


March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday ¹	Saturday ²
					Brown bag music series 11:30am-1:15pm Bird Watching 12:00-1:30pm Glass City Park and Tony Packos 1:00-3:00pm Greenhouse group 3:30-4:30pm Adult Lego Party 4:30-5:30pm Switch Sports 6:00-7:00pm Open Gym Volleyball 6:00-7:45pm Mario kart 7:30-8:30pm	Open Gym Volleyball 12:00-2:00 Toledo Metroparks: Maumee Valley Adventurers 1:00-3:00pm Open Gym Games 2:30-4:30pm Saturday Evening Cooking Class 5:00-6:15pm

<p>3</p> <p>Draftcade 2:00-5:00pm</p>	<p>4</p> <p>Spring Plant Identification 11:00am-2:00pm</p> <p>Walk Club at Slippery Elm Trail</p> <p>12:00-1:00pm Circuit Training 3:00-4:00pm</p> <p>Greenhouse Group 3:30-4:30pm</p> <p>Pre-season Track Training 5:00-6:00</p>	<p>5</p> <p>Metzger's Marsh Bird migration viewing 9:00am-2:00pm</p> <p>Craft WLI 10:00-11:00am</p> <p>Yoga 1:00-2:00pm</p> <p>Music therapy 3:00-4:00pm</p> <p>Drum Fit 3:00-4:00pm</p> <p>Exercise in the Pool 4:30-5:30pm</p> <p>OT Maker Space 4:30-5:30pm</p> <p>Craft Hour 6:30-7:30pm</p>	<p>6</p> <p>Coping Skills 4:00-5:00pm</p>	<p>7</p> <p>WLS Assist in Greenhouse 9:45-10:30am</p> <p>Food Review Club 12:00-1:30pm</p> <p>Spin Class 3:00-4:00pm</p> <p>Bingo 4:00-5:00pm</p> <p>DD Awareness Month: Movie: Champions 5:00-7:15pm</p> <p>BGSU Planetarium 6:00-8:00pm</p>	<p>8</p> <p>Novel Grounds 11:00am-12:30pm</p> <p>Adult Lego Party 4:30-5:30pm</p> <p>Venturing Seed Chuckling 5:00-6:00pm</p> <p>Switch Sports 6:00-7:00pm</p> <p>Mario kart 7:30-8:30pm</p>	<p>9</p> <p>Dublin, OH St, Patrick's Day Parade 8:30am-5:00pm</p> <p>Cooking Class: Brunch and Coffee 12:00-1:15pm</p> <p>5-4-3-2-1 Journal Exercise 2:00-3:00pm</p>
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10	11	12	13	14	15	16
Toledo Toy and Train Show 9:00-11:30am	WLI Planting Shamrocks 10:00-11:00am	Sidecut Metro Park walk 10:00am-12:30pm	Drum Fit 10:00-11:00am	Food Review Club 12:00-1:30pm	EI Playgroup 10:30-11:30am	Saturday Fun Day 1:00-3:00pm
Fantasticon 12:30-3:00pm	Walk Club at Slippery Elm Trail 12:00-1:00pm	Gym Games-WLI 10:00-11:00am	Coping Skills 4:00-5:00pm	Mall Walk, Lunch, & Fringe thrift store shopping 12:00-2:00pm	Hayes Museum 12:00-4:00pm	Cooking Class 5:00-6:15pm
Levis commons movie: Kungfu Panda 4 4:00-7:30pm	Circuit Training 3:00-4:00pm	Yoga 1:00-2:00pm	Pre-season Track Training 5:00-6:00pm	Spin Class 3:00-4:00pm	Walking with Weights 1:00-1:45pm	
	Greenhouse Group Planting Shamrocks 3:30-4:30pm	Drum Fit 3:00-4:00pm		Greenhouse Group 3:30-4:30pm	Gnome Painting with Lori Lawton 1:30-3:30pm	
	Pre-season Track Training 5:00-6:00pm	Music therapy 3:00-4:00pm		Vision Boards 4:00-5:00pm	Flip a coin Workout 2:15-3:00pm	
		Exercise in the pool 4:30-5:30pm		Candle Wax Painting 5:00-6:00pm	Henna Tattoos 4:30-5:30pm	
		Craft Hour 6:30-7:30pm		Virtual Tour of Ireland 5:00-6:00pm	Monster Jam 6:00-9:30pm	

