

senior focus

What's happening?

Get out and enjoy yourself at one of these local senior centers. Times and dates may vary, call prior to the event you're interested in.

Allen Eiry Senior Center
28 Hopewell Avenue,
Tiffin
419-448-9774

The Allen Eiry Center continues to be Seneca County's premier destination for adults aged 50 and better. The Center offers opportunities for travel, fitness, friendship, education and fun all year long.

The Center hosts a variety of informative presentations open to the public, including programs on Alzheimer's and dementia, tax and financial planning and long-term care.

Members can choose from a wide range of activities designed to support both physical and social well-being. Creative offerings include fused glass, stained glass, wood carving, quilting and crafts. Fitness options include cardio drumming, floor yoga, chair yoga, balance class and Tai Chi. Recreational activities range from table pool and Bingo to chair volleyball and a variety of games, including euchre, pinocle, bridge and more.

New for 2026, the Center introduced additional floor yoga classes: Mondays at 4:30 p.m. and Fridays at 6:30 a.m. Both classes are open to anyone interested in improving flexibility, strength and overall wellness.

Mark your calendar for the 2026 golf scramble on Saturday, Sept. 6 – a fun-filled event that supports the Allen Eiry Center while bringing the community together.

The Allen Eiry Center is

open Monday through Friday from 8:30 a.m. to 4 p.m. Stop in for a visit, call for more information or learn more at www.alleneiry.com. You can also follow the Center on Facebook to stay updated on events and activities.

50 North
339 E. Melrose Avenue,
Findlay
419-423-8496

Located in the heart of Findlay, 50 North is a vibrant community center dedicated to helping adults age 50 and better stay active, connected and independent. Whether you're looking to improve your health, explore new interests or build friendships, 50 North offers something for everyone.

Our activities department provides a wide variety of opportunities including senior cinema (free movies and popcorn every Friday), art classes, health and wellness programs, educational and enrichment classes, and social activities designed to keep minds and bodies engaged while building meaningful connections.

Our wellness center features senior-friendly fitness equipment, certified personal training, an indoor walking track, a relaxing water massage bed, access to a nutritionist and more than 30 group exercise classes including yoga, spin, stretch and drumming. We also offer specialized fitness classes designed for individuals living with Parkinson's disease and other neurological

conditions, helping participants improve strength, balance, mobility and overall quality of life in a supportive and encouraging environment.

50 North also supports independent living through our chore services, which assist with building wheelchair ramps, installing safety grab bars and railings, minor home repairs, lawn care and snow removal. These services help reduce fall risks, improve home safety and allow older adults to remain comfortable and independent in their own homes.

Our outreach department, staffed by licensed social workers, helps older adults and their families navigate Medicare questions, housing concerns, benefit assistance and connections to helpful community resources. The team provides trusted guidance and support, helping individuals find solutions that promote independence, safety and overall well-being.

Our nutrition department offers delicious, affordable and flexible dining options through the Marathon Café, open Monday through Friday from 11 a.m. to 1 p.m. Guests can choose from six different meal options including the daily hot meal, salad of the week, build-your-own salad, build-your-own wrap, build-your-own power rice bowl or the featured power bowl of the week. The Marathon Café also has special themed days such as free ice cream

Wednesdays, free dessert Thursdays and crowd-favorite café karaoke, creating opportunities for members to enjoy great food while socializing with friends. Curbside lunch service and mobile meals are also available, providing convenient and nutritious options for those who prefer to dine at home.

Our travel department creates memorable experiences through a wide variety of day trips and extended travel opportunities designed specifically for adults 50 and better. From local attractions, theater performances and cultural outings to multi-day domestic and international adventures, our trips allow participants to explore new destinations while enjoying the comfort of organized, stress-free travel.

Discover all that 50 North has to offer by visiting www.50north.org, following us on Facebook or stopping by.

Wyandot County Council on Aging
127 S. Sandusky Avenue,
Upper Sandusky and Senior Connection
124 S. Sandusky Avenue,
Upper Sandusky
419-294-5733

The Wyandot County Council on Aging offers various services for residents aged 60 and older in Wyandot County, while also welcoming individuals of all ages to join in activities.

Each week, the Senior Connection hosts a variety of fun activities. On Mondays,

you can enjoy crochet and chair exercise, while Wednesdays offer coffee at the Connection and euchre. Thursdays are perfect for those interested in a crafts class and Bingo, and Fridays feature chair exercise and bridge. Additionally, the WCCOA organizes activities across multiple locations throughout the county. Moving to the music is available on Mondays, Wednesdays and Thursdays. Pickleball and bowling are held on Wednesdays and Fridays. Monthly activities are also scheduled and include a book club, movie day, game night, Bible Study, TNT Bingo and a sewing class.

Launching in 2026 is Carry On, a widowhood support group that hopes to aid men and women who are navigating the waters of widowhood by working together to live life again. This group meets monthly.

Monthly lunch events are hosted in Carey, Sycamore and Upper Sandusky. Additionally, lunch and learn sessions are regularly organized at various restaurants around Wyandot County. A mystery lunch trip takes place every month, where a restaurant outside of Wyandot County is chosen at random.

Exciting travel opportunities are available with minibus day trips on Wednesdays and Fridays from March to October, offering a fantastic chance for exploration and enjoyment.

Additionally, charter bus adventures will commence in March and continue through December, providing an extended period for travel and discovery. WCCOA partners with travel agencies for international trips. Though the trip to Ireland in April is

sold out, there is still time to book your spot on the river cruise in Portugal and Spain in 2027. For a complete schedule and further details about these events, visit the website at wyandotseniors.com.

