

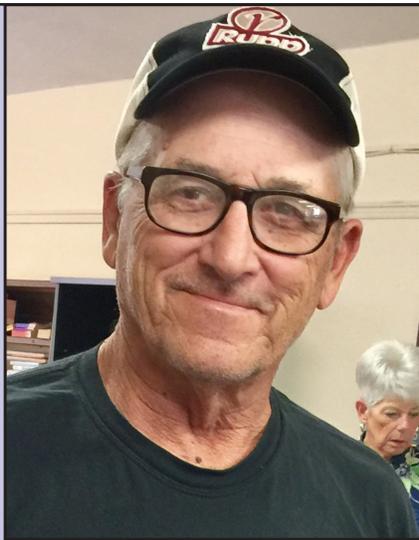
SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

OCTOBER 2017

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR SPOTLIGHT



Meet Gerald Weber, of rural Pettisville. Gerald started attending the Senior Center in 2015 because he enjoys meeting people. He sings in the Senior Center choir and enjoys local bus trips. He appreciates the good meals served at noon. Gerald has been a farmer for 60 years. "I like to plant a crop and see it come up. I check my fields daily. I have one passenger that rides with me all the time; my dog, Cosmo," Gerald said. When Gerald is not farming, he enjoys watching local school sporting events. He worked at Frozen Specialties, Inc., in Archbold for 35 years before retiring and now enjoys helping others by doing odd jobs as needed. Gerald and his wife have two children, nine grandchildren and six great grandchildren with the seventh on the way.

SENIOR NEWS

UPCOMING EVENTS - ALL SITES INVITED

- Oct. 2 – Card Making at Victoria's Gifts & More
- Oct. 3 – Road to Wellness, Senior Health Care Conference
- Oct. 3 – Delta & Fayette Sites Closed
- Oct. 9 – CLOSED
- Oct. 12 – Afternoon trip, Sara's Garden, Wauseon
- Oct. 13 – Taste of the States Food Buffet, Penta
- Oct. 18 – AARP Driver Safety Course, Wauseon
- Oct. 19 – Day Trip, Hudson Dairy Farm, Michigan
- Oct. 26 – Day Trip, Log Cabin Restaurant & Majestic Oak Winery
- Nov. 9 – Veterans Breakfast, held at St. Caspar Parish



Mary Gype, Doris Provost and Tina Young share a laugh on Halloween.

• 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

FLU IMMUNIZATIONS SCHEDULED

Fulton County Health Department is offering two flu clinics. Get your flu shot on Thursday, October 12th from 10:00 am to noon at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Or on Tuesday, October 17th from 2:00 to 5:30 pm, you may attend the flu clinic at the Fayette Senior Center in the Family Life Center, across the street from 305 E. Main Street, United Methodist Church. This service is provided by the Fulton County Health Department. The Health Department will be billing contracted insurance plans for the service; many individuals will not pay "out of pocket" at the time of service. The Health Department is contracted with seven insurance plans. Medicare and Medicaid are also accepted as payment. Want to find out if your insurance plan is accepted? Call the Health Department at 419-337-0915.

WHERE'S VAL?

It's October, which means it is Medicare Open Enrollment time! Val Edwards, Information & Referral Specialist, will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299.

Wednesday, October 18, from 10:00 am to 3:00 pm at the Delta Library
 Thursday, October 19, from 10:00 am to 3:00 pm at the Swanton Library
 Tuesday, October 24, from 10:00 am to 3:00 pm at the Evergreen Library in Metamora
 Thursday, October 26, from 9:00 am to 3:00 pm at Wyse Commons Library, Archbold
 Tuesday, October 31, from 9:00 am to 1:00 pm at Fayette Senior Center

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

FREE HEALTH CONFERENCE FOR SENIORS

Tuesday, October 3 is the 9th annual Road to Wellness Health Care Conference for mature adults and caregivers in and around Fulton County. The theme for the 2017 event is "The Journey to Health & Relaxation" and will take place from 9:30 am to 2:30 pm at Wauseon's St. Caspar Parish Life Center on Shoop Avenue. Back by popular demand: complete a registration form and receive a **complimentary hot lunch provided by Fulton County Senior Center**. This is the same delicious lunch you would enjoy at the Wauseon Senior Center, just in a different location. You can expect information that applies to nearly all aspects of a senior's life, along with entertainment by the Senior Center Choir, current Northwest Ohio events, information on mental health and cardiovascular health and obesity, health screenings and flu shots, freebies, and much more. Registration forms are available at local Senior Center sites and Fulton County Health Department. Or call in your registration to the Health Department at 419-337-0915.

