **Parkinson's Support Group** **Thursday, Nov. 16 at 1:00 pm (no Dec. meeting)**

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

### **Medicare Presentation** **Tuesday, Nov. 21 at 10:00 am (no Dec. meeting)**

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.

## Caring For Seniors Because They Cared For Us.



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Call: 419-423-8496 (ext. 123) or email:  
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**50 NORTH WILL BE CLOSED ON  
 NOVEMBER 23 AND 24, & DECEMBER 25 AND 26!**

Additional information can be found at [www.50north.org](http://www.50north.org)  
 or on the flyers at 50 North.

## SOCIAL GROUPS

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

### CARDS AND GAMES

Card/game groups of four (4) or less are first come first serve. For groups more than four (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

**No Bingo on December 25th**

**Mondays from 9:00 – 10:00 am Free.**

- 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 - THEME: "HOLIDAY SONGS"

**No Music Bingo for November.**

**Wednesday, December 6 at 1:00 pm**

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

### CARD BINGO

**Friday, November 3 and December 8 at 1:00 pm**

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

## LINE DANCE

**No Dance on November 23rd, December 21st or 28th**

**Beginners: No experience needed.**  
 Instructed by Robb Sammet  
**Thursdays, 6:00 – 7:00 pm**  
 (No dance on November 23, December 21, & 28)

**Improvers: Experience needed.**  
 Instructed by Cindy Fletcher  
**Mondays, 4:00 – 5:00 pm**  
**Wednesdays, 4:00 – 5:00 pm**  
 (No dance on December 22, 25 & 29)  
**Fridays, 1:00 – 2:00 pm**  
 (No dance on Nov. 24)

**Intermediate: Experience needed.**  
 Instructed by Cindy Fletcher  
**Mondays, 2:00 – 4:00 pm**  
**Wednesdays, 2:00 – 4:00 pm**  
 (No dance on December 22, 25, & 29)  
**Fridays, 2:00 – 4:00 pm**  
 (No dance on November 24)

### Scrapbooking

**Tuesdays: November 28 from 10:00 am – 3:00 pm**  
**Fridays: November 3, 10, 17 and December 8, 15, 22, 29 from 10:00 am – 3:00 pm**  
 Bring your own supplies and spend the day scrapbooking with friends. Free.

### 50 North Featherweight Friends

**Tuesdays: November 7, 21 and December 12, 19 from 8:00 am – 12:00 pm**  
 Bring your Featherweight machine and your projects, and share ideas and questions with your Featherweight Friends. 50 North will provide extension cords. Facilitated by Linda Croy.

### TuesDAY Dance

**Tuesdays, 2:00 – 4:00 pm** (No dance on December 26)  
 Dance with friends to ballroom, waltz, cha-cha, country western and more! No specific skill level or partner needed to attend. Facilitated by Judy and Ron Kipker and Nick and Diane Wisda. Free.

### Needlecraft and Conversation

**Wednesdays, 10:00 am – 12:00 pm**  
 Come work on your projects, share conversation and your leftover patterns, yarn, thread, or materials.

### Bible Study

**Thursdays, 10:00 – 11:00 am**  
 Non-denominational Bible study facilitated by Pastors Ken and Susan McBeath.

### Senior Cinema (Titles are subject to change)

**Fridays at 1:00 pm.** Free movie and popcorn provided. Additional movie details on our website.

- Nov. 3 **About My Father** (PG13)
- Nov. 10 **Jules** (PG13)

# November and December Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Nov. 17 **Playing With Fire** (PG)  
The Findlay Fire Department will be here at 12:30 to serve popcorn to the moviegoers!

**Nov. 24 NO MOVIE**

Dec. 1 **A Christmas Carol** (with Partrick Stewart)

Dec. 8 **Eight Gifts of Hanukkah** (Hallmark)

Dec. 15 **Christmas In Harmony** (Hallmark)

Dec. 22 **National Lampoon's Christmas Vacation** (PG13)

Dec. 29 **New Years Eve** (PG)

## Coffee with a Cop

**Thursday, November 16 and December 21 from 9:00 – 11:00 am**

Every third Thursday, enjoy a cup of coffee and conversation with local law enforcement. \*This is in addition to their regular meetings at Coffee Amici.

## 50 North Hikers

**Tuesday, November 14 at 10:00 am**

The Hancock Parks District will lead you on a hike at the Aerland Recreation Area, 1220 Township Road 243 in Fostoria. Meet at the Shelter.

## Book Club: "The Shoemaker's Wife" by Adriana Trigiani

**Thursday, November 16 at 10:00 am**

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

## Book Club: "The Christmas Sweater" by Glenn Beck

**Thursday, December 14 at 10:00 am**

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

## 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 each class, go to [www.50north.org](http://www.50north.org)

#### Encore Theatre Group: Readers Theatre

**Every Tuesday starting November 7, 2:00 – 3:00 pm**

Do you like to perform in plays, but have a hard time memorizing the line? Readers Theatre is perfect for you – no memorization required! The Encore Theatre Group will rehearse the Readers Theatre play every Tuesday and perform it for our 50 North audience on Thursday, December 14 at 2:00 pm. Let Jordan or Erica know if you'd like to join the group!

