

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



AUGUST 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

August 1, 8, 15 & 22 – Diabetes Education Empowerment Program, Delta

August 2 – Day Trip, Ritter Planetarium, Toledo

August 7 – Day Trip, Enjoy Nature at Harrison Lake State Park

August 17 – Afternoon Trip, Fulton Co. Humane Society

August 26 – Walk to End Alzheimer's, Sauder Village

August 30 – Day Trip, Sandpiper Riverboat Picnic Cruise on Maumee River

September 6 – Senior Center Choir sings at Fulton Co. Fair (Gospel Building)

September 19 – Day Trip to Toledo Zoo

October 3 – Road to Wellness, Senior Health Care Conference

November 9 – Veterans Breakfast, held at St. Caspar Parish

SENIOR SPOTLIGHT

“The Friday morning Golden Drummers class became so popular that we added another class on Wednesday mornings at 10:45 am,” Karen Schroeder said. Golden Drummers is a cardio drumming class held at the Fulton County Senior Center gym, 240 Clinton Street, Wauseon. The class improves balance and coordination. This is exhilarating exercise set to music and provides an aerobic workout. You use a pair of drumsticks to rhythmically drum on a large exercise ball. The ball stays stationary by resting in a large plastic bucket. Martha Powers said she joined because she has always loved music. “I was in the marching band in the 1940s. I played the clarinet, but I always wanted to play the drums!” Martha said. “I am probably one of the oldest ones in the class,” she added, “and age is not a reason to keep you from joining,” Martha said. Karen added, “Anyone can do it. You can sit or stand. Follow the leader and music, and you decide if your work out is mild or moderate.” The class is free. There is a nominal cost for materials. For more information or to sign up for the class, contact Karen or Beth at 419-337-9299.



• 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

VALUABLE VOLUNTEER

August's Valuable Volunteer is Al Scheopner. Al moved to Wauseon from Colorado where he spent his career at IBM/ Lexmark. Before moving to be closer to family, Al volunteered at several organizations and ministries. Volunteering "is a good way to meet new people, and help out in a lot of different ways in the community," Al said. Al enjoys spending time with his grandchildren, who are busy with Scouts and sports. He also enjoys the outdoors, especially fishing and wildlife. Al is looking forward to August when pre-season football starts and he can cheer for the Denver Broncos. Thank you for your hard work and dedication to the Senior Center!



YOU'RE INVITED TO JOIN OUR WALK TEAM

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research and we are forming a team! You are invited to join the Senior Center team on Saturday, August 26, as walkers for the Great Black Swamp Region Walk stroll around the outside of Sauder Village (no farther than 3 miles). You are invited to wear your Fulton County Senior Center t-shirt and hat. There is no registration fee to join the Walk. If you would like to earn an Alzheimer's Walk t-shirt, simply raise at least \$100. Every dollar raised benefits those affected by Alzheimer's disease in our community. No need to purchase admission to Sauder Village to participate. Those who would like to visit the Village after the Walk will receive a discount admission if they are wearing a Walk wristband, which walkers receive when they check-in for the Walk.

Check-in starts at 9:00 am and the Walk begins at 10:00 am. The walk will focus on Fulton, Defiance, Williams and Paulding counties. **All walkers must register. Please see Beth for a registration form and/ or a donation form.**

FOOD SAMPLES OFFERED AT NUTRITION SERIES

Meredith Grime of the OSU Extension Office will lead a four-part nutrition series at the Swanton Senior Center, 217 Chestnut Street, inside the Swanton Community Center, on August 11 and 25 and September 15 and 29 at 11:00 am. The series will include food demonstrations and samples. It will also cover basic nutrition, how to read food labels, and creative uses for in-season foods.

WHERE'S VAL?

On Wednesday, September 13, 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, September 21, 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, September 26. Thursday, September 28 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.