17	18	19	20	21	22	23
Church & Coffee 9:30am-12:30pm	Wintergarden Park Walk 1:00-2:30pm	Gym Games- WLI 10:00-11:00am	Drum Fit 10:00-11:00am	Food Review Club 12:00-1:30pm	Almar Open Bowl 2:00-4:00pm	Play with puppies Lucas County Humane Society & Lunch 11:30am-2:30pm
	Mario Workout 1:00-2:00pm	OT Twin Tech Virtual Tour 11:00am-12:00pm	Greenhouse Group 3:30-4:30pm	Magnet Fishing 12:00-2:30pm	Adult Lego Party 4:30-5:30pm	
	Puzzle Piece Q- tip Painting 1:00-2:00pm	Yoga 1:00-2:00pm	Coping Skills 4:00-5:00pm	Spin Class 3:00-4:00pm	Dusty Boots 6:00-7:30pm	March madness 2nd round Game on big screen 12:00-3:00pm
	Circuit Training 3:00-4:00pm	Greenhouse Group 2:00-3:00pm	Karaoke 4:30-5:30pm	Meat-less Tostados 4:00-5:00pm		Greenhouse Group 4:00-5:00pm
	Self-Care and Hygiene 3:00-4:00pm	Drum Fit 3:00-4:00pm	Preseason Track Training 5:00-6:00pm	Venturing Meeting 5:00-6:00pm		Grafting Heirloom Vegetables Workshop 5:30-7:30pm
		Music therapy 3:00-4:00pm	Movie at the board 6:00-7:45pm			
		Exercise in the pool 4:30-5:30pm				
		Craft Hour 6:30-7:30pm				

<p>24</p> <p>Columbus Zoo Trip 8:00am-4:30pm</p>	<p>25</p> <p>Walk Club at Slippery Elm Trail 12:00-1:00pm</p> <p>Circuit Training 3:00-4:00pm</p> <p>Preseason Track Training 5:00-6:00pm</p>	<p>26</p> <p>Spangler Candy Company 9:00am-1:30pm</p> <p>Gym Games- WLI 10:00-11:00am</p> <p>Yoga 1:00-2:00pm</p> <p>Drum Fit 3:00-4:00pm</p> <p>Music therapy 3:00-4:00pm</p> <p>Craft Hour 6:30-7:30pm</p>	<p>27</p> <p>Drum Fit 10:00-11:00am</p> <p>Greenhouse Group 3:30-4:30pm</p> <p>Preseason Track Training 5:00-6:00pm</p>	<p>28</p> <p>Bowling Green Tour and Lunch 10:00am-2:00pm</p> <p>Food Review Club 12:00-1:30pm</p> <p>Spin Class 3:00-4:00pm</p> <p>Big Fab Lab Tour 6:00-8:00pm</p>	<p>29</p> 	<p>30</p>
<p>31</p> 						

Recreation Activities - MARCH 2024

Glass City Park and Tony Packos

What: Explore the new Glass City Metropark in Toledo and enjoy lunch at Tony Packos founded in 1932, the restaurant became famous when it was mentioned in several episodes of the 1972-83 M*A*S*H television series.

When: Friday, March 1st from 1:00-3:00pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Please bring at least \$20.00 for lunch at Tony Packos.

Please wear comfortable shoes.

Staff: Josie

Brown Bag Music Series

What: The Bowling Green Parks and Recreation Department with the College of Musical Arts at will again present the Brown Bag Music Series of free musical performances at the Simpson Building.

When: Friday March 1st from 11:30-1:15.

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Bring a packed lunch and drink.

Staff: Ken

Bird Watching

What: Enjoy and identify the birds from the warmth of the Rotary Center at Wintergarden Park.