NO NOON MEAL AT WAUSEON OCTOBER 3

No noon meal will be served at the Fulton County Senior Center, 240 Clinton Street, on Tuesday, October 3 since our kitchen staff will be serving the hot meal at the Road to Wellness Health Care Conference for Mature Adults and Caregivers at St. Caspar. Please register to join us at Road to Wellness by calling 419-337-9299. The home-delivered meal program will operate as usual.

MEDICARE OPEN ENROLLMENT

Here is what can be done during Open Enrollment, October 15th - December 7th:

- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan

Any changes made will take effect on January 1, 2018. To schedule an appointment, contact Valerie Edwards at the Fulton County Senior Center 419-337-9299. Don't delay! Appointment times fill up quickly.



WAUSEON HIGHLIGHTS

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

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

Gentle Movement Exercise: 9:30 am
(led by an instructor) see calendar

Line Dancing: Monday pm

Toe Nail Clinic: November 29 (note the clinic is one week later due to Thanksgiving). Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Free Concert by Joe LaConey Band (Gym)
- Sustain Your Brain, Alzheimer's Association
- Crafters' Corner with Lindsay

AARP SAFE DRIVERS CLASS SET FOR OCTOBER 18

Sign up now to attend the AARP Driver Safety Course at the Fulton County Senior Center, 240 Clinton Street, Wauseon, on October 18, 8:00 am to noon. This class is open to all Fulton County seniors age 60 and over. Sign up today -- class space is limited. As a participant, you will need your current driver's license and a current AARP membership card, if you have one. AARP members pay \$15; non-AARP members pay \$20. Reserve your spot with Beth at 419-337-9299 before October 11 and reserve a noon lunch as well. This four-hour class includes watching videos and reviewing basic laws of the road. Note, no actual driving takes place during this class. According to AARP Safety Driving Instructor Leonard Stovall, this defensive driving class is a great way to recognize and eliminate bad habits. "Even if we can save just one accident, then everybody wins!" Stovall said. You will receive a certificate upon completing this class. Some insurance companies will give discounts to those who participate in the course every three years. Contact your auto insurance company to find out if you qualify for a discount. Bring \$2 (suggested donation) or a meal ticket if you are staying for lunch.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Toenail Clinic: October 4. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Road to Wellness, St. Caspar, Wauseon
- Sustain Your Brain, Alzheimer's Association
- Crafters' Corner with Lindsay

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: October 10. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Road to Wellness, St. Caspar, Wauseon
- Crafters' Corner with Lindsay
- Jimmy Stewart, pianist

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: October 17. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Road to Wellness, St. Caspar, Wauseon
- "Owls" and Local Nature, Amanda Podach
- Crafters' Corner with Lindsay

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: Nov. 13

Toenail Clinic: October 16. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Exercise & Memory
- Grand Ole Opry with Just Us 2
- Mary with Swanton Police Department

OCTOBER, 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 = Lower 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
2 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Broccoli Florets Fruit Cobbler	3 Beef & Noodles Mashed Potatoes Green Beans Peaches	4 Breaded Chicken Strips Au Gratin Potatoes Brussels Sprouts Fruit Cocktail Yogurt	5 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes	6 Ham Loaf (LS Alt=Meat Loaf) Sweet Potatoes Creamy Cole Slaw Spiced Apple Sauce
9 CLOSED COLUMBUS DAY	10 Sloppy Joe Sandwich Oven Fries Malibu Blend Vegetables Apricots	11 Cheeseburger Soup Cold Cut Sandwich (LS Alt=Turkey Breast) Kidney Bean Salad Ambrosia	12 Swedish Meatballs Egg Noodles Mixed Vegetables Crumb Topped Peaches Fresh Oranges	13 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip
16 Sausage & Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Winter Squash Grape Juice	17 Beef Pot Roast Boiled Potatoes Carrots Tropical Fruit	18 Salisbury Steak or Liver & Onions Mashed Potatoes Green Beans Apple Sauce	19 Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple Chunks Cookies	20 Goulash Summer Squash Tossed Salad Fruit Crisp
23 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit	24 Pub Burgers Oven Fries Baked Beans Orange Segments Pie	25 Cheesy Broccoli Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Pea Salad Jell-O w/Fruit	26 Chili w/Beans Mexican Style Rice Baked Apples Corn Bread Pineapple Juice	27 Chipped Beef Mashed Potatoes Mixed Vegetables Peaches
30 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Mixed Fruit Orange Juice	31 Beef Stroganoff Buttered Noodles Brussels Sprouts Carrots Fresh Fruit			