### CRAFT CLASSES

For more information, go to [www.50north.org](http://www.50north.org)

#### Craft Corner: "Ornament Ball Christmas Wreath"

**Monday, November 20 from 9:00 am – 12:00 pm**

Nothing shouts out Merry Christmas like a stunning ornament ball wreath. This finished beauty will be a great addition to

your holiday decorations. A variety of shatterproof ornaments will be available for your choosing. Ornaments are hot glued in place around a wire wreath form. All materials included. Instructor: Sharon Weddell. Registration and \$40 due by November 13.

#### Craft Corner: "No Sew Fabric Christmas Snowflakes" **Monday, December 4 from 1:30 – 4:00 pm**

Let's make a beautiful Christmas snowflake. This is a very easy project using fabric and glue. Christmas themed fabric will be used. Finished size is approximately 7-8". All materials included. Instructor: Sharon Weddell. Registration and \$17 due by November 27.

#### Craft Corner: Santa Ornament **Tuesday, December 5, 1:00 pm.**

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

### ART CLASSES

For more information on each class, go to [www.50north.org](http://www.50north.org)

#### Art Class: Acrylic - "Red Bud Tree"

**Wednesday, November 1 from 1:00 – 4:00 pm**

Paint an easy, yet beautiful, realistic tree with pink flowers with a simple colorful background for your home or as a gift. All supplies included. Beginners welcome. Instructor: Nancy Cupp. Registration and \$30 due by October 25.

#### Art Class: Acrylic

#### Pierre Auguste Renoir "Algerian Landscape"

**Monday, November 6 from 2:00 – 5:00 pm**

Paint Renoir's Impressionistic French Landscape in Autumn Color Palette. Step-by-Step PowerPoint Presentation leading you to finish on 16"x20" Canvas. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by October 30.

#### Art Class: Conte Drawing - "Autumn Harvest"

**Thursday, November 9 from 10:00 am – 12:00 pm**

Using a still life arrangement of Fall gourds, squash, and/or pumpkins, draw this Autumn Harvest Bounty with conte sticks. Conte sticks are different from Conte sticks and chalk. They have a different feel & drawing experience than other mediums. Black drawing paper 9"x12" easily creates dramatic results! Instructor: Cindy Meadows. Registration and \$30 due by November 2.

#### Art Class: Watercolor - Monet "Sunrise"

**Monday, November 13, 10:00 am – 1:00 pm**

Paint a Gorgeous "Sunrise" as through the eyes of Impressionist Claude Monet. Step-by-Step PowerPoint Presentation leading you to finish on 16"x20" Canvas. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by November 6.

**Art Class: Acrylic - "Bowl of Cherries"****Monday, November 20, 1:00 – 4:00 pm**

Learn how light and shade can turn simple shapes into realistic paintings. All supplies included. Beginners welcome. Instructor: Nancy Cupp. Registration and \$30 due by November 13.

**Art Class: AMA - "Pumpkins and Candlelight"****Monday, November 27 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 November 20.

**Art Class: "Sparkling Christmas Ornaments"****Friday, December 1 from 1:00 – 4:00 pm**

Learn to paint realistic looking, shiny Christmas ornaments on canvas. All art supplies as included. Beginners welcome. Instructor: Nancy Cupp. Registration and \$30 due by November 22.

**Art Class: Watercolor****Pissarro "Effet de Neige a Montfoucault" 1882****Monday, December 4, 10:00 am – 1:00 pm**

Paint French winter landscape through the eyes of Impressionist Claude Monet on 9"x12" watercolor paper. Practice watercolor techniques before painting. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by November 27.

**Art Class: Calligraphy Script - Candle****Thursday, December 7 from 2:00 – 5:00 pm**

Create a Script Abstract Artwork of a Candle. We will practice Calligraphy in the Script Style before working on our artwork. Calligraphy brush markers provided to add color to your finished artwork. Take home 11" x 8.5" paper cardstock Candle artwork suitable for framing along with one Calligraphy marker. Instructor: Cindy Meadows. Registration and \$30 due by November 30.

**Art Class: Acrylic - "Pining Cardinal"****Monday, December 11 from 10:00 am to 1:00 pm**

Paint a Winter Long Needle Pine with perched Cardinal 12"x 24" canvas. Learn how to create an impressionistic background sky, up-close pine branches, pinecones, and cardinal. All supplies included. Change your Wall Artwork for the Holidays Series. Instructor: Cindy Meadows. Registration and \$30 due by December 4.

**Art Class: Calligraphy Script – "Christmas Tree"****Thursday, December 14 from 2:00 – 5:00 pm**

Create a Script Abstract Artwork of a Christmas Tree. We will practice Calligraphy in the Script Style before working on our artwork. Calligraphy brush markers are provided to add color to your finished artwork. Take home an 11" x 8.5" paper cardstock Christmas Tree artwork suitable for framing along with one Calligraphy marker. Instructor: Cindy Meadows. Registration and \$30 due by December 7.

**Art Class: AMA - "Holiday Express"****Monday, December 18 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 December 11.

