

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**JUNE 2017**

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

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



## SENIOR NEWS

### TWO GOLF OUTINGS PLANNED

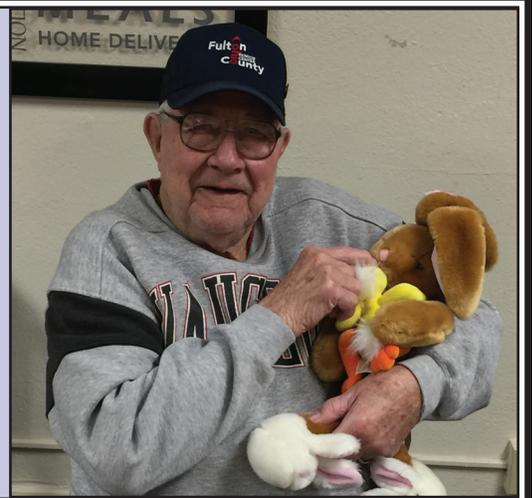
Join us for a day (or two) on the greens!  
Thursday, June 15, meet at Ironwood Golf Course, Wauseon, for a 10:30 am tee time. Pay at the course; \$17 per person for 9 holes and a cart. The second option is Tuesday, June 20, meet at White Pines Golf Course, Swanton, for a 10:00 am tee time. Pay at the course; \$11 per person for 9 holes and a cart. Please call Beth at 419-337-9299 to sign up for either of these golf outings.

### UPCOMING EVENTS - ALL SITES INVITED

June 9 – Day Trip, Miniature Golf & Bob Evans, Defiance  
June 15 – Golf at Ironwood, Wauseon  
June 20 – Golf at White Pines, Swanton  
June 23 – Day Trip, Carruth Studio Tour & Garden Smiles Store  
June 5, 7, 12, 14, 19, 21, 26, 28 – Matter of Balance classes,  
Wauseon Senior Center Gym  
August 2 – Day Trip, Ritter Planetarium, Toledo  
October 3 – Road to Wellness, Senior Health Care Conference  
November 9 – Veterans Breakfast, held at St. Caspar Parish

## SENIOR SPOTLIGHT

Julius Hoste of Wauseon describes himself as “ornery, quiet and loveable.” Julius enjoys being a father to Candee and Dave and a grandpa to 16 grandchildren, 6 great grandchildren and 3 great-great grandchildren. He was married to Cora for 57 years. Julius is a huge sports fan and he spends a lot of evenings and weekends at sporting events to support his family. He is such a fixture at ball games that “kids I don’t even know call me ‘Grandpa,’” he said. “I always say, ‘family first.’ It’s important. We are close as a family,” he said. When he is not watching sports, Julius likes to read and play cards. He enjoys playing cards at the Fulton County Senior Center, at the local VFW, and at Fulton Manor. You can find Julius at the Senior Center every day. “My favorite meals are meatloaf, country fried steak, pork chops and liver & onions. Liver and onions puts hair on my chest, but don’t feed me spinach. I’m not Popeye!” Julius said with a laugh.



### • 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

## DIABETES EMPOWERMENT CLASSES OFFERED

Delta Senior Center in association with Area Office on Aging will host six free, interactive sessions of Diabetes Empowerment Education Program (DEEP). Led by a Nutrition and Wellness Specialist, DEEP will teach you how to manage diabetes through healthy eating, understand risk factors for diabetes, how to monitor your body and gain healthy living tips useful for anyone age 60 and over. Sessions will be held on Tuesdays from July 18 to August 22, from 10:00 am to noon, at the Delta Senior Center, located at 101 Northwood Drive inside Delta United Methodist Church. Call Beth at 419-337-9299 to sign up for DEEP and to reserve a noon lunch.

## COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of more than 135 participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey. If you live alone, your annual income must be no more than \$22,311. For a household of two, your annual income must be no more than \$30,044. Please contact Laura Ankney at 419-337-9299 for income requirements for households with up to 6 persons. You will automatically receive an application in the mail for 2017 if you received coupons for local farmers' markets in 2016. If you are new to the program and would like to apply for farmers' market coupons for the 2017 season, pick up an application at any of our five senior center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

## THANK YOU TO PROM CONTRIBUTORS

Thank you to the many individuals and businesses that contributed to our "Senior" Prom. The following helped make Prom 2017 successful. A & W /Kentucky Fried Chicken, Aetna Health, Anything Grows, Arby's, Barney's Alignment, Bigby Coffee, Bob & Lenore Lehman, Brookview Farms, CaraLou Grieser, Chief, Dairy Queen, Delta 109 Tavern & Eatery, Diane Mitchell, Doughbox Bakery, Fulton County Health Center, Great Lakes Caring, Heartland, Home Restaurant, Huntington Bank, Kenn-Feld Group, Molly Good, Mom's Diner, Napa Auto Parts, Pam Shipley, Passion 4 Fashion Boutique, Pennycrest Gift Shoppe, Pettisville School, Ryan's Restaurant & Catering, Sauder Village, Senior Center Volunteers, Taco Bell, Three cord LLC, Wal-mart, Wauseon Junior National Honor Society Students, Wauseon Machine, Winchesters Restaurant, Wauseon School, and Wendy's.

## FIRST "SENIOR" PROM A SUCCESS!

Fulton County Senior Center's first "Senior" Prom was held on Friday, April 21 from 11:00 am to 3:00 pm in the Wauseon Senior Center gym. One hundred seniors enjoyed a Prime Rib meal, music by Nostalgia, a prize raffle and cupcakes from the Upper Crust. Wauseon Junior High Junior National Honor Society served the meal to the seniors. Days after the event, seniors were still talking about Prom. Some of their comments follow. "I enjoyed every minute.... It was so great! What's next?! ... I'm still beaming over that event.... What a wonderful event.... It was nice seeing everyone dressed up.... I've never witnessed so many excited seniors in all my life... I never dreamed I'd be going to the Prom! ... I haven't danced with my husband in over 20 years, and I got him on the dance floor... Everyone had such a great time... Best prime rib I've ever had... I was amazed at all the dance moves... This was my first Prom... Everything was so well organized and the kids serving was great! ... It was perfect! ... My parents have been talking so much about the fun they had at the Senior Center Prom ....

## SUPPORT OUR NEIGHBORS

You are invited to shop on June 1, 2 and 3 at Crossroads Church, 601 Bonaparte Drive in Napoleon. This event is a rummage sale that will benefit the new Henry County Senior Center building. The sale will be open from 9 to 5 on Thursday and Friday and from 9 to noon on Saturday. The groundbreaking for the new senior center took place in July 2016 for the \$4.4 million facility that is expected to be completed by the end of 2017.

## SAY NO TO RUGS

For an older person, even a minor fall can cause serious injury. Keeping throw rugs out of the daily path is a must. Throw rugs can be slippery as well as have a lip or frayed edge that could cause a fall. Falls are the number one cause of injury in the senior population. If a fall should occur, the injuries could include broken bones, head injury or even death. They may look attractive in the home, but throw rugs are a fall hazard. At the end of the day, seniors want to remain independent for as long as possible. Keeping these precautions in mind will significantly increase safety in the home environment.

*Source: Altruist Home Health Care, 2017*

## ARCHBOLD HIGHLIGHTS

**Bingo:** Fridays

**Blood Pressure Check:** first Wednesday

**Birthday Lunch:** first Friday

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

- Music by Jimmy Stewart
- Concert by Senior Center Choir
- Info. about Medicaid for Seniors

## 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.

- Music by Jimmy Stewart
- Tips on How to Talk to Your Doctor, Val Edwards
- Bingo on Thursdays

## DELTA HIGHLIGHTS

**Bingo:** every Thursday

**Blood Pressure Check:** second Tuesday

**Birthday Lunch:** first Thursday

**Free Hearing Aid Cleaning:** second Thursday

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

- Music by Bloomer Bunch
- Tips from Promedia Stroke Network
- Comedy Club (Bring a joke or story to share)

