

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

In This Issue...

2 Encore Theatre Group Classes:

Improvisation:

Tuesdays in January

Voice Acting/Radio Theatre:

Tuesdays in February

2:00 - 3:00 pm

See page 13 for details.

14 Different Art Classes including NEW Fused Glass Classes are now being offered!

50 North is proud of the variety of Art and Craft classes we offer to our members. Get a complete list of the programs and classes on pages 13, 14 and 15.

Wellness Wednesdays:

The 3rd Wednesday of every month at 1:00 pm

This Alzheimer's Association sponsored FREE event provides a different health and wellness presentation every month!

Wednesday, Jan. 17

Using Insurance Benefits Wisely

Wednesday, Jan. 21

Heart Healthy Meal Ideas

See page 11 for full details.

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

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THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

January/February 2024

TULIP FESTIVAL IN HOLLAND, MICHIGAN



5 Day Motorcoach Tour - May 8 - 12, 2024

Surround yourself with natural and architectural beauty that dates from pre-history to the 20th century. Visit two Sculpture Gardens and learn how to make pasta in the ancient Roman style with a local Epicurean. The Tulip Time Festival celebrates its 95th year in 2024 and Holland has a rich history of Dutch heritage to share with visitors including parades, Dutch dancers, regional and national entertainment, dinner shows, a Dutch Market, fireworks, and the stars of the show... millions of tulips! Book your trip today! See page 18 for more information and full details.

Donnell Stage Series at 50 North presents

"Love Letters" a play written by A.R. Gurney Friday, Feb. 9 at 6:30 pm and Saturday Feb. 10 at 2:00 pm

Starring 50 North Members and local actors, Jeff Lee and Betty Hipp. Love Letters is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa and straight-arrow Andrew have exchanged letters with for over 50 years.

Tickets are \$10 per person and can be purchased at 50 North.

Call 419-423-8496 x120 for additional information.

See page 13 for more information and full details.

SPECIAL PROGRAM REGARDING 50 NORTH TRAVEL PACKAGES

January 3, 2024 @ 1:00 pm | January 31, 2024 @ 10:00 am

Group Travel is evolving and so is 50 North Travel. Whether you are a long time 50 North traveler or have never gone on a trip with us, THIS program is for YOU! Learn how travel changes in the tourism industry have affected 50 North and how we are improving experiences for you. Find out the benefits of group travel, how we keep trips organized, and who leads the way.

No need to attend both sessions, as both programs cover identical information.
FREE, but registration is required and prizes for a lucky few.

See page 18 for more information and full details.

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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 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.

Monday, Dec. 25 and Tuesday, Dec. 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 for cancellations or closings.

Level 1 Open

Level 2 Open, but NO Mobile Meal Delivery,
NO Fitness Center Classes or Activities

Level 3 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.

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50 North is committed to serving all adults 50 and over in Hancock County. Our mission is to Enrich Lives and Support Independence. 50 North fulfills its mission by offering:

- ACTIVITIES** Lifelong learning through classes, socialization opportunities, and exciting travel
- CHORE** Home repair, maintenance, mobility and safety assistance, seasonal activities such as removal and leaf raking
- NUTRITION** Mobile Meals, Marathon Café offering healthy options, and Curbside Café
- OUTREACH** Refer, assist, and advocate on behalf of people and their families
- WELLNESS** Health and fitness classes and programs

Through our financial assistance program, adults may receive assistance based on financial need, so that no one is denied access to the benefits of our services due to lack of financial resources. Individuals may be granted financial assistance to ensure participation in Chore, Nutrition, and Wellness areas.

Financial assistance approval is based on a sliding fee scale designed to fit a variety of financial situations. The sliding fee scale is based on family income and household size. Income guidelines utilized are based on Federal Poverty Guidelines. Members must reside in Hancock County and all records are kept confidential. Financial assistance applications are available at the member service desk and on our website.

Upon approval, members are asked to pay a portion of the fees. Below is the sliding fee scale that will take effect on January 1, 2024. We will use this sliding fee scale to assist us in covering our cost of staff time and equipment that the generosity of tax levy dollars does not cover.

We are a much-needed lifeline to those who require our support from a variety of chore services, assistance provided by our licensed social workers, delivery of mobile meals and groceries, and daily lunches served in our café. We are “the place” for those 50+ to enrich their lives through participation in activities, travel and wellness/fitness programs. We recognize that older adults who participate in programs like those provided by 50 North can learn to manage and delay the onset of chronic disease. Participants will experience measurable improvements in physical, social, spiritual, emotional, mental and economic well-being.

We look forward to continuing to meet our community needs of today and the needs of tomorrow.



Carolyn Copus
Carolyn Copus
Executive Director

50 North				
Sliding Fee Scale: Percentage of Maximum Charges				
Based on Family Income and Size (based on 2024 Federal Poverty Guidelines)				
Family Size	A-150%	B-200%	C-300%	D- 300% +
1	\$0-\$21,870	\$21,871-\$29,160	\$29,161-\$43,740	\$43,741 +
2	\$0-\$29,580	\$29,581-\$39,440	\$39,441-\$59,160	\$59,161 +
3	\$0-\$37,290	\$37,291-\$49,720	\$49,721-\$74,580	\$74,581 +
4	\$0-\$45,000	\$45,001-\$60,000	\$60,001-\$90,000	\$90,001 +
Senior Café (meal card for 10 full meals)	\$22.00	\$44.00	\$65.00	\$70.00
Mobile Meals (1 and 2 meals)	\$3.25/\$5.00	\$5.50/\$8.25	\$8.00/\$11.00	\$8.50/\$11.50
Chores	\$ 8.60 an hour per person	\$17.15 an hour per person	\$24.45 an hour per person	\$30.70 an hour per person
Mowing	\$ 8.60 each time	\$17.15 each time	\$24.45 each time	\$30.70 each time
Snow Removal	\$ 10.00 each time	\$19.50 each time	\$27.00 each time	\$34.00 each time
ERS Unit (Connect America + Guardian)	\$ 8.00	\$14.85	\$21.60	\$28.35
Connect America ERS w/Auto Fall	\$13.50	\$20.55	\$27.30	\$34.00
Guardian ERS with Auto Fall	\$15.85	\$22.60	\$29.65	\$36.40
Cellular ERS (Connect America + Guardian)	\$ 9.60	\$18.20	\$26.50	\$34.05
Connect America Cellular Auto Fall	\$15.35	\$23.90	\$32.25	\$40.80
Guardian Cellular with Auto Fall	\$17.70	\$26.00	\$33.55	\$43.15
Fitness Center	\$27.30/\$43.15	\$75.90/\$123.75	\$119.10/\$187.10	
\$170.05/\$283.40 (one/two in household)				
January 1, 2024: 6.75% Tax will be added for chores, mowing, trimming, snow removal, housekeeping, fitness and ERS/Cellular ERS unit rentals (incl. Auto Fall)				

