

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MAY 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

May 12 – Day Trip to Butterfly House,
Lunch at Whitehouse Inn

May 16 – Spring Fling Senior Expo,
Tam-O-Shanter, Sylvania

May 24 – Mud Hens Baseball Game

June 5, 7, 12, 14, 19, 21, 26, 28 – Matter of Balance classes,
Wauseon Senior Center Gym

June 9 – Putt Putt Golf & Lunch at Bob Evan's, Defiance

June – Golf Outing at Ironwood, Wauseon

June – Day Trip to Carruth Studio & Garden Smiles Store

SENIOR SPOTLIGHT

In recognition of Mother's Day this month, May's spotlight falls on a mother who was born on Mother's Day, Jenny Miller of Archbold. "I had five daughters in nine years," Jenny said. "I never considered it a job. I love children." Jenny said she modeled work and play on the family farm as the girls grew. One summer Jenny and the four oldest girls "went through 90-some acres of beans and hooked all the weeds out of them," Jenny explained. Jenny was married nearly 59 years to Richard, who passed away in May 2015. Four of Jenny's daughters and their families live in northwest Ohio and one daughter lives in San Francisco. "I have six grandsons and one granddaughter. I have three great grandsons and one great granddaughter," Jenny said. Jenny has the privilege of seeing one of her sons-in-law, Bill Rose, (pictured) three times each week when she visits the Archbold Senior Center. "I think he is such a good person. He watches out for me, just like he would if he were my son. I have a lot of fun with him and (Site Aide) Tracey (Wanner). We can laugh and joke," Jenny said. Jenny has attended the Archbold Senior Center for 10 years. "I appreciate the people there that you can laugh and talk with. It is enjoying each other's company and some good food, that's what it is all about," Jenny said.



• 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

NEXT OF KIN

Did you know you can add emergency contact information to your driving record? You can have phone numbers on file for law enforcement officials to use if you are involved in an auto collision or another emergency situation. If one of your family members would need to be contacted, law enforcement personnel could notify them quickly, all thanks to this free service.

To add, edit or view your next of kin notification information, go online to www.fultoncountyoh.com and click Government. Choose Sheriff from the drop down list. Next, click on Services. This will bring up a list titled Useful Links. Look for Next of Kin – Emergency Contact Information link and “click here.” The link will take you to the Ohio Department of Public Safety website which allows you to securely log in and input your next of kin information. You will need to type in your driver’s license number or the number off your BMV letter. Next, under “Menu,” click on View/Edit your Next of Kin/Emergency Contact Information.

HEALTHY LIVING CLASSES OFFERED

Are you over 60 years old? Interested in improving balance, flexibility, and strength? Concerned about falling? Did you know falls are more common than strokes and falls are preventable? Engage with an instructor from Area Office on Aging and learn simple ways to increase your strength and balance among other healthy living tips. A Matter of Balance is a free program to be offered at the Fulton County Senior Center, 240 Clinton Street, Wauseon, beginning Monday, June 5 and concluding June 28; every Monday and Wednesday from 9:30 am to 11:30 am. Call Beth at 419-337-9299 to sign up for the class and to reserve a noon lunch.

TOE NAIL CLINIC FEE INCREASES

Please note, the fee for the toe nail clinics is now \$15 as of April 3. As always, call early for an appointment, tell us if you are diabetic, and soak your feet for 30 minutes before you arrive for your appointment.

VALUABLE VOLUNTEER

Our Senior Center programs, events and daily operations run smoothly thanks to more than 30 valuable volunteers that share their time and skills with our seniors. Thank you to the following volunteers. Elena Alvarez, John Bamonte, Paul Barnaby, Tom Blosser, Ken Brink, Dave Case, Janet & Larry Cochran, Beth Cook, Joann Cousino, Don Dunkle, JoAnn Echler, Donna Gamber, Alicia Glover, Susan Henry, Bob & Lenore Lehman, Dennis Linehan, Sally Lutz, Barb Pfof, Sue & Roger Rohrs, Linda & Mike Reetz, Al Scheorner, Barb Schroeder, Joe Sutton, Becky Thatcher, Howard & Judy Warncke, Linda Warren, and Jeri Wright.