## WAUSEON HIGHLIGHTS

**Golden Drummers:** Friday & Wednesday 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 talk about their 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

**Shopping:** Tuesday pm

**Line Dancing:** Monday pm

**Toe Nail Clinic:** July 26. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Matter of Balance Workshop, led by Robert Sullivan
- Tips on How to Talk to Your Doctor, Val Edwards
- Music by Country Pals, Ed Roth

## SWANTON HIGHLIGHTS

**Bingo:** every Wednesday

**Birthday Lunch:** first Wednesday

**Blood Pressure Check:** second Monday

**Free Hearing Aid Cleaning:** third Monday

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

- Maumee Bay Naturalist
- Concert by Senior Center Choir
- How to Deal with Grief, Gary Friesen

## WHERE'S VAL?

On Wednesday, July 12, 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, July 20, 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, July 25. Thursday, July 27 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.

**LUNCH CALENDAR****JUNE, 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
<p><b>DON'T FORGET!</b>  <i>Important! Notify us by June 1 of your entrée choice for June 9 (Liver or Salisbury Steak).</i></p>			<p><b>1</b>            Sloppy Joe Sandwich            Oven Fries            Malibu Blend Vegetable            Fruit Salad</p>	<p><b>2</b>            Chicken Gumbo Soup            Cold Cut Sandwich            Kidney Bean Salad            Ambrosia</p>
<p><b>5</b>            Swedish Meatballs            Egg Noodles            Cooked Cabbage            Crumb Topped Peaches            Fresh Apples</p>	<p><b>6</b>            Chicken &amp; Noodles            Mashed Potatoes            Green Beans            Peaches            Pie</p>	<p><b>7</b>            Sausage &amp; Kraut            (LS Alt=Pork Roast)            Smashed Red Potatoes            Winter Squash            Grape Juice</p>	<p><b>8</b>            Tomato Basil Soup            (LS Alt=LS Tomato Soup)            Ham &amp; Cheese Sandwich            Cucumber Salad            Orange Segments</p>	<p><b>9</b>            Salisbury Steak or            Liver &amp; Onions            Mashed Potatoes            Midori Blend Vegetables            Apple Sauce</p>
<p><b>12</b>            Sausage Patty Sandwich            Hash Brown Casserole            Succotash            Pineapple Chunks</p>	<p><b>13</b>            Goulash            Summer Squash            Tossed Salad            Fruit Crisp</p>	<p><b>14</b>            Swiss Steak            Mashed Potatoes            Green &amp; Wax Beans            Fresh Fruit</p>	<p><b>15</b>            Cheese Burgers            Potato Salad            Normandy Blend Vegetables            Peach Cobbler</p>	<p><b>16</b>            Beef &amp; Cabbage Soup            Ground Bologna Sandwich            (LS Alt=Chicken Salad)            Pea Salad            Jell-O w/Fruit</p>
<p><b>19</b>            Pork Roast            Rice Pilaf            Seasoned Spinach            Dark Sweet Cherries            Cranberry Juice</p>	<p><b>20</b>            Creamed Chipped Beef            Mashed Potatoes            Mixed Vegetables            Peaches</p>	<p><b>21</b>            Steamed Franks            (LS Alt=Chicken Breast)            Macaroni &amp; Cheese            Cook's Choice Vegetable            Mixed Fruit            Pineapple Juice</p>	<p><b>22</b>            Beef Stroganoff            Egg Noodles            Brussels Sprouts            Spiced Apple Sauce            Cookies</p>	<p><b>23</b>            Chicken Breast Sandwich            O'Brien Potatoes            Buttered Beets            Malibu Fruit Salad</p>
<p><b>26</b>            Chicken Alfredo Pasta            Steamed Carrots            Peas            Pineapple &amp; Bananas</p>	<p><b>27</b>            Country Fried Steak            w/Country Gravy            Mashed Potatoes            Green Beans            Apricots</p>	<p><b>28</b>            Chicken Salad w/            Lettuce &amp; Tomato            Pasta Salad            Cranberry Orange Relish            Apple Juice</p>	<p><b>29</b>            Sausage Gravy &amp; Biscuits            Hash Brown Casserole            Tossed Salad            Fruit Crunch</p>	<p><b>30</b>            Beef &amp; Noodles            Mashed Potatoes            Sugar Snap Peas            Orange Segments            Ice Cream</p>