TAKE ME HOME HELPS LOST SENIORS

The Take Me Home program is sponsored by Fulton County Prosecutor Scott Haselman, Sheriff Roy Miller and the Fulton County Board of Developmental Disabilities. The program consists of a database of individuals who may have trouble communicating their name and where they live – such as individuals with autism, Down syndrome, non-verbal individuals with cognitive disabilities or senior citizens with dementia or Alzheimer's.

The Take Me Home database contains a photo, identifying characteristics and contact information. It is a valuable tool for law enforcement agencies as well as families and caregivers. In the event a person is lost or separated from their loved ones, a search of the database based on the individual's name, phone number or physical characteristics will allow law enforcement personnel to match their Take Me Home record to their contact information.

Registration is free and simple. For more information, contact the Take Me Home Coordinator at takemehome@fultoncountyoh.com or you may complete a registration form (available at all Fulton County Senior Center sites) and turn it in with a photograph to the Sheriff's office or the Board of DD. If a current photograph is not available, a photo can be taken free of charge at the Sheriff's office or at the Board of DD.

WAUSEON HIGHLIGHTS

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

Grocery Shopping: first Tuesday

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: (card game): Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Line Dancing: Monday pm

Toenail Clinic: September 27. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Music by Michael Buck
- "How to Talk to Your Doctor" by Val Edwards
- Senior Center Choir sings at Montpelier Senior Center

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Toenail Clinic: August 2. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Music by Michael Buck
- Bingo on Fridays
- Summer Cooling Assistance Program

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: August 8. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- DEEP, Diabetes Education Empowerment Program; learn healthy living tips
- Attorneys Rebecca & Kara, Medicaid for Seniors
- Bingo on Thursdays

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: August 14. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Music by "Nostalgia"
- Power-Packed Nutrition with Meredith from the OSU Extension Office
- Solar Eclipse Viewing Party

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: August 15. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- "Owls & Local Nature," by Amanda Podach, OSU Extension Office
- Amy Carles, Energy Saving Update
- Lindsay of Whitehouse Country Manor

FAIR BOOTH VOLUNTEERS NEEDED

Our Senior Center will have a booth at the 160th Fulton County Fair again this year. Would you like to volunteer for a shift at the booth from September 1 through September 7? Your duties while staffing the booth include such things as the following: hand out brochures, newsletters and meal tickets (to Fulton County Residents, 60+ only), keep the mint basket full and keep the Senior Center promotional DVD playing.

What does the Senior Center mean to you? You might have the opportunity to share your experience and answer some questions while you volunteer at the fair. You may also record a senior's contact information if a senior would like to receive more information about our home-delivered meals or other services. We will also have a sign-up sheet for anyone who would like to receive our newsletter via email. Please purchase a fair admission pass in advance. Thank you for your help with this important event. Contact Beth today at 419-337-9299 to schedule a time to volunteer.

