

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

# 50 NORTH

ENRICHING LIVES.  
SUPPORTING  
INDEPENDENCE.

## In This Issue...

### Welcome Back!

A message from our Executive Director regarding the challenging past year.

See page 2.

### Activities that are now open for participation!

See pages 5 and 6 for details.

### New Wellness Center!

Come check out our improved Wellness Center and the programs now opening up.

See pages 7 and 8.

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

Visit us on the web at...

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



# THE NAVIGATOR

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

May / June 2021

## A Fantastic Fun Get-away!

Enjoy the great food and entertainment while cruising up and down the beautiful Mississippi River.

## Mississippi River Cruise



**Date: August 16 – 19, 2021**

*Trip includes:*

- Three (3) nights lodging
- 2 Day Mississippi River Cruise
- Three (3) breakfasts, two (2) lunches, and two (2) dinners
- Entertainment on board
- Entrance to the National Mississippi River Museum and the John Deere Pavilion

Deposit: \$100.00, Final Payment: June 15, 2021 • **Go to: [50north.org](http://50north.org) for details.**



## Opryland Country Christmas

**Date: Nov. 28 – Dec. 1, 2021**

Includes: 3 nights @ Gaylord Opryland Hotel with PREMIUM ATRIUM ROOMS; 3 breakfasts; 2 dinners; delta flatboat ride; ICE!; General Jackson Lunch Cruise; Christmas Dinner Show featuring the Oak Ridge Boys. Go to [50north.org](http://50north.org) for details.

### More Feature Trips!

#### Agawa Canyon & Northern Michigan

**Oct. 9 – 12, 2021**



Includes: 2 nights Sault Ste Marie, Ontario; 1 Night Petoskey, Michigan; 3 breakfasts, 2 lunches, and 2 dinners; Soo Locks Boat Cruise; Agawa Canyon Rail Excursion; Castle Farms; Touring Upper Michigan, Passport Required. Go to [50north.org](http://50north.org) for details.

#### Cape Cod

**Sept. 19 – 26, 2021**



Includes: 7 nights lodging; (5 nights on the ocean in Cape Cod); 7 breakfasts; 4 dinners; Tour of Cape Cod; Visit to Provincetown; Whale Watch cruise; roundtrip ferry to Martha's Vineyard & Nantucket; tours of both islands; visit to Plymouth; Plymouth Plantation; New Bedford Whale Museum. Goto: [50north.org](http://50north.org) for details.

# A Message From Our Executive Director!

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

I hope you are safe and well! The health and safety of 50 North's members, volunteers, staff, and the community is our top priority. 2020 has brought no shortage of challenges, but it has also given us moments of opportunity and growth. We did not need a pandemic to illustrate that our 50 North members are the focus of everything we do.

Over the last year, we have all been impacted as a result of COVID in one way or another. The uncertainty has been great, the challenges numerous, and the planning difficult.

As of February 16, 2021, 50 North responsibly restarted in-person programs in a phased approach with limited number of activities and limited number of participants. All planning has been done in consultation with Hancock Public Health, Ohio Association of Senior Centers and Responsible ReStartOhio. Senior center industry protocols are being followed as ordered by the State of Ohio. Please check out our website at [www.50north.org](http://www.50north.org) for Responsible Restart Guidelines.

## What is 50 North doing to keep you safe?

**Staff Screening and PPE** - All staff are required to perform a self-assessment for COVID-19 symptoms and exposure risks to determine if it's safe to come to work each day. All staff are required to wear face masks and utilize additional personal protective equipment, as needed.

**Social Distancing** - All open areas and individual rooms inside 50 North have been evaluated and redesigned where necessary to help ensure social distancing. Signage is placed throughout the center to direct traffic and provide safety reminders.

**Cleaning and Disinfecting** - High-touch surfaces and common areas, including restrooms, are cleaned frequently throughout the day, and individual rooms cleaned between appointments and programs. Staff also perform routine cleaning after closing each day.

**Ohio Department of Health state that participants without chronic conditions and with the ability to wear a mask and following safe distancing practices and healthy hygiene are allowed to attend 50 North.**

It's a joy to be able to publish the Navigator (last one was published over a year ago) detailing all the programs and services offered to ENRICH LIVES AND SUPPORT INDEPENDENCE of people 50 and older in Hancock County.