**SEWING CLASSES**

For more information, go to our website at [www.50north.org](http://www.50north.org)

**Sewing: Embroidery Appliqué and More****Wednesday, November 1 from 9:00 am to 12:00 pm**

Do you have a sewing machine that is also an embroidery machine? Would you like to expand your knowledge of machine embroidery? Then this is the class for you. We will be creating a design on a pre-quilted fabric piece that can ultimately be used as a pocket for a pillow. Please bring your machine, bobbins, and all the embroidery attachments in good working order. If you have embroidery thread, please bring that as well. The necessary interfacing and fabric will be provided for the projects. Some embroidery thread will be available if needed. Instructor: Sharon Weddell. Registration and \$35 due by October 23.

**Sewing: Christmas Table Runner - 4-part series****Monday, November 6****Wednesday, November 8****Monday, November 13****Tuesday, November 14****All classes are 9:00 am to 12:30 pm**

This table runner will be created using the "Simple Pleasures" pattern featuring the Home Sweet Holidays Christmas fabric collection. Approx finished size is 15" W x 40" L. Experienced sewists are welcome to bring your own sewing machine in good working order - let us know at time of registration. All materials included. Instructor: Sharon Weddell. Registration and \$45 due by October 31.

**Beginning/Intermediate Sewing:****Christmas Quilt-as-you Potholder- 2-day class****Thursday, November 9 and Friday, November 10****9:30 am – 12:30 pm**

Let's put together a cute Christmas-themed potholder. Experienced sewists are welcome as well as beginners. You may bring your own machine if it is in good working order. We must know at the time of registration. For beginners, in your first session, you will learn the basics of using a sewing machine and fabric cutting, and in your second session, you will put together a colorful Christmas-themed potholder. Approximate size: 8" x 8. Instructor: Sharon Weddell. Registration and \$30 due by November 2.

**Sewing: Featherweight Maintenance Class****Wednesday, November 15 from 9:30am – 2:30pm**

In this class with Linda Croy, you will learn how to maintain your working Featherweight sewing machine. Your machine will get a Spa Day! We will cover oiling, greasing, cleaning out the bobbin case area cleaning and polishing the machine, and threading and tension issues. You will need to bring in your machine and manual. We will not be repairing the machines but adjusting them. Supply list will be provided upon registration and payment. \$50 and registration due by November 8.

# November and December Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

## OTHER CREATIVE ARTS CLASSES

For more info on each class, go to [www.50north.org](http://www.50north.org)

### Fused Glass Class: Melted Snowman Ornament Wednesday, November 29 at 10:00 am

All skill levels will enjoy this fused glass class! Make a snowman ornament, perfect for the holidays. Your instructor, Mary Burget, will take the pieces to be fired and will be available for pickup at a later date. Registration and \$35 due by November 22.

### Fused Glass Class: Christmas Tree Suncatcher/Ornament Wednesday, December 13 at 10:00 am

This Christmas Tree will be perfect as a suncatcher or ornament. Your instructor, Mary Burget, will take the pieces to be fired and will be available for pickup at a later date. Registration and \$35 due by December 6.

## EDUCATION, ENRICHMENT & WELLNESS

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

### SUPPORT GROUPS

#### NEW GROUP – Caregivers Support Group

Thursday, November 2 at 1:30 pm

Thursday, December 7 at 1:30 pm

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

#### Diabetes Support Group

##### Mental Wellness

Tuesday, November 14 at 10:00 am

##### Eating and Enjoying the Holiday Season

Tuesday, December 12 at 10:00 am

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

#### Alzheimer’s Support Group

Wednesday, November 8 at 6:30 pm

Wednesday, December 13 at 6:30 pm

This group meets on the 2nd Wednesday of each month at 6:30 pm. 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.

#### Parkinson’s Support Group

Thursday, November 16 at 1:00 pm

No December Meeting

This group meets the 3rd Thursday of each month at 1:00 pm. For more info, email Mark Fisher at [mfish1200@aol.com](mailto:mfish1200@aol.com)

## HEALTH AND WELLNESS

### Free Blood Pressure Checks

First and Third Thursdays of each month  
from 11:30 am to 1:00 pm

Thursdays, November 2, 16 and December 7, 21

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

### Explore Leisure Activities with Occupational Therapy Students from the University of Findlay

2 Sessions Available

Friday, November 17 from 9:30 – 10:30 am

Friday, November 17 from 2:30 – 3:30 pm

Learn about how to incorporate different leisure activities into your everyday life and learn more about occupational therapy in general with Jennifer Bajc and Hayley Kreger in the AM session, and Terra Campbell and Jamesha Robinson in the PM sessions, students in the Master of Occupational Therapy Program at the University of Findlay. Only 10 spots available for each session. Must pre-register. Free.

## EDUCATION

### Senior Tech Support

Every Thursday, 4:00 – 7:00 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.

### Morning Conversations: Genealogy

Monday, November 6 at 10:00 am

Are you interested in researching your genealogy and family history, but just don’t know where to start? Justin Crawfis from the Findlay-Hancock County Library will present on how to utilize historical Hancock County newspapers for local and family history research. Registration required. Free.

### Nature Notes with Hancock Parks: Owls

Monday, November 6 at 1:00 pm

While most birds go to bed as the sun goes down, owls thrive at night. Join us for our presentation on owls with which we will learn all about these nocturnal raptors as well as discovering owls found in Hancock County and Ohio. Presented by the Hancock Parks Dept. Registration required. Free.