When: Friday March 1st from 12:00-1:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Staff: LeAnn

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Friday March 1st from 3:30-4:30 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Adult Lego Party

What: Come and play with Legos. You can build robots, houses or anything in your imagination.

When: Friday March 1st, 8th, and 22nd from 4:30 -5:30

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: your imagination

Staff: Ken

Open Gym Volleyball

What: Freshen up your volleyball skills prior to the season, have some fun with friends and possibly get a pickup game started.

When: Friday March 1st from 6:00-7:45 pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Athletic clothing, tennis shoes and a bottle of water

Staff: LeAnn

Switch sports

What: Come play and compete with your friends in various Nintendo sports including tennis, bowling, and soccer.

When: Friday March 1st and 8th from 6:00pm-7:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Staff: Ken

Mario Kart

What: Dodge bananas and throw turtle shells at your friends as we race to see who the best Mario Kart player is!

When: Friday March 1st and 8th from 7:30 -8:30pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Staff: Ken

Open Gym Volleyball

What: Freshen up your volleyball skills prior to the season, have some fun with friends and possibly get a pickup game started.

When: Saturday March 2nd from 12:00-2:00 pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Athletic clothing, tennis shoes and a bottle of water

Staff: LeAnn

Open Gym Games

What: Enjoy volleyball, basketball, and other classic gym games.

When: Saturday March 2nd from 2:30-4:30 pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Athletic clothing, tennis shoes and a bottle of water

Staff: LeAnn

Draftcade

What: Retro-gaming at its finest! Draftcade offers the best deal on gameplay with over 60 arcade classics! Come out and get some gaming in as well as grab some snacks with friends! Draftcade Menu

When: Sunday, March 3rd from 2:00pm-5:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance A, Wood Lane School, 1921 E. GypsyLane Rd., Bowling Green

Bring: At least \$20.00 for snacks and \$4.00 for gaming wristband.

Staff: Angie

Spring Plant Identification Walk at Oak Openings

What: Take a leisurely stroll through the expansive Oak Openings Metro Park. Look for the signs of spring and try to identify the budding plants

When:

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Dress appropriate for the weather and bring a bottle of water

Staff: LeAnn

Walking Club at Slippery Elm Trail

What: As spring approaches, it is time to get back outside! Join us as we walk the beautiful Slippery Elm Trail! Fun, fitness, and fellowship!

When: Mondays in March from 12:00-1:00pm. There will be NO WALK CLUB on MARCH 18th!

Where: Black Swamp Preserve: 1014 S. Maple St, Bowling Green, Ohio

Bring: Comfy clothes and comfy shoes! Dress appropriate for the weather!

Staff: Angie

Circuit Training

What: Let's Get Physical! Come to the gym and work towards your fitness goals! Circuit training is a combination of 6 or more exercises performed with short rest periods between them for either a set of number of repetitions or a prescribed amount of time.

When: Mondays in March from 3:00-4:00

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Comfortable clothing, comfortable shoes, and water

Staff: Angie

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Monday March 4th from 3:30-4:30 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Pre-Season Track Training

What: Get ready for track season with pre-season workouts! Practice running, jogging, and walking on the track at the Bowling Green Community Center. Participate in various stretching and strength building exercises.

When: Mondays in March from 5:00-6:00pm **Note: We will not hold Pre-Season Track Training on Monday, March 18th.**

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Please wear tennis shoes and comfy clothes. Please bring a water bottle.

This event is for registered Special Olympics athletes.

Staff: Josie and Angie

YOGA

What: An ancient system of practices used to balance the mind and body through exercise, meditation (focusing thoughts), and control of breathing and emotions.

When: Tuesdays in March from 1:00-2:00pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: A water bottle! Yoga mats are provided!

Staff: Angie

Craft

What: Come and join us as we do an art project together.

When: Tuesday March 5th from 10:00am - 11:00am

Where: Meet and pick up at the Bowling Green Community Center, classroom , 1245 W Newton Rd, Bowling Green.