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

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

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**

**Ask us about our
RENT A RAMP
program!**

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



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Nutrition

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

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

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

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

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

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

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

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

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

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

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

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

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



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Wednesday, Jan. 3	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage.
Thursday, Jan. 4	11:00 am - 1:00 pm	National Spaghetti Day in the Café (<i>\$7 lunch purchase</i>) Let's "getti" this spaghetti. Join us in the Café for a spaghetti lunch.
Wednesday, Jan. 17	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage.
Thursday, Jan. 18	11:30 am - 12:30 pm	Café Entertainment: Piano Music by Wally (<i>\$7 lunch purchase</i>) Join us for lunch today and enjoy piano music provided by 50 North member, Wally Amspoker.
Week of Jan. 22 - 26		National Pie Day National Pie Day is Tuesday, January 23rd, and in celebration, pie will be for sale on the baker's rack outside of the Café!
Friday, Jan. 26	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices and join us for Café Karaoke with Tim Holt.
Friday, Feb. 2	11:00 am - 1:00 pm	National Tater Tot Day (<i>\$7 lunch purchase</i>) You're "tot" going to want to miss this lunch! National Tater Tot Day is February 2nd. Come join us for tater tots in the Café.
Week of Feb. 5 - 9		National Chocolate Day (<i>\$7 lunch purchase; dessert is \$1</i>) "Let them eat cake!" In celebration of National Chocolate Day, Chocolate Poke Cake will be the dessert of the week.
Wednesday, Feb. 7	11:00 am - 1:00 pm	National Fettuccine Alfredo Day (<i>\$7 lunch purchase</i>) Come join us in the café today as we serve a fettuccine alfredo lunch!
Wednesday, Feb. 7	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage.
Friday, Feb. 9	11:00 am - 1:00 pm	National Pizza Day (<i>\$7 lunch purchase</i>) Take another little pizza my heart! Come celebrate Pizza Day with us.
Friday, Feb. 9	11:00 am - 1:00 pm	Café Karaoke (<i>\$7 lunch purchase required</i>) Bring your best voices and join us for Café Karaoke with Tim Holt.
Friday, Feb. 9 at 6:30 pm and Saturday, Feb. 10 at 2:00 pm		Donnell Stage Series at 50 North presents "Love Letters" a play written by A.R. Gurney Starring 50 North Members and local actors, Jeff Lee and Betty Hipp. Love Letters is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa and straight-arrow Andrew have exchanged letters with each other for over 50 years. Tickets are \$10 per person and can be purchased at 50 North. Call 419-423-8496 x120 for additional information.
Tuesday, Feb. 13	11:00 am - 1:00 pm	National Tortellini Day (<i>\$7 lunch purchase</i>) You're not going to want to pasta this up! Come celebrate in the Café with us!
Week of Feb. 19 - 23	11:00 am - 1:00 pm	National Chili Day (<i>\$7 lunch purchase; dessert is \$1</i>) Fight that chilly weather with some Chili. Thursday, February 22nd is National Chili Day, and to celebrate, Chili will be the soup of the week!
Tuesday, Feb. 20	11:00 am - 1:00 pm	National Cherry Pie Day Cherry Pie? Oh my! Come grab a slice of cherry pie from the baker's rack!
Wednesday, Feb. 21	11:00 am - 1:00 pm	Ice Cream in the Café (<i>FREE with \$7 lunch purchase</i>)*Sponsored by Heritage.
Tuesday, Feb. 27	11:00 am - 1:00 pm	Big Breakfast Day (<i>\$7 lunch purchase</i>) Run fast for breakfast! Today is Big Breakfast Day, and to celebrate we will be having breakfast for lunch.

* Date, availability and sponsorship subject to change.

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 Department of Insurance to be able to assist with various Medicare products.
- **Transportation** information and assistance through HATS and Find A Ride.

**MEDICARE QUESTIONS?
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SUPPORT GROUPS & OUTREACH PROGRAMS

Caregivers Support Group Thursday, Jan. 4 and Feb. 1 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, Jan. 9 and Feb. 13 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.

Alzheimer's Support Group Wednesday, Jan. 10 and Feb. 14 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, Jan. 18 and Feb. 15 at 1:00 pm

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

WISE Program (Wellness Initiative for Senior Education) Tuesdays, Jan. 9 through Feb 13 from 10:00 to 11:30 am

The WISE Program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance abuse. The program's interactive lessons provide valuable educational services to older adults on topics including health and wellness, medication use, stress management, depression, and substance abuse. This program is FREE for 50 North members, but registration is required by January 2.

Medicare Presentation Tuesday, Jan. 16 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.