The Council On Aging provides transportation services for seniors in Wyandot County, enabling them to travel anywhere within Ohio for medical appointments, as well as for non-medical trips within the county. Individuals under the age of 60 who have Medicaid waivers approved by Job and Family Services are also eligible for this transportation assistance.

The nutrition department at WCCOA offers a variety of meal options from Monday to Friday. You can have meals delivered to your home, which may include frozen entrees, hot meals or cold deli boxes. Additionally, you are invited to join the Lunch Bunch for dine-in service, available on-site from Monday to Friday between 11:30 a.m. and 12:30 p.m. at the office.

Homemaking services are available to clients for two hours every other week or once a month. The chore program is also available which helps with light installations and minor repairs around the home. Additionally, the Council On Aging provides an information and referral specialist to connect you with additional resources.

WCCOA offers a variety of additional services, including public notary, a medical equipment loaner closet and facility rental.

For more information, please call WCCOA at 419-294-5733, visit the website or follow on Facebook and Instagram.

Frequent questions about active adult communities

Homeowners in mid-life or older may ponder a host of changes as retirement draws closer. One of the more significant changes homeowners may consider relates to their homes. Some homeowners may be entrenched in their forever homes, while others may be considering moving to a residence that's more manageable and/or amenable to lifestyle changes. Homeowners among the latter group may be looking to active adult communities as they seek to downsize in an effort to spend less time working on their homes and more time socializing.

A range of variables has drawn people to active adult communities. A recent survey conducted by SurveyMonkey Audiences for 55 places found that 64 percent of respondents

identify interest in health and fitness groups within 55+ communities as attracting them to such residences, which typically boast a range of additional amenities that might appeal to adults 55 and over. Adults interested in active adult communities are urged to contact local representatives of such collectives to get specific information, but the following are some frequently asked questions that can offer insight into 55+ communities.

Do I need to be 55 to move in?

It's typical that individuals who aspire to live in active adult communities be at least 55-years-old, but there might be some exceptions. For example, a married couple in which one spouse is 55 and the other nearing that age might

still be eligible.

Is this a typical senior living community?

Conceptions of communities designated for aging adults vary, but those who perceive active adult communities as catering to individuals with chronic illnesses may be mistaken. Active adult communities are generally designed for residents who are physically active and want to remain so and many of these communities feature single-family homes or condominiums owned by the residents. Health care facilities like gyms are commonplace at 55+ communities, but health care services like medical care and other features are typically not available on-site.

Do communities feature HOA fees?

Fees are commonplace at active adult communities, where residents typically do not want to worry about home maintenance tasks like mowing the lawn or exterior repairs. Fees will vary by community, but they must be factored in when considering if a community is the right fit.

Can I host guests for overnight stays at an active adult community?

Residents are typically allowed to host guests for overnight visits at active adult communities, but the length of stays may be limited. Some communities limit overnight guest stays to a predetermined number of days or weeks per year. Each individual community may have its own rules.

Do I still need homeowner's insurance?



Expenses like homeowner's insurance are generally not covered in HOA fees. Residents will need to take out their own homeowner's policies.

What about utilities?

Utilities also are not typically part of the HOA fees, so residents will need to factor

utility costs into their overall budgets when determining if a given community is affordable.

Answering these questions and more can help adults 55 and over determine if active adult communities are right for them.

How to determine your financial needs in retirement



No one knows what the future holds. Despite the mystery shrouding the future, it's still vital that people plan for the years ahead, particularly in regard to saving for retirement.

Advice abounds regarding how much money retirees will need to live comfortably in retirement. One common approach suggests retirees should aspire to replace 70 to 80 percent of their pre-retirement income, while another strategy urges retirees to save 12 times their final pre-retirement income, meaning someone making \$100,000 in

the year they retire will need at least \$1.2 million in retirement savings to maintain their lifestyle. Each of these approaches are just strategies and how much a person actually needs in retirement will depend on a host of variables unique to each individual, including the age a person retires, his or her health status at the time of retirement and personal goals for their golden years. For example, those who hope to retire at 65 and travel extensively in retirement will likely need more savings than someone who hopes to retire at 70 and

travel less frequently.

Though variables unique to each person will help to determine how much to save for retirement, there are some additional ways to identify how much you might need to live comfortably after calling it a career.

- Identify your ideal retirement age. Arguably the most significant variable related to saving for retirement is the age at which a person hopes to retire. Some may have the luxury of choosing their own retirement date, while others' personal health or employers may make that choice for them. But it's good to remember that the longer a person continues to work, the less retirement savings that person will need. When trying to determine how much to save for retirement, first identify your ideal retirement age and then go from there, recognizing that this important variable can change over time.

- Identify the lifestyle you hope to live. If the romanticized ideal of a jetsetting retirement lifestyle appeals to you, then you're likely going to need to save more for retirement than someone whose vision of life after working is less glamorous. It's possible for many retirees to live their ideal lifestyle in retirement, but those whose ideal is marked by expensive pursuits like regular international travel will need to start earlier and save more than someone who envisions

occasional trips but more time at home.

- Don't overlook health care costs. Health care costs for retirees are heavily dependent on individual health. But even the healthiest retiree might experience a sudden and potentially costly medical issue, so it's best for everyone to plan for sizable health care expenses in retirement. The Employee Benefit Research Institute estimates that couples will need to have saved at least \$188,000 to have a 90 percent chance of

covering their health care expenditures in retirement. That figure is subject to variables unique to each individual, but it can serve as a useful measuring stick as adults try to determine how much they need to save for retirement.

Financial needs in retirement depend on the individual. However, some key planning strategies can help individuals determine how much they might need to save to live comfortably in retirement.

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