### De-Clutter with Deb Series – “How Can I Stay on Track?”

Tuesday, November 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.

### BVHS Series:

Female Incontinence - Symptoms and Treatment Options  
Wednesday, November 8 at 10:00 am

As part of our BVHS Series, Dr Lorie Thomas-Schultz will present about symptoms and treatment options for female incontinence. Registration required. Free.

**Check Out the 419:****Mazza Museum and Conda STEAM Center  
Wednesday, November 8 at 10:00 am**

Today is National STEAM Day! Do you know why STEAM Education is so important in our schools? Join staff from the STEAM Center as they explain their role in our community and lead you in some activity fun! Registration required. Free.

**Check Out the 419:****TAPS - Honoring Those Who Served  
Friday, November 10 at 10:00 am**

Carl Hayslett, the founder of Hancock County Taps, will be here to discuss what the Taps program is and the benefit it has for the Veterans of Hancock County. Carl will then join us in the café for lunch and play "Taps" at 11:11 am in honor of Veterans Day.

**Hancock Historical Museum:****"Hancock County Men at War (1812 - WWII)"**

**Wednesday, November 15 at 10:00 am**

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

**Evening Conversations: Wills Planning**

**Thursday, November 16 at 6:00 pm**

Join Christine Ranzau, JD and Rooney & Ranzau Ltd Law, and Marty Rothey from the Blanchard Valley Health Foundation as they lead you through this Wills Planning Seminar. Workshop includes legal steps of setting up a will, what happens when no will is in place, tax implications and more. Each participant receives a FREE copy of the Blanchard Valley Health Foundation's Wills & Trust Planning Guide and a complete packet featuring The Ohio Advanced Directives forms. Free. Registration ends November 8.

**Medicare Presentation**

**Tuesday, November 21 at 10:00 am**

Welcome to Medicare 101. The Ohio Department 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: No Bake Pumpkin Dream Bars**

**Wednesday, November 22 at 11:30 am**

Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by November 15.

**Keep Current: The Impact Of Single Parent Families**

**Monday, November 27 at 1:00 pm**

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

**Travel Program: 2024 Travel with 50 North & Shoreline  
Tours Monday, December 4 at 1:00 pm**

Are you curious about traveling with 50 North on a Shoreline Tour? Considering the North American National Parks, Fall Colors or Christmas trip? Attend this program to learn more details about our most popular upcoming 2024 tours. A picture is worth 1,000 words, and this visual program will be both beautiful and informative. Free. Registration required.

**De-Clutter with Deb Series:****"What did you accomplish this year?"**

**Tuesday, December 5 at 10:00 am**

Deb Harvitt shared many helpful decluttering tips in her series this year. Come share what you've done, what you plan to do, and receive more encouragement to keep on going! Registration required. Free.

**Gardening in Our Golden Years:****Holiday Greens Wreath Making Class**

**Tuesday, December 5 at 10:30 am**

Hancock County Master Gardener Volunteers will lead a "Make It, Take It" wreath making class to bring the seasonal holiday smells into your home. Fresh cut evergreens are provided, with a frame, wire, bows / ribbons and more to decorate your own wreath. Bring cutters and a plastic bag to take home. Pre-paid registration and \$25 due by Friday December 1.

**Nature Notes with Hancock Parks: Plants of Christmas**

**Monday, December 11 at 1:00 pm**

Learn more about plants associated with the Christmas holiday including conifers, holly, and poinsettias. Presented by the Hancock Parks Dept. Registration required. Free.

**Hancock Historical Museum: "Victorian Christmas"**

**Wednesday, December 20 at 10:00 am**

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

**Sunrise Cooking Class:****Decorating Cut Out Cookies for Christmas**

**Wednesday, December 27 at 11:30 am**

Come learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by October 18.

**Dietitian Chat: Holiday Eating**

**Thursday, December 28 at 3:00 pm**

Join us for class today to learn some tips on how to stay mindful of nutrition during the holidays. Presented by Sophia Smith, a dietitian with BVHS. Registration required. Free.

**EVENTS & ENTERTAINMENT**

50 North provides entertainment featuring our staff and members, as well as local musicians and performers.

**Ice Cream in the Café during lunch**

**Wednesday, November 1 and 15 from 11am – 1 pm**

Free with regular lunch purchase (\$7). While supplies last. Sponsored by The Heritage. Date, availability, and sponsorship subject to change.

**Café Entertainment – Unvarnished**

**Friday, November 3 at 11:30 am**

The band Unvarnished, featuring a few 50 North members, will be back in the café to play some of your favorite hits! \$7 Lunch purchase required.

**Veterans Day Lunch in the Marathon Café****Friday, November 10 from 11:00 am – 1:00 pm**

Free lunch for all 50 North Veterans, paid for by “Blessings and Baseball”. Carl Haslett, the founder of Hancock County Taps will play “Taps” at 11:11 am in honor of Veterans Day. (\$7 lunch purchase for non-Veterans)

**Sweets and Songs: Honoring Those Who Served****Friday, November 10 from 6:00 – 8:00 pm**

Thanks to the *Findlay-Hancock County Community Foundation Fun For All Grant*, 50 North will have a fully stocked ice cream bar, as well as other sweets for our Veterans. Dessert starts at 6:00 pm and entertainment starts at 6:30 pm. Open to 100 of our local vets and a guest. Each vet will receive a free t-shirt. This event is free, but pre-registration is required.