SENIOR CENTER LUNCH REMINDERS

Our Wauseon kitchen staff starts early each weekday to prepare a few hundred meals for our sites and home-delivered meal recipients. If you receive home-delivered meals, please remember the following:

If you are unable to be **at home** for your meal delivery, contact us so we do not deliver your meal.

Did you know you can choose which meals you would like for the month and give a list to your driver?

Which do you prefer? **Liver & onions or the alternative?** We must know your choice at least one week in advance so we know how much food to order. Changes to meal preferences cannot be accepted on the day the meal is served.

Do you prefer the **low-salt alternative** menu option? Contact us with your choice at least one week in advance.

Please restrain your **pets** during the time of meal delivery for the safety of your driver.

If you plan to eat lunch at a site, make your lunch reservation at least 24 hours in advance. Please cancel if you are unable to keep your site lunch reservation, so we prepare the correct number of meals.

We serve a lot of seniors. Thank you for doing your part to help us make your dining experience a positive one.

BE AWARE OF POSSIBLE SCAMS

The Consumer Financial Protection Bureau offers the following tips to help you avoid being scammed.

- Never “pay to play.” You cannot win a lottery, contest or sweepstakes you did not enter, and a legitimate sweepstakes will not ask for money upfront.
- Take your time. Scammers often claim an emergency hoping you will take quick action without checking out the situation.
- Check with loved ones. Before offering to help a grandchild or other loved one, call them to be sure the request is real.
- Neither Medicare nor Social Security will call your house asking for your personal information. Why? Because they already have all of your information and don’t need you to provide it. Watch out for Medicare fraud!

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Bible Study: Monday mornings

Toenail Clinic: June 7. Call early for appointment;
\$15.00 fee; soak feet for 30 minutes before you arrive.

- Music by Pete Villalovos and friends
- Music by Elwyn Bates
- Healthy Cooking for One with Tonya Gomez, Fulton Co. Health Center

WAUSEON HIGHLIGHTS

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

Tai Chi: every Tues. and Thurs. (This exercise class promotes balance & flexibility and is led by an instructor on DVD, all fitness levels welcome)

Food & Fitness: Tuesday at 10:00 am (Join others as they share food & fitness goals, tips & struggles)

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 pm

Toe Nail Clinic: May 24. Call early for appointment;
\$15.00 fee; soak feet for 30 minutes before you arrive.

- Attorney Rebecca Steinhauser, Medicaid for Seniors
- Update from Community Health Professionals
- Fulton County Health Department, "Just So You Know"

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: June 20. Call early for appointment;
\$15.00 fee; soak feet for 30 minutes before you arrive.

- Concert by our Senior Center Choir
- Attorney Rebecca Steinhauser, Medicaid for Seniors
- Dulcimer music

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: June 12. Call early for appointment;
\$15.00 fee; soak feet for 30 minutes before you arrive.

- Run For the Roses Kentucky Derby Party; Join in on the Hat Contest; largest hat, heaviest hat, silliest hat. Men, you are invited to create and wear a bow tie.
- Marilyn Ward with Alzheimer's Association
- Attorney Rebecca Steinhauser, Medicaid for Seniors

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: June 13. Call early for appointment;
\$15.00 fee; soak feet for 30 minutes before you arrive.

- Music by Elwyn Bates
- Music by Jimmy Stewart
- Update from Community Health Professionals

WHERE'S VAL?

On Wednesday, May 10, 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, May 11, 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, May 23. Thursday, May 25 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.

