

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

B-zz

**MARCH 2017**

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

## SENIOR NEWS

### UPCOMING EVENTS - ALL SITES INVITED

- March 8** – Day Trip Salon / Spa Day at Four County
- March 15** – Toledo Glass Pavilion Tour & Demo
- March 17, 24, 31, April 7** – Painting Class with Nora Sallows
- March 22** – Tour of Historic Fulton Co. Court House
- April 12** – Tour of Schmidlin Greenhouse
- April 21** – “Senior” Prom, Wauseon Senior Center Gym
- April 26** – Joe LaConey Band, Wauseon Senior Center Gym
- May 24** – Toledo Mud Hens Baseball Game

### “SENIOR” PROM

We are now selling tickets for our first ever “Senior” Prom! On Friday, April 21, festivities will get underway at 11:00 am in the Fulton County Senior Center gym, 240 Clinton Street, Wauseon. Lunch will be served at noon. Music by “Nostalgia” and dancing will follow the meal until 3:00 pm. Each ticket is \$10.00. Menu will include prime rib, baked potato, fresh asparagus, dinner roll, salad bar and dessert. Space is limited, so purchase your tickets early. Your Prom date does not have to be a senior. The theme is “Reflections,” with colors of black, white, red and silver. Call Beth at 419-337-9299 if you have questions or to purchase tickets.

## SENIOR SPOTLIGHT

Joan Meister of Swanton describes herself as a voraciously inquisitive seeker. She began attending the Swanton Senior Center in 2011 after her husband, Sheldon, passed away. Joan said she loves attending for the sociability and greatly enjoys the wide variety of day trips the Senior Center offers. She also appreciates the balanced meals offered at a low price. “Everybody who attends (the Swanton site) is wanted and greeted by name and made to feel at home. I wonder why we are not always mobbed! I think we have so many seniors that really just don’t know it is available.” Joan said. Joan was a nurse, then taught student nurses while attending night law school at the University of Toledo. She practiced law with her husband for almost 50 years. Currently, Joan serves as a student mentor at Crestwood Elementary two mornings a week. On Fridays, she visits a friend at Swanton Health Care. “I met her in 2010 when my husband was a patient there. She doesn’t get a lot of visitors. I enjoy chatting with her and we have lunch together,” Joan explained.



### • FULTON COUNTY SENIOR CENTER SERVICES •

Home Delivered Meals • Congregate Meals • Education & Socialization • Monthly Newsletter (The Senior B-zz) • Information & Referral  
Transportation Service for Medical Appointments • Housekeeping • Legal Services • Lending Libraries • Exercise Classes  
Grocery Shopping & Bill Paying Transportation as Scheduled • Volunteer Opportunities  
Blood Pressure Checks Available Daily at Wauseon Site and Scheduled at Other Sites • Computer Lab at Wauseon Site  
Assistance With Completing Applications and Forms • Gym Available at Wauseon Site to Exercise During Regular Business Hours

## RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

## SWEETHEART PHOTO DISPLAY

We will be creating a photo display at the Fulton County Senior Center and would love to include your photo! Bring in your high school Prom photo or a vintage photo of you and your sweetheart. Beth will make a copy, return the original to you and include the copy in our display. Please bring in your photo by March 10 if possible.

## WHAT IS IT?

**Golden Drummers** – An exercise class that raises your heart rate while you tap out rhythms to music. Participants choose their own intensity level as they tap drumsticks on large, stationary, exercise balls. You may stand or sit for this class. No experience needed; simply follow the instructor.

**Tai Chi** – An exercise class that increases balance and flexibility and fights stress. Participants follow an on-screen instructor via DVD. Movements are slow and fluid. Two class times available to fit your schedule.

**Senior Center Choir** – More voices are always welcome to join! This group consists of seniors who enjoy singing. You will find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc.

**Line Dancing** – A great way to combine fitness and fun for both the body and brain. Features several different music styles, not just country! New dancers are welcome anytime.

**Food & Fitness** – This group supports one another's efforts to maintain healthy habits, chats about nutritional trends and offers healthy-living tips, hints and recipes.

**Pepper** – A card game closely related to Euchre. Some say the game was derived from an older German game, Hasenpfeffer that means "peppered hare," and later took on the short name 'Pepper'.

**Gentle Movement** – A fitness instructor from Fulton County Health Center leads this exercise class. Participants choose their intensity level and report improved muscle tone, flexibility and endurance. Most participants stand for this class; some use small, handheld weights.