We look forward to continuing to meet your needs today and your needs tomorrow.



Carolyn Copus, Executive Director



## Board of Trustees

Don Weber . . . . . President  
Tony Price . . . . . Vice President  
Susan Freel . . . . . Secretary  
Mike Weissling . . . . . Treasurer

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Thomas Brumley  
LuAnne Cooke

Scott Crates  
John Haywood  
Dave Healy

Rebecca Jenkins  
Warren Kahn  
Edwin Lentz, Ph.D.

Bob Schuck  
Bev Yammine  
Richard Zunkiewicz

## 50 North Center Hours

Monday thru Thursday . . . . . 7:00am – 7:00pm  
Friday . . . . . 7:00am – 4:00pm  
Saturday and 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, May 31 . . . . . Memorial Day  
Monday, July 5 . . . . . Independence Day

### 50 North Participation/Membership:

- Membership to 50 North is free for Hancock County residents age 50+. Please see the member service desk to complete a New Member Information form and to receive your 50 North key tag.
- 50 North Wellness Center memberships are available for an additional fee. The Wellness Center is located on the lower level. Please see the Wellness 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.

### 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.

**\$6,000 and Up**

Mariann Dana  
Younger Fund

**\$900 - \$1,000**

Allen Copus  
Interim HealthCare Fund of  
The Columbus Foundation  
Jane O'Neil  
Kerry Trombley

**\$700 - \$799**

Tall Timbers

**\$600 - \$699**

Nathalie Osmun

**\$500 - \$599**

M.E. Acocks  
Eugene Bechstein  
Sharon Brubeck  
Lois Karhoff  
John and Sue Uliveto  
Thomas and Teresa Winkeljohn  
Fund of the Findlay-Hancock  
County Community Foundation  
Shirley Young  
*In memory of Bonnie Scheib*

**\$300 - \$399**

Helen Fast  
Fred and Donna Gohlke  
Warren and Judith Kahn

**\$200 - \$299**

50 North Line Dancers  
*In memory of Marveline Clark*  
Anonymous  
Merilee Beisner  
Tom Bronder  
Dottie Coburn  
Laurie Cody  
William and Joyce Durlait  
Rod and Phyllis Fellows  
Tracy Finsel  
Michael Foster  
Rev. Virginia Geaman  
*In memory of Bill Geaman Sr.*  
Larry Hoover  
C.H. Howe  
Jane Ickes  
Larry Kisseberth  
Rita Kreinbihl  
William and Julia Lammers  
Duane and Lindy Laux  
Donna Bell Lease  
Thomas Noon  
Ohio Automotive Supply  
Bobby and Linda Palmer  
Milton and Carol Peters  
Dr. and Mrs. James Robertson

Reginald Routson  
June Schwarz  
Linda Siewert  
St. John Evangelical Church  
Linda Weaver  
*In memory of Marveline Clark*

**\$100 - \$199**

Tammi Addington  
Garth Beatty  
June Bindel  
William Bishop  
Mark and Joni Bretz  
Norma Cavin  
Don and Diane Courtright  
Cheryl Culver  
*In honor of Judy Durain*  
Donna Davis  
Carol Decker  
Michael Dillon  
*In memory of Jane Dillon*  
Bill and Lori Fitch  
Perry Fletcher  
*In memory of Irene Fletcher*  
Nancy Epley Gallant  
Virgil Grant  
Jane Heringhaus  
*In memory of Bernie Heringhaus*  
Cheryl Huther  
Janet January  
Ted Johnson  
Rikhard and Ginny Laiho  
Elaine Langenderfer  
Don Lewis and Evelyn Phillips  
Maurice Linville  
Doug Mackenzie  
Elizabeth McCartney  
Doris McClish  
*In memory of Maurice McClish*  
Duana McFadden  
Les and Mary Miller  
Jan and Kathy Miller  
Gary Mohr  
Carol Monday  
Patti Moore  
Paul and Nancy O'Sullivan  
David and Nina Pfisterer  
Sue Pirschel  
Susan Ploszaj  
*In honor of Dennis Ploszaj*  
Joan Rader  
*In memory of Wilmer Rader*  
Patricia Ricketts  
James Robertson  
Carol Roessing  
Russel Ruppright  
John Rusing  
Ronald Sawyer  
Robert Smith