**Café Karaoke****Friday, November 17 from 11:00 am to 1:00 pm**

Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. \$7 Lunch purchase required.

**Café Entertainment – Piano Music by Erica****Monday, November 20 from 11:30 am – 12:30 pm**

\$7 Lunch purchase required.

**50 North Donnell Stage Series – Findlay String Factor****Tuesday, November 28 at 6:00 pm**

Erica Bickhart, 50 North Activities Director, will open the show with a few of her holiday favorites, and then turn it over to Findlay String Factor to perform the rest of the evening. Registration required. Free. Donations will be accepted for Findlay String Factor, but not required.

**Lunch with Santa****Saturday, December 2 at 12:00 pm**

This year, Santa is visiting 50 North for lunch instead of breakfast! This FREE lunch with Santa is made possible through the *Findlay-Hancock County Community Foundation Fun For All Grant*. Come eat a kid friendly lunch, visit with Santa, and receive a free 5”x7” photo of you and your family with Santa! Highchairs and booster seats are not available. Limited space. Must pre-register your number of family members. Registration is open until November 27 or until all spaces are full.

**Ice Cream in the Café during lunch****Wednesday, December 6 and 20 from 11am – 1 pm**

Free with regular lunch purchase (\$7). While supplies last. Sponsored by The Heritage. Date, availability, and sponsorship subject to change.

**50 North Donnell Stage Series – VIP and FFE Holiday Performance****Wednesday, December 6 at 6:30 pm**

If you’ve seen VIP and FFE before, you know you’re in for a treat! These talented performers from Findlay High School will be here to share their holiday program through music and dance. Registration required. Free. Donations will be accepted for VIP/FFE, but not required.

**50 North Donnell Stage Series: “Songs of the Season: A Reflection of Holiday Memories and Traditions”****Friday, December 8 at 6:30 pm**

The 50 North Choir is excited to present their holiday choir program featuring songs that take us back to some of our holiday memories and traditions. Registration required. Free.

**50 North Wellness Day****Saturday, December 9 from 11:30 am – 1:30 pm**

In partnership with the *Findlay-Hancock County Community Foundation Fun For All Grant*, people 50+ may attend 50 North’s FREE Wellness Center event. You do NOT need to be a 50 North member or Wellness Center member. Trail Mix buffet provided to all who attend. Call 567-429-8382 to reserve your spots. Deadline to register is December 1.

11:30 am - 1:30 pm Work out in Wellness center and Track. Staff available to discuss Wellness programs to meet your personal needs.

11:45 am - 12:45 pm Reservations required. Annie Hayes will present on “Building Our Immunity Through Wellness: Strategies and Prioritizing Selfcare” followed by a seated yoga and relaxation class.

12:30 - 1:00 pm Reservations required. Cycling Mix with Bonnie Ward

11:45 am - 12:30 pm Reservations required. Power-up combo circuit class with Mark Vehre and Francie Kasmarek.

12:00 - 1:00 pm Reservations required. FREE Hydro massage sessions.

**50 North Carolers****Wednesdays, December 13 and December 20 at 11:30 am**

50 North Carolers are “decking the 50 North halls” again. If you’d like to join the group, please contact Erica or Jordan. Songbooks will be provided.

**Readers Theatre Performance****Thursday, December 14 at 2:00 pm**

The 50 North Encore Theatre Group is putting on another Readers Theatre production. More details to come!

**Café Karaoke****Friday, December 15 from 11:00 am to 1:00 pm**

Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. \$7 lunch purchase required.

**Cocoa and Conversation****Monday, December 18 from 8:30 – 10:00 am**

Join 50 North Staff and Volunteers in the Marathon Cafe for a free cup of hot chocolate with all of your favorite toppings. Sit and chat in the Café or take it to go to your next class.

**Café Entertainment – Piano Music by Erica****Friday, December 22 from 11:30 am – 12:30 pm**

Lunch purchase required (\$7).

**New Years Eve EVE Café Celebration****Friday, December 29 from 11:00 am to 1:00 pm**

Join us for a “lucky” New Years meal in the café and a special New Years Eve EVE sparkling juice toast at Noon! Lunch purchase required (\$7).



## REFLECTIONS OF ITALY

SEPTEMBER 23 – OCTOBER 2, 2024

10 DAYS | 12 MEALS | FLIGHTS INCLUDED

Lodging, Motor Coach transportation & Dedicated Tour Guide  
**This trip is rated activity LEVEL 4.**

Embark on a captivating journey that takes you from the piazzas of Rome to the canals of Venice. Explore medieval hill towns, spend time at a historic winery, enjoy a chef-led cooking class, discover the masterpieces of the Renaissance, and more. **Highlights Include:** Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's David, Chianti Winery & Cooking Class, Venice, Murano Island, Lake Como. Encounter a land rich in history, culture, art, and romance. **Additional excursions available.**

### COST:

**Double \$5,199 / person\***

**Triple \$5,169 / person\***

**Single \$5,999 / person\***

**Book before March 24, 2024 & SAVE \$100 now!**

\* These prices reflect the \$100 Savings.