**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 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>10:30 Hearing Aid Cleaning</p> <p>11:00 Outburst with Beth</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 The Dish on Sugar with Fulton Co. Health Center Diabetes Educator</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>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Dirty Marbles/Left Center Right</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</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>10:30 Golden Drummers</p> <p>11:00 Site Council &amp; Nutrition Education, My Plate, Vegetables</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p> <p>1:00 Dominoes</p>
<p>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>11:00 Music by Country Pals, Ed Roth &amp; Friends</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 Attorney Rebecca Steinhauer or Kara Ford, Medicaid for Seniors</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>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Music by Jim Roos &amp; Deb Schmitkey</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</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>1:00 SERO</p>	<p><b>Day Trip,</b> <b>Putt Putt Golf, Defiance</b></p> <p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Tripoley</p>
<p>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>11:00 "Use It or Lose It" Brain Builder</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>10:00 Tee Time at White Pines, Swanton (Sign up: meet there)</p> <p>10:00 Food &amp; Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. &amp; Free Blood Pressure Checks</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, Alzheimer's Association</p>	<p>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Tips on How to Talk to Your Doctor, Val Edwards, Information &amp; Referral Specialist</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p><b>Wear Purple for World</b> <b>15</b> <b>Elder Abuse Awareness Day</b></p> <p>10:15 Bingo</p> <p>10:30 Tee Time at Ironwood (Sign up: meet there)</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>1:00 SERO</p>	<p><b>Day Trip,</b> <b>Carruth Studio &amp; Store</b></p> <p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Dirty Marbles</p>
<p>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>11:00 Monday Morning Group Card Party, Euchre (Dining area)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>10:00 Food &amp; Fitness</p> <p>11:00 Scams/ Fraud/ Elder Abuse Awareness, Jackie Wells of F&amp;M Bank</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>9:30 to 11:30 Matter of Balance Class (instructor led, Bingo Room)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Senior Center Choir Performs at Archbold Senior Center</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</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>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</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)</p> <p>11:00 Northwest Ohio Animal News, Maumee Bay Naturalist (turtles, animal pelts &amp; artifacts)</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>11:00 Free Concert by the Bloomer Bunch</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10:00 Site Council &amp; Nutrition Education, My Plate: Vegetables</p> <p>10:30 Bingo</p> <p>12:00 Lunch &amp; Birthday Cake from Swanton Health Care</p> <p>1:00 Word Games</p>	<p>10:00 Site Council &amp; Nutrition Education, My Plate: Vegetables</p> <p>10:30 Bingo</p> <p>12:00 Lunch &amp; Birthday Cake</p> <p>1:00 Word Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 Hand &amp; Foot Card Game</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>
<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>10:30 Toe Nail Clinic (By Appointment)</p> <p>11:00 "Just So You Know," by Fulton Co. Health Dept. &amp; Free BP Checks</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10:30 Toe Nail Clinic (By Appointment)</p> <p>11:00 "Just So You Know," by Fulton Co. Health Dept. &amp; Free BP Checks</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>10:00 Free Hearing Aid Cleaning</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p>10:00 Free Hearing Aid Cleaning</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p><b>Day Trip, Putt Putt Golf, Defiance</b></p> <p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 PoKeNo (Bring Pennies)</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>10:30 Toe Nail Clinic (By Appointment)</p> <p>11:00 "Just So You Know," by Fulton Co. Health Dept. &amp; Free BP Checks</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10:30 Toe Nail Clinic (By Appointment)</p> <p>11:00 "Just So You Know," by Fulton Co. Health Dept. &amp; Free BP Checks</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p><b>Wear Purple for World Elder Abuse Awareness Day</b></p> <p>10:30 Tee Time at Ironwood, Wauseon (Sign up; meet there)</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p><b>Wear Purple for World Elder Abuse Awareness Day</b></p> <p>10:30 Tee Time at Ironwood, Wauseon (Sign up; meet there)</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 Free Concert by Senior Center Choir</p> <p>12:00 Lunch</p> <p>1:00 Games</p>
<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Interactive Program by Lindsay, Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>10:00 Tee Time at White Pines, Swanton (Sign up; meet there)</p> <p>11:00 Tips from Promedica Stroke Network</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p><b>Day Trip, Carruth Studio/Store</b></p> <p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 Bunco</p> <p>12:00 Lunch</p> <p>1:00 Cards &amp; Games</p>
<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 Aggravation Game Tournament</p> <p>12:00 Lunch</p> <p>1:00 Aggravation Game Tournament</p>	<p>11:00 Comedy Club (Bring a joke or funny story to share)</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10:00 Extended Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>9:45 Walking on Outdoor Path (weather permitting)</p> <p>11:00 Coping with Grief, Gary Friesen, Grief Share Program</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>