Staff: Ken

Drum Fit

What: DrumFIT is a fun, easy to learn workout for all fitness levels and abilities. We will use Drumsticks, a yoga ball, high energy music and a specially choreographed routine to mix high and low intensity exercises to build muscle and burn calories.

When: Tuesdays in March from 3:00-4:00

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Wear comfy clothes and shoes! Bring water bottle!

Staff: Angie

Music Therapy

What: Join us as a music therapist, from Heartstring Melodies for an 8-week music exploration opportunity. Participants will get to know each other through musical methods such as singing, instrument playing, movement and songwriting.

When: Tuesday in March and April from March 5th until April 23rd at 3:00-4:00

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Staff: Ken

Exercise in the Pool

What: Come have fun working out in the water! You can work out in the shallow end or in the deep. This class is open to anyone. Everyone is welcome. We will teach all abilities and provide modifications.

When: Tuesdays in March from 4:30-5:30pm. Note** We wil not hold exercise in the pool on Tuesday March 26th**

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: A swimsuit, towel, and bag for wet clothes.

Staff: Josie and Claire

Maker Space Event

What: Join the occupational therapy team for a Maker Space event! You will make a low-tech assistive technology tool (phone or tablet holder). This is an ideal program for those that want to learn more about assistive technology and using everyday items to create low tech assistive technology.

When: Tuesday, March 5th from 4:30-5:30pm

Where: Pick up and Drop off at 909 Klotz Road, Bowling Green, OH 43402. (There is no onsite parking available; pick-up/drop-off only).

Staff: Wood County Board Occupational Therapy

Metzger's Marsh Bird Migration Viewing

What: March is the month that you can see the highest amount of waterfowl migration in the state of Ohio. Check out the geese, ducks, herons, Sandpiper and many more birds as they make their way to Ohio for the Spring. Stop for lunch before we head home.

When: March 5th from 9:00- 2:00 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$20.00 for lunch

Although we will have an indoor viewing area, be sure to dress for the weather as we may be able to get out into the marsh area for better viewing.

Staff: LeAnn

Drum Fit

What: DrumFIT is a fun, easy to learn workout for all fitness levels and abilities. We will use Drumsticks, a yoga ball, high energy music and a specially choreographed routine to mix high and low intensity exercises to build muscle and burn calories.

When: Wednesdays in March from 10:00 - 11:00am *There will be no DrumFit on March 6th!

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Water bottle, comfy clothes, and comfy tennis shoes!

Coping Skills

What: Attend a weekly class to learn various coping skills such as stress management, anger management, mindfulness, and much more. Coping skills help with in-the-moment events, when we are feeling lousy, to help us turn down the volume of our emotions and avoid getting overwhelmed.

When: Wednesdays in March from 4:00 - 5:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

Food Review Club

What: Come join us as we go to local restaurants to eat and then as a group write a review on the dining experience.

When: Thursdays in March from 12:00-1:30pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Up to 25 dollars for meal and tip.

Staff: Ken

Spin (Indoor Cycling)

What: Do you love cycling and wish you had a warm, safe place to do it during the winter months? Well then, this class is for you! Come out to the BGCC and cycle on spin class bikes! This opportunity offers the safety of a stationary bike, and the warmth of the spin classroom!

When: Thursdays in March from 3:00-4:00pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: A water bottle and comfortable workout clothing. Please wear comfortable and clean tennis shoes so we don't leave any messes on the bikes or the floor!

Staff: Angie

Bingo

What: B12, I27, O65. Come and play bingo with us, and maybe you will be the one yelling Bingo.

When: Thursday March 7th from 4:00-5:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Staff: Ken

DD Awareness Month Movie: Champions

What: In honor of March being Developmental Disabilities Awareness Month, we will be watching the movie, Champions! Come on out, hang with friends, watch the movie and enjoy snacks!

When: Thursday, March 7th from 5:00-7:15pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: At least \$3.00 if you would like to purchase concessions from the Venturing Crew! Popcorn and water will be provided for free!