Norma Strausbaugh  
Jim and Sharon Thomas  
Dee Waaland  
Sharon Waddell  
John Warner  
*In memory of John Rex Warner*  
Nancy Winters  
David and Andrea Wirt  
Robert and Jane Wolford  
Jan Wood  
Rusty and Kathy Young  
Rose Zimmerly  
*In memory of Bill Zimmerly*

**Up to \$99**

Anonymous  
Anonymous  
Anonymous  
Martha Atkins  
Marlene Augustine on behalf of  
Rosalie Phelps  
*In memory of Leonard Hobbs*  
Lucy Biando  
*In memory of Fred Biando*  
Sharon Bosse  
*In memory of Ivan Thomas*  
Lotta Bosserman  
*In memory of Larry Bosserman*  
Hugh and Mary Jane Bowland  
Ron and Linda Brinkman  
Cindi Chasse  
June Conner  
Charolotte Corrigan  
*In honor of Grant Akin and Hunter Copus*  
Robert and Vicki Corwin  
Dave and Lois Crane  
Russell and Jamie Cunningham  
Mary Davis  
David and Barb Distel  
Gary Donaldson  
Rick and Mertie Eddie  
Marilyn Elarton  
Doris Eskins  
Clara Fagan  
Doug and Cindy Ferguson  
Joan Foltz  
Phyllis Gerritsen  
Family of Doris Gooch  
*In honor of Robert Gooch*  
Delberta Gray  
Barbara Hahn  
Jeff and Alice Hailey  
Joyce Hartman  
Paul and Sharon Hartman  
*In memory of Donna Clymer*  
Judy Heater  
*In memory of Terry Heater*  
Ray and Gail Hecker  
Dale and Mary Hoffman

Judy Hoover  
*In honor of Kim Hielt*  
Rob and Robin Householder  
John and Kathy Hull  
Don Inman  
Lena Jefferies  
Jean Kastner  
C.M. Kear  
Russell Kimble  
Mr. and Mrs. Albert Laux  
Gwen Lewis  
Anonymous  
*In memory of Paul Lewis*  
Helga Mackey  
The Mahjong Group  
Cassandra May  
Joan McFarling  
Sara Mead  
Manuela Miranda  
Sharon Montgomery  
Lori Morris  
Ralph Mullinger  
Margy Myers  
Barbara Nelson  
Nancy Newcomer  
Donna Ollendorf  
Charlotte Peterman  
Linda Pitkin  
Tom and Cheryl Pitney  
Eva Prenzlin  
*In memory of Robert Puchta*  
Barb Reichenbach-Beaver  
James and Shirley Reichman  
Grover Rutter  
David and Judy Saums  
*In memory of Donna Clymer*  
Anna Scanlan  
Tom and Mary Jane Scherger  
Maria Schwartzkopf  
*In memory of Donna Clymer*  
Paula Jo Self  
Seaid Shaheen  
Larry and Nancy Slaughterbeck  
Ruth Smith  
Charlene Spitan  
John and Carol Thompson  
Doris Thompson  
*In memory of Donna Clymer*  
Elizabeth Trotta  
*In memory of Tony Trotta*  
Janice Wagner  
Edith Wannemacher  
*In memory of Mary Lou Pilchak*  
Robert and Marjorie Weaver  
Charlene Wilkins

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

**50 North appreciates your generosity and thanks you for considering a special gift to us.**  
**Gift Ideas Include...** • Gifts through one's will • Retirement plans • Cash gifts  
 • Appreciated securities/stocks • Life insurance  
**For more information on how you can contribute, please contact 50 North at 419-423-8496.**

# Chore

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

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 also provides housekeeping services on a bi-weekly and monthly basis as well as arranging for special cleaning

needs. 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 419-423-8496, ext. 105.