LUNCH CALENDAR AUGUST, 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
	1 Breaded Chicken Strips O'Brien Potatoes Brussels Sprouts Fruit Cocktail	2 Chili w/Beans Mexican Style Rice Fruit Crunch Corn Bread Pineapple Juice	3 Ham Loaf (LS Alt=Meat Loaf) Sweet Potatoes Malibu Blend Vegetables Apple Sauce Pound Cake	4 Sloppy Joe Sandwich Oven Fries Mixed Vegetables Orange Segments
7 Sausage & Kraut (LS Alt=Pork Loin) Smashed Red Potatoes Winter Squash Grape Juice	8 Swedish Meat Balls Egg Noodles Cooked Cabbage Green Salad Crumb Topped Peaches	9 Beef & Noodles Mashed Potatoes Green Beans Apricots	10 Cream of Broccoli Soup Cold Cut Sandwich Kidney Bean Salad Ambrosia	11 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes
14 Salisbury Steak (Alt=Liver & Onions) Mashed Potatoes Seasoned Corn Mixed Fruit	15 Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple Chunks	16 Goulash Summer Squash Tossed Salad Fruit Crisp	17 Swiss Steak Mashed Potatoes Green & Wax Beans Peaches Cookies	18 Cheeseburgers Oven Fries Baked Beans Mandarin Oranges
21 Minestrone Soup Egg Salad Sandwich Garden Salad Jell-O	22 Pork Roast Rice Pilaf Seasoned Spinach Apple Sauce Fruit Punch	23 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches Pie	24 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Stewed Tomatoes Mixed Fruit Assorted Juices	25 Beef Stroganoff Egg Noodles Brussels Sprouts Cauliflower Bananas
28 Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Baked Apples Yogurt	29 Chicken Alfredo Pasta Steamed Broccoli Tossed Salad Fruit Crunch	30 Country Fried Steak W/Country Gravy Mashed Potatoes Green Beans Apricots	31 Beef Vegetable Soup (LS Alt=LS Vegetable Soup) Turkey Sandwich Broccoli Salad 5 Cup 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>1</p> <p>10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>2</p> <p>Wear Green for Child Support Awareness Month Day Trip: Ritter Planetarium, Toledo 10:45 Golden Drummers 11:00 Games 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>3</p> <p>10:15 Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games</p>	<p>4</p> <p>10:30 Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Dirty Marbles</p>
<p>7</p> <p>Day Trip: Nature Day at Harrison Lake State Park, Fayette 10:30 Free Hearing Aid Cleaning 11:00 Games 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p>8</p> <p>10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>9</p> <p>10:45 Golden Drummers (Gym) 11:00 "How To Talk So Your Doctor Will Listen," Val Edwards 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>10</p> <p>Choir Sings at Montpelier Senior Center (Bus Leaves at 9:15) 10:15 Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>11</p> <p>10:30 Golden Drummers 12:00 Lunch 1:00 Wii Games</p>
<p>14</p> <p>11:00 Euchre Card Party (Bingo Room) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Wii Games</p>	<p>15</p> <p>10:00 Food & Fitness 11:00 "Just So You Know," Fulton Co. Health Dept. & BP checks 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction) 1:30 OPERS Meeting</p>	<p>16</p> <p>10:45 Golden Drummers (Gym) 11:00 Balloon Ball with Beth 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>17</p> <p>10:15 Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) Afternoon Trip: Fulton County Humane Society</p>	<p>18</p> <p>10:30 Golden Drummers 12:00 Lunch 1:00 Games</p>
<p>21</p> <p>11:00 Brain Builder "Use It or Lose It" 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p>22</p> <p>10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>23</p> <p>10:45 Golden Drummers (Gym) 11:00 Music by Michael Buck 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>24</p> <p>10:15 Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games</p>	<p>25</p> <p>10:30 Golden Drummers 11:00 Euchre Card Party (Bingo Room) 12:00 Lunch 1:00 Left Center Right Game</p>
<p>28</p> <p>11:00 Monday Morning Hand & Foot Card Party 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p>29</p> <p>10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>30</p> <p>Day Trip: Sandpiper Boat Cruise 10:45 Golden Drummers (Gym) 11:00 Cards 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>31</p> <p>9:45 Extended Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction)</p>	

