

What's New JULY • AUG • SEPT

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS | TRAVEL

50
N
NORTH
ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

50 North CRAFT SHOW

Saturday, October 25 • 9:00 am – 2:00 pm

Registration Details:

August 4: Registration opens for *members only*

August 25: Registration opens to *non-members*
(if space is still available)

September 15: Registration closes (or sooner if all spots are filled)

Booth Fee: \$30.00 for a 10'x 10' space | Spots Available: 46 vendor booths



GET READY TO TRAVEL IN 2026!



August 21 • 4:30 pm – EXTENDED TRAVEL Reveal

Where can 2026 take you? Think big adventures and unforgettable destinations!

September 11 • 4:30 pm – DAY & OVERNIGHT TRAVEL Reveal

From quick getaways to regional gems, don't miss the exciting lineup of 2026 trips!

Mark your calendar and start dreaming now! See page 26 for full details.

FREE EVENT! One Night With You:

A Tribute To **Elvis**

featuring the incredible

Walt Sanders

Friday, August 22

5:30 – 7:00 pm



Experience the magic of Elvis as Walt Sanders delivers a heartfelt tribute that captures the spirit and soul of the King of Rock 'n' Roll. With decades of performances and accolades from those who knew Elvis personally, Walt brings authenticity and passion to every show.

All guests must be registered prior to the event. Registration ends August 20.

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

FREE! Grandparent Day Celebration at 50 North!

Saturday, September 6 | Noon – 2:00 pm

This special event is for Grandparents and their grandchildren. Join us for a festive **Pumpkin-palooza!** Families will enjoy 4 to 6 pumpkin-themed hands-on activities, fun games and prizes, an exciting reading of "The Ugly Pumpkin" by Dave Horowitz, and a delicious lunch.

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



THE NAVIGATOR

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

PHONE:
419.423.8496

WWW.50NORTH.ORG



Dear Community Members,

As I approach my one-year anniversary at 50 North, I find myself reflecting on what makes this community so special. Every day, I'm grateful to be part of a place where encouragement, connection, and inspiration are at the heart of everything we do.

At 50 North, we are deeply committed to supporting your wellness, growth, and sense of community. Whether you're attending an art class, joining a fitness session, traveling with friends, or simply sharing a cup of coffee in our Member Services space, every opportunity we offer is designed with your needs and interests in mind. We've also expanded our evening and weekend activities, including a once-a-month Saturday event—to give you even more chances to connect, learn, and have fun.

We're equally proud of the enriching travel experiences we offer. Whether it's a day trip or a longer adventure, traveling with 50 North provides relaxation, discovery, and connection—all proven to boost mental stimulation, physical health, and social engagement.

In addition to programs and travel, our core services continue to make a meaningful difference every day:

- **Wellness Program:** Our Wellness Program supports physical, mental, and social well-being. It helps build strength, improve mobility, and maintain independence—ensuring you can continue doing the things you love.
- **Nutrition Services and Mobile Meals:** We not only provide delicious daily lunches served in our Café, but also offer curbside pickup, frozen to-go meals, and home-delivered Mobile Meals. Mobile Meals go beyond nutrition by delivering a friendly wellness check—helping to reduce isolation and ensuring support for those unable to visit us in person.
- **The Chore Program:** The Chore team helps keep you safe and independent at home by providing essential repairs and accessibility modifications. They are out in the community daily, serving 50 North members—rain or shine.
- **Outreach Services:** Our Outreach team offers personalized support during life's transitions—whether emotional, financial, or practical, so you never have to navigate challenges alone.

As the number of adults over 50 continues to grow, we are planning thoughtfully for the future. You may notice updates to our spaces and services in the coming months - all designed to create an even more welcoming, efficient, and responsive environment for you.

It is truly an honor to be part of such a caring, vibrant community. Thank you for inspiring us every day, and for making 50 North the incredible place it is. I look forward to the journey ahead, together.

With gratitude,

Heather Sensel

Heather Sensel
50 North Assistant Director



"It is my honor and privilege to serve you!"

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50 North Center Hours

(Hours – July, August, September)

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

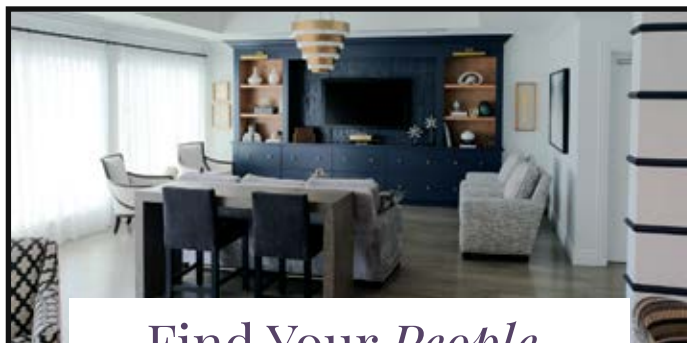
50 North Facility Schedule

(Schedule for July, August, September)

50 North will be CLOSED on:
Friday, July 4 Independence Day
Monday, September 1 Labor Day



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



Find Your *People*. Find Your *Place*.

At Provision Living at Findlay, life isn't about slowing down—it's about turning up the fun. With plenty of activities and good company, there's always something to do—and someone to share it with. This is senior living, the Findlay way.

Call (419) 871-4268 to schedule
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SPECIAL EVENTS

50 North GAME-A-PALOOZA!

Third **SATURDAY** of the month
(July 19, August 16, and
September 20)

Noon – 3:00 pm



Are you game?

Then join us every 3rd Saturday of the month for a fun-filled afternoon of games, food, and fun! Enjoy pizza, dessert and drinks in the Marathon Café. Come for the game, stay for the fun!

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

FOOD TRUCK FRIDAY

AT THE PERGOLA AT 50 NORTH

Friday, July 11 • 4:00 – 7:00 pm

Come out and enjoy a fun, free evening with live music by Tim Holt and the area's favorite food trucks - **Wailing Onion** and **Kloepfer's Kitchen**! Delicious eats will be available for purchase while you relax, socialize, and soak up the vibe. **Don't forget your lawn chair.**

There's no rain date, so bring your best appetite and join the fun!



FREE DESSERT THURSDAY

Every Thursday at Lunch

Every Thursday, purchase a \$7 lunch in the Marathon Café and enjoy a **FREE DESSERT** – on us! A new delicious surprise every time! Bring your friends,



enjoy a great meal, and treat yourself, because you deserve a little sweet and a whole lot of yum in your week!

FREE CAR WASH!

Friday, August 15

1:30 – 3:00 pm

**WELCOME,
UNIVERSITY OF FINDLAY
STUDENTS!**



University of Findlay.

As part of their new student orientation, incoming Oilers from the University of Findlay will be connecting with the local community and that includes 50 North!

Join us for some **sudsy fun** as these enthusiastic students offer a **free car wash** for all 50 North seniors and volunteers. It's a great opportunity to enjoy a **clean, shiny car** while giving a warm welcome to the newest members of our community.

Let's show these students that they are **wanted, needed, and appreciated** as they begin their college journey.

Come by, say hello, and help keep them busy while they offer this wonderful service just for you!



The 2nd Annual 50 North GARAGE SALE!

Wednesday, July 30 AND

Thursday, July 31

9:00 am – 4:00 pm



50 North Members, Only.

Back By Popular Demand!

Get ready to treasure hunt! From household goodies to hidden gems, you never know what deals you'll find – don't miss your chance to snag something special while supporting 50 North programming.

All proceeds go right back into programs you love, so come shop, save, and support!

All purchased items must be picked up by 4:00 pm on the day of purchase - no holds beyond the purchase day.

Dine In and Learn Wellness Series

Our Nutrition and Wellness Departments are teaming up for a Dine In and Learn Wellness Series with Annie Hayes, 50 North's Healthy Living Nutrition Coach & Personal Trainer.

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



DINE IN & LEARN AND SCREENING ASSESSMENTS FOR BALANCE, SPEECH & SWALLOWING

Saturday, September 13 • 11:30 am – 2:00 pm

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

Presentation focuses on **nutrition and exercise recommendations specifically designed for individuals with Parkinson's disease and other neurological conditions**. It will cover key strategies for improving overall health and managing symptoms through tailored nutrition and exercise plans. Additionally, professionals will conduct screenings and assessments to evaluate balance, speech, and swallowing that **participants have the OPTION to participate** in.

Menu: Fresh veggie salad with wonton strips, slivered almonds and topped with grilled salmon with Asian dressing on the side.

Registration required by September 4th.

Event sponsored by:



NEW! "THRIVE OVER 50" DINE IN & LEARN SERIES

Thursday, October 2 (Part 1 of a 4 Part Series) • 5:30 – 7:00 pm

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

Register at Member Services. Contact the Wellness Center for more information.