## TOUR FULTON COUNTY HISTORIC COURTHOUSE

Join us Wednesday, March 22 for a tour of Fulton County's Historic Courthouse. The Courthouse, located in Wauseon, was built in 1872 for a cost of \$45,722.27 and is on the US National Register of Historic Places. Tour the courthouse, sit in on a hearing if one is in process, and meet county officials. This tour will provide an opportunity to view the extensive artwork that is present in the courthouse, including murals of interactions between Indians & Americans during the county's earliest years, multiple oil paintings, & woodcarvings, plus a dome with stained glass. Note, this trip involves walking. The entire courthouse is handicapped accessible. Travelers who, for any reason, are not able to travel without assistance must be accompanied by a companion who is responsible for caring for their needs. Space is limited. Donations are appreciated. Reserve your spot with Beth at 419-337-9299. Meet at the Fulton County Senior Center, 240 Clinton Street, Wauseon, at 9:30 am. Join us for lunch at the Fulton County Senior Center at noon following the tour.

## VALUABLE VOLUNTEER

Barb Schroeder of Wauseon is March's Valuable Volunteer. She began as a volunteer medical transportation driver and now can regularly be found carrying lunch trays to seniors and serving enthusiastically wherever her assistance is needed. "It's very important for seniors to get out and to be involved in living experiences and not just stay home and be lonely," Barb said. "When people stop doing things, that is when they age quickly. That is why I volunteer. I like to keep active. The Senior Center provides those opportunities. On top of that, they provide an awesome noon meal, and they have an ice cream machine!" In her free time, Barb volunteers at the F.I.S.H. Pantry in Wauseon and helps at her church's community meals.



**WHERE'S VAL?**

On Wednesday, March 8, Val Edwards, Information & Referral Specialist, will take appointments from 10 am to noon at the Delta Library. Get help understanding Medicare and Social Security issues, insurance bills, completing applications, and more. On Thursday, March 16, Val will be at the Swanton Library from 10 am to noon. Meet with Val at the Evergreen Library in Metamora from 10 am to noon on Tuesday, March 28. Thursday, March 23 is your opportunity to meet with Val in the Wyse Commons Library on the Fairlawn campus, Archbold, from 10 am to noon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

**WAUSEON HIGHLIGHTS**

**Golden Drummers:** Friday am (Cardio drumming exercise class, led by an instructor, all fitness levels welcome)

**Tai Chi:** every Tues. and Thurs.

(led by an instructor on DVD, all fitness levels welcome)

**Food & Fitness:** Tuesday at 10:00 am (Chat about goals, tips & recipes)

**Choir Practice:** Tuesday pm (new singers welcome anytime)

**Pepper:** Wednesday pm (card game)

**Bingo:** Thursday mornings

**Birthday Party:** first Friday

**Gentle Movement Exercise:** Mon. & Wed. 9:30 am (led by an instructor)

**Line Dancing:** Monday 1:00 pm (led by an instructor)

**Toe Nail Clinic:** March 22. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Tour of Historic Fulton Co. Court House
- Painting with Nora Sallows (Sign up)
- Gentle Movement, Tai Chi, Golden Drummers

**ARCHBOLD HIGHLIGHTS**

**Bingo:** Fridays

**Blood Pressure Check:** March 6

**Birthday Lunch:** first Friday

**Bible Study:** Monday mornings

**Toenail Clinic:** April 5. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Lent Programs by local pastors
- Tour of Historic Fulton Co. Court House
- Monday Zingo

**SWANTON HIGHLIGHTS**

**Bingo:** every Wednesday

**Birthday Lunch:** first Wednesday

**Blood Pressure Check:** second Monday

**Toenail Clinic:** April 10. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Coffee with a Cop
- Tour of Historic Fulton Co. Court House
- Music by Just Us 2, Marc & Ellen Pember

**FAYETTE HIGHLIGHTS**

**Bingo:** every Thursday

**Blood Pressure Check:** third Tuesday

**Birthday Lunch:** first Thursday

**Toenail Clinic:** April 18. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Music by Elwyn Bates
- Music by Hannah
- Tour of Historic Fulton Co. Court House

**DELTA HIGHLIGHTS**

**Bingo:** every Thursday

**Blood Pressure Check:** second Tuesday

**Birthday Lunch:** first Thursday

**Toenail Clinic:** April 11. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Music by Jimmy Stewart
- Tour of Historic Fulton Co. Court House
- Healthy Cooking for One

# LUNCH CALENDAR

## MARCH, 2017

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

**SUGGESTED DONATION: \$2.00**

LS Alt = Low Sodium Alternative (items must be ordered at least one week in advance)