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Day Trip, Victoria's Gifts, Card Making</p> <p>NO Gentle Movement</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Card Party, Hand & Foot (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>3</p> <p>Wear a Senior Center Shirt/ Hat Today</p> <p>9:30 Road To Wellness Senior Conference, St. Caspar, Wauseon</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>NO Lunch Served at Wauseon Site; Register for Lunch at Road to Wellness</p> <p>NO Choir Practice</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>4</p> <p>Gentle Movement (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Music by Just Us 2, Marc & Ellen Pember</p> <p>12:00 Lunch</p> <p>1:00 Group Card Game: Pepper (Bingo Room)</p>	<p>5</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>1:00 Wii Games</p>	<p>6</p> <p>10:30 Golden Drummers (Gym)</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>9</p> <p>CLOSED</p> <p>COLUMBUS DAY</p>	<p>10</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>11</p> <p>NO Gentle Movement</p> <p>NO Golden Drummers</p> <p>10:30 Free Concert by Joe LaConey Band (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Group Card Game: Pepper (Bingo Room)</p>	<p>12</p> <p>10:00 to Noon Flu Immunization Clinic</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Afternoon Trip, Sara's Garden</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>1:00 Wii Games</p>	<p>13</p> <p>Day Trip, Taste of the States Food Buffet, Penta Culinary</p> <p>10:30 Golden Drummers (Gym)</p> <p>11:00 Cards & Games</p> <p>12:00 Lunch</p> <p>1:00 Dominoes</p>
<p>16</p> <p>NO Gentle Movement</p> <p>11:00 Card Party; Euchre (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>17</p> <p>OSHIP appointments as scheduled</p> <p>10:00 Food & Fitness</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free Blood Pressure Checks</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 (Speaker: OSHIP)</p>	<p>18</p> <p>8:00 to Noon, AARP Safe Driving Course (Gym)</p> <p>NO Gentle Movement</p> <p>NO Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Group Card Game: Pepper (Bingo Room)</p>	<p>19</p> <p>Day Trip, Hudson Dairy</p> <p>10:15 Bingo with 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>1:00 SERO Meeting (Bingo Room)</p>	<p>20</p> <p>10:30 Golden Drummers (Gym)</p> <p>11:00 Crafters' Corner with Lindsay</p> <p>12:00 Lunch</p> <p>1:00 Gym Walking</p>
<p>23</p> <p>NO Gentle Movement</p> <p>11:00 "Sustain Your Brain," Lynn Ritter, Alzheimer's Association</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>24</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>25</p> <p>Wear a Senior Center Shirt/ Hat Today</p> <p>9:30 Gentle Movement (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Music by Michael Buck</p> <p>12:00 Lunch</p> <p>1:00 Group Card Game: Pepper (Bingo Room)</p>	<p>26</p> <p>Day Trip, Log Cabin Restaurant & Majestic Oak Winery</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>1:00 Wii Games</p>	<p>27</p> <p>10:30 Golden Drummers (Gym)</p> <p>11:00 Dominoes</p> <p>12:00 Lunch</p> <p>1:00 Euchre Card Party (Bingo Room)</p>
<p>30</p> <p>NO Gentle Movement</p> <p>11:00 Left, Center, Right Dice Game</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>31</p> <p>Wear a Costume, Get a Free Lunch</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>			