This 4-Part Series of Whole Food Plant Based Diet (WFPBD) styles is designed to give us a serious look at four styles of eating plant based. We will focus in on cellular health and optimal metabolic wellness, offer a challenge during the holidays, and begin the new year with a sense of purpose and renewal.

Let's re-imagine our long-term health by taking a closer look at what we consume and how it may affect our health outcomes. We will navigate the ever-changing world of health advice, the influence of processed foods, and the importance of taking control of our own health. Each of the four presentations will focus on long-term health advantages of a Whole Food Plant Based Diet, cellular health and the nuances that we can adopt to give our body the vitamins and minerals it needs to give us the good energy we want in return.

October 2 (Part 1 of 4) – Whole Food Plant Based Diet-No Oil Style

Menu: Vegetarian Grain bowls with hummus/beets/broccoli on mixed greens with oil free dressing.

Registration required by September 25th.



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

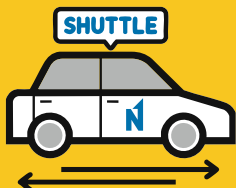
CHORE

Parking Lot Shuttle Service

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

Service hours:
Monday – Friday
11 am – 1 pm

Call to request a ride:
419.957.6590



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

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

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

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

WHEEL CHAIR RAMP Program!

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





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Women's Assisted Living Community



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

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



Providing a lifetime of caring!

2911 North Main Street • Findlay, Ohio 45840

Phone: 419-422-9656

www.judsonpalmerhome.com

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

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

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

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

FREE! Ice Cream Sundaes

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

When: First and Third Wednesdays of each month

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

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

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

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

Eligibility: Hancock County residents in need of assistance

Duration: Short or long term

Contact: 567-429-9249

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

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

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

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

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

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

When: Tuesday – Friday, 7:30 am – 10:00 am





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50 NORTH



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1920 Breckenridge Road, Findlay, OH 45840

Assisted Living



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cafe EAT AND ENJOY!

July

Wednesday, July 2	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, July 3	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Monday, July 7	11:00 am – 1:00 pm	World Chocolate Day Gather your friends for our dessert of the week, share some chocolaty goodness, and indulge in the joy that this timeless treat brings to people around the world!
Thursday, July 10	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Friday, July 11	11:00 am – 1:00 pm	Café Karaoke (\$7.00 Lunch purchase required)* Warm up those vocal cords and bring your A-game! Karaoke with Tim Holt, where YOU are the star. <i>Sponsored by Provision Living.</i>
Wednesday, July 16	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, July 17	11:00 am – 1:00 pm	National Hotdog Day Whether topped with mustard, ketchup, onions, or more creative additions, come enjoy the perfect dog by creating your very own hotdog!
Thursday, July 17	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Thursday, July 24	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Tuesday, July 29	11:00 am – 1:00 pm	National Chicken Wing Day What's your favorite Wing Sauce? Whether you love them spicy, sweet, or tangy, this day is all about savoring those crispy, flavorful wings in every possible variety.
Thursday, July 31	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)*

August

Wednesday, Aug. 6	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, Aug. 7	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Friday, Aug. 8	11:00 am – 1:00 pm	Café Karaoke (\$7.00 Lunch purchase required)* The mic is waiting for YOU! Sing your heart out with! Tim Holt and enjoy a fun-filled munchtime performance. <i>Sponsored by Provision Living.</i>

*Dine In Only.



**Dine In Only.*

Thursday, Aug. 14	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Tuesday, Aug. 19	11:00 am – 1:00 pm	National Potato Day Who likes their potatoes cut into French fries? Come in for loaded Fries to celebrate this “Spud”tacular day!
Wednesday, Aug. 20	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, Aug. 21	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Monday, Aug. 25	11:00 am – 1:00 pm	National Banana Split Day Indulge in the classic a’peel’ing taste of a banana split this week!
Wednesday, Aug. 27	11:00 am – 1:00 pm	National Burger Day Celebrate National Burger Day, a delicious holiday dedicated to one of America’s favorite comfort foods! Enjoy a Burger topped your way in the café today!
Thursday, Aug. 28	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!

September

Wednesday, Sept. 3	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, Sept. 4	11:00 am – 1:00 pm	National Macadamia Nut Day Maybe we’re all a little nuts, but come join us for some Macadamia Nut cookies as the dessert of the week!
Thursday, Sept. 4	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Thursday, Sept. 11	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Friday, Sept. 12	11:00 am – 1:00 pm	Café Karaoke (\$7.00 Lunch purchase required)* Bring your best voices, pick out your favorite song, and join us for Café Karaoke with Tim Holt. <i>Sponsored by Provision Living.</i>
Wednesday, Sept. 17	11:00 am – 1:00 pm	National Apple Dumpling Day Take a moment to enjoy the simple pleasure of this classic dessert made the 50 North way- perfect for sharing with loved ones or savoring all on your own!
Wednesday, Sept. 17	11:00 am – 1:00 pm	Ice Cream in the Café (FREE with \$7 lunch purchase)* While supplies last. <i>Sponsored by The Heritage.</i>
Thursday, Sept. 18	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)* Treat yourself to a little sweet for the week!
Thursday, Sept. 25	11:00 am – 1:00 pm	National Quesadilla Day A fiesta for your taste buds! This delicious holiday honors the cheesy, crispy goodness of quesadillas - a Mexican classic that's perfect for any occasion.
Thursday, Sept. 25	11:00 am – 1:00 pm	FREE! Dessert Thursday! (FREE with \$7 lunch purchase)*



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

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

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

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

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

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

Steven Sawalich



Support Groups

FREE! Caregivers Support Group

First THURSDAY of every month • 1:30 pm
July 3, August 7, and September 4

Join us for a supportive and welcoming group designed for families, partners, and caregivers. Each session begins with a 30-minute self-care activity led by a University of Findlay OT student, followed by open discussion. Contact: Gary at 567-429-9298.

FREE! Alzheimer's Support Group

Second WEDNESDAY of every month • 5:30 pm
July 9, August 13, and September 10

Contact Mary Beth Torsell at matorsell@alz.org or 419-419-5858. The Alzheimer's Helpline is 800-272-3900.

FREE! Parkinson's Support Group

Third THURSDAY of every month • 1:00 pm
July 17, August 21, and September 18

Contact Mark Fisher at mfish1200@aol.com

Outreach Programs

FREE! Winning at Wellness Series

Second TUESDAY of every month • 10:00 am
July 8, August 12, and September 9

Monthly wellness coaching sessions with Amber Wolfrom from the Family Resource Center. Hands-on themes and tips each month. See page 16 for information.

FREE! Adjusting To Vision Loss

Second FRIDAY of every month • 10:00 am
July 11, August 8, and September 12

Led by The Sight Center of Northwest Ohio, these sessions provide support, resources, and guest speakers. See pages 18, 21, and 24 for information. *Program generously funded by the Findlay-Hancock County Community Foundation.*

FREE! Medicare Presentation

Tuesday, July 15 & Tuesday, Sept. 16 • 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 plans and coverage. **Registration required.**

New Programs

FREE! Hancock Public Health: Child Passenger Safety

Tuesday, July 15 • 1:00 – 2:00 pm

Hosted by Hancock Public Health. Learn proper car seat installation and Ohio's child safety laws. See page 18 for information.

FREE! Hope House: Poverty Simulation

Wednesday, July 16 • 10:00 am

Experience the challenges families face in this interactive session led by Hope House. See page 18 for information.

FREE! Hancock Public Health: Older Driver Safety

Wednesday, July 23 • 10:00 – 11:00 am

Presented by Hancock Public Health. Discuss age-related changes, adaptations, and safe driving tips. See page 19 for information.

FREE! Hope House: Game of Life: Crisis Simulation

Tuesday, August 12 • 1:00 pm

Hope House leads this activity inspired by the classic board game—navigate real-life crisis scenarios and learn about local support services. See page 21 for information.

FREE! What To Know About Your Hearing

Wednesday, August 20 • 10:00 – 11:00 am

Presented by Findlay Hearing Center. Learn how hearing health affects brain function and sign up for a free Cognivue screening. See page 22 for information.

FREE! CarFit Event

Tuesday, August 26 • 1:00 – 2:30 pm

Held in the 50 North parking lot. Technicians assess how well your car “fits” you for safe driving. Sponsored by Community Action Commission. See page 22 for information.

FREE! Hancock Public Health: What You Need To Know About Vaccinations

Thursday, August 28 • 11:00 am

Presented by Hancock Public Health. Learn which adult vaccinations are recommended for you. See page 23 for information.



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

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

50 North Activities for April, May and June

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

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

SOCIAL GROUP ACTIVITIES

CREATIVE ARTS ACTIVITIES

PERFORMING ARTS ACTIVITIES

EDUCATION, ENRICHMENT & WELLNESS

RECURRING

(Register for individual dates)

FREE! CARDS & GAMES

The National Lime and Stone Activity Rooms A and B are designated for activities such as cards, board games, puzzles, coloring, or other programs organized by the Activity Department.