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

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

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

# 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 Cafe, Curbside Pick-up Lunches, frozen Meals-To-Go, our Mobile Meals Program, and Grocery Delivery. (Financial assistance is available for those who qualify)

***Marathon Café*** – Monday through Friday: 12:00 to 1:00pm

- Hot Meal - Entree, salad or soup, and a drink (\$5.00)
- Salad of the Week - Salad, soup, and a drink (\$5.00)

***Curbside Café*** – Monday through Friday: 11:00am-12:00pm (Reservations required 24 hours in advance)

- Hot Meal - Entree, side and drink (\$5.00)

***Frozen Meals to-go*** – Monday through Friday: Entree, 2 sides and a drink (\$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.

***Grocery Delivery*** – Seniors 50+ may order up to 15 items with no delivery charge. Pay only the price of the groceries. For more information, contact 50 North at (419) 423-8496, ext.117.

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

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.

- Medicare counseling - Social Workers have received OSHIIP (Ohio Senior Health Insurance Information Program) training from the Ohio Dept. of Insurance to be able to assist with various Medicare products.
- Check In Service - For medically frail, isolated individuals who live alone and benefit from a daily check in call.
- DISH/Senior Farmers Market - Assistance with info and applications for these programs from the Area Agency on Aging 3.
- Emergency Response Systems - Assistance with info and enrollment in Emergency Response System programs.
- Equipment Loan
- Assistance with paperwork and applications - online or paper
- Transportation information and assistance through HATS and Find A Ride
- Support Groups Information
- Information and linkage to all 50 North Services - Chore, Fitness, Grocery Delivery, Mobile Meals, and Outreach. 50 North has a Financial Assistance program for the services provided, applications are available at the front desk or from Outreach.

### ***DISH Program (formerly Senior Dining Program)***

To apply for the D.I.S.H. Program (Dining to Improve Socialization and Health) contact the agency or apply online at [aaa3.org](http://aaa3.org).

### ***Senior Farmers Market Program***

You are eligible for the Program if you are 60 or older and meet income guidelines. Applications available through Agency on Aging at [aaa3.org](http://aaa3.org).

### ***Medicare Meetings – Thurs., June 17, 10:00am. and Thurs., July 15, 10:00am.***

The Ohio Department of Insurance will be at 50 North to do presentations about Medicare.

## May and June Activities

**ALL in person and Zoom activities require advance registration. Call: 419-423-8496 (ext. 120) or email: [ebickhart@50north.org](mailto:ebickhart@50north.org)**

**Billiards**, Monday through Friday, 9:00 am - 3:00 pm.

**Computer Lab**, Monday through Friday, 9:00 am - 3:00 pm. Laptop computers with internet access are available.

**Community Bingo**, Every Monday from 10:00 - 11:00am.

- 1st Monday - Bring a white elephant item to share
- 2nd Monday – sponsored by Senior Homes of Findlay
- 3rd Monday – sponsored by The Heritage
- 4th Monday – sponsored by Humana

**Daily Bread Devotional**, Every Tuesday, 12:00pm. Tune in to the 50 North Facebook page each Tuesday for a moment of inspiration and encouragement.

**Scrapbooking**, Tuesdays: May 11, 25 and June 8, 22, 10:00am - 3:00pm. Fridays: May 21 and June 18, 10:00am - 3:00pm. Bring your own supplies and spend the day scrapbooking.

**Conversation & Needlecraft**, Every Wednesday, 10:00am - 12:00pm. Work on your needlecraft projects while sharing conversation.

**Morning Coffee Chat Zoom**, Every Wednesday, 10:45am. Meet new friends! Come and join us for a variety of topics.

**Millstream Rhythm Band**, Every Wednesday, 2:00 - 3:00pm. All that is required is a love of music, and a desire to entertain.

**Beginner Line Dancing**, Every Friday, 1:00 - 2:00pm. Offered in fitness studio with limited registration and on Zoom.

**Intermediate Line Dancing**, Every Friday, 2:00 - 3:30pm. Offered in fitness studio with limited registration and on Zoom.

**Second Stage / Readers Theatre**  
Every Tuesday in May and June, 2:00 - 3:00pm. Improve your public speaking skills as you explore the oral interpretation of drama, prose and poetry.