# ARCHBOLD / FAYETTE ACTIVITIES

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

**FAYETTE - FAMILY LIFE CENTER  
TUES., & THURS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p>No Bible Study 11:00 Attorney Rebecca Steinhauer or Kara Ford, Medicaid for Seniors 12:00 Lunch 1:00 Games</p>	<p><b>6</b></p> <p>11:00 Games 12:00 Lunch 1:00 Cards</p>	<p><b>7</b></p> <p>10:30 Toe Nail Clinic, by appointment 11:00 "Just So You Know" &amp; Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Wii Games</p>	<p><b>1</b></p> <p>10:00 Site Council &amp; Nutrition Education; My Plate, Vegetables 10:30 Bingo 12:00 Lunch &amp; Birthday Cake 1:00 Wii Games</p>	<p><b>2</b></p> <p>10:00 Site Council &amp; Nutrition Education; My Plate, Vegetables 10:30 Bingo 12:00 Lunch &amp; Birthday Cake 1:00 Word Games</p>
<p><b>12</b></p> <p>No Bible Study 11:00 Zingo 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>13</b></p> <p>11:00 Tips on How to Talk to Your Doctor, Val Edwards 12:00 Lunch 1:00 Wii Games</p>	<p><b>14</b></p> <p>11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Word Games</p>	<p><b>15</b></p> <p><b>Wear Purple for World Elder Abuse Awareness Day</b> 10:30 Tee Time at Ironwood, Wauseon (Sign up; meet there) 10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p><b>16</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>
<p><b>19</b></p> <p>No Bible Study 11:00 Cards 12:00 Lunch 1:00 Wii Games</p>	<p><b>20</b></p> <p>10:00 Tee Time at White Pines, Swanton (Sign up; meet there) 10:30 Toe Nail Clinic, by appointment 11:00 "Just So You Know" &amp; Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games</p>	<p><b>21</b></p> <p><b>Wear Your Senior Center Hat or Shirt Today</b> 11:00 Wii Games 12:00 Lunch 1:00 Puzzles</p>	<p><b>22</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p><b>23</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Games</p>
<p><b>26</b></p> <p>No Bible Study 11:00 Wii Games 12:00 Lunch 1:00 Word Games</p>	<p><b>27</b></p> <p><b>Wear Your Senior Center Hat or Shirt Today</b> 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Puzzles</p>	<p><b>28</b></p> <p>11:00 Free Concert by Senior Center Choir 12:00 Lunch 1:00 Cards</p>	<p><b>29</b></p> <p>10:00 Extended Bingo 12:00 Lunch 1:00 Games</p>	<p><b>30</b></p> <p>10:00 Extended Bingo 12:00 Lunch 1:00 Cards &amp; Games</p>



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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](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE JUNE 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