\*\* All Rates are Per Person and are subject to change, based on air inclusive package from Detroit.



## ARK ENCOUNTER & CREATION MUSEUM

2 DAY

MOTORCOACH TOUR

MAY 15 & 16, 2024

Modern Motorcoach Transportation

1 Night Lodging

1 Breakfast, 1 Dinner

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

Tour Highlights Include: A day at the Ark Encounter featuring a full-size Noah's Ark, built according to the dimensions given in the Bible. Enjoy dinner that evening at nearby local restaurant with time to relax at the hotel. The next day breakfast is included followed by Bible history coming to life at the Creation Museum! This attraction explores creation science with stunning exhibits, dinosaur bones, fossils, a planetarium, and more. We depart for home in the afternoon.

### COST PER PERSON:

**\$375.00 – Double | Single travelers add \$90.00**

Deposit: \$100 due at time of registration



## NORTH AMERICA'S NATIONAL PARKS

Featuring  
**Yellowstone, Grand Tetons, Jackson Hole, Canada's Waterton Lakes & Glacier National Parks**



9 DAY

MOTORCOACH TOUR | AUGUST 8 – 16, 2024

Roundtrip Detroit Airport, Modern Motor Coach and several meals included. **This trip is rated activity LEVEL 4.**

TOUR HIGHLIGHTS INCLUDE: Glacier National Park, Going-To-The-Sun Road, Waterton Lakes National Park, Waterton Lakes Boat Cruise, Full Day Tour of Yellowstone National Park, Lower Loop Adventure, Upper Loop Adventure, Grizzly & Wolf Discovery Center, Grand Teton National Park, Jackson Lake Dinner Cruise. Luggage Handling, Tax & Tips on Included Meals, All Gratuities for Step-on Guides. View the entire brochure on line or stop by 50 North's Travel Office.

### COST PER PERSON:

**Double \$4,999 / Triple \$4,729 / Single \$6,899**

Deposit: \$500 due at time of registration

Cancellation Protection: \$400/person due with your deposit.

## RAILS & RIVERBOATS OF THE POCONO MOUNTAINS – a fall color getaway

Lake Wallenpaupack, Colebrookdale Dinner train, Western Maryland Scenic Rail, Gateway Clipper

5 DAY MOTORCOACH TOUR

SEPTEMBER 29 – OCTOBER 3, 2024

Modern Motorcoach Transportation with several meals included. **This trip is rated activity LEVEL 3.**

Tour Highlights Include:

Tour of Pittsburgh, Gateway Clipper Sunset Dinner Cruise, Lehigh Gorge Scenic Railway, Jim Thorpe Trolley Tour. Enjoy Penn's Peak premier entertainment of "Island in the Stream" - A Tribute to Dolly and Kenny. Visit Boyertown Museum of Historic Vehicles. Later board the Colebrookdale Railroad Dinner Train for a two-hour expedition. En route home visit Old Bedford Village and step back into the 18th century.



### COST PER PERSON:

**Double \$1,799 / Triple \$1,599 / Single \$2,449**

Deposit: \$200 due at time of registration

Cancellation Protection: \$200/person due with your deposit.

# Trip Opportunities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

## CHRISTMAS AT THE GREENBRIER with Oglebay's Festival of Lights

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

**3 DAY MOTORCOACH TOUR | December 7 – 9, 2024**

Modern Motorcoach Transportation with several meals included.

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

### TOUR HIGHLIGHTS

**INCLUDE:** 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, WV, 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

Cancellation Protection: \$110/person due with your deposit.



## 2024 Travel with 50 North & Shoreline Tours

**Monday December 4th, 2023**  
1pm in the Fitzgerald Room

Are you curious about what it is like to travel with 50 North on a Shoreline Tour? Are you considering the North American National Parks, Fall Colors or Christmas trips? Attend this program to learn more details about our most popular upcoming 2024 tours. A picture is worth 1,000 words, and this visual program will be both beautiful and informative.

A free program but registration required.

**SHORELINE**  
CHARTERS & TOURS INC.

## DAY TRIP OPPORTUNITIES FOR 2024

### OSU & COLUMBUS CITY TOUR Tuesday, April 30, 2024

Cost with Cash or Check \$100\*

Go behind the scenes at The Ohio State University with a guided tour that takes you inside the storied history of Buckeye Football. Then we'll take a visit to the Short North Market, a 147-year-old vibrant public market made up of Ohio's best independent merchants, farmers, and makers. Enjoy lunch on your own with time for shopping. The afternoon will wrap up with a tour of the Short North, OSU campus and more.

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



### STAN HYWET HALL & GARDENS TOUR Thursday, May 30, 2024

Cost with Cash or Check \$120\*

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\*

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.**

**CINCINNATI BELLE  
LUNCHEON TOUR  
Wednesday, July 10, 2024**

**Cost with Cash or Check \$128**

Climb aboard for a 2-hour cruise featuring games, entertainment, and a delicious buffet. The flagship of BB Riverboats, the Belle of Cincinnati is a majestic and ornate beauty. You will dine surrounded by Victorian decor within three climate-controlled decks providing an environment that ensures optimum comfort for every passenger no matter the weather. Following lunch, sit back and relax while the boat cruises down the Ohio River.