Groups of four or fewer are welcome on a first-come, first-served basis. Before starting your activity, please check the calendar posted in each room for scheduled events.

Please be respectful of others by keeping your conversation levels to a minimum. For groups larger than four, contact the Activity Department to check room availability.

Billiards: During regular hours

Euchre: MONDAY and TUESDAY • 1:00 – 4:00 pm

Scrabble: TUESDAY • 10:00 – 11:30 am

Afternoon Bridge 1: TUESDAY • 12:30 – 4:00 pm

Afternoon Bridge 2:

2nd & 4th WEDNESDAY • 12:00 – 3:00 pm

Evening Bridge: WEDNESDAY • 3:00 – 6:30 pm

Evening Bridge: THURSDAY • 1:00 – 4:30 pm

Bridge: First THURSDAY • 12:30 – 3:00 pm

Hand and Foot: MONDAY • 1:00 – 4:00 pm

Hand and Foot: WEDNESDAY • 1:00 – 4:00 pm

Hand and Foot (David's Group):

MONDAY THRU WEDNESDAY • 1:00 – 5:00 pm

Mahjongg (New Group):

WEDNESDAY • 4:00 – 6:00 pm

Mahjongg: FRIDAY • 12:00 – 4:30 pm

Card Scufflers: THURSDAY • 1:00 – 5:00 pm

Pinochle: TUESDAY • 12:00 – 4:30 pm

Dominoes: THURSDAY • 1:00 – 4:00 pm

Cribbage: FRIDAY • 1:00 – 3:00 pm

FREE! BINGO

Every MONDAY of the month

9:00 am – 10:00 am

Registration required.

First – Bring a white elephant gift

Second – Sponsored by Sunrise of Findlay

Third – Sponsored by The Heritage

Fourth – Sponsored by Brookdale Findlay

Fifth – Sponsored by Primrose

FREE! BUNCO

Second TUESDAY of the month

1:00 – 2:00 pm

July 8, August 12, and September 9

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

FREE! MUSIC BINGO

First WEDNESDAY of the month • 1:30 pm

July 2 'Patriotic Playlist'

Aug. 6 'All In The Family (Family Groups)'

Sept. 3 'Golden Oldies'

Enjoy singing along to familiar songs while playing a non-traditional game of bingo! **Registration Required.** *Sponsored by Cornerstone Caregiving of Findlay.*

FREE! CARD BINGO

Second FRIDAY of the month • 1:30 pm

July 11, August 8, and September 12

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



FREE! LINE DANCE

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

CAFÉ KARAOKE

Second FRIDAY of the month • 11:00 am – 1:00 pm
July 11, August 8, and September 12
Karaoke is led by Tim Holt and is in partnership with Provision Living. Lunch purchase is required to attend.

FREE! SCRAPBOOKING

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

FREE! 50 NORTH FEATHERWEIGHT FRIENDS

First and Third TUESDAY of the month
8:00 am – 12:00 pm
Tuesdays, July 1 and 15
Tuesdays, August 5 and 19
Tuesdays, September 2 and 16
Bring your Featherweight machine, projects, ideas and questions. Facilitated by Linda Croy.

FREE! NEEDLECRAFT & CONVERSATION

Every WEDNESDAY • 10:00 am – 12:00 pm
Work on projects, share conversation and your leftover patterns, yarn, thread, or materials.

FREE! BIBLE STUDY

Every THURSDAY • 10:00 – 11:00 am
Non-denominational Bible study facilitated by Pastors Ken and Susan McBeath.

FREE! SENIOR TECH SUPPORT

Every TUESDAY • 12:00 to 2:00 pm
Sit one-on-one with a 50 North volunteer as they answer your basic phone or computer questions. Contact the front desk to set up an appointment.

FREE! SENIOR CINEMA

Every FRIDAY • 1:00 pm
Free movie and popcorn. Movies titles subject to change. *Sponsored by Fox Run Manor and Taylor Place. Registration Required.*

- July 11** **The Green Book** (PG-13; 130 minutes)
July 18 **The Great Gatsby** (PG-13; 142 minutes)
July 25 **Mufasa - The Lion King** (PG-13; 118 minutes)
Aug. 1 **Fly Me To The Moon** (PG-13; 122 minutes)
Aug. 8 **Twisters** (PG-13; 122 minutes)
Aug. 15 **Top Gun** (PG-13; 109 minutes)
Aug. 22 **Top Gun - Maverick** (PG-13; 131 minutes)
Aug. 29 **Seven Pounds** (PG-13; 123 minutes)
Sept. 5 **The Fault In Our Stars** (PG-13; 126 minutes)
Sept. 12 **Return To The Office** (Hallmark; 84 minutes)
Sept. 19 **Freaky Friday** (PG-13; 97 minutes)
Sept. 26 **Falling For Vermont** (Hallmark; 84 minutes)

FREE! BLOOD PRESSURE CHECKS

Every THURSDAY • 11:00 am to 1:00 pm
No registration or appointments required.

FREE! FIRST FRIDAYS WITH FFD: With Fire Inspector Eric Wilkins

First FRIDAY of the month • 9:00 am – 11:00 am
Come join us for a lively chat with Fire Inspector Eric Wilkins and get your fire safety questions answered! The Commons.

OIO TOENAIL TRIMMING CLINIC AT 50 NORTH

July 25, August 22, and September 19
8:00 am – 1:00 pm
Having trouble managing your toenails? You are invited to schedule an appointment with a certified foot and nail care nurse. No Wellness Center membership required. Schedule your appointment at 419-423-8496. Cost is only \$15.



Please always
remember to
scan in!



FREE! "NIGHT" KARAOKE

Fourth MONDAY of the month

4:30 – 6:30 pm

July 28, August 25, and September 29

Stop in and hear some of your favorite music sung by our members. Tim Holt provides the equipment; you provide the talent. Food is available for purchase. Registration required.

FREE! CRAFT TUESDAY

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

July 1, August 5, and September 2

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

FREE! OPEN ART STUDIO

Second TUESDAY of the month

1:00 – 3:00 pm

July 8, August 12, and September 9

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

FREE! ENCORE THEATRE

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

July and August – No Encore Theatre!

September 2, 9, 16, 23, and 30

Performance Date – November 25

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

FREE! 50 NORTH CHOIR

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

July and August – No Choir!

September 4, 11, 18, and 25

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

SERIES

(Register for the full series, not individual dates)

FREE! CONQUER LOW BACK PAIN AND RECLAIM YOUR LIFE

Monday, July 7 • 10:00 – 11:00 am

Tuesday, August 26 • 10:00 – 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. For details see Member Services. Registration required.

FREE! WINNING AT WELLNESS SERIES

July 8 • 10:00 – 11:00 am

August 12 • 10:00 – 11:00 am

September 9 • 10:00 – 11:00 am

Discover how to achieve your personal best and 'go for the gold' in your life. Each session explores a different aspect of wellness. Amber Wolfrom from Family Resource Center coaches participants on effective strategies to excel in wellness. Through new insights, skill-building, and training exercises, participants will elevate themselves from beginners to world-class competitors on their wellness journey. Registration required.

SEWING: The Big Tote Bag Series

Monday, July 21 • 9:00 am – 12:30 pm

Tuesday, July 22 • 9:00 am – 12:30 pm

Thursday, July 24 • 9:00 am – 12:30 pm

We'll be creating a simple and functional Big Tote Bag that is designed to carry lots of stuff! Pockets on both sides of the inside give it just enough storage for smaller things. Bag dimensions: 15.5" wide x 14" tall x 6" deep. Instructor Sharon Weddell. All materials included. Registration required by July 14. Limit 8. Fee \$50.

SEWING: Beginning Sewing Quilt-As-You-Go Potholder

Monday, August 11 • 9:00 am – 12:30 pm

Thursday, August 14 • 9:00 am – 12:30 pm

Sharon Weddell guides you on how to use a sewing machine. In your first class, you will learn the basics of using a sewing machine and fabric cutting. In your second class, you will put together a colorful fall-themed potholder. Approximate size: 8"x 8". Instructor:

Sharon Weddell. All materials included. Registration required by Aug. 4. Limit 8. Fee \$30.

CRAFT CORNER: Iris Folding for Fall/Christmas Cards

Monday, August 18 • 9:00 am – 12:30 pm

Tuesday, August 26 • 9:00 am – 12:30 pm

Learn a card making technique called Iris Folding. We'll make festive Fall and Christmas themed cards using the unique style of card making. Materials included. Instructor: Sharon Weddell. Registration required by Aug. 11. Limit 12. Fee \$20.