Morning Conversations: (Free Presentations)

Good Deeds Program Friday, Jan. 19 at 10:00 am

Presented by Hancock County Probate Court Judge Kristen K. Johnson. The Good Deeds Program was created to help residents prepare their estates now to prevent probate court hassles later and to help avoid both cost and delay in protecting their most valuable assets. To register, you must contact both 50 North (419-423-8496) and the Records Office (419-424-7091). The Records Office will then pull your deed and bring it to the session. Call 419-424-7091 with questions. Registration required by January 5.

Medicare Protection Is Everyone's Business Tuesday, Jan. 23 at 10:00 am

Presentation explores the importance of protecting, detecting, and reporting issues involving Medicare errors, fraud, abuse, and scams. Learn ways to protect your Medicare benefits by arming yourself with knowledge to thwart Medical Identity Theft. Registration required (419-423-8496).

Wellness Wednesdays: (Free Presentations) 3rd Wednesday of every month at 1:00 pm

This Alzheimer's Association sponsored event provides a different health and wellness presentation on the 3rd Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Free, but registration is required (419-423-8496).

Using Insurance Benefits Wisely Wednesday, January 17 at 1:00 pm

Presented by Jodi Turnwald, Findlay Hearing Center

Heart Healthy Meal Considerations Wednesday, February 21 at 1:00 pm

Presented by Kris Bishop, Dining Services Director at Brookdale

January and February Activities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

REGISTRATION REQUIRED FOR ALL ACTIVITIES.

Call: 419-423-8496 (ext. 123) or email:
jgottschalk@50north.org or register online at
www.myactivecenter.com

50 NORTH ACTIVITIES DEPARTMENT REGISTRATION AND REFUND POLICY FOR 2024

All payments must be made at the time of registration. Registration and payments can be made at the Member Services Desk or can be made over the phone. You may also register and pay online through www.myactivecenter.com. Full refunds will only be given up to the registration deadline date. After the registration deadline, a 50% refund will be given. The class instructor and 50 North reserves the right to cancel classes at any time due to low registrations, instructor emergency, or weather-related closings, which would result in a full refund. All refunds will be issued by a check in the mail. Please note, this policy only applies to programs within the 50 North Activities Department.

Additional information can be found at 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

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

Billiards

Open during regular facility hours.

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

BINGO

No Bingo on January 1st.

Mondays from 9:00 to 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
Fifth Monday (Jan. 29) – bring a white elephant gift to share

MUSIC BINGO

Wednesday, January 3 at 1:00 pm – “The 1960’s”

Wednesday, February 7 at 1:00 pm – “The 1980’s”

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, January 12 and February 9 at 1:00 pm

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

LINE DANCE

Beginners: No experience needed.

Instructed by Robb Sammet
Thursdays, 6:00 – 7:00 pm

Improvers: Experience needed.

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

Intermediate: Experience needed.

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

Scrapbooking

Tuesday: January 9 and Fridays: January 5, 19, 26 and February 2, 9, 16, 23 from 10:00 am to 3:00 pm

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

50 North Featherweight Friends

Tuesdays, January 2 and 16, February 6 and 20 from 8:00 am to 12:00 pm

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

TuesDAY Dance

Every Tuesday from 2:00 to 4:00 pm

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

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

Bible Study**Every Thursday from 10:00 to 11:00 am**

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

IT Support**Every Tuesday from 12:00 to 2:00 pm**

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

Senior Cinema (Titles are subject to change)**Fridays at 1:00 pm.** Free movie and popcorn provided.

Additional movie details on our website. Additional movie details on our website.

- Jan 5 **The Miracle Club** (PG13) 1 hr. 30 min.
- Jan 12 **A Haunting In Venice** (PG13) 1 hr. 43 min.
- Jan 19 **The Hill** (PG) 2 hrs. 7 min. (Faith-Based)
- Jan 26 **Man From Toronto** (PG13) 1 hr. 50 min.
- Feb 2 **Flipped** (PG) 1 hr. 30 min.
- Feb 9 **A Valentine's Match** (G) 1 hr. 24 min.
- Feb 16 **The Blind** (PG13) 1 hr. 45 min.
- Feb 23 **Shooting Stars** (PG13) 1 hr. 56 min.

Coffee with a Cop**Thursday, January 18 and February 15 from 9:00 to 11:00 am**

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

First Fridays with the Findlay Fire Dept.**Friday, January 5 and February 2 from 9:00 to 11:00 am**

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

CREATIVE & PERFORMING ARTS

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

PERFORMING ARTSFor more information on any of the following classes, go to our website at www.50north.org**Encore Theatre Group: Improv****Tuesdays, January 9 - 30 from 2:00 to 3:00 pm**

What is "improv"? Did you know learning improv helps with public speaking? "What if I forget a line on stage, what do I do?" Learn all of these things and more in this 4-week improv class. No experience necessary, but participation and having fun is required!

Encore Theatre Group: Voice Acting/Radio Theatre**Every Tuesday in February from 2:00 to 3:00 pm**

Have you ever wondered what went on behind the scenes of a radio theatre broadcast? Do you think you have what it takes to be a voice actor? Join us every Tuesday in February to learn what you wanted to know about voice acting and radio theatre! No experience necessary, but participation and having fun is required!

Donnell Stage Series at 50 North presents**"Love Letters" a play written by A.R. Gurney****Friday, February 9 at 6:30 pm****Saturday, February 10 at 2:00 pm**

Starring 50 North Members and local actors, Jeff Lee and Betty Hipp. Love Letters is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa Gardner and straight-arrow Andrew Makepeace Ladd III have exchanged notes, cards, and letters with each other for over 50 years. Tickets are \$10 person and can be purchased at 50 North. Please call 419-423-8496 x120 for additional information.

50 North Choir

There is no Choir in January and February, but please join us on Thursday, March 7 for our first Spring choir performance rehearsal.