**50 North Footlighters: Vintage Radio Workshop**  
Thursday's in May and June, 2:00 - 3:00 pm.

# May and June Activities (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

## Senior Cinema

Friday, May 14, 28 and Friday, June 11, 25, 1:00 pm.  
Free movie and free popcorn. Go to: 50north.org for titles.

## Cards:

- Euchre** Every Monday, 1:00 - 4:00pm.
- Pinochle** Every Tuesday, 12:00 - 3:30 pm.
- Bridge** Every Tuesday, 12:00 - 3:30pm.  
Every Wednesday & Thursday from 3:00 - 6:30pm.
- Mahjong** Every Friday, 12:00 - 3:30pm.

**Diabetes Support**, Wednesday, May 5, 10:00 am.  
Join Julie Russell, RDN, LD, CDCES and Diabetes Educator for BVHS with tips on preventing diabetes complications.

**AlerStallings Seminar Series / Session 3: Elder Law 101**, Wednesday, May 5, 2:00 pm.  
Join us in the third of five sessions which focus on the legal needs of Seniors.

**Craft Corner: "WELCOME to our HONEYCOMB" Door Hanger**, Monday, May 10, 10:00am.  
Sharon Weddell will instruct you on how to make a wreath. Cost is \$32. Register by May 3.

**Craft Corner: Personalized Family Home Sign**  
Wednesday, May 12, 10:00 am.  
Join Bonnie from Let's Create and create a personalized family home sign. Cost is \$35. Register by May 5th.

**BVHS Orthopedics: PRP Therapy Discussion**  
Friday, May 14, 11:30am - 12:30 pm.  
Michael Stump, MD of Blanchard Valley Orthopedics & Sports Medicine, discusses platelet-rich plasma (PRP) therapy.

**Art Class: Acrylic Painting - Claude Monet "Lilac Irises 2"**  
Monday, May 17, 10:00 am.  
Cindy Meadows instructs. Paint in the Impressionistic style of Claude Monet. Cost is \$25. Register by May 10.

**Wheel of Fortune**, Monday, May 17 and Monday, June 21, 10:00 - 11:00am. Try your luck at guessing the letters to complete the puzzle.

**Art Class: Pottery Painting with Painters Pottery**  
Monday, May 17, 2:00 pm.  
Sandy from Painters Pottery will instruct on how to paint a ceramic pot. Cost is \$18. Register by April 30.

**Hancock Historical Museum: The History of Cooper Tire**  
Wednesday, May 19, 10:00am., Jinny Geaman facilitates. Provided in cooperation with the Hancock Historical Museum.

**Keep Current: Immigration Issues**, Monday, May 24, 1:00 pm.  
Jim Jaffe, retired attorney and university professor facilitates discussion based on current events.

**Craft Corner: Bee Hive Table Arrangement**  
Thursday, May 20, 10:00am.  
Join Sharon Weddell as she instructs the class on how to create

a bee hive table arrangement using a flower pot. Cost is \$20. Register by May 13.

**Diabetes Support: Dairy Foods**, Wednesday, June 2, 10:00am.  
In honor of National Dairy Month, Jennifer Little, MS, RD, LD from Bluffton University, will discuss the benefits of dairy foods and provide fresh ideas of ways to incorporate milk and milk products into a healthy diet.

**AlerStallings Seminar Series / Session 4: Using Powers of Attorney to Avoid Guardianship** Wednesday, June 2, 2:00pm.  
Join us in the fourth of five sessions which focus on the legal needs of Seniors.

**Craft Corner: Slip Knot Barn Quilt**  
Wednesday, June 2, 10:00 am., "Let's Create with Bonnie".  
Make a wood 12"x12" barn quilt. Cost is \$35. Register by May 26.

**NEW! Sewing Class for Beginners**  
Monday, June 7 and Monday, June 14, 10:00am - 12:00 pm.  
Sharon Weddell teaches beginner sewing. Learn how to use a sewing machine. 2 classes, \$28. Limited class size. Register by May 31.