LF Alt = Low Fat Alternate (items must be ordered at least one week in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Potato Soup Egg Salad Sandwich Cheese Cubes Spinach Salad Fruit Salad	<b>2</b> Pot Roast Boiled Potatoes Carrots Orange Segments Pudding	<b>3</b> Macaroni & Cheese Summer Squash Baked Apples Tomato Juice
<b>6</b> Beef Franks (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Diced Fresh Fruit	<b>7</b> Roast Turkey Dressing Steamed Broccoli Wax Beans Orange Cranberry Relish	<b>8</b> Goulash Cooked Cabbage Mixed Vegetables Peaches Brownies	<b>9</b> Shepherd's Pie Brussels Sprouts Tossed Salad Fruit Crisp	<b>10</b> Vegetable Lasagna Steamed Cauliflower Baby Carrots Apple Sauce
<b>13</b> Breaded Pork Chops Redskin Potatoes Sugar Snap Peas Pineapple Chunks	<b>14</b> Cheese Burgers Potato Wedges Seasoned Spinach Pears Yogurt	<b>15</b> Baked Chicken Long Grain & Wild Rice Stewed Tomatoes Bananas Cranberry Juice	<b>16</b> Beef & Vegetable Soup Chicken Salad Sandwich Broccoli Slaw Black Forest Cherry Crunch	<b>17</b> Corned Beef & Cabbage (LS Alt=Pot Roast) Boiled Potatoes Sliced Carrots Fresh Fruit
<b>20</b> Beef Stew Broccoli Salad Cottage Cheese Mandarin Oranges	<b>21</b> Chicken Fried Steak w/Country Gravy Mashed Potatoes Peas Apricots	<b>22</b> Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Succotash Fresh Oranges	<b>23</b> Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit Pie	<b>24</b> Minestrone Soup Garden Salad Cheese Cubes Jell-O
<b>27</b> Chicken Tenders Au Gratin Potatoes Mixed Vegetables Dark Sweet Cherries Cookies	<b>28</b> Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Brussels Sprouts Apple Sauce	<b>29</b> Sloppy Joe Sandwich Oven Fries Malibu Blend Vegetable Fruit Salad	<b>30</b> Swedish Meatballs Egg Noodles Cooked Cabbage Peas w/Mushrooms Bananas	<b>31</b> Cream of Broccoli Soup Cheese Sandwich Kidney Bean Salad Sunshine Salad

**WAUSEON ACTIVITIES**  
MONDAY THRU FRIDAY

**FULTON COUNTY SENIOR CENTER**  
240 CLINTON ST. / WAUSEON, OH 43567  
419.337.9299

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Wii Bowling (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00-2:00 Beginner Line Dance (Gym)</p> <p>1:00 Monday Afternoon Monopoly</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p> <p>Meet on your own at Skye Cinema for Movie "The Shack"</p>	<p><b>Wear Senior Center Shirt/Hat Today</b></p> <p>11:00 Brain Builder</p> <p>12:00 Lunch</p> <p>1:00 Pepper</p> <p><b>Day Trip to Four County Salon/Spa/Cafe</b></p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Pepper</p>	<p>10:15 Bingo</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p> <p>10:15 Bingo with Fulton Manor Guests</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>10:30 Golden Drummers (cardio drumming exercise class)</p> <p>11:00 Site Council &amp; Nutrition Education</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p> <p>1:00 Gym Walking</p>
<p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Monday Morning Card Party, Pepper (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00-2:00 Beginner Line Dance (Gym)</p> <p>1:00 Monday Afternoon Card Party, Hand &amp; Foot (Bingo Room)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>9:30 Gentle Movement Exercise (Gym - Last class until April 3)</p> <p>11:00 Wii Bowling (Bingo Room)</p> <p>12:00 Lunch</p> <p>12:30 Glass Blowing Demo, Toledo</p> <p>1:00 Pepper</p>	<p>10:15 Bingo with Fulton Suites Guests</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p> <p>1:00 SERO (Bingo Room)</p>	<p><b>Wear Green Today</b></p> <p>Attorney Rebecca Steinhauser Takes Appointments</p> <p>10:30 Golden Drummers (cardio drumming exercise class)</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Painting with Nora Sallows (Bingo Room)</p>
<p>NO Gentle Movement Exercise</p> <p>11:00 Monday Morning Card Party, Hand &amp; Foot (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00-2:00 Beginner Line Dance (Gym)</p> <p>1:00 Monday Afternoon Euchre (Bingo Room)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 "Just So You Know, Sugar &amp; Your Health"</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>NO Gentle Movement Exercise</p> <p><b>10:00 Tour of Historic Fulton Co. Courthouse (Sign up)</b></p> <p>10:30 Toe Nail Clinic (By appointment)</p> <p>12:00 Lunch</p> <p>1:00 Pepper</p>	<p>10:15 Bingo</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>10:30 Golden Drummers (cardio drumming exercise class)</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Painting with Nora Sallows (Bingo Room)</p>
<p>NO Gentle Movement Exercise</p> <p>11:00 Monday Morning Corn Hole</p> <p>12:00 Lunch</p> <p>1:00-2:00 Beginner Line Dance (Gym)</p> <p>1:00 Tripoley (Bingo Room)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>NO Gentle Movement Exercise</p> <p>11:00 Easy Arm Exercises &amp; Intro to Allied Home Health Services</p> <p>12:00 Lunch</p> <p>1:00 Pepper</p>	<p>9:45 Extended Bingo</p> <p>11:00 Tai Chi (DVD instruction, Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (DVD instruction, Gym)</p>	<p>10:30 Golden Drummers (cardio drumming exercise class)</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Painting with Nora Sallows (Bingo Room)</p>