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

**ERIE ISLAND HOPPING  
Wednesday, August 21, 2024**

**Cost with Cash or Check \$125**

Departing from Sandusky for a day of taking in the beauty of Lake Erie. Enjoy a buffet lunch on the water as we cruise to Put-In-Bay. Throughout the tour we'll enjoy live narration of the sights along the way. Savor free time at both Kelley's Island and Put-In-Bay to explore on your own. An open air trolley tour makes it easy to take in those lake breezes during the one hour guided tour. A to go meal from Goodtime Bagels will be waiting as we disembark the ship for the evening ride home.



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

**SHIPSHEWANA  
BACK ROADS**

**Tuesday, September 10 2024**

**Cost with Cash or Check \$125**

Our trip begins with an early departure for Shipshewana. The 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.**

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***TRAVELING WITH 50 NORTH offers shared experiences, cognitive and social enrichment. Trips require self-sufficiency to explore our world in authentic settings.***

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*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 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.



**INTERESTED? DO NOT WAIT!  
50 NORTH TRIPS TYPICALLY SELL OUT  
QUICKLY, SO REGISTER TODAY.**

Complete trip brochures are available at 50 North and on the 50 North website's travel page. See the 50 North website for full Travel Policies.

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**Waiting lists are available for all trips. Call (419) 423-8496 for details.**

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50 North's Wellness Center programs are designed to encourage well-being and optimal health through movement, strength training, and self-awareness.

## Wellness Center

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

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 & wellness "goals" become a "reality." We have exercise programs available for all fitness levels. Let us help you re-imagine your wellness goals and break down any barriers that you may have, and build a health journey specifically for your needs.

Complimentary appointments can be made with Wellness staff. Existing members are encouraged to schedule an appointment to refresh exercise program.

## 3 Lane track (19 laps for a mile)

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

## 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. You'll enjoy improved balance, coordination, posture and increased bone density. 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 2023:

- **\$163.50 for a single per year or \$272.50 for two in a household per year**  
*(No registration fee required / Sales tax not included)*

### 6-Month membership are also available:

- **\$108 for a single or \$195.50 for two in a household**  
*(No registration fee required / Sales tax not included)*

### Daily Fitness Pass: \$11 per day

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

## All Participants:

*Please scan in when entering the facility and tap on "Wellness Center" and/or "Exercise Class".*

## 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.

## 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, Tia Chi, Strength Conditioning, Bootcamp, Cycling, Zumba, Dance, and more. Virtual classes are projected on a wall in our private exercise studio.

## 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.

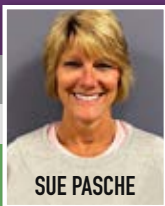
**Cost is only \$15.**

## 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.



ANNE HAYES



SUE PASCHE

**Healthy Living Nutrition Coaching & Personal Training with Anne Hayes & Personal Training with Sue Pasche!** Call to schedule your appointment today. Sales tax not included.

**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)**

*\*Schedule your FREE consultation for any personalized package through the Fitness & Wellness Center. Must be a Fitness & Wellness Center member.*

**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

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

Mon	Tues	Wed	Thurs	Fri
8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast
9:45 am *SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am *SilverSneakers® Classic	9:45 am *SilverSneakers® Yoga	9:45 am *SilverSneakers® Yoga
11:00 am *SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga	11:00 am *SilverSneakers® Yoga	11:00 am <sup>(T)</sup> Parkinson's Class	11:00 am Yoga Fusion
12:00 pm Yoga Fusion	11:00 am <sup>(T)</sup> Parkinson's Class	1:00 pm <sup>(T)</sup> Seated Strength and Stretch	1:00 pm <sup>(T)</sup> Seated Resistance Training	11:00 am <sup>(T)</sup> Cardio Drumming
1:00 pm <sup>(T)</sup> Seated Strength and Stretch	1:00 pm <sup>(T)</sup> Seated Resistance Training	1:15 pm Body Tuning	1:30 pm GeriFit®	1:00 pm <sup>(T)</sup> Standing Stronger
1:15 pm Body Tuning	1:30 pm GeriFit®	2:30 pm <sup>(T)</sup> Cardio Drumming	5:30 pm Yoga Fusion	
2:30 pm SilverSneakers® Yoga	6:00 pm Power-Up Combo	2:30 pm Yoga Fusion	6:00 pm <sup>(T)</sup> Power-up Combo	
5:30 pm Cycling Mix		5:30 pm Cycling Mix		
5:30 pm <sup>(T)</sup> Cardio Drumming				

*\*Classes are offered also on ZOOM. Contact the Wellness Center to be added to the e-mail list for ZOOM Classes.*

<sup>(T)</sup>Held in track

*\*Class schedule subject to change.*

**BodyBlast** (45 min.)

**Mondays, Wednesdays, & Fridays 8:30 am**  
30 minutes of full body HIIT workout that involves cardio to increase the heart rate and resistance training to sculpt the arms, legs, and core. Class finishes with 15 minutes of core strengthening and stretching.