Staff: Angie

BGSU Planetarium

What: The Bowling Green State University Planetarium is a 114-seat public science theater serving BGSU students, area schools, and the public of northwest Ohio. Set under a 40-foot dome, the state-of-the-art SciDome video system fills the dome with video that can immerse you in the cosmos and can show the sky as it would be seen from any place on the Earth at any time. We will be attending the Totality show which will talk about the upcoming solar eclipse.

When: Thursday March 7th from 6:00-8:00

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Please bring a \$1 donation for entrance.

Staff: Ken

Novel Grounds

What: Come spend the afternoon perusing Novel Grounds while enjoying a warm cup of coffee with friends. Novel Grounds is located in the heart of downtown Bowling Green. Explore the books and merchandise they have to offer!

When: Friday, March 8th from 11:00-12:30

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Please bring at least \$10.00 for a beverage and snack.

Staff: Josie

Venturing: Seed Chucking

What: Calling all Venturers! We need your help removing seeds from our beautiful purple hyacinth bean pods. This will assist in preparing the greenhouse for spring planting!

When: Friday, March 8th from 5:00-6:00pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

This event is for registered Venturing Crew members only.

Staff: Josie

Saturday Morning Swim Workout

What: Start your Saturday off right with swim in the Nichols Therapy Pool! Learn the benefits of aquatic exercise is a low-impact activity that takes the pressure off the bones, joints and muscles. Water also offers natural resistance, which can help strengthen the muscles. Aquatic exercise can have many health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength.

When: Saturday, March 9th from 10:00-11:00am

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: A swimsuit, towel, and bag for wet clothes.

Staff: Josie

Cooking Class: Brunch and Coffee

What: Spend Saturday morning with a fresh cup of coffee and learn how to make a simple meal for brunch.

When: Saturday, March 9th from 12:00-1:15pm

Where: Meet and pick up at the Wood County Board of DD, Entrance A, Wood Lane School, 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

5-4-3-2-1 Journal Exercise

What: Grounding yourself with your five senses. Journal exercise on how to ground yourself during troubling times and anxious moments. Mental practice for grounding. Self-care and well-being during overwhelming times.

When: Saturday, March 9th from 2:00-3:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

Dublin, OH St. Patrick's Day Parade

What: The Dublin, Ohio St. Patrick's Day Parade: The City of Dublin's St. Patrick's Day Parade is a regional parade that appeals to Dublin residents and visitors from throughout Ohio. Dublin, Ohio, has the Greenest, Grandest Parade! After the parade, guests can frequent Dublin establishments featuring Irish entertainment and specials. Approximately 110 units, including marching bands, clowns, floats, and giant balloons, are featured in each parade before an estimated crowd of 20,000 guests.

When: Saturday March 9th from 8:30-5:00 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Dress for the weather. Bring \$25.00 for lunch and additional money for souvenirs, snacks or beverages. This activity will require a LOT of walking

Staff: LeAnn and Ken

Toledo Comic Book Convention

What: Fantasticon has arrived. Come see Toledo's comic book convention.

When: Sunday March 10th from 12:30 - 3:00pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$15 dollars for entrance fee as well as additional money for any purchases you wish to make.

Purchases can be expensive at comic book conventions so please keep that in mind when bringing extra money.

Staff: Ken

Levis Commons Movie: Kung Fu Panda 4

What: Come to the theater with us as we watch the most recent Kungfu panda sequel. In it Po, who is set to become the Spiritual Leader of the Valley of Peace, searches for his successor as the new Dragon Warrior while fighting a new foe called "The Chameleon".

When: Sunday March 10th from 4:00-7:30

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$12.75 in cash for ticket and additional money for beverage and a snack.

Note: Times are subject to change when movie show time is released. Rec staff will contact participants once exact times are determined.

Staff: Ken

The Greater Toledo Train and Toy show

What: Come see lots of different types of toys and toy trains at the annual Toledo show.

When: Sunday March 10th from 9:00 - 11:30am

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$10 for entrance fee and additional money for any purchases you wish to make.

Staff: Ken

Greenhouse Group: Planting Shamrocks

What: Paint a pot and plant your very own Shamrock seeds. Your good luck will follow you through the year with this fun plant!