FREE! A MATTER OF BALANCE: Managing Concerns About Falls

Every Tuesday and Thursday of the month 1:00 – 3:00 pm

September 2, 4, 9, 11, 16, 18, 23, and 26

Matter of Balance is two sessions per week for four weeks, conducted by 50 North Wellness Staff. It emphasizes practical strategies to reduce fear of falling and increase levels. Participants learn to view falls and fear of falling and increase activity levels. Register by August 26 required. Limit 14.

SEWING: Quilted Sweatshirt

Monday, September 8 • 9:00 am – 12:30 pm

Thursday, September 11 • 9:00 am – 12:30 pm

Monday, September 15 • 9:00 am – 12:30 pm

Tuesday, September 23 • 9:00 am – 12:30 pm

Turn an ordinary crew neck sweatshirt into something extraordinary. Participants purchase a crew neck sweatshirt, and pack of coordinated fabric, thread, and binding fabric. Prework required. Pattern provided. Instructor: Sharon Weddell. Experienced sewists are welcome to bring their own sewing machine. Registration required by September 1. Limit 8. Fee \$20.

JULY

FREE! DE-CLUTTER WITH DEB: Room By Room

Tuesday, July 1 • 10:00 – 11:00 am

Ideas and tips for every area of the home. Take the first step to de-cluttering. Facilitator: Deb Harvitt, Clutter Consultant. Registration required.

CRAFT CORNER:

Bubble Wrap Hydrangea Painting

Monday, July 7 • 9:30 am-12:30 pm

We'll use bubble wrap and Q-tips to paint a colorful display of hydrangeas on a round wood base. Finish by using real leaves as stamps. All materials included. Instructor: Sharon Weddell. Registration required by June 30. Limit 12. Fee \$15.

FREE! HEALTH MATTERS: Conquer Low Back Pain And Reclaim Your Life

Monday, July 7 • 10:00 – 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. Registration required. For details see Member Services.

FREE! BVHS HEALTH TALK: Dog Therapy At BVHS

Monday July 7 • 10:00 – 11:00 am

Heather Schalk, manager of Volunteer Services at BVHS, and Helen Bible, a BVHS Volunteer, will present on dog therapy with a service dog. Registration required.

FREE! DOING DIABETES TOGETHER: Summer Safety

Tuesday, July 8 • 10:00 – 11:00 am

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

FREE! CRAFT CORNER: Petal Power

Tuesday, July 8 • 12:00 pm-1:00 pm

Use decorative paper to create a Groovy Flower Power mosaic. All materials provided. Instructor: Diane Schneider. Registration required. Limit 12.

FREE! CHECK OUT THE 419: Wyandot Whipped Tallow

Thursday, July 10 • 10:00 – 11:00am

Wyandot Whipped Tallow (WWT) creator and licensed esthetician, Danielle Rehus, gives an overview of the benefits of tallow and how her face and body balm is created. Although tallow's been used since ancient times, it's re-emerging as a skin care staple and trending across beauty



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

channels. Samples will be available for those attending. Registration required.

**FREE! ART DISCUSSION:
20th Century Artists – Vincent Van Gogh**

Thursday, July 10 • 1:00 - 3:00 pm

Join a lively discussion and a short video about a famous artist each month. This month's focus: Vincent Van Gogh. Instructor: Luk Boggs. Registration required.

**FREE! ADJUSTING TO VISION LOSS:
In The Kitchen**

Friday, July 11 • 10:00 am

Does vision loss affect you or a family member? This monthly series, led by staff from The Sight Center of Northwest Ohio, is a safe space where people can discuss challenges, successes and questions they have about their vision loss. Each month will address a specific topic with guest speakers. **Registration required.** *Sponsored by The Findlay-Hancock County Community Foundation.*

**FREE! SPECIAL EVENT
FOOD TRUCK FRIDAY**

Friday, July 11 • 4:00 – 7:00 pm

See page 4 for full details.

**FREE! CHECK OUT THE 419:
Performance & Recovery Muscle
Stimulator**

Monday, July 14 • 10:00 – 11:00 am

BEMER's core focus is on improving micro-circulation, which is the flow of blood through the smallest blood vessels. Learn what and how the BEMER works. Learn the benefits and listen to testimonials through a Q & A discussion. Presenter: Tim Reno. **Registration required.**

**FREE! HANCOCK COUNTY
NATURALISTS: Cicadas**

Monday, July 14 • 1:00 - 2:00 pm

Join the Hancock County Naturalists to explore the fascinating world of cicadas, from their unique life cycles to their loud, buzzing songs. Learn how these insects play a vital role in local ecosystems through hands-on activities and expert insights. **Registration required.**

FREE! CHECK OUT THE 419: Chick-fil-A

Tuesday, July 15 • 10:00 – 11:00 am

Learn the amazing history behind Chick-fil-A! More than just delicious food, Chick-fil-A is known for community stewardship and is also a great place to work, offering flexible hours and supportive environment. **Registration required.**

**HANCOCK PUBLIC HEALTH:
Child Passenger Safety:**

Tuesday, July 15 • 1:00 – 2:00 pm

Learn best practices for safely transporting grandchildren and young passengers. Topics include proper car seat selection and installation, booster seat guidelines, seat belt use, and updated child passenger safety laws. Learn where to find local resources for car seat inspections. **Registration required.**

ADULT ART CAMP: Gelli Printing

Tuesday, July 15 • 1:00 - 3:00 pm

This introduction to Gelli Printing will teach the use a gelli plate and acrylic paints to make unusual colored papers. We'll choose favorite papers to make greeting cards. Instructors: Terry Olthouse and Beth Maurer. **Registration required by July 8. Limit 12. Fee \$10.**

**FREE! HOPE HOUSE:
Poverty Simulation**

Wednesday, July 16 • 10:00 – 11:00 am

What is poverty? How do people end up in poverty? How is decision making different for people in poverty? What role does Findlay Hope House for the Homeless play in our community? This activity is meant to help understand what it's like to live without adequate financial means to sustain a family and allow them to thrive. Refreshments provided. **Registration required.**

ART CLASS: Color Pencil Art

Wednesday, July 16 • 1:00 – 4:00 pm

Learn the art of using colored pencils from local artist, Mike Fink. Learn basic techniques of colored pencils and create your own art. All materials included. **Registration required by July 9. Limit 12. Fee \$10.**



FREE! HANCOCK HISTORICAL MUSEUM: Victorian Life

Wednesday, July 16 • 10:00 - 11:00 am

Discover the fascinating history of Victorian life in Findlay and learn how life used to be. Registration required.

ART CLASS: Watercolor Class

Thursday, July 17 • 1:00 - 3:00 pm

Learn basic watercolor techniques from local watercolor artist Jeanne Crumrine and create your very own masterpiece. All materials included. Registration required by July 10. Limit 12. Fee \$10.

FREE! CHECK OUT THE 419: Church Funerals Direct

Monday, July 21 • 10:00 - 11:00 am

Why is the cost of funerals so high? Learn how to have a better funeral at the fraction of the cost. *Church Funerals Direct* is a faith-based funeral home operating in the area. Presented by Isaac Shelton Jr. Registration required.

FREE! HEALTH MATTERS: Running Gait Analysis Workshop

Tuesday, July 22 • 10:00 - 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. Registration required. For details see Member Services.

ART CLASS: Stone Flower

Tuesday, July 22 • 1:00- 4:00 pm

Let's "rock" this art project by creating a stunning piece of art using rocks. Instructor: Diane Schneider. Registration required by July 15. Limit 12. Fee \$10.

FREE! SUNRISE COOKING: Strawberry Trifle

Wednesday, July 23 • 11:30 am - 12:30 pm

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

FREE! HANCOCK PUBLIC HEALTH: Older Driver Safety

Wednesday, July 23 • 10:00 - 11:00 am

Topics include recognizing age-related changes that affect driving, tips for maintaining

independence, understanding when it may be time to adjust driving habits, available local resources for older drivers, vehicle adaptations, and community transportation options to help seniors stay mobile and independent. Registration required.

FREE! MORNING CONVERSATIONS: The Opti-Health Group, Inc.

Thursday, July 24 • 10:00 - 11:00 am

Join us for an educational seminar on health and pelvic floor, hosted by our expert physical therapists. Open to both men and women, this session teaches valuable insights and techniques to improve wellbeing. Presenters: Opti-Health Physical Therapy Sarah Brown, PT, DPT, Sarah Christopher Gamble, PT, DPT and Mitch Haan, PT, DPT. Registration required.

FREE! CRAFT CORNER: Ice Cream Cone Ornament

Thursday, July 24 • 1:00- 3:00 pm

As we continue our ornament series, let's make a cute summer treat, using yarn and felt. This is a hand sewn project. Instructor Luk Boggs. Registration required. Limit 12.

