

# The COMPASS Club® of NW Ohio

dba The Compass Club, Inc.

**68 YEARS YOUNG AND GROWING STRONG!**

*"Who seeketh not direction  
is already lost"*

WEBSITE: WWW.COMPASSCLUBNWO.COM ~ EMAIL: COMPASSCLUBNWO@BEX.NET ~ PHONE: (419) 841-8889

The Compass Club is a non-profit organization for adults that meets weekly for lunch with speakers and Q&A on interesting topics of concern. Its purpose is the social, educational, spiritual, and cultural benefits of its members, as it seeks to promote understanding, fellowship, and respect among those of differing backgrounds and views.

## WEDNESDAYS

11:00 A.M. @ BLACK PEARL RESTAURANT, 4630 HEATHERDOWNS BLVD.  
PRICE OF \$9.50 FOR ALL INCLUSIVE LUNCH (NO RESERVATIONS REQUIRED)

# CALENDAR OF SPEAKERS

HAPPY★NEW★YEAR

## JANUARY 2019

- JANUARY 2** NO MEETING DUE TO THE HOLIDAY
- JANUARY 9** "PEACE OF MIND" by Megan Coyle, President, Coyle Funeral Home and Cremation Services
- JANUARY 16** "ENERGY IN—ENERGY OUT" by Dr. Andrew Jorgensen, Associate Professor Emeritus, University of Toledo
- JANUARY 23** "LIFE'S WHAT IF'S" by Len Kinor and Missy Kinor, Senior Living Advisors, Oasis Senior Advisors Northwest Ohio
- JANUARY 30** "EZ RUN BELT" by Joe Sparks, Owner & Yoga Instructor, Joe's Yoga & Fitness

Pilot: Judy Pfaffenberger  
Moderators: Larry Shartzter (419) 351-4397  
Claudia Trombla (419) 865-4932  
Steward: Suzanna Wells (419) 865-6621

## FEBRUARY 2019

- FEBRUARY 6** "UNDERSTANDING ALZHEIMER'S AND DEMENTIA" by Lynn Ritter, Ph.D., Education Coordinator, Alzheimer's Association, Northwest Ohio Chapter
- FEBRUARY 13** "FITNESS IS A LIFESTYLE ~ NOT A DESTINATION" by Jennifer Bruns, Certified Personal Trainer, LiveFIT Perrysburg
- FEBRUARY 20** "SOCIAL SECURITY ~ UPDATES AND BENEFIT PROGRAMS 2019" by Erin Thompson, Public Affairs Specialist, Social Security Administration
- FEBRUARY 27** "SELF DEFENSE & AWARENESS TRAINING" by Chief Todd Shafer, Defiance City Police Department

Pilot: Jerry Wesolowski  
Moderators: Mary Kalmbach (419) 385-1238  
Larry Shartzter (419) 351-4397  
Claudia Trombla (419) 865-4932  
Nancy Bohn (419) 841-5725  
Steward: Suzanna Wells (419) 865-6621

## COMPASS CLUB BOARD AND EVENTS COMMITTEE MEETINGS

Wednesdays, January 9 and February 6



### WINTER WEATHER NOTICE

IF SPRINGFIELD PUBLIC SCHOOLS ARE CLOSED, THERE WILL BE NO MEETING THAT DAY! THE CLUB WILL MEET IF SPRINGFIELD PUBLIC SCHOOLS ARE ONLY ON DELAY.