# DELTA / SWANTON ACTIVITIES

DELTA-101 NORTHWOOD DR.  
UNITED METHODIST CHURCH  
TUES. & THURS.

SWANTON  
217 CHESTNUT ST.  
MON., WED., & FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Site Council & Nutrition Education; Gluten Free Info. 10:30 Bingo 12:00 Lunch & Birthday Cake by Swanton Health Care 1:00 Wii Games	10:00 Site Council & Nutrition Education; Gluten Free Info. 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Wii Games	11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Puzzles
11:00 Coffee with a Cop 12:00 Lunch 1:00 Puzzles	11:00 PoKeNo (Bring Pennies) 12:00 Lunch 1:00 Puzzles	<b>Day Trip: Salon/Spa Day &amp; Café Lunch at Four County School</b> 10:30 Bingo 12:00 Lunch 1:00 Wii Games	10:30 Bingo with Delta School Caller 12:00 Lunch 1:00 Wii Games	<b>Wear Red</b> <b>Johnny Appleseed Day</b> 11:00 PoKeNo (Bring Pennies) 12:00 Lunch 1:00 Puzzles
11:00 "Just So You Know" & Free BP Checks Fulton County Health Dept. 12:00 Lunch 1:00 Games	11:00 "Just So You Know" & Free Blood Pressure Checks Fulton County Health Dept. 12:00 Lunch 1:00 Games	10:30 Lucky Charm Bingo (Bring a "Good Luck" Charm) 12:00 Lunch 1:00 Wii Games 1:00 Glass Blowing Demo, Toledo	10:00 Lucky Charm Extended Bingo (Bring a "Good Luck" Charm) 12:00 Lunch 1:00 Wii Games	<b>St. Patrick's Day</b> <b>Wear Green</b> 11:00 Comedy Club (Bring a funny story or joke to share) 12:00 Lunch 1:00 Puzzles
10:30 Free Hearing Aid Cleaning 11:00 Update from Community Health Professionals 12:00 Lunch 1:00 Puzzles	11:00 Healthy Cooking for One, Tonya Gomez, Fulton Co. Health Center 12:00 Lunch 1:00 Puzzles	<b>Day Trip: Tour of Historic Fulton Co. Courthouse, Wauseon</b> 10:30 Bingo 12:00 Lunch 1:00 Wii Games	10:30 Bingo 12:00 Lunch 1:00 Wii Games	11:00 Bunco By Request 12:00 Lunch 1:00 Puzzles
11:00 The Dish On Sugar, Fulton Co. Health Center Diabetes Education 12:00 Lunch 1:00 Puzzles	11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Puzzles	10:30 Bingo with a Mystery Caller 12:00 Lunch 1:00 Wii Games	10:00 Extended Bingo 12:00 Lunch 1:00 Games	11:00 Checkers Day! Wear Red & Black 12:00 Lunch 1:00 Puzzles

# ARCHBOLD / FAYETTE ACTIVITIES

ARCHBOLD - SCOUT CABIN  
MON., WED., & FRI.