ART CLASS: Acrylic Scene "Butterfly"

Monday, July 28 • 10:00 am - 12:00 pm

Create a beautiful pastoral scene featuring a butterfly. Instructor: Awakening Minds. Registration required by July 21. Limit 10. Fee \$10.

FREE! CHECK OUT THE 419: Findlay Rock's the '60's

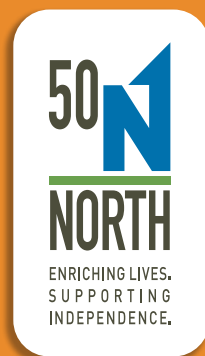
Tuesday, July 29 • 10:00 - 11:00 am

Step back in time and experience the electric energy of Findlay's rock and roll scene from the 1960s! Join Judge Routson as he dives into local music history and hear legendary stories from David Hindall about The Pub's glory days. Don't miss this fun, nostalgic trip. Sign up and rock out with us! Registration required.

FREE! REAL ESTATE RUNDOWN: Access The Equity In Your Home To Pay For Healthcare And Long-Term Costs

Tuesday, July 29 • 10:00 am

Mark Kutscher, Certified Reverse Specialist, explains how to upgrade your home and stay



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

Water should
always be your
go-to beverage.



in it without taking out a loan. Lunch provided. Registration required. Limit 20.

ART CLASS:

Handmade Cards With Sherry

Wednesday, July 30 • 1:00 – 3:00 pm

Don't we all love receiving a special card on our birthday? Join us for a fun, super easy crafting class where you will make six homemade cards to send or give to those you love! Class includes ALL supplies to create the cards, as well as matching envelopes to send them in. Instructor: Sherry Shultis. Registration required by July 23. Limit 12. Fee is \$20.

AUGUST

FREE! MAHJONG TOURNAMENT

Saturday, August 2 • 9:30 am – 4:00 pm

Welcome to our first Mahjong Tournament. You must stop at the Member Service Desk to register and pick up a packet of information, read the rules, and sign the form at time of registration. Registration required by July 26. Limit 32 to 40.

FREE! SEWING: Craft Show Sewing Day

Monday, August 4 • 9:00 am – 12:30 pm

Join sewing instructor Sharon Weddell to put together a variety of projects for the 50 North Fall Craft show. Proceeds from items sold will benefit the sewing programs. Registration required. Limit 8 due to the number of sewing machines, however, come and be our pattern cutters as well, any help is appreciated.

ART CLASS: Painting - Hot Air Balloon

Monday, August 4 • 1:00 – 3:00 pm

Paint an 'uplifting' landscape with a sunset, mountains, and Hot Air Balloon. Instructor: Diane Schneider. Registration required by July 28. Limit 12. Fee \$10.

FREE! MORNING CONVERSATIONS:

American Red Cross

Monday, August 4 • 10:00 – 11:00 am

Stop by to hear an engaging presentation about the overall mission, services, and impact of

the American Red Cross – and stay to ask your questions! Registration required.

FREE! DE-CLUTTER WITH DEB: Time Management

Tuesday, August 5 • 10:00 – 11:00 am

How to focus on your priorities. Facilitated by Deb Harvitt, Clutter Consultant. Registration required.

FREE! HEALTH MATTERS: The Link Between Chronic Pain And Gut Health

Monday, August 4 • 10:00 – 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. Registration required. For details see Member Services.

GRIEF LOSS: The Loss Of A Spouse

Wednesday, August 6 • 10:00 am – 12:00 pm

At this non-Denominational Workshop, you'll find reasons for hope, receive tips for coping, and discover other people who have found ways to make it through. Includes a short video. Time for sharing provides you with a guide on how to live with grief and eventually rebuild your life. Facilitated by Rowan and Linda Colwell. Registration required by July 30. Book fee of \$7.

FUSED GLASS CLASS:

Fall Tree Sun Catcher

Thursday, August 7 • 10:00 am – 12:00 pm

Create a cute fall themed sun catcher, with beaded nylon coated wire for hanging, with optional glass scoring/cutting. Instructor: Mary Burget. Registration required by June 30. Limit 14. Fee is \$20.

FREE! CRAFT CORNER:

Star Fish Ornament

Thursday, August 7 • 1:00 – 3:00 pm

As we continue our ornament series, let's take a trip to the beach and create a felt ornament. This is a hand sewn project. Instructor: Luk Boggs. Registration required. Limit 12.

FREE! BOOK CLUB: The Good Sister

Thursday, August 7 • 10:00 – 11:00 am

Please note these date changes. The library has asked to move to the 1st Thursday of the month. September 4, October 2, November 6,

and **December 4** are your new dates for the rest of the year. Join Library Associate, Amy, as we discuss *"The Good Sister"* by Sally Hepworth. A thrilling story about twin sisters and the dark secrets they share. Copies are available in the Adult Services Department at the Findlay-Hancock County Public Library. E-book and audiobook copies available on Libby. **Registration required.**

FREE! ADJUSTING TO VISION LOSS: Library Resources

Friday, August 8 • 10:00 am

Does vision loss affect you or a family member? This monthly series, led by staff from The Sight Center of Northwest Ohio, is a safe space where people can discuss challenges, successes and questions they have about their vision loss. Each month will address a specific topic with guest speakers. **Registration required.** *Sponsored by The Findlay-Hancock County Community Foundation.*

FREE! HANCOCK COUNTY NATURALISTS – Indian Green Cemetery

Monday, August 11 • 1:00 – 2:00 pm

Take a closer look at those buried at Indian Green Cemetery, located in Liberty Township, just east of Litzenberg Memorial Woods. Learn about Charles and Mary McKinnis, pioneers who inhabited the 1847 McKinnis House, their children and extended family, who are buried there. **Registration required.**

FREE! DOING DIABETES TOGETHER: Medication And Vaccine Information & Awareness

Tuesday, August 12 • 10:00 -11:00 am

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

FREE! HOPE HOUSE: Game Of Life

Tuesday, August 12 • 1:00 – 2:00 pm

Remember playing the game of Life as a kid? A spin of the wheel determined your job, your family, and pathway to success. The Hope House Game of Life allows you to choose. You'll

be faced with real-life scenarios and the choices available, but you get to select their path and see where it leads. We'll also talk about how Findlay Hope House serves the homeless in our community. In the end, you will have a better understanding of choices and barriers some of our community residents face every day. **Registration required.**

ART CLASS: Color Pencil Art

Wednesday, August 13 • 1:00 – 4:00 pm

Learn the art of using colored pencils and basic techniques to create your own artwork. The subject is different each time. All materials included. Instructor: Mike Fink. **Registration required by August 6. Limit 12. Fee \$10.**

SEWING: Fabric Purse

Saturday, August 16 • 9:00 am – 12:00 pm

Back by Popular Demand! Join us for a relaxing Saturday morning of sewing. This session is perfect for those with prior machine sewing experience. All materials provided. Instructor: Luk Boggs. **Registration required by August 9. Limit 8. Fee \$10.**

FREE! BVHS HEALTH TALK: The Daisy Award

Monday, August 18 • 10:00 – 11:00 am

Stop in and learn what the Daisy Award is and how it impacts BVHS Nursing. Facilitated by Erin Hastings, RN, Nursing Congress Chair. **Registration required.**

FREE! BVHS HEALTH TALK 2: Empowering Caregivers With Best Practice Tools And Strategies

Monday, August 18 • 10:00 – 11:00 am

According to the CDC (2024), caregiving has become a critical issue in the United States. There are over 53 million unpaid caregivers that help to support loved ones battling chronic conditions or disabilities. This workshop will discuss the emotional and physical sides of caregiving. In addition, best practice tools, strategies, and resources will be provided to support the role of caregivers and their loved ones. Presented by Lindsey Buddelmeyer, OTD, MOT, OTR/L. **Registration required.**



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

ADULT ART CAMP: Alcohol Inks

Tuesday, August 19 • 1:00 – 3:00 pm

In this introductory session on Alcohol Inks, learn how to make various patterns with layering inks on a tile. Materials included. Instructors: Terry Olthouse and Beth Maurer. **Registration by August 12.** Limit 12. Fee \$10.

FREE! HANCOCK HISTORICAL MUSEUM: Factories

Wednesday, August 20 • 10:00 – 11:00 am

Join the Hancock Historical Society for a discussion on the history of Findlay Factories. Learn what factories helped to build Findlay and make it prosper. **Registration required.**

FREE! FINDLAY HEARING CENTER: What To Know About Your Hearing

Wednesday, August 20 • 10:00 – 11:00 am

Join Jodi Turnwald from Findlay Hearing Center for a presentation on the important link between hearing and cognitive health. Learn about Cognivue, a cutting-edge tool that detects early signs of cognitive decline and supports early, personalized care. Attendees can sign up for a free Cognivue screening on September 8 at 50 North. Spots limited to the first 8 people. Call 419-422-5242 to schedule your session. **Registration required.**

FREE! CRAFT CORNER: Paper/Tile Coasters

Wednesday, August 20 • 1:00 – 3:00 pm

Make a unique and usable coaster with re-purposed tiles and decorative papers. All materials provided. Instructor: Diane Schneider. **Registration required.** Limit 12.