**SilverSneakers® Classic** (45 min.)

**Mondays & Wednesdays, 9:45 am**  
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

**SilverSneakers® Yoga** (45 min.)

**Mondays, Tuesdays & Wednesdays, 11:00 am**  
**Mondays, 2:30 pm**  
**Tuesdays, Thursdays & Fridays, 9:45 am**  
SilverSneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform seated/standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

**Power-Up Combo** (45 min.)

**Tuesdays & <sup>(T)</sup>Thursdays, 6:00 pm**  
45 minutes of different class formats from toning, cardio, weight training, circuit, or bootcamp style.

**Enhance® Fitness** (45 min.)

**Tuesdays & Thursdays, 8:30 am**  
Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises.

Adjustable arm and ankle weights are offered for the strength training portion of class.

**GeriFit®** (45 min.)

**Tuesdays & Thursdays, 1:30 pm**  
A 45-minute evidence based strength training exercise class for older adults that 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 min.)

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

**Cycling Mix** (1 hour)

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

**Yoga Fusion** (45 min.)

**Mondays 12:00 pm, Wednesdays 2:30 pm**  
**Thursdays 5:30 pm & 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.

**<sup>(T)</sup>Parkinson's Exercise Class** (45 min.)

**Tuesdays & Thursdays, 11:00 am**  
Specifically designed for people with Parkinson's Disease, we work on exercises to help prevent falls, improve balance, posture, strength, walking ability, cognitive, cardiovascular health, and more. Exercise can help slow some of the progression of the changes that occur with PD and aging.

**<sup>(T)</sup>Cardio Drumming** (45 min.)

**Mondays 5:30 pm**  
**Wednesdays, 2:30 pm & Fridays 11:00 am**  
Bringing together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Class can be done all in a chair or standing. It uses the exercise ball to turn rhythm into a workout!

**<sup>(T)</sup>Seated Strength and Stretch** (30 min.)

**Mondays & Wednesdays, 1:00 pm**  
A seated class offering full body strength & core conditioning, posture and stretching. Wheelchairs are welcome.

**NEW <sup>(T)</sup>Seated Resistance Training**

(20 min.) **Tuesdays & Thursdays, 1:00 pm**  
Great way to make weight training fun! Experience the benefits of bone health and gain lean muscle mass with this 20 minute seated resistance training exercise class 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.)

**NEW <sup>(T)</sup>Standing Stronger** (30 min.)

**Fridays, 1:00 pm**  
Are you struggling with standing up from a seated position? 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 body to work towards this goal.

## WANT TO VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. Ask our 350+ volunteers at 50 North! Helping others kindles happiness. Studies have documented people who never volunteered, that the odds of being “very happy” rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy – a hike in happiness comparable to having an income of \$75,000 - \$100,000 versus \$20,000, say the researchers.

Volunteering reduces stress, combats depression, keeps you mentally stimulated, and provides a sense of purpose – let alone the relationships and connections you’ll make while having fun! We have openings as we continue to grow. Call Julie Niswander, Volunteer Coordinator at 50 North at (419)423-8496, ext. 121 to learn more.

*When it comes to volunteering, passion and positivity are the only requirement!*

We appreciate our volunteers and the support they offer to help our seniors and our community grow.

### REMINDER:

Volunteer Christmas Reception and Concert is scheduled for Friday, December, 8th at 5:30 pm.

Please RSVP with Julie to have your seat reserved!



**Carrie Allsop** (left) is a school teacher and summer shuttle volunteer at 50 North.

**Vicki Moomaw** (not shown) volunteers a lending hand weekly in mobile meals, mailings, and special events.

## Volunteer Spotlight



**Lori Fleming** volunteers as a Spanish class teacher, shuttle driver, seated strength and for special events.

**Dora Conmay** is a 50 North Wellness member volunteer and also volunteers for the Delay the Disease program and for special events.



**Mary Lou Smith** volunteers for special events and more since 2007.



**Mackenzie Lape** U of F Occupational Therapy intern volunteers with I.T. support and special events.



A huge thank you to Days of Caring volunteers: **Findlay Municipal Court** and **Danby Products**. They cleaned 50 North from top to bottom!

# OIO Orthopaedic Institute of Ohio



- 25+ BOARD-CERTIFIED/ELIGIBLE PHYSICIANS
- 1 DOCTOR OF PODIATRIC MEDICINE
- 3 PAIN & REHAB PHYSICIANS
- 30+ PAS & NPS
- 200+ HEALTHCARE PROFESSIONALS



- REGION'S LARGEST ORTHOPAEDIC PRACTICE
- 12 CONVENIENT OFFICE LOCATIONS



- ON-SITE SERVICES AVAILABLE: X-RAY, MRI, CT, PT/OT & BONE DENSITY TESTING



SPINE



HIP



KNEE



SHOULDER



HAND & WRIST



ELBOW



FOOT & ANKLE



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



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

## Women's Assisted Living Community



The Judson Palmer Home is an Assisted Living Community for Women in Hancock County. We have been in Findlay since 1950 and enjoy a stellar reputation for quality care. Housing only up to 16 residents at any time, the Judson Palmer Home is able to provide a cozy and peaceful atmosphere that is unmatched.

- All resident rooms are private with an en suite bathroom.
- Currently accepting applications for new residents. Please call for more information.
- We accept Medicaid.



Providing a lifetime of caring!

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Phone: 419-422-9656

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

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- Beautiful & secure living
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- Peace of mind

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