When: Monday March 11th from 3:30-4:30 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Gym Games

What: Enjoy a variety of different gym games such as corn hole, basketball, giant tic-tac-toe and many more games at the Bowling Green Community Center.

When: tuesdays in march from 10:00-11:00am starting march 12th

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: A water bottle comfortable shoes and clothing.

Staff: Ken

Spring Walk at Sidecut Metro Park

What: Take a crisp spring walk through Sidecut Metro Park. Enjoy the spring air and the fresh new signs of life.

When: Tuesday March 12th from 10:00-12:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Weather appropriate clothing and a bottle of water

Staff: LeAnn

Pre-Season Track Training

What: Get ready for track season with pre-season workouts! Practice running, jogging, and walking on the track at the Bowling Green Community Center. Participate in various stretching and strength building exercises.

When: Wednesdays in March, event will begin Wednesday, March 13th from 5:00-6:00pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Please wear comfy clothes and tennis shoes. Please bring a water bottle!

This event is for registered Special Olympics athletes.

Staff: Josie and Angie

Mall Walk, Lunch, and the Fringe

What: We are heading out the Bowling Green Mall! While there, we will eat a packed lunch, do some mall walking, and finish with a little thrift shopping at the Fringe! Sound like a fun afternoon? Join us!

When: Thursday, March 14th from 12:00pm-2:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance A, Wood Lane School, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: a packed lunch, comfy walking shoes, and money if you would like to shop at the Fringe!

Staff: Angie

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings

When: Thursday March 14th from 3:30-4:30

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Vision Boards

What: A vision board (or dream board) is a collection of images and words that inspire and motivate you to reach your goals. They represent the changes you'd like to see in your life. Maybe you want to eat healthier meals or just spend more quality time with family and friends.

When: Thursday, March 14th from 4:00-5:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

Virtual Tour of Ireland

What: Take a Journey through Ireland on the big screen. We will be taking a virtual tour of Ireland and seeing the Giant's Causeway, The Cliffs of Moher, Dunluce Castle and 20 other jaw dropping virtual destinations

When: Thursday March 14th from 4:30-6:00 pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: a snack or beverage if you would like one.

Staff: LeAnn

Walking with Weights

What: Walking with weights involves walking while holding light weights in your hands or walking while wearing a weighted accessory like wrist weights, or ankle weights. Walking is a great aerobic and cardio workout that raises your heart rate.

When: Friday, March 15th from 1:-00-1:45pm.

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Wear comfy shoes and bring a water bottle.

Free Event!

Staff: Josie

Gnome Painting with Lori Lawton

What: Join local artist Lori Lawton in an adult art class/paint party. Lori will guide you on your painting journey to create your very own adorable gnome portrait on canvas.

When: Friday March 15th from 1:30-3:30 pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$25.00 in exact change

Wear clothing that you can get paint on

Staff: LeAnn

Hayes Presidential library and Mansion Tour

What: Take a tour around the Hayes Presidential Library, mansion, and grounds.

When: Friday march 15th from 12:00-4:00pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$20 for admission and comfortable shoes

Staff: Ken

Flip a Coin Workout

What: Put a fun twist on a workout! Flip a coin to determine what type of exercise you will have to do! It could be anything from squats, calf raises, jogging in place, and jumping jacks!

When: Friday, March 15th from 2:15-3:00pm.

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Wear comfy shoes and bring a water bottle.

Staff: Josie

Henna Tattoos

What: Have you ever wanted to get a tattoo but weren't sure if you would like it? Henna tattooing is a form of temporary body decoration similar in appearance to a tattoo, although the color of henna is usually somewhere between red, orange, brown or burgundy. In recent years henna tattoos have become very popular, as they are fast, easy, painless, affordable and temporary.

When: Friday March 15th from 4:30-5:30 pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Wear clothing that you can easily expose your arms.

Staff: LeAnn

Monster Jam

What: Experience full-throttle family fun at Monster Jam®, where world-class athletes and their 12,000-pound monster trucks tear up the dirt in wide-open competitions of speed and skill.