CRAFT CLASSESFor more information on any of the following classes, go to our website at www.50north.org**Craft Corner: First Tuesday Free Craft!****Tuesday, January 2 at 1:00 pm**

Aaron, from Fox Run Manor, Manor at Greendale, and Heritage Home Health, guides you in this free craft class. All supplies provided. Only 20 spaces available. Free, but registration required by December 27.

Craft Corner: Valentines Floating Cup Arrangement**Monday, January 29 from 9:30 am to 12:30 pm**

Let's create a cute table arrangement out a cup, plate, and fork for Valentines Day. This centerpiece gives the illusion that the cup is floating in the air and pouring out a cascade of hearts and flowers. Instructor: Sharon Weddell. Registration and \$27 due by January 22.

Craft Corner: First Tuesday Free Craft!**Tuesday, February 6 at 1:00 pm**

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

Craft Corner: Fluid Acrylic Painting on Canvas**Wednesday, February 21 from 9:00 am to 12:30 pm**

Let's continue exploring the art of fluid acrylic painting using simple techniques to create two 8"x8" canvases. We will be using a hair comb and foil to create a beautiful snowy day and night scene and then a round sponge wrapped in plastic wrap to create a brightly colored canvas full of flowers. All

January and February Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

supplies included. Instructor: Sharon Weddell. Registration and \$30 due by February 14.

ART CLASSES

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

Art Class: Acrylic - "Snow Blues in Shades of Birch"

Monday, January 8 from 10:00 am to 1:00 pm

Create a surreal Blue Tonal Winter Birch Landscape with acrylic paints on 16"x 20" Canvas. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by January 2.

Art Class: Watercolor Painting

Claude Monet "Argenteuil Late Afternoon" 1882

Monday, January 15 from 10:00 am to 1:00 pm

Paint French water landscape through the eyes of Impressionist Claude Monet on 9"x 12" watercolor paper. Practice watercolor techniques before beginning painting. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by January 8.

Art Class: AMA - "Snowman"

Monday, January 22 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 January 15.

Art Class: Oil Painting

Paul Cezanne "Still-Life---Flowers-In-A-Vase" 1873

Thursday, January 25 from 2:00 to 5:00 pm

The Impressionistic style of Paul Cezanne painting floral still life. A monochromatic acrylic background sets the stage. Then, switching to Oils to apply colors allows a rich dramatic still life. 11"x 14" Canvas. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by January 18.

Art Class: Acrylic Painting

Monet - "Lavacourt under Snow" 1881

Monday, February 5 from 10:00 am to 1:00 pm

Paint French Wintery landscape through the eyes of Impressionist Claude Monet on 16"x 20" Canvas. PowerPoint used with personal instruction in development of skills. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by January 29.

Art Class: Charcoal - Still Life

Thursday, February 8 from 2:00 to 5:00 pm

Come practice and improve your drawing skills from a live Still Life Scene. Charcoal is an excellent medium for beginners since it is so forgiving. Improve your skill level no matter your starting point. All supplies are included. Instructor: Cindy Meadows. Registration and \$30 due by February 1.

Art Class: Drawing - Graphite - "Feet"

Thursday, February 15 from 2:00 to 5:00 pm

Come practice and improve your drawing skills drawing the part of the body that gets ignored the most - Feet! Practice

drawing several unusual poses of feet to understand the muscles involved! All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by February 8.

Art Class: Watercolor Painting

Claude Monet "Hauling a Boat Ashore Honfleur" 1864

Monday, February 19 from 10:00 am to 1:00 pm

Paint French water landscape through the eyes of Impressionist Claude Monet on 9"x 12" watercolor paper. Practice watercolor techniques before beginning painting. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by February 8.

Art Class: Drawing - Graphite - "Hands"

Thursday, February 22 from 2:00 to 5:00 pm

Come practice and improve your drawing skills drawing the part of the body that gets used the most - Hands! Practice drawing several poses of your hand as time allows. All supplies included. Instructor: Cindy Meadows. Registration and \$30 due by February 15.

Art Class: "Cardinal"

Monday, February 26 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 February 19.

SEWING CLASSES

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

Sewing: Modern Throw Pieced Top (4 Day Class)

Tuesday, January 23 - Wednesday, January 24 and

Tuesday, January 30 - Wednesday, January 31

from 9:00 am to 12:30 pm

This class is great for our intermediate to advance sewists. We will construct the top for a throw-sized quilt. The pattern and materials are included with the kit. There is enough fabric to complete the throw top and create a coordinated binding. We will not be doing the finish quilting of the throw in this class. After you have completed this class, you may opt to quilt the throw on your own or engage the services of a long arm quilter. An additional class will be offered in March to create the binding for the quilt and to sew it on. Throw tosize is 48"x 58". Instructor: Sharon Weddell. Registration and \$58 due by January 16.

Sewing: Beginning Sewing

"Quilt-as-you-Go" Potholder (2 Day Class)

Monday, February 12 and Tuesday, February 13

from 9:00 am to 12:30 pm

Join Sharon Weddell as she 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, and in your second class, you will put together a colorful potholder. Approximate size: 8"x 8". All supplies included. Instructor: Sharon Weddell. Registration and \$35 due by February 5.

Featherweight Maintenance Class

Tuesday, February 27 from 9:00 am to 2:30 pm

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 February 20.

FUSED GLASS CLASSES

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

Fused Glass Class: Icicles/ Swizzle Sticks

Wednesday, January 24 at 10:00 am

All skill levels will enjoy this fused glass class! Your instructor, Mary Burget, will take your pieces to be fired and will be available for pickup at a later date. Registration and \$35 due by January 17.

Fused Glass Class: Heart Sun Catcher

Wednesday, February 28 at 10:00 am

All skill levels will enjoy this fused glass class! Your instructor, Mary Burget, will take your pieces to be fired and will be available for pickup at a later date. Registration and \$35 due by February 21.