FAYETTE - FAMILY LIFE CENTER  
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>11:00 Lent Program with Erich Christman 12:00 Lunch 1:00 Games</p>	<p><b>2</b></p> <p>10:00 Site Council &amp; Nutrition Education; Gluten Free Info. 10:30 Bingo 12:00 Lunch &amp; Birthday Treat 1:00 Puzzles</p>	<p><b>3</b></p> <p>10:00 Site Council &amp; Nutrition Education; Gluten Free Info. 10:30 Bingo with Guest Caller 12:00 Lunch &amp; Birthday Treat 1:00 Word Games</p>
<p><b>6</b></p> <p>11:00 "Just So You Know, Sugar &amp; Your Health" &amp; Free Blood Pressure Checks Fulton Co. Health Dept. <b>(Note Date Change)</b> 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>7</b></p> <p>11:00 Music by Elwyn Bates 12:00 Lunch 1:00 Games</p>	<p><b>8</b></p> <p><b>Day Trip: Salon/ Spa Day &amp; Café</b> <b>Lunch at Four County School</b> 11:00 Lent Program with Alex Young 12:00 Lunch 1:00 Puzzles</p>	<p><b>9</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p><b>10</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>
<p><b>13</b></p> <p>11:00 Music by Norbert Rohrs 12:00 Lunch 1:00 Games</p>	<p><b>14</b></p> <p>11:00 Cards &amp; Games 12:00 Lunch 1:00 Puzzles</p>	<p><b>15</b></p> <p>11:00 Lent Program with Steve Heatwole 12:00 Lunch 12:30 Glass Blowing Demo, Toledo 1:00 Word Games</p>	<p><b>16</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p><b>17</b></p> <p><b>St. Patrick's Day</b> <b>Wear Green</b> 10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>
<p><b>20</b></p> <p>11:00 Tips from Promedica Stroke Network 12:00 Lunch 1:00 Puzzles</p>	<p><b>21</b></p> <p>11:00 "Just So You Know, Sugar &amp; Your Health" &amp; Free Blood Pressure Checks Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games</p>	<p><b>22</b></p> <p><b>Day Trip: Tour of Historic</b> <b>Fulton Co. Courthouse, Wauseon</b> 11:00 Lent Program with Paul Reichert 12:00 Lunch 1:00 Cards</p>	<p><b>23</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>	<p><b>24</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Games</p>
<p><b>27</b></p> <p>11:00 Zingo by Request 12:00 Lunch 1:00 Word Games</p>	<p><b>28</b></p> <p>11:00 Music by Hannah 12:00 Lunch 1:00 Cards</p>	<p><b>29</b></p> <p>11:00 Lent Program with Regina Wenger 12:00 Lunch 1:00 Wii Games</p>	<p><b>30</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p><b>31</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>



Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
240 Clinton Street
Wauseon, OH 43567-1109

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MARCH 1, 2017

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff members and their roles: Director (Sheri Rychener), Receptionist (Karen Schroeder), Administrative Assistant/Volunteer Coordinator (Brandi Nafziger), Vehicle Maintenance Supervisor (Wes Green), Housekeeping Program Manager (Laura Ankney), Head Cook (Kyle Wilcoxon), Assistant Cook (Deb Villalovos), Food Program Manager (Deb Myers), Kitchen Aides (Sherry Bittinger, Sandy Lemley, Leslie Gype), Activity Coordinator (Vicki Hoylman), Activity Support Staff (Beth Ricker-Flory), Information & Referral Specialist (Valerie Edwards), Site Manager, Archbold/Fayette (Bill Rose), Site Aide, Archbold/Fayette (Tracey Wanner), Site Manager, Delta/Swanton (Jeanne Ortiz), Site Aide, Delta/Swanton (Claudia Overmyer), Meal Delivery & Custodian (Dave Smith, Andrea Coburn), Meal Delivery (Kim Machinski, Jerry Lighthill, Juan Avina, Chris Sager, Bill Sigg, Naaman Thomas, Brenda Hauck, James Mapes, Tim Gorsuch), Substitutes (Judy Thourot, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Angela Johnston, Sharon McCabe, James Davis, Chad Hayward, Karen James).

The Fulton County Senior Center is a program of the Fulton County Commissioners, funded through levy money, donations, and under a grant, administered by the Ohio Department of Aging and the Area Office on Aging.

Please direct all calls/inquiries to our main number at 419-337-9299.

- Wauseon Site Hours of Operation: 8:00am-4:00pm
Archbold Site Hours of Operation: 9:00am-2:00pm
Delta Site Hours of Operation: 9:00am-2:00pm
Fayette Site Hours of Operation: 9:00am-2:00pm
Swanton Site Hours of Operation: 9:00am-2:00pm