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

DELTA / SWANTON
ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:00 to noon, DEEP (Diabetes Education Empowerment Program)</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>2</p> <p>Wear Green for Child Support Awareness Month</p> <p>Day Trip: Ritter Planetarium, Toledo</p> <p>10:00 Site Council & Nutrition Education; Veggie Up with Local Foods</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake from Swanton Health Care</p> <p>1:00 Wii Games</p>	<p>3</p> <p>10:00 Site Council & Nutrition Education; Veggie Up with Local Foods</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake</p> <p>1:00 Puzzles</p>	<p>4</p> <p>11:00 Bunco</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>
<p>7</p> <p>Day Trip: Nature Day at Harrison Lake State Park, Fayette</p> <p>11:00 "Farm Market," Nutritional Recipes & Samples with Jeanne & Claudia</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>8</p> <p>10:00 to noon, DEEP (Diabetes Education Empowerment Program)</p> <p>10:00 Toe Nail Clinic</p> <p>12:00 Lunch</p> <p>12:30 Free Blood Pressure Check, Fulton Co. Health Dept.</p> <p>1:00 Wii Games</p>	<p>9</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10</p> <p>NO Hearing Aid Cleaning</p> <p>10:30 "Beary" Special Bingo</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>11</p> <p>11:00 Power-Packed Nutrition Series with Meredith Grime, OSU Extension Office</p> <p>12:00 Lunch</p> <p>1:00 Games</p>
<p>14</p> <p>10:00 Toe Nail Clinic</p> <p>11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p>15</p> <p>10:00 to noon, DEEP (Diabetes Education Empowerment Program)</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>16</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>17</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p> <p>Afternoon Trip: Fulton County Humane Society</p>	<p>18</p> <p>11:00 Free Music Concert by "Nostalgia"</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>21</p> <p>10:30 Hearing Aid Cleaning</p> <p>11:00 Lindsay, Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 - 3:00 Solar Eclipse Viewing Party with Sundaes</p>	<p>22</p> <p>10:00 to noon, DEEP (Diabetes Education Empowerment Program)</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>23</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>24</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>25</p> <p>11:00 Power-Packed Nutrition Series with Meredith Grime, OSU Extension Office</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>
<p>28</p> <p>11:00 Chat with Mary from Swanton Police Department</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>29</p> <p>11:00 Attorneys Rebecca Steinhauser, Kara Ford, Medicaid for Seniors</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>30</p> <p>Day Trip: Sandpiper Boat Cruise, Maumee River</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>31</p> <p>10:00 Extended Bingo</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	

ARCHBOLD / FAYETTE ACTIVITIES

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

FAYETTE - FAMILY LIFE CENTER
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>Day Trip: Nature Day at Harrison Lake State Park, Fayette</p> <p>11:00 Summer Cooling Program, Liz Cruz, NOCAC</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>1</p> <p>11:00 Interactive Program with Lindsay of Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>2</p> <p>Wear Green for Child Support Awareness Month</p> <p>Day Trip: Ritter Planetarium, Toledo</p> <p>9:30 Toe Nail Clinic (by appointment)</p> <p>11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>3</p> <p>10:00 Site Council & Nutrition Education; Veggie Up with Local Foods</p> <p>10:30 Bingo</p> <p>12:00 Lunch & Birthday Cake</p> <p>1:00 Puzzles</p>	<p>4</p> <p>10:00 Site Council & Nutrition Education; Veggie Up with Local Foods</p> <p>10:30 Bingo</p> <p>12:00 Lunch & Birthday Cake</p> <p>1:00 Games</p>
<p>14</p> <p>11:00 Zingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>8</p> <p>11:00 Summer Cooling Program, Liz Cruz, NOCAC</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>9</p> <p>11:00 Music by Michael Buck</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>10</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p>11</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>
<p>21</p> <p>11:00 Brain Builder, "Use It or Lose It"</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>15</p> <p>9:30 Toe Nail Clinic (by appointment)</p> <p>11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>16</p> <p>11:00 Corn Hole</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>17</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p> <p>Afternoon Trip: Fulton County Humane Society</p>	<p>18</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p>
<p>28</p> <p>11:00 The Dish on Sugar; Fulton Co. Health Center Diabetes Educator</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>22</p> <p>11:00 "Owls" & Local Nature, Amanda Pocach, OSU Extension Office</p> <p>12:00 Lunch</p> <p>1:00 Wii Games</p>	<p>23</p> <p>11:00 Word Games</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>24</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>25</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>28</p> <p>11:00 The Dish on Sugar; Fulton Co. Health Center Diabetes Educator</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>29</p> <p>11:00 Amy Carles, Energy Saving Game</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>30</p> <p>Day Trip: Sandpiper Boat Cruise, Maumee River</p> <p>11:00 Interactive Program with Lindsay of Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>31</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</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 AUGUST 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, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Joyce Short, 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