When: Friday March 15th from 6:00-9:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$33.00 for your ticket and additional money for souvenirs, snacks or beverages.

Staff: LeAnn and Ken

Saturday Fun Day

What: It's time to have some fun! Come hang out with your friends! We will have a movie going on the big screen, access to basketballs, a craft and a puzzle table, and snacks for sale!

When: Saturday, March 16th from 1:00-3:00pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: At least \$3.00 if you want to purchase snacks. Wear comfortable clothes and shoes if you plan to play any active games!

Staff: Angie

Church & Coffee

What: Are you interested in exploring different religions? Are you interested in finding a new church home but don't know where or how to begin? Maybe we can help! Starting this month, we will pick a different church/denomination to visit and learn about each month! You can experience a new church, new music, and new ideas alongside your friends from the WCBDD recreation department! After church, we will find a place to have coffee and talk about the experience! This week, we will visit Word of Truth Christian Church.

When: Sunday, March 17th from 9:30-12:30pm

Where: Meet and pick up at the Wood County Board of DD, Entrance A, Wood Lane School, 1921 E. GypsyLane Rd., Bowling Green

Bring: Your listening ears, a Bible if you choose, and \$10.00 if you would like to get coffee!

Staff: Angie

Wintergarden Park Walk

What: Take a spring stroll through Bowling Green's most popular park.

When: Monday March 18th from 1:00-2:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Weather Appropriate clothing and a bottle of water

Staff: LeAnn

Super Mario Workout

What: Do you love Super Mario? Do you need to work out this winter? Do you accept the challenge?! Come work out with the Mario Brothers and have fun at the same time! Check out this link to get an idea of what we will be doing!

When: Monday, March 18th from 1:00pm-2:00pm

Where: Meet and pick up at the Bowling Green Community Center, Dolores Black Gymnasium, 1245 W Newton Rd, Bowling Green.

Bring: Comfortable shoes and water! Wear comfortable workout clothes!

Staff: Angie

Puzzle Piece Q-Tip Paintint

What: Use bright, vibrant colors to create a beautiful paining in the shape of a puzzle piece using Q-tips, a canvas, and acrylic paint!

When: Monday, March 18th from 1:00-2:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

Self-Care and Hygiene Education

What: Self-care activities can include big and small things that address your mental and physical well-being. Learn different techniques to improve your self-care and hygiene into your daily routine.

When: Monday, March 18th from 3:00-4:00pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Free Event!

Staff: Josie

Twin Tech Virtual Tour

What: Join the occupational therapy team for a virtual tour of the Twin Tech 2.0 Smart home. This event is ideal for folks that want to learn more about assistive technology.

When: March 19, 2024 from 11:00am – 12:00pm

Where:

Join by computer/tablet/smartphone: <https://us02web.zoom.us/j/8010396858> **Join by phone:** 1-312-626-6799 | **Meeting ID:** 801 039 6858

Staff: Wood County Board Occupational Therapy Staff

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Tuesday March 19th from 2:00-3:00 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Wednesday March 20th from 3:30-4:30 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Karaoke

What: Come and sing your favorite Karaoke songs with your friends.

When: Wednesday March 20th from 4:30-5:30

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Staff: Ken

Movie Night At The Board

What: With easter coming up we will watch the comedy, Peter Rabbit. Watch as Peter and his family try to avoid Mr. McGregor.

When: Wednesday March 20th from 6:00-7:45pm

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Feel free to bring a drink of your choice.

Staff: Ken

Magnet Fishing

What: Try your hand at this trendy water search technique. We will use a double-sided magnet capable of towing over 1,300 lbs. to seek out metal objects in the water. What types of treasures will we find?

When: Thursday March 21st from 12:00-2:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: weather appropriate clothing that you can get dirty.

Staff: LeAnn

Open Bowl at Almar Lanes

What: Join us for an afternoon of Bowling at AlMar Lanes! Enjoy two hours of bowling for only \$8 bucks!