COMING SOON! 50 NORTH ARTS AND CRAFTS FAIR

Saturday, April 13 from 9:00 am to 2:00 pm

VENDOR REGISTRATION INFORMATION! We are looking for vendors interested in purchasing a table for our spring 50 North Arts & Crafts Fair. Only homemade arts and crafts will be sold – no food products. Food will be available for purchase in the Café. Interested vendors can purchase an approx. 10'x 10' space for \$25. One 8' table and two chairs will be provided. You may bring your own tables and displays to fit in the area. **Registration opens to 50 North Members on February 1. Registration for non-50 members opens on February 15. Registration will be closed on March 13 or until all spots are filled.** A waiting list will be created for all vendors who call after all spots are filled. If spots are full, you'll be added to a waiting list, and will be contacted if a spot opens.

EDUCATION, ENRICHMENT & WELLNESS

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

SUPPORT GROUPS

Caregivers Support Group

Thursday, January 4 and February 1 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

Tuesday, January 9 and February 13 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, reach out to Jennifer Little at little.18@osu.edu.

Alzheimer's Support Group

Wednesday, January 10 and February 14 at 6:30 pm

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

Parkinson's Support Group

Thursday, January 18 and February 15 at 1:00 pm

This group meets on the 3rd Thursday of each month at 1:00 pm. For more information, please email Mark Fisher at mfish1200@aol.com. Free.

Blood Pressure Checks

Thursdays, January 4 and 18 and February 1 and 15 from 11:30 am to 1:00 pm

First and Third Thursdays of each month. Visit retired RN, Jean Borkosky, in the lobby for a free blood pressure check. No registration required.

EDUCATION

De-Clutter with Deb Series –

"What Does It Mean to be Organized?"

Tuesday, January 2 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.

Beginners Spanish

Wednesdays, January 3 through February 28 from 10:00 – 11:30 am

Beginners Spanish is back! Make sure you register for one of 50 North's most popular classes. For this class, Lori will guide you through the book "Easy Spanish Step-by-Step". This class is perfect for the beginner or someone who needs a refresher. Class fee is \$10 and registration is due by December 27. Class is open to 20 members, so register soon!

TRAVEL PROGRAM: Traveling with 50 North!

Wednesday, January 3 at 1:00 pm

Group Travel is evolving and so is 50 North Travel! Offering quality, safe & exciting adventures to our members is our goal. Whether you are a long time 50 North traveler or have never gone on a trip with us THIS program is for YOU! Learn how travel changes in the tourism industry has affected 50 North and how we are improving experiences for you. Find out the benefits of group travel, how we keep trips organized, & who leads the way. There are 2 programs (Jan. 3 and Jan. 31). No need to attend both. Each program covers identical information. FREE. Registration required and prizes for a lucky few!

January and February Activities (continued)

Nature Notes with Hancock Parks: White-Tailed Deer

Monday, January 8 at 1:00 pm

The white-tailed deer is one of the largest mammals in Ohio and a majestic sight to behold. Join us for our presentation on this animal and take a look at our various deer materials after the presentation. Presented by the Hancock Parks Dept. Registration required. Free.

WISE PROGRAM (Wellness Initiative for Senior Education)

Tuesdays, January 9 through February 13

from 10:00 to 11:30 am

The WISE Program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices, and avoid substance abuse. The program's interactive lessons provide valuable educational services to older adults on topics including health and wellness, medication use, stress management, depression, and substance abuse. This program is FREE for 50 North members, but registration is required by January 2.

Did You Know? – Campbells Soup by Neil Williams

Thursday, January 11 at 10:00 am

Join 50 North member and retired Campbells Soup employee, Neil Williams, as he presents memories on his time with the Campbells Soup Company. He will share what it was like working for this Hancock County company. Maybe you'll remember some of Campbell's history that is discussed. Registration required. Free.

Medicare Presentation

Tuesday, January 16 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.

Wellness Wednesday:

"Using Insurance Benefits Wisely" with

Jodi Turnwald, Findlay Hearing Center

Wednesday, January 17 at 1:00 pm

This Alzheimer's Association sponsored event provides a different health and wellness presentation the 3rd Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Registration required. Free.

Book Club: A Gentleman in Moscow by Amor Towles

Thursday, January 18 at 10:00 am

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

Morning Conversations: The Good Deeds Program

Friday, January 19 at 10:00 am

Come attend this important presentation provided by Hancock County Probate Court Judge Kristen K. Johnson. The Good Deeds Program was created to help Hancock County residents prepare their estates now to prevent probate court hassles later. It is intended to help avoid both cost and delay and protect their most valuable assets – now and in the future.

To register, you must contact both 50 North (419-423-8496) and the Records office (419-424-7091).

The Records Office will pull your deed and bring it to the session. Please call 419-424-7091 with any questions. Registration is required by January 5. Free.

BVHS Series: What is a Swing Bed Unit

Friday, January 19 at 10:30 am

Emily Koogler, a medical social worker-case manager with acute care transitions at BVHS, will be discussing the availability of the Bluffton Hospital Swing Bed Unit – what is a Swing Bed Unit and How Can BVHS Help You. Registration required. Free.

BVHS Series: Rehabilitation for Incontinence

Monday, January 22 at 10:00 am

Join Heidi Jolliff, PT, a physical therapist with Julie A. Cole Rehab & Sports Medicine, as discusses rehabilitation for incontinence. Registration required. Free.

Keep Current: "Should There Be An Age Cut Off For Holding Political Office?"

Monday, January 22 at 1:00 pm

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

Morning Conversations:

Medicare Protection Is Everybody's Business

Tuesday, January 23 at 10:00 am

This presentation explores the importance of protecting, detecting, and reporting issues involving Medicare errors, fraud, abuse, and scams. Learn ways to protect your Medicare benefits by arming yourself with knowledge to thwart Medical Identity Theft. Registration required. Free.