ART CLASS: Watercolor

Thursday, August 21 • 1:00 – 3:00 pm

Learn basic watercolor techniques from local watercolor artist Jeanne Crumrine and create your very own masterpiece. All materials included. **Registration required by August 14.** Limit 12. Fee \$10.

ART CLASS: Acrylic Scene “Sunny Field”

Monday, August 25 • 10:00 am – 12:00 pm

Create a beautiful scene featuring a field

bathed in the sunshine. Instructor from Awakening Minds. **Registration required by August 18.** Limit 10. Fee \$10.

FREE! HEALTH MATTERS: Conquer Low Back Pain And Reclaim Your Life

Tuesday, August 26 • 10:00 – 11:00 am

Learn how to relieve and prevent back pain through posture correction, movement strategies, and simple exercises. Hands-on with personalized feedback. Led by Dr. Mark Boehler. **Registration required.** For details see Member Services.

FREE! REAL ESTATE RUNDOWN: Avoid Foreclosure If Late On A Mortgage

Tuesday, August 26 • 10:00 am

Mark Kutscher, Certified Reverse Specialist, explains how to upgrade your home and stay in it without taking out a loan. Lunch provided. **Registration required.** Limit 20.

FREE! ART CLASS: Drawing

Tuesday, August 26 • 1:00 – 3:00 pm

Continue to develop your skills or just get started. No matter what level you are at, all are welcome. A different “still life” display will be waiting for you! Instructor: Luk Boggs. **Registration required.**

FREE! CAR FIT EVENT

Tuesday, August 26 • 1:00 – 2:30 pm
(50 North parking lot)

CarFit, developed by AARP and the American Occupational Therapy Association, helps older drivers improve comfort, safety, and control behind the wheel. Trained technicians will assess your fit while you remain in your car, checking seat position, mirrors, lights, and other safety features. **Registration required.** *(Sponsored by Community Action Commission)*

FREE! CHECK OUT THE 419: Pharmacogenomics (PGx) Testing vs. Ancestry Genetic Testing

Wednesday, August 27 • 10:00 – 11:00 am

Pharmacogenomics (PGx) testing helps personalize your medical treatment by revealing how your genes affect your response to



medications, while ancestry testing traces your genetic roots and family history. Each offers valuable insights, but both may raise privacy concerns for you and your relatives. Learn when testing might be right for you in a discussion led by expert Julie Oestreich, PharmD, PhD, FAPhA. **Registration required.**

FREE! SUNRISE COOKING:
Shaved Brussel Sprout Salad

Wednesday, August 27 • 11:30 am – 12:30 pm
Learn a new recipe and taste test what you make. **Registration required by August 20.** Limit 20. *Sponsored by Sunrise Senior Living.*

FREE! HANCOCK PUBLIC HEALTH:
What You Need To Know About Vaccinations

Thursday, August 28 • 11:00 am
Getting vaccinated is one of the safest ways for you to protect your health! Vaccines help prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family. Vaccines aren't just for children; adults are recommended to get vaccines too! Hancock Public Health nursing staff are coming to 50 North to review and discuss recommended vaccinations for adults. **Registration required.**

FREE! ART DISCUSSION:
20th Century Artists – Mark Rothko

Thursday, August 28 • 1:00 - 3:00 pm
Join a lively discussion and short video about a famous artist each month. This month's focus: Mark Rothko. Instructor: Luk Boggs. **Registration required.**

SEPTEMBER

FREE! DE-CLUTTER WITH DEB:
Collections And Keepsakes

Tuesday, September 2 • 10:00 – 11:00 am
Downsize, display, or store? Discuss what the possibilities are for your favorite things. Facilitated by Deb Harvitt, Clutter Consultant. **Registration required.**

FREE! CHECK OUT THE 419:
Flag City Nurse Honor Guard

Wednesday, September 3 • 10:00 – 11:00 am
Learn about the history of the Nurse Honor Guard. You'll witness the nurses in uniform as they tell their story and perform for you their farewell salute to honor the Profession of Nurses. **Registration required.**

FREE! BOOK CLUB:
The Invisible Life of Addie LaRue

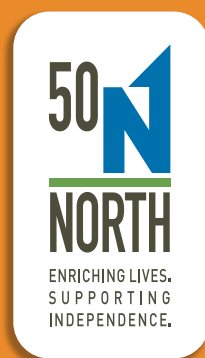
Thursday, September 4 • 10:00 – 11:00 am
Join us for *The Invisible Life of Addie LaRue*, a hauntingly beautiful tale of identity, memory, and a girl who refuses to be forgotten. Copies of the book are available in the Adult Services Department at the Findlay-Hancock County Public Library. E-book and audiobook copies are available on Libby. **Registration required.**

FREE! CRAFT CORNER:
Acorn And Fall Leaves

Thursday, September 4 • 1:00- 3:00 pm
As we continue our ornament series, let us walk among fallen acorns and leaves. We'll create felt ornaments in the shapes of acorns and fall leaves. This is a hand sewn project. Instructor: Luk Boggs. **Registration required.** Limit 12.

FREE! FINDLAY HEARING CENTER:
Earing Testing / Ear Cleaning

Monday, September 8 • 9:00 am - 1:00 pm
During the August presentation regarding Cognivue and hearing health, attendees had the opportunity to sign up for a FREE cognitive assessment. This follow-up session will provide scheduled times for attendees to complete the Cognivue assessment for FREE with a trained expert from Findlay Hearing Center. This assessment will provide a deeper understanding of cognitive health with the chance to schedule a time to discuss your results with a trusted provider. Call 50 North to schedule your session! **Registration required.**



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



FREE! HEALTH MATTERS: Running Gait

Monday, September 8 • 10:00 – 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. **Registration required.** For details see Member Services.

FREE! HANCOCK COUNTY NATURALISTS: Ice Age Animals

Monday, September 8 • 1:00 – 2:00 pm

Learn what Ohio looked like and about the animals that once roamed the state, like the Giant Beaver, American Mastodon, and Short-faced Bear. Learn which animals survived and can still be found today. **Registration required.**

FREE! PURPOSEFUL LIFE WORKSHOP: Removing Boredom By Filling Our Lives With Purposeful Things To Do

Tuesday, September 9 • 9:30 – 10:30 am

Struggle with boredom and watching too much TV? Days seem empty and unchallenging? This quarterly discussion teaches meaningful things you can do to find more purpose in your life and live a more satisfying life. Presenter: Scott Miller. **Registration required.**

FREE! DOING DIABETES TOGETHER: Area Diabetes Resources

Tuesday, September 9 • 10:00 -11:00 am

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

FREE! FINANCE WORKSHOP: Strategies For Charitable Giving in Retirement

Tuesday, September 9 • 10:30 am – 12:30 pm

Josh Robb, CFP, Director of Wealth Management & CCO at Hixon Zuercher Capital Management, presents a workshop on charitable giving in retirement! Whether you're looking to give back to causes close to your heart or make a lasting impact, Josh guides you through strategies that helps maximize your charitable contributions while maintaining a fulfilling retirement lifestyle. **Registration required.**

ART CLASS: Color Pencil Art

Wednesday, September 10 • 1:00 – 4:00 pm

Learn the art of using colored pencils and basic techniques to create your own artwork. The subject is different each time. All materials included. Instructor: Mike Fink. **Registration required by September 3.** Limit 12. Fee \$10.

FREE! ART CLASS: Drawing

Thursday, September 11 • 1:00 – 3:00 pm

Continue to develop your skills or just get started. No matter what level you're at, all are welcome. A different "still life" display will be waiting for you! Instructor: Luk Boggs. **Registration required.** Limit 12.

FREE! ADJUSTING TO VISION LOSS: Scripts People Write For Us

Friday, September 12 • 10:00 – 11:00 am

Does vision loss affect you or a family member? This monthly series, led by staff from The Sight Center of Northwest Ohio, is a safe space where people can come together to discuss challenges, successes and questions they have about their vision loss. Each month will address a specific topic with guest speakers. **Registration required.** *Sponsored by The Findlay-Hancock County Community Foundation.*

FREE! BVHS HEALTH TALKS: Acute Rehab Unit (ARU) At BVH

Monday, September 15 • 10:00 – 11:00 am

Learn all about the new Acute Rehab Unit, located in Blanchard Valley Hospital, and about the benefits it has to offer you and the community. **Registration required.**

ADULT ART CAMP: Weaving On Barnboard

Tuesday, September 16 • 1:00 – 4:00 pm

Learn how to weave on a barn board in this introductory session to weaving. Learn to work with different textures of yarn to make a satisfying composition. Instructors: Terry Olthouse and Beth Maurer. Limit 12. **Registration required by September 9.** Fee \$10.