When: Friday, March 22nd from 2:00-4:00pm

Where: Meet and Pick-up at Almar Bowling Alley, 1010 N Main St, Bowling Green, OH 43402

Bring: Please bring \$8.00 for shoes and two hours of bowling. Please bring additional money if you would like to purchase snacks from the concession stand.

Staff: Josie

Play with puppies and lunch

What: It's national puppy day! Take a trip to the Lucas County Humane Society and spend some time playing in the puppy room. After we will grab lunch at Applebee's

When: Saturday March 23rd from 11:30-2:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$25.00 for lunch

you will actively be playing with dogs in this event. If you are allergic to or don't like dogs, this might not be the right event for you.

Staff: LeAnn

March Madness at the Board

What: Come and watch a college basketball game at the board. We will be showing a second-round game on the big screen.

When: Saturday March 23rd from 12:00-3:00

Where: Meet and pick up at the Wood County Board of DD, Entrance B, Service & Support Bldg., 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Drinks and snacks.

Time of activity may change based on game times on the day. Staff will send an email to participants with anytime changes before the date of the activity.

Staff: Ken

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Saturday March 23rd from 4:00-5:00 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Grafting Heirloom Vegetables Workshop

What: Learn how to graft heirloom vegetables. In grafting, a variety (the “scion”) is grafted onto a rootstock that is highly vigorous and disease resistant. Grafted vegetables typically have increased vigor, earlier production, and improved yield compared to ungrafted comparisons. They also have improved resistance to soil-borne diseases.

When: Saturday March 23rd from 5:30-7:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Staff: LeAnn

Columbus Zoo Trip: Quiet Hours

What: The Columbus Zoo and Aquarium will offer Quiet Hours for guests to enjoy the attractions of the Zoo during a less stimulating time, without the added background sounds (such as music throughout the park or the carousel) that can be challenging for individuals with sensory needs. Sensory kits, calming paths and rooms will be available to those that would enjoy an even less stimulating time.

When: Sunday, March 24th, from 8:00am-4:30pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Dress for the weather! Bring \$30.99 for admission (\$10 for optional sensory kit (refundable)), \$25 for lunch and additional money for souvenirs, snacks or beverages.

\$10 Sensory kits involve: noise-canceling headphones, sunglasses, fidgets, and visual cue card. This activity will require a lot of walking.

Staff: Ken

Spangler Candy Company

What: Do you like dum-dum suckers and circus peanuts? Take a tour at the company that makes them! Spangler Candy World features: retail store with candy and merchandise, interactive historical displays that will reflect Spangler, Candy Company's 117-year history as a family-owned candy manufacturer, games and activities for all ages, a big screen theater tour of the factory Enjoy lunch at Blueberry Hill Pancake House and Restaurant after.

When: Tuesday March 26th from 9:00-1:30 pm

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: \$6.00 for admission, \$20.00 for lunch and additional money to purchase souvenirs.

Staff: LeAnn

Greenhouse Group

What: Join us in the greenhouse to learn about keeping and maintaining a garden. We will do activities such as pruning, watering weeding, and checking our plant life for disease or insect activity. We will begin our indoor growing season by planting, watering and tending to our seedlings.

When: Thursday March 27th from 3:30-4:30 pm

Where: Meet and pick up at the Green House, Wood County Board of DD, 1921 E. Gypsy Lane Rd., Bowling Green. Past Entrance B

Bring: Clothes that you can get dirty and a bottle of water

Staff: LeAnn

Bowling Green Tour

What: Learn the rich history of Bowling Green using a self-guided tour app called “Audi File”. After the history walk, refuel at the Bowling Green icon restaurant Kermit’s. Finish your guided Tour after lunch in the historic home district. *Audi File will be purchased and played over a portable speaker.

When: Thursday March 28th from 10:00-2:00

Where: Meet and pick up at Wood Lane School, Nichols Therapy Pool Entrance, 1921 E. Gypsy Lane Rd., Bowling Green

Bring: Comfy shoes, weather appropriate clothing, a bottle of water and \$20.00 for lunch.

Staff: LeAnn