Sunrise Cooking Class: Davinity

Wednesday, January 24 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 January 17.

Dietitian Chat: Dispelling Nutrition Myths: Part 1

Thursday, January 25 at 3:00 pm

With the beginning of the New Year, various resolutions may be made, some including changes to eating patterns. However, coupled with these new resolutions, misinformation and new nutrition fads may be on the market. Come explore and dispel various food myths and diet fads. Presented by Sophia Smith, a dietitian with BVHS. Registration required. Free.

BVHS Series: Posture & Your Aging Body

Monday, January 29 at 10:00 am

Kayla Dudics, PT, a physical therapist with Julie A. Cole Rehab & Sports Medicine will talk about "Posture & Your Aging Body." Registration required. Free.

BVHS Series: Arthritis

Tuesday, January 30 at 10:00 am

Dr. Thomas Kindl, a physician with Blanchard Valley Pain Management, will cover the topic of Arthritis: symptoms and treatment options available. Registration required. Free.

TRAVEL PROGRAM: Traveling with 50 North!**Wednesday, January 31 at 10:00 am**

Group Travel is evolving and so is 50 North Travel! Offering quality, safe & exciting adventures to our members is our goal. Whether a long time 50 North traveler or never gone on a trip with us, THIS program is for YOU! Learn how travel changes in the tourism industry has affected 50 North and how we are improving experiences for you. Find out the benefits of group travel, how trips are organized, and who leads the way. There are 2 programs (Jan. 3 and Jan. 31). No need to attend both. Each program covers identical information. FREE. Registration required and prizes for a lucky few!

Morning Conversations: CBD Health and Wellness**Thursday, February 1 at 10:00 am**

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

BVHS Series: Solutions & Management of Hand Conditions**Tuesday, February 6 at 10:00 am**

Join Laura Durilat, OT, occupational therapist with Julie A. Cole Rehab & Sports Medicine, as she talks about solutions and management of hand conditions. Registration required. Free.

Learn and Move –**Heart Health Program and Seated Strength Training****Saturday, February 10 from 11:00 am - 12:30 pm**

Annie Hayes, 50 North's Personal Trainer & Healthy Living Nutrition Coach, is offering a Learn and Move Program that encompasses the importance of nutrition, fitness and meditation practices for everyday life to improve the health of your heart. This is followed by a Seated Strength Training Session using bands, weights and balls. This program is being offered in honor of Heart Health Month and Valentines Day. A small snack will be provided. Registration required.

Nature Notes with Hancock Parks: Rodents**Monday, February 12 at 1:00 pm**

Usually people think of mice, but rodents are much more than that. Come learn all about what classifies an animal as a rodent, the various rodents in Ohio, and view some rodent presentational materials. Presented by the Hancock Parks Dept. Registration required. Free.

De-Clutter with Deb Series:**“Get Started – Where to Begin When Feeling Overwhelmed”****Tuesday, February 13 at 10:00 am**

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

Book Club: The Last Days Of Night by Graham Moore**Thursday, February 15 at 10:00 am**

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

BVHS Series: “Celebrating the History of BVHS Auxiliary”**Friday, February 16 at 10:00 am**

Heather Schalk, volunteer services coordinator for BVHS Volunteer Services will share and celebrate the history of BVHS Auxiliary and how volunteering makes an impact. Registration required. Free.

BVHS Series: Pickle Ball Injury - Prevention & Protection**Tuesday, February 20 at 10:00 am**

Are you a pickleballer? Join Laura Durilat, OT, occupational therapist with Julie A. Cole Rehab & Sports Medicine and get tips on pickle ball injury prevention. Registration required. Free.

Hancock Historical Museum: “Gas Boom”**Wednesday, February 21 at 10:00 am**

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

Wellness Wednesday:**“Heart Healthy Meal Considerations” with Kris Bishop, Dining Services Director at Brookdale****Wednesday, February 21 at 1:00 pm**

This Alzheimer's Association sponsored event provides a different health and wellness presentation the 3rd Wednesday of every month! Each presentation will feature local community leaders and organizations providing beneficial wellness information for those 50 and up! Registration required. Free.

Dietitian Chat: Dispelling Nutrition Myths: Part 2**Thursday, February 22 at 3:00 pm**

In this 2-part series from January, take an even deeper look into various food myths and fad diet and learn the truth about these claims. Presented by Sophia Smith, a dietitian with BVHS. Registration required. Free.

BVHS Series: Cancer Screenings**Friday, February 23 at 10:30 am**

Ike Onwere, MD, a physician with the Armes Family Cancer Care Center, will be discussing different cancer screenings and why you should prioritize them for better outcomes. Registration required. Free.

Keep Current:**“Is there a fair way for government to tax the people?”****Monday, February 26 at 1:00 pm**

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

BVHS Series: Chest Pains and Stroke Signs**Tuesday, February 27 at 10:00 am**

Ian Heitkamp, RN, a registered nurse with the emergency department at Blanchard Valley Hospital, will be discussing stroke and chest pain signs and symptoms and what you should do in case of a stroke or heart emergency. Registration required. Free.

Sunrise Cooking Class: Red Velvet Cake Pops**Wednesday, February 28 at 11:30 am**

Learn a new recipe and test out what you made! Sponsored by Sunrise Senior Living. Limited space. Must register by February 21.

Extended Trip Opportunities

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

Special Program: Traveling with 50 North

Wed., January 3, 2024 - 1:00 pm
Wed., January 31, 2024 - 10:00 am

Group Travel is evolving and so is 50 North Travel. Offering quality, safe & exciting adventures to our members is our goal. Whether you are a long time 50 North traveler or have never gone on a trip with us, THIS program is for YOU! Learn how travel changes in the tourism industry have affected 50 North and how we are improving experiences for you. Find out the benefits of group travel, how we keep trips organized, and who leads the way.