**FREE! HANCOCK HISTORICAL MUSEUM:
Bricks, Bells, And Blackboards (FSC)**

Wednesday, September 17 • 10:00 – 11:00 am

Join the Hancock Historical Society for a captivating presentation on the Findlay Schools of days gone by. Don't miss a chance to learn about the schools that helped to educate Findlay. Registration required.

FREE! CRAFT CORNER: Paper Owl Craft

Wednesday, September 17 • 1:00 pm– 3:00 pm

Have a "hoot" of a good time creating an adorable Owl using decorative papers, flower petals and buttons. All materials provided. Instructor: Diane Schneider. Registration required. Limit 12.

ART CLASS: Watercolor

Thursday, September 18 • 1:00 – 3:00 pm

Learn basic watercolor techniques from local watercolor artist Jeanne Crumrine and create your very own masterpiece. All materials included. Registration required by September 11. Limit 12. Fee \$10.

**ART CLASS: Acrylic Scene
"Barn With Autumn Tree"**

Monday, September 22 • 10:00 am – 12:00 pm

Create a beautiful farm-inspired scene featuring a barn and an autumn tree. Instructor from Awakening Minds. Registration required by September 15. Limit 10. Fee \$10.

**FREE! HEALTH MATTERS: The Link
Between Chronic Pain And Gut Health**

Monday, September 22 • 10:00 – 11:00 am

An Empowering Interactive Workshop with Dr. Mark Boehler PT, DPT, CIDN. Registration required. For details see Member Services.

FUSED GLASS CLASS: Coaster Class

Monday, September 22 • 1:00 – 2:00 pm

Love working with glass? Register now and create a coaster for yourself or to give as a gift. Instructor: Mary Burget. Registration required by September 15. Limit 14. Fee \$15.

**FREE! BVHS HEALTH TALK:
Treating Chronic Pain**

Tuesday, September 23 • 1:00 – 2:00 pm

Learn about chronic pain from one of BVHS specialists. Facilitated by Dr. Andrius Giedraitis (he goes by Dr. Dre). Registration required.

FREE! UNDERSTANDING LYMPHEDEMA

Wednesday, September 24 • 10:00 – 11:00 am

Learn what causes lymphedema and how occupational and physical therapy treatments like compression, massage, and exercise can help. Presented by Emi Shoemaker, OTR/L, CLT-LANA. Registration required.

**FREE! SUNRISE COOKING:
Confetti Kielbasa Soup**

Wednesday, September 24 • 11:30 am – 12:30 pm

Learn a new recipe and taste test what you made! Sponsored by Sunrise Senior Living. Registration required by Sept. 17. Limit 20.

FREE! CRAFT CORNER: Fall Pinwheel

Wednesday, September 24 • 1:00 pm-3:00 pm

Unleash your creativity while making a Fall inspired pinwheel out of decorative papers. All materials provided. Instructor: Diane Schneider. Registration required. Limit 12.

**FREE! ART DISCUSSION:
20th Century Artists – Marc Chagall**

Thursday, September 25 • 1:00 – 3:00 pm

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

CRAFT CORNER: Fall-Themed Centerpiece

Monday, September 29 • 9:00 am – 12:30 pm

You will be using a variety of fall-themed embellishments to create a piece that is uniquely yours. All materials included. Instructor: Sharon Weddell. Registration required by Sept. 22. Fee \$30.

**FREE! REAL ESTATE RUNDOWN:
Reduce Financial Stress And Access
The Equity In Your Home**

Tuesday, September 30 • 10:00 am

Mark Kutscher, Certified Reverse Specialist, explains how to upgrade your home and stay in it without taking out a loan. Lunch provided. Registration required. Limit 20.



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

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

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

Last year's combined Day & Overnight Trip and Extended Travel Reveal was a big success, but this year we're separating them for a more focused experience. Day and overnight trips are shorter getaways, while extended travel includes trips of four nights or more. Attend one or both events to explore all the exciting 2026 travel opportunities with 50 North.

2026 Extended Travel Reveal Presentation

August 21 • 4:30 – 6:30 pm

Join us for our *Extended Travel Reveal Launch Party* and discover where 2026 can take you – from exciting cities to relaxing escapes – and speak directly with the travel team. You'll have the opportunity to place your deposit and reserve your spot that evening. These trips fill quickly, so plan to come ready– or just explore what's coming and book later. Either way, you'll leave informed, excited, and connected to your next adventure. *Don't miss your chance to get ahead on 2026 travel planning!*




2026 Day & Overnight Trip Reveal Presentation


September 11 • 4:30 – 6:30 pm


You won't want to miss our exciting 2026 *Day & Overnight Trip Reveal Launch Party!* Come see what new adventures await and book your favorite trips right on the spot. All day trips must be paid in full at the time of booking, so come prepared! These trips go fast, so this is your chance to get a first look, ask questions, and meet the staff who plan the fun. Even if you're not ready to book, you'll leave with everything you need to decide. *Join us and get inspired for a year of memorable getaways!*




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.



Extended Trip Opportunities

HUDSON RIVER VALLEY & CASTLES OF NEW YORK

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

Activity Level 4



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

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

COST PER PERSON:

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

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due July 7, 2025

ELVIS' BLUE CHRISTMAS

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

Activity Level 2



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

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

Not Included: Hotel incidentals, some meals.

COST PER PERSON:

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

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due September 5, 2025

CHRISTMAS IN LANCASTER

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

Activity Level 3



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

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

Not Included: Hotel incidentals, some meals.

COST PER PERSON:

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

DEPOSIT: \$500 per person at reservation.

FINAL PAYMENT: Due September 8, 2025

50N
NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

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



Adventure
doesn't have an
age limit.
Whether you're
heading out for the
day or setting off
on a longer journey,
Every new
experience can
help you stay
vibrant, engaged
and well.

Full payment is due upon registration.

Day Trip Opportunities

All tips and gratuity are included in the price on ALL Day Trip packages.

LET'S PLAY BALL TOLEDO MUDHENS

Activity Level 2



Wednesday, August 13, 2025

Toledo Mudhens vs. Columbus Clippers

\$79 Per Person

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



JUST ADDED! CORKS, CARS & CONES!

Activity Level 2



Wednesday, September 10, 2025

\$159 Per Person (\$149 per person if booked by July 31)

- Round Trip Motorcoach Transportation
- Gervasi Vineyard: Private Villa Grande Luncheon
- Cave and Wine Tasting Tour
- Visit to the Canton Classic Car Museum
- Stop at Hartzler Family Dairy (One Scoop is on US!)
- Water and snacks in route.



DINNER THEATER EXPERIENCE at LaComedia "SCROOGE"

Activity Level 2



Wednesday, December 10, 2025

\$128 Per Person

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



50 NORTH ALWAYS OFFERS GREAT ADVENTURES ON OUR TRIPS!



A DECADE OF ARTS AND COMMUNITY

10TH ANNIVERSARY SEASON ON SALE NOW!



THE BOOK OF
MORMON

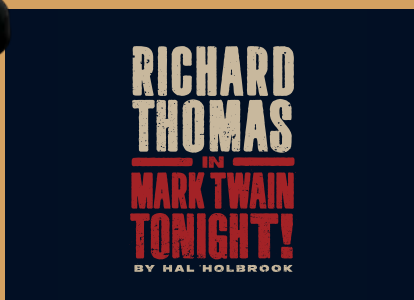
SEPTEMBER 25, 2025



OCTOBER 17, 2025



DECEMBER 4, 2025



FEBRUARY 26, 2026



CHRIS THILE

APRIL 8, 2026



MCPA

MARATHON CENTER FOR THE PERFORMING ARTS

TICKET OFFICE

419.423.2787 EXT. 100

200 W. MAIN CROSS ST.

FINDLAY, OH

M - F, 11 AM - 4 PM

TICKETS AVAILABLE 24/7

AT **MCPA.ORG**





LOCATE THESE SIX ICONS FOR A CHANCE TO WIN!