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>2</p> <p>Day Trip, Victoria's Gifts, Card Making 9:45 Walking on Outdoor Path (weather permitting) 11:00 "The Dish on Sugar" with Fulton Co. Health Center Diabetes Educator 12:00 Lunch 1:00 Cards</p>	<p>3</p> <p>Wear a Senior Center Shirt/ Hat Today 9:30 Road To Wellness Senior Conference, St. Caspar Parish, Wauseon Delta Site is Closed</p>	<p>4</p> <p>10:00 Site Council & Nutrition Education; Prepare Your Pantry for Winter 10:30 Bingo 12:00 Lunch with Birthday Cake from Swanton Health Care</p>	<p>5</p> <p>10:00 Site Council & Nutrition Education; Prepare Your Pantry for Winter 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Puzzles</p>	<p>6</p> <p>11:00 Exercise & Memory with Jenny from Kingston 12:00 Lunch 1:00 Word Games</p>
<p>9</p> <p>CLOSED COLUMBUS DAY</p>	<p>10</p> <p>9:45 Walking in Parking Lot (weather permitting) 10:00 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>12</p> <p>Afternoon Trip, Sara's Garden No Hearing Aid Cleaning 10:30 Bingo with Delta School Caller 12:00 Lunch 1:00 Word Games</p>	<p>13</p> <p>Day Trip, Taste of the States Food Buffet, Penta Culinary 11:00 "Energy Game," Ohio Consumers' Counsel, Amy Carles 12:00 Lunch 1:00 Wii Games</p>
<p>16</p> <p>9:45 Walking on Outdoor Path (weather permitting) 10:00 Toe Nail Clinic (By Appointment) 10:30 Free Hearing Aid Cleaning 11:00 Mary, Swanton Police Department 12:00 Lunch 1:00 Games</p>	<p>17</p> <p>9:45 Walking in Parking Lot (weather permitting) 11:00 Crafters' Corner Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Puzzles</p>	<p>18</p> <p>Wear a Senior Center Shirt/ Hat Today 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>19</p> <p>Day Trip, Hudson Dairy 10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>	<p>20</p> <p>11:00 Euchre Tournament 12:00 Lunch 1:00 Cards</p>
<p>23</p> <p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Crafters' Corner, Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Puzzles</p>	<p>24</p> <p>9:45 Walking in Parking Lot (weather permitting) 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Word Games</p>	<p>25</p> <p>10:30 Bingo with Guest Caller, Sandi from Story Point. 12:00 Lunch 1:00 Wii Games</p>	<p>26</p> <p>Day Trip, Log Cabin Restaurant & Majestic Oak Winery 10:00 Extended Bingo 12:00 Lunch 1:00 Games</p>	<p>27</p> <p>11:00 "Grand Ole Opry" with Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Cards & Games</p>
<p>30</p> <p>9:45 Walking on Outdoor Path (weather permitting) 11:00 Autumn Farm Stand Recipes with Rosemary & Thyme 12:00 Lunch 1:00 Word Games</p>	<p>31</p> <p>9:45 Walking in Parking Lot (weather permitting) 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Cards</p>			

ARCHBOLD / FAYETTE ACTIVITIES

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

FAYETTE - FAMILY LIFE CENTER
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day Trip, Victoria's Gifts, Card Making 11:00 Left Center Right Dice Game 12:00 Lunch 1:00 Cards	2 Wear a Senior Center Shirt/ Hat Today 9:30 Road to Wellness Senior Conference, St. Caspar Parish, Wauseon Fayette Site is Closed	3 9:30 Toe Nail Clinic, by appointment 11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games	4 10:00 Site Council & Nutrition Education; Prepare Your Pantry for Winter 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Puzzles	5 10:00 Site Council & Nutrition Education; Prepare Your Pantry for Winter 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Games
9 CLOSED COLUMBUS DAY	10 11:00 "Crafters' Corner," with Lindsay, Whitehouse Country Manor 12:00 Lunch 1:00 Word Games	11 11:00 "Sustain Your Brain," Lynn Ritter, Alzheimer's Association 12:00 Lunch 1:00 Puzzles	12 Afternoon Trip, Sara's Garden 10:30 Bingo 12:00 Lunch 1:00 Games	13 Day Trip, Taste of the States Food Buffet, Penta Culinary 10:30 Bingo 12:00 Lunch 1:00 Cards
16 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards & Games	17 9:30 Toe Nail Clinic, by appointment 11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles 2:00 - 5:30 Flu Immunization Clinic with Fulton Co. Health Dept.	18 11:00 Left Center Right Dice Game 12:00 Lunch 1:00 Games	19 Day Trip, Hudson Dairy 10:30 Bingo 12:00 Lunch 1:00 Cards	20 10:30 Bingo 12:00 Lunch 1:00 Word Games
23 11:00 Corn Hole 12:00 Lunch 1:00 Puzzles	24 11:00 "Owls" & Local Nature, Amanda Podach, OSU Extension Office 12:00 Lunch 1:00 Games	25 11:00 "Crafters' Corner," with Lindsay, Whitehouse Country Manor 12:00 Lunch 1:00 Cards	26 Day Trip, Log Cabin Restaurant & Majestic Oak Winery 9:00 am to 3:00 pm Val Edwards at Wyse Commons Library, Archbold, By Appointment 10:30 Bingo 12:00 Lunch 1:00 Word Games	27 10:30 Bingo 12:00 Lunch 1:00 Cards & Games
30 11:00 Zingo 12:00 Lunch 1:00 Games	31 9:00 to 1:00 Val Edwards, Medicare Assistance, By Appointment 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards			



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 OCTOBER 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
Support Staff.....	Chris Sager
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, Bill Sigg, Naaman Thomas, James Davis, Brenda Hauck, James Mapes, Tim Gorsuch, Angela Johnston
Substitutes.....	Judy Thourot, Peggy Wilson, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Robert Shaw, Erin Cheesbro, Sharon McCabe, 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