No need to attend both sessions. Choose from one of the dates above to attend. Both programs will cover identical information. **FREE**, but registration is required and **prizes** for a lucky few.

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.*



ART & TULIPS TULIP FESTIVAL IN HOLLAND, MICHIGAN 5 DAY MOTORCOACH TOUR - MAY 8 - 12, 2024

Modern Motorcoach
Transportation with
9 Meals: 4 Breakfast,
1 Lunch and 4 Dinners

This trip is rated activity LEVEL 4.

A grand getaway for the artist & horticulturist, the Epicurean and Connoisseur. You'll be surrounded by natural and architectural beauty throughout this tour. Experience more than 60 architectural styles of homes to artwork dating from pre-history to the 20th century, visiting two Sculpture Gardens to learn how to make pasta in the ancient Roman style with a local Epicurean. The festival began in 1929 and in 2024, the Tulip Time Festival will celebrate its 95th year! Holland has a rich history and Dutch heritage to share with its visitors including parades, Dutch dancers, regional and national entertainment, dinner shows, a Dutch Market, fireworks, and the stars of the show... millions of tulips!

COST PER PERSON:
\$1,699 – Double | \$2,029 Single

Deposit: \$300 due at time of registration.

NOTE: REGISTRATION TIME LIMITED: Due or before March 15th, 2024



ARK ENCOUNTER & CREATION MUSEUM 2 DAY MOTORCOACH TOUR MAY 15 & 16, 2024

Modern Motorcoach
Transportation with
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



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



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

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

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.

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 3.



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.



Day Trip Opportunities For 2024 (continued)

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.



MORE DAY TRIPS COMING IN 2024!

Details coming in future Navigator publications.

GREENFIELD VILLAGE DAY TRIP

Later in 2024 | Activity Level 4

Experience firsthand the sights, sounds and sensations of America's fascinating formation, where over 80 acres brim with resourcefulness and ingenuity. Here, 300 years of American perseverance serve as a living reminder that anything is possible. Step foot in the lab where Thomas Edison had his lightbulb moment or the workshop where the Wright brothers taught us to reach for the sky. Take a ride in a real Model T, or a walk through four working farms. Rub shoulders with world-class artisans, and explore the place where America's can-do spirit inspires you to go out and get it done. A perfect excursion for history buffs.



LACOMEDIA DINNER THEATRE

LaComedia Dinner Theatre in Springboro, Ohio is one of the nation's oldest and largest professional dinner theaters with Broadway style productions. Having entertained over six million guests, 2021 marks the 47th season. Where else can you see great Broadway-style entertainment and have a delicious meal?

We're planning two day trips to LaComedia in 2024 including:

LACOMEDIA'S SATURDAY NIGHT FEVER OCTOBER OF 2024 | Activity Level 1

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

LACOMEDIA'S IRVING BERLIN'S HOLIDAY INN DECEMBER OF 2024 | Activity Level 1

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

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 track. Use it to warm-up before using our Fitness Equipment room, after a Fitness class, or just to stay in shape!

VibePlate™

Increase Flexibility, Stability and Mobility with our vibration plate. VibePlate™ training works up to 90% of your muscle fibers to help strengthen muscles and develop more muscle tissue. This leads to increased muscle density and increased strength. 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 2024:

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

6-Month membership are also available:

- **\$112.32 for a single or \$203.34 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, Tai 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.

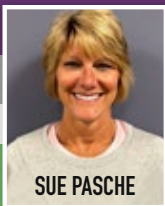
Cost is only \$15.

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 Wellness Center. Must be a 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	Sat
8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	8:30 am EnhanceFitness®	8:30 am *Body Blast	10:00 am - NEW!
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	*SilverSneakers® Enerchi (1/6, 1/20, 2/3, and 2/17)
11:00 am *SilverSneakers® Yoga	11:00 am SilverSneakers® Yoga	11:00 am *SilverSneakers® Yoga	11:00 am ^(T) Parkinson's Class	11:00 am Yoga Fusion	Yoga Flow (1/13, 1/27, 2/10, and 2/24)
12:00 pm SilverSneakers® Yoga		1:00 pm ^(T) Seated Strength and Stretch	1:00 pm ^(T) Seated Resistance Training	11:00 am ^(T) Cardio Drumming	
1:00 pm ^(T) Seated Strength and Stretch	11:00 am ^(T) Parkinson's Class	1:00 pm ^(T) Seated Strength and Stretch	1:30 pm GeriFit®	1:00 pm ^(T) Standing Stronger	
1:15 pm Body Tuning	1:00 pm ^(T) Seated Resistance Training	1:15 pm Body Tuning	5:30 pm Yoga Fusion		
2:30 pm Yoga Fusion	1:30 pm GeriFit®	2:30 pm ^(T) Cardio Drumming	6:00 pm ^(T) Power-up Combo		
5:30 pm Cycling Mix	6:00 pm Power-Up Combo	2:30 pm Yoga Fusion			
5:30 pm ^(T) Cardio Drumming		5:30 pm Cycling Mix			

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

BodyBlast (45 minutes)

Mondays, Wednesdays, & Fridays 8:30 am

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

SilverSneakers® Classic (45 minutes)

Mondays & Wednesdays, 9:45 am

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

SilverSneakers® Yoga (45 minutes)

Mondays, Tuesdays, & Wednesdays, 11:00 am

NEW TIME Mondays, 12:00 pm, Tuesdays, Thursdays & Fridays, 9:45 am

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

Yoga Fusion (45 minutes)

NEW TIME Mondays & Wednesdays 2:30 pm,

Thursdays 5:30pm & 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.

NEW SilverSneakers® EnerChi (45 minutes)

Every other Saturday, 10:00 am

Please see above for dates.