**BVHS Orthopedics: Thumb CMC Arthroplasty**  
Wednesday, June 16, 1:00 - 2:00pm.  
Katie Fultz, PA-C of Blanchard Valley Orthopedics and Sports Medicine discusses the carpometacarpal (CMC) joint.

**Hancock Historical Museum: Riverside**  
Wednesday, June 16, 10:00am., Jinny Geaman facilitates. Provided in cooperation with the Hancock Historical Museum.

**Craft Corner: Patriotic Flower Wreath**  
Thursday, June 17, 9:00am. Sharon Waddell instructs. Make a beautiful, patriotic Dahlia flower wreath. Cost is \$38. Register by June 10.

**Art Class: Acrylic Painting- Claude Monet "The Cliff Walk Pourville"**, Monday, June 21, 10:00am.  
Cindy Meadows instructs. Paint in the Impressionistic style of Claude Monet. Cost is \$25. Register by May 10.

**Art Class: Wood Pallet Beach Scene**  
Monday, June 21, 2:00pm., Megan from Awakening Minds Art. Paint a beach scene on a wood pallet. Cost is \$13. Register by June 14.

**Dietician Chat: How to Make a Healthy Smoothie**  
Thursday, June 24, 3:00pm., Rachel Niermann, RDN, LD with BVHS will teach you how to build a healthy and tasty smoothie at home.

**Keep Current: Voting Suppression/Issues**  
Monday, June 28, 1:00pm., Jim Jaffe, retired attorney and university professor facilitates discussion based on current events.

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, Bio-Steps, recumbent bikes, spinning bikes, row machines, upper & lower body strength training machines, hand weights, resistant bands, TRX straps, balance balls, 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 to make your fitness & wellness "goals" become a "reality." We have exercise programs available for all fitness levels. Let us help you reimagine your wellness goals and break down any barriers that you may

have, and build a health journey specifically for your needs. Complimentary appointments can be made with Wellness staff. Existing members are encouraged to schedule an appointment to refresh exercise program.

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

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

*Start where you are. Do what you can.  
Small steps turn into miles!*

### Men's, Women's and Family locker/shower rooms available in July!

We're proud to announce our locker rooms, equipped with showers, will soon be ready for all Wellness members to enjoy.

**Hydro Massage Bed** (available in July - additional minimal fee)  
Therapeutic technique involving the use of water and pressurized jets to help massage muscles and other soft tissue in the body.

### Wellness Center Memberships

*Membership open to all older adults age 50 and above*

#### Annual membership fees for 2021:

- only \$145 for a single per year\* or \$245 for two in a household per year\*  
(No registration fee required / Sales tax not included)

#### 6-Month membership are also available:

- only \$95 for a single\* or \$175 for two in a household\*  
(No registration fee required / Sales tax not included)

**Daily Fitness Pass: \$10 per day**

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

### All Participants:

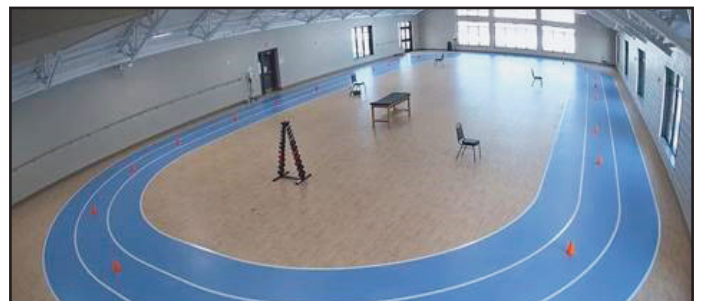
*Please scan in when entering the facility and tap on "Wellness Center" and/or "Exercise Class".*

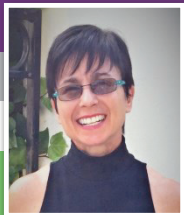
### Proud Partnerships with:

SilverSneakers®, Silver&Fit®, Prime® Fitness, Active&Fit, and RenewActive™ by United Healthcare®. 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™ (available in July)

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, strength conditioning classes, a variety of cardio classes, cycling, Zumba®, chair based classes and more. Virtual class is displayed in our private exercise studio.