MAY, 2017

LUNCH CALENDAR

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
1 Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Fresh Peas Pudding	2 Hot Chicken Sandwich Potato Wedges Creamy Cole Slaw Baked Apples	3 Sausage & Kraut (LS Alt=Pork Roast) Red Potatoes Peas w/Onions Assorted Juices	4 Cheeseburger Soup Turkey Sandwich Broccoli Salad Fresh Fruit Salad	5 Wet Burritos Refried Beans Mexican Style Rice Mandarin Oranges Grape Juice
8 BBQ Pork Sandwich Tater Tots Succotash Tropical Fruit	9 Pub Burgers Seasoned Potato Wedges Seasoned Spinach Pears	10 Roast Turkey Dressing Green & Wax Beans Carrots Orange Cranberry Relish	11 Goulash Cooked Cabbage Buttered Beets Peaches Brownies	12 Shepherd's Pie Summer Squash Green Salad Fruit Crisp
15 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Mixed Vegetables Fresh Orange Apple Juice	16 Breaded Pork Chops Red Skin Potatoes Sugar Snap Peas Pineapple Chunks	17 Baked Chicken Long Grain & Wild Rice Stewed Tomatoes Bananas Cranberry Juice	18 Beef & Noodles Mashed Potatoes Green Beans Fruit Salad	19 Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges Cookies
22 Country Fried Steak w/Country Gravy Mashed Potatoes Peas Apricots	23 Navy Bean Soup (LS Alt= Tomato Soup) Chicken Salad Sandwich Three Bean Salad Jell-O	24 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Steamed Broccoli Baked Apples	25 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip	26 Chicken Strips O'Brien Potatoes Midori Blend Vegetables Peaches Iced Cake
29 CLOSED MEMORIAL DAY	30 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes	31 Ham Loaf (LS Alt=Meat Loaf) Sweet Potatoes Brussels Sprouts Apple Sauce		

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Monday Morning Group Card Party, Hand & Foot (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>2</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>3</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Games & Cards</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>4</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>5</p> <p>10:30 Golden Drummers</p> <p>11:00 Site Council</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p> <p>1:00 Gym Walking</p>
<p>8</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Brain Builder, Use It or Lose It</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>9</p> <p>10:00 Food & Fitness</p> <p>Note: NO AM TAI CHI</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>10</p> <p>Wear Green to Promote Public Assistance Fraud Awareness</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Friendly Feud with Beth</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>11</p> <p>10:15 Bingo with Guests from Fulton Manor</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>12</p> <p>Day Trip, Butterfly House, Whitehouse, Ohio</p> <p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>
<p>15</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Monday Morning Group Card Party, Euchre (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>16</p> <p>Day Trip, Spring Fling Senior Expo, Sylvania</p> <p>10:00 Food & Fitness</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept.</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>1:30 OPERS meeting (Bingo Room)</p>	<p>17</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Update from Community Health Professionals</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>18</p> <p>10:15 Bingo with Guest Caller & Guests from Fulton Suites</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>19</p> <p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Gym Walking</p>
<p>22</p> <p>9:30 Gentle Movement Exercise</p> <p>11:00 Monday Morning Group Card Party, Pepper (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>23</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>24</p> <p>Day Trip, Toledo Mud Hens Baseball Game</p> <p>Wear a Senior Center Hat / Shirt</p> <p>9:30 Gentle Movement (Gym; Last Class)</p> <p>10:30 Toe Nail Clinic (By Appointment)</p> <p>10:45 Golden Drummers (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>25</p> <p>9:45 Extended Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>26</p> <p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>
<p>29</p> <p>CLOSED MEMORIAL DAY</p>	<p>30</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>31</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Attorney Rebecca Steinhauser, Medicaid for Seniors</p> <p>12:00 Lunch</p> <p>1:00 Pepper (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
<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Learn to Play Hand & Foot (Card Game) with Cinda F. 12:00 Lunch 1:00 Cards</p>	<p>11:00 Music by Elwyn Bates 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch & Birthday Cake from Swanton Health Care 1:00 Wii Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch & Birthday Cake 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>
<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Wii Games</p>	<p>11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Wii Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>
<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Games</p>	<p>11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Wii Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>
<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Tips from Promedica Stroke Network 12:00 Lunch 1:00 Wii Games</p>	<p>11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Wii Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>
<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Alzheimer's Association, Marilyn Ward 12:00 Lunch 1:00 Word Games</p>	<p>11:00 "Just So You Know," by Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Wii Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>
<p>CLOSED MEMORIAL DAY</p>	<p>11:00 Music by Jimmy Stewart 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Cards</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Site Council & Nutrition Education; Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch 12:45 Walking Outdoors, Parking Lot 1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Run For the Roses Kentucky Derby Party; Ladies, bring a decorated hat; Gentlemen, wear a bow tie 12:00 Lunch 1:00 Puzzles</p>