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

NEW Yoga Flow (45 minutes)

Every other Saturday, 10:00 am

Please see above for dates.

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

Enhance® Fitness (45 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.

Geri-Fit® (45 minutes)

Tuesdays & Thursdays, 1:30 pm

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

Body Tuning (45 minutes)

Mondays & Wednesdays, 1:15 pm

Full body toning and core strengthening class with light cardio.

Cycling Mix (1 hour)

Mondays & Wednesdays, 5:30 pm

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

Power-up Combo (45 minutes)

Tuesdays & (T)Thursdays, 6:00 pm

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

(T)Cardio Drumming (45 minutes)

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

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

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

Tuesdays & Thursdays, 11:00 am

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

(T)Seated Strength and Stretch (30 minutes)

Mondays & Wednesdays, 1:00pm.

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

(T)Seated Resistance Training (30 minutes)

Tuesdays & Thursdays, 1:00 pm

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

(T)Standing Stronger (30 minutes)

Fridays 1:00 pm

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

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

*Class schedule subject to change.

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.



Master Gardeners **Peggy, Rob, Tim, and Lisa** planted 200 red tulips. Spring can’t come soon enough!



Findlay City Life volunteers, with leaders **Stephanie Troph** and **Kelly Ridge**, trimmed our landscaping and cleaned fall garden beds. We look forward to having them back!



Liberty Benton's wrestlers and coach, **Chad Marzec**, raked leaves for seniors for the 4th year in a row! “On our wrestling team at Liberty Benton, we highly value service and giving back to our community. We try to make this a priority in teaching this value to all of our athletes.”

Volunteer Spotlight



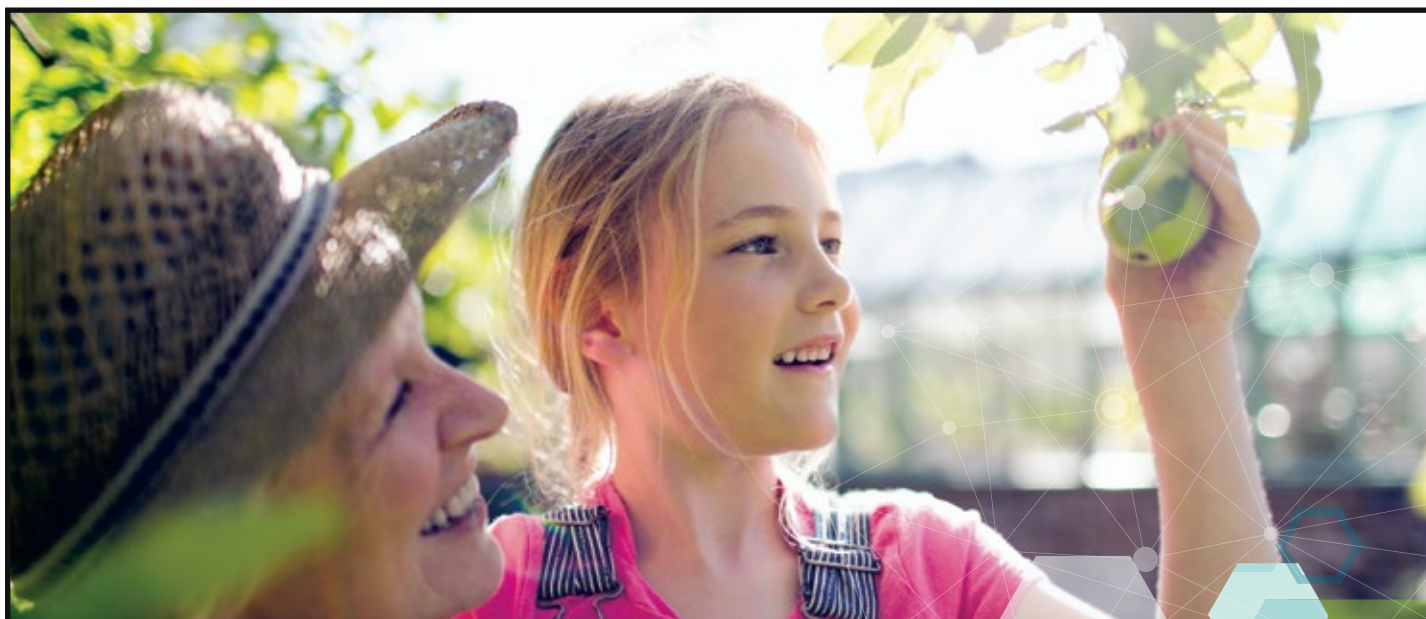
Missy Toney, job coach from Work Leads to Independence comes every Wednesday with Steve, Samantha, Ray, and Jim for the past two years to help in the Café and deliver Mobile Meals. They recently received “volunteer of the year” from Hope House.



Laurie Kessler as new volunteer has taken on mobile meal delivery as a sub, ice cream ambassador, lunch ticket help, IT Support, and special events. We love Laurie’s enthusiasm.



Melanie Hough and her sister, **Deb Moore** volunteer in the new Standing Stronger Friday class.



Your *connected* care network... is right here.

Caring for nearly 4,000 patients every day.

Blanchard Valley Health System is more than a hospital. BVHS is an integrated health system serving an eight-county region. Extending beyond Blanchard Valley Hospital and Bluffton Hospital, our network of care includes physicians and caregivers offering services for patients of all ages and needs. We have more than 50 physician offices conveniently located throughout our service area, and you can **call 419.422.APPT if you need a primary or specialty care provider.**

BVHS is honored to share in the lives of our patients and their families. We are committed to providing quality, safe care through our mission of "Caring for a lifetime."

Learn more about the network of services provided by BVHS by visiting bvhealthsystem.org/connect or scanning the QR code.



**A network
of providers
and services.**



1900 South Main Street, Findlay