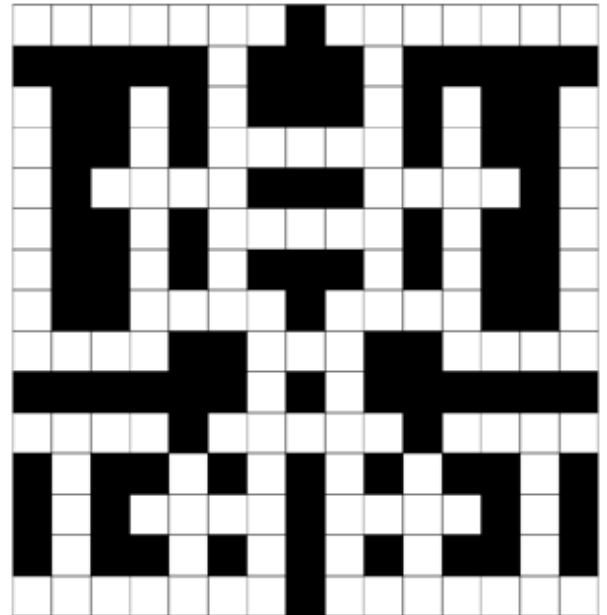
Find these 6 icons hidden in this issue of 50 North Navigator Magazine and get entered into a drawing for a chance to **WIN ONE FREE MEAL IN THE 50 NORTH MARATHON CAFÉ.** E-mail your answers (page numbers and location on each page) to hsensel@50north.org to be entered into the drawing. Winners contacted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

REVERSE CROSSWORD PUZZLE!

Use the list of words below to complete the puzzle. There are no written clues. Instead, your task is to figure out where each word fits on the grid.

How to play:

1. Review the blank crossword grid along with the list of words given.
2. Use the length of each word and layout of the puzzle to place them where they fit.
3. All words must fit perfectly into the grid across/down, just like regular crossword.



3 LETTER	4 LETTER	6 LETTER	7 LETTER	8 LETTER
OUR	ALEE ALTO AMMO DEAN DEBT DISH HEAR	IOTA MANY MAPS 5 LETTER PELT STAN	BEGIN FAUNA MAINE OLDIE STRAP	BELGIUM BEWITCH BREADTH EXPOUND GENUINE REDNESS THERAPY WHISKEY
				COLORFUL DREAMING HOMEMADE TORTUOUS



HIDDEN OBJECTS!

"At The Dog Park"

Can you find these 15 hidden objects?





there's brighter
days ahead.

**ALZHEIMER'S & DEMENTIA
CARE AVAILABLE**

**no one should have to
face memory loss alone.**

That's why we're here—to support you whenever
you need us so that you can focus on simply
enjoying time spent with the person you love.

Interested in learning more?

Call or visit us online today!

567-301-3552 | theheritagehc.com



THE HERITAGE

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



SUDOKU PUZZLE

*Puzzles Have Been
Proven To Keep
Minds Sharp!*

WORD SEARCH PUZZLE

AMBITIOUS
BEFALLEN
CHOKED
CORKED
CURTAINED
EXASPERATE
EXONERATED

INSPECT
LIONIZING
LONGER
MOUSSE
NOMINATION
ORBS
PROMOTING

RAFT
SAFEGUARD
SWEARING
TIMER
VACCINATED
WOUND

R J I M A B M D Q O C B J I S W F D Y I K Q
W M Z O Q B I I M H E Q D B D K B E U Y E O
V H H U Y H X A O F S R R F S B G K C C X O
Y A E S W H Q K A A H O D Q K D A R R S A P
K I T S B M E L K Q K X R G B V E O A W S M
H C I E G D L V V G Q I U S M M C C F E P S
D U M B J E S Z C U B C A N X Z G N T A E X
M R E G N I Z I N O I L N C P L W N N R R O
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T L L T Z Y V E L O T C E P S N I C O K A A
W A W D W M I V V S U O I T I B M A N F T U
L D R A U G E F A S X W Y X H I J G C K N H
Y R P V R B Y E E S G Y K S B Q Y Z F C G X
F E O R D N U O W Q A I N T V Q R M I M T F

Wellness Center Membership Fee for 2025

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

Annual Membership Fees

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

6-Month Membership Fees

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



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

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

3% surcharge for credit card purchases (we do not currently accept debit cards).

NEW! Accepting Appointments Now! **SMARTfit®**

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

Contact the Wellness staff for pricing and interest forms.



ANNIE HAYES



SUE PASCHE



JAN BARNES

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

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

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

Physical Therapy with OIO at 50 North

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

Tuesdays and Thursdays. Most cases do not require a referral. Wellness Center membership required. To schedule an appointment, please call 419-424-0131.



Welcome to 50 North's Wellness Center!

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

Comprehensive Fitness Equipment:

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

Cardio Equipment:

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

Strength Training Tools:

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

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

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

Personalized Guidance:

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

Group Exercise Classes:

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

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

3-Lane Track (19 Laps per Mile)

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

VibePlate®:

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

HydroMassage Bed & Lounger:

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



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

Strengthens
your bones.

Prevents
osteoporosis
and
osteoarthritis.

Wellness Center Classes



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

Classes subject to change.

*Classes are also offered via ZOOM. T=Track

	MON	TUES	WED	THUR	FRI	SAT
TBody Blast	*8:30 am		*8:30 am		*8:30 am	
EnhanceFitness®		*8:30 am		*8:30 am		
TSilverSneakers® Classic	*9:45 am		*9:45 am			
SilverSneakers® Yoga	9:45 am *11:00 am	*9:45 am *11:00 am	*11:00 am	*9:45 am	*9:45 am	
Yoga Fusion	12:00 pm		2:30 pm	5:00 pm	11:00 am	
TParkinson's Class		11:00 am		11:00 am		
TSeated Strength and Stretch	*1:00 pm		*1:00 pm			
TBalance and Strength		*1:00 pm		*1:00 pm		
TStanding Stronger					*1:00 pm	
Tone & Sculpt	1:15 pm		1:15 pm			
GeriFit®		1:30 pm		1:30 am		
TCardio Drumming	5:30 pm		2:30 pm		11:00 am	
Cycling	5:30 pm		5:30 pm			
TPower-Up Combo		6:00 pm		6:00 pm		
SilverSneakers® Enerchi				ALTERNATE SATURDAYS ↑↓		10:00 am
Yoga Flow						10:00 am

Wellbeats™

Locations:

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

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



Join us for classes with Wellbeats™

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

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



zoom

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

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

Wellness Center Classes

(T) BodyBlast (45 min.)

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

(T) SilverSneakers® Classic (45 min.)

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

SilverSneakers® Yoga (45 min.)

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

Enhance Fitness® (45 min.)

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

Yoga Fusion (45 min. – 1 hr.)

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

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

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

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

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

(T) Standing Stronger (30 min.)

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

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

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

Tone & Sculpt (45 min.)

Full body toning and core strengthening class with light cardio.

Geri-Fit® (45 min.)

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

(T) Cardio Drumming (45 min.)

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

Cycling/Flex/Core (1 hr.)

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

Power-up Combo (45 min.)

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

SilverSneakers® EnerChi (45 min.)

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

Yoga Flow (45 min.)

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

T = Occurs in the Track area

Our Outstanding VOLUNTEERS

VOLUNTEER SPOTLIGHT!

Let's meet more of our 300+ volunteers.

"50 North Volunteers Make a Difference! In 2024, an incredible 341 volunteers contributed their time and talents across 7 service areas, totaling over 11,000 hours of service! We're deeply grateful for the dedication and generosity our volunteers show to 50 North and its members every day."

Connie Lopez, is one of seven silverware rollers in the café.



Ellen Hugunin, a volunteer since 2016, is one of eight greeters, welcoming guests and members with a BIG smile!

Connie Inbody is a volunteer since 2010 and volunteers as a mobile meal packer and in the Marathon Café.



Judy Miller is a natural group leader with a knack for calling fun Bingo games.

Laurie Kessler and Michelle Carnes are active mobile meal drivers and ice cream ambassadors.



Taylor Dickman, Vanlue teacher and softball coach, and the **Vanlue Softball Team**, volunteer at Game-A-Palooza.

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

Volunteering: The Happiness Effect!

10 Reasons Why Volunteering Makes You a Better YOU!

During National Volunteer Week this past April we recognized and took a look at how volunteering offers a wealth of benefits that extend far beyond helping others. Here are 10 compelling reasons why volunteering is good for you, that also happen to be backed up by the Bible.

- ✓ **There is joy in giving.**
- ✓ **We build new skills and enhance existing ones.**
- ✓ **We build meaningful connections which bind us together as a community.**
- ✓ **Stepping out of our comfort zone builds confidence.**
- ✓ **Having a sense of purpose has a profound effect on our mental well-being.**
- ✓ **Volunteering combats feelings of isolation, loneliness, and encourages interaction.**
- ✓ **If you're unsure about the future, volunteering allows you a chance to test the waters.**
- ✓ **Volunteer experience demonstrates initiative, compassion, a commitment to something larger than yourself.**

Volunteering can become a lifelong habit that enriches both your life and the lives of others. Volunteering is a win-win proposition. While you contribute to a worthy cause, you enhance your relationships with others.

Contact Julie Niswander, 50 North Volunteer Coordinator, at (419) 423-8496, ext. 121, or by e-mail at: JNiswander@50North.org

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



Julie Niswander



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Gandhi

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