ARCHBOLD / FAYETTE ACTIVITIES

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

FAYETTE - FAMILY LIFE CENTER
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:30 Bible Study 11:00 Golden Drummers (Cardio Drumming) Demonstration 12:00 Lunch 1:00 Cards</p>	<p>2</p> <p>11:00 Attorney Rebecca Steinhauer, Medicaid for Seniors 12:00 Lunch 1:00 Wii Games</p>	<p>3</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Puzzles</p>	<p>4</p> <p>10:00 Site Council & Nutrition Education, Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Games</p>	<p>5</p> <p>10:00 Site Council & Nutrition Education, Cooking Smart & Produce Availability 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Word Games</p>
<p>8</p> <p>10:30 Bible Study 11:00 Zingo 12:00 Lunch 1:00 Wii Games</p>	<p>9</p> <p>11:00 Dulcimer Music with Vickie Halsey 12:00 Lunch 1:00 Puzzles</p>	<p>10</p> <p>Wear Green to Promote Public Assistance Fraud Awareness 11:00 Music by Pete Villalovos & Friends 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>12</p> <p>Day Trip, Butterfly House, Whitehouse, Ohio 10:30 Bingo 12:00 Lunch 1:00 Cards & Games</p>
<p>15</p> <p>10:30 Bible Study 11:00 Wii Games 12:00 Lunch 1:00 Puzzles</p>	<p>16</p> <p>Day Trip, Spring Fling Senior Expo, Sylvania 11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Games</p>	<p>17</p> <p>11:00 Music by Elwyn Bates 12:00 Lunch 1:00 Word Games</p>	<p>18</p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards & Games</p>	<p>19</p> <p>10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>
<p>22</p> <p>10:30 Bible Study 11:00 Cooking for One, Nutritionist Tonya Gomez 12:00 Lunch 1:00 Games</p>	<p>23</p> <p>11:00 Free Concert by the Senior Center Choir 12:00 Lunch 1:00 Word Games</p>	<p>24</p> <p>Day Trip, Toledo Mud Hens Baseball Game 11:00 The Dish on Sugar; Fulton Co. Health Center Diabetes Education 12:00 Lunch 1:00 Cards & Games</p>	<p>25</p> <p><i>10 to Noon</i> <i>Val at Wyse Commons</i> 10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>	<p>26</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>
<p>29</p> <p>CLOSED MEMORIAL DAY</p>	<p>30</p> <p>11:00 Wii Games 12:00 Lunch 1:00 Cards & Games</p>	<p>31</p> <p>11:00 Crafter's Corner with Lindsay 12:00 Lunch 1:00 Wii Games</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

 If you or a family member would like to receive this newsletter by e-mail, please contact us at kschroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MAY 1, 2017

FULTON COUNTY SENIOR CENTER STAFF

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, Angela Johnston
Substitutes.....	Judy Thourot, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Sharon McCabe, James Davis, Chad Hayward, Karen James, Brooke Bosco, Jeffrey Waidelich

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