# Wellness (continued)

ACTIVITIES | CHORE | NUTRITION | OUTREACH | WELLNESS

## Healthy Living Nutrition Coaching & Personal Training with Anne Hayes!

Appointments available in July.

### Healthy Living Nutrition Coaching Packages:

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

### 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

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

### Combo Special:

**Combine Personal Training & Healthy Living Nutrition Coaching (HLNC Program)**

**30 / 30 / 30 Program** . . . . . \$ 30  
30-minute personal training PLUS 30 minutes nutrition coaching

**One Session Program** . . . . . \$ 40  
1 one-hour personal training session AND half-hour nutrition coaching

**Four Session Program** . . . . . \$ 146  
4 one-hour personal training sessions AND half-hour nutrition coaching

**Eight Session Program** . . . . . \$ 276  
8 one-hour personal training sessions AND half-hour nutrition coaching

## Wellness Center Classes \*Class schedule subject to change. Registration required.

| Mon                             | Tues   | Wed                             | Thurs  | Fri                     |
|---------------------------------|--|---------------------------------|--|-------------------------|
| 8:30am Body Blast               | 8:30am Enhanced Fitness                      | 8:30am Body Blast               | 10:00am SilverSneakers®                      | 8:30am Body Blast       |
| 10:00am SilverSneakers® Classic | 10:00am SilverSneakers® Yoga                 | 10:00am SilverSneakers® Classic | Yoga   | 10:00am SilverSneakers® |
| 11:30am SilverSneakers® Yoga    | 11:30am Delay The Disease, Parkinson's Class | 11:30am SilverSneakers® Yoga    | 11:30am Delay The Disease, Parkinson's Class | Yoga                    |
| 1:30pm Body Tuning              | 1:30pm Geri Strong                           | 1:30pm Body Tuning              | 1:30pm Geri Strong                           | 11:30am Yoga Fusion     |
| 2:30pm SilverSneakers® Yoga     | 6:00pm Boot Camp                             | 2:30pm Yoga Fusion              | 6:00pm Boot Camp                             |                         |
| 5:30pm Cycling Mix              |  | 5:30pm Cycling Mix              |  |                         |

**BodyBlast (45 min.)**  
**Mondays, Wednesdays, Fridays 8:30am**  
Starts with 30 minutes of full body HIIT workout that involves cardio to increase the heart rate and resistance training to sculpt the arms, legs, and core. Class finishes with 15 minutes of core strengthening and stretching. It's a great kick start to your day!

**SilverSneakers® Classic (45 min.)**  
**Mondays and Wednesdays, 10:00am**  
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

**Geri Strong (45 min.)**  
**Tuesdays and Thursdays 1:30pm**  
A strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of dumbbell weights. As you become stronger you can advance to using heavier dumbbells in an effort to challenge yourself even more.

**SilverSneakers® Yoga (45 min.)**  
**Tuesdays, Thursdays, Fridays 10:00am**  
**Mondays and Wednesdays, 11:30am**  
**Mondays, 2:30pm**  
SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Cycling Mix (1 hr.)**  
**Mondays and Wednesdays 5:30pm**  
Beginner level spin class. Great for cardio, toning and sculpting.

**Delay the Disease™ Parkinson's Class (45 min.), Tuesdays and Thursdays 11:30am**  
Delay the Disease classes are designed specifically for those with Parkinson's Disease. The exercise classes are designed to empower people with Parkinson's Disease by optimizing physical function and helping to delay the progression of PD symptoms.

**Body Tuning (45 min.)**  
**Mondays and Wednesdays 1:30pm**  
Full body toning and core strengthening class with light cardio.

**Bootcamp (45 min.)**  
**Tuesdays and Thursdays 6:00pm**  
Interval training with a mixture of cardio, overall body sculpting and toning.

**Yoga Fusion (45 min.)**  
**Wednesdays 2:30pm and Fridays 11:30am**  
Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises.

**Enhanced Fitness (45 min.)**  
**Tuesdays 8:30am**  
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.

*Registration required. Call the Wellness Center direct line at 567-429-8382 or 50 North at 419-423-8496 (ext. 113) or e-mail: alee@50north.org*