

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

B-zz

APRIL 2018

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

- April 4** – Tour 9-1-1 Call Center, Wauseon
- April 11** – Choir Performs at Otterbein, Pemberville
- April 18** – Day Trip, Schmidlin Greenhouse
- April 19** – Shop Archbold, Day Trip
- April 25** – Free Concert, Joe LaConey Band, Wauseon Senior Center Gym
- April 27** – “Senior” Prom at Wauseon Senior Center Gym
- May 9** – Day Trip, Snooks Dream Cars, Bowling Green

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Also, if you currently receive the Bzz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

SENIOR SPOTLIGHT



Congratulations to Bill Rose on his retirement! Bill began as a meal delivery driver at the Senior Center in July of 2008. In 2015, Bill started as Site Manager for the Archbold and Fayette Senior Centers.

In those ten years, Bill has seen a lot of growth in the number of seniors participating in meals and activities. He believes the opportunity the Senior Center provides to socialize is vital. “It is somewhere for them to come and enjoy themselves. I think it is very important. Some of these seniors are by themselves and they need support,” Bill said.

Bill’s plans for retirement include time at the lake, golfing, fishing, reading, and trips with his wife to visit their four grandchildren.

“I have really enjoyed working with the seniors, listening to their stories, learning about their families. It has just been very fulfilling for me,” Bill 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 • Lending Libraries • Exercise Classes • 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

APRIL IS NATIONAL VOLUNTEER MONTH.
Here are just a few of our Valuable Volunteers.
Thanks for all you do!



WAUSEON HIGHLIGHTS

Golden Drummers: Monday and Friday am

Choir Practice: Tuesday at 1:00 pm

Tai Chi: every Tuesday and Thursday

Food & Fitness: Tuesday at 10:00 am

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement: see calendar

Line Dancing: Monday pm

Toe Nail Clinic: May 23.

Call early for appointment; \$15.00 fee;
soak feet for 30 minutes before you arrive.

WHERE'S VAL?

On Wednesday, May 9, 2018, Val Edwards, Information & Referral Specialist, will take appointments at the Delta Library from 10:00 am to noon. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Thursday, May 17, meet Val at the Swanton Library from 10:00 am to noon. On Thursday, May 24, Val will be at Wyse Commons on Archbold's Fairlawn campus. Tuesday, May 22 is your chance to meet with Val at the Evergreen Library in Metamora from 10:00 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.

DID YOU KNOW?

Did you know that every time you see salad on the menu, the Wauseon site will have a salad bar?

TAX HELP OFFERED

Northwest Ohio Community Action Commission (NOCAC) offers assistance with tax preparation. Call 419-784-2150 or email at taxes@nocac.org to make an appointment. NOCAC will offer free tax clinics at The Delta Library April 5, and at the Fulton County Job Center on Wednesdays through April 4. By appointment only.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: April 23

Birthday Lunch: first Friday

Toenail Clinic: April 23.

Call early for appointment; \$15.00 fee;
soak feet for 30 minutes before you arrive.

DELTA HIGHLIGHTS

Bingo: Thursdays

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: April 10.

Call early for appointment; \$15.00 fee;
soak feet for 30 minutes before you arrive.

FAYETTE HIGHLIGHTS

Bingo: Thursdays

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: April 17.

Call early for appointment; \$15.00 fee;
soak feet for 30 minutes before you arrive.

SWANTON HIGHLIGHTS

Bingo: Wednesdays

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: April 9.

Call early for appointment; \$15.00 fee;
soak feet for 30 minutes before you arrive.

LUNCH CALENDAR APRIL, 2018

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 Pot Roast Boiled Potatoes Carrots Pineapple	3 BBQ Pork Sandwich Tater Tots Ranch Style Beans Tropical Fruit Salad	4 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Mixed Vegetables Banana Fruit Juice	5 Roast Turkey Dressing Steamed Broccoli Diced Beets Orange Cranberry Salad	6 Goulash Cooked Cabbage Seasoned Corn Peaches Cookies
9 Shepherd's Pie Steamed Cauliflower Fruit Crisp	10 Broccoli Cheese Soup Egg Salad Sandwich Green Salad Dark Sweet Cherries	11 Cheese Burgers Seasoned Potato Wedges Steamed Spinach Pears Brownies	12 Baked Chicken Long Grain & Wild Rice Stewed Tomatoes Bananas Fruit Juice	13 Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit
16 Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges	17 Chicken Fried Steak w/Country Gravy Mashed Potatoes Green Peas Apricots	18 Split Pea Soup (LS Alt=LS Tomato Soup) Chicken Salad Sandwich Three Bean Salad Jell-O w/Fruit	19 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Steamed Broccoli Fruit Cobbler	20 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetables Apple Slices w/Dip
23 Chicken & Rice Soup Roast Beef Sandwich Potato Salad Fruit Compote	24 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Applesauce	25 Chicken Tenders Au Gratin Potatoes Brussels Sprouts Fruit Cocktail	26 Sloppy Joe Sandwich Oven Fries Malibu Blend Vegetables Fresh Fruit Pie	27 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes
30 Swedish Meatballs Egg Noodles Cooked Cabbage Crumb Topped Peaches Fruit Juice				

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>NO Gentle Movement 10:30 Free Hearing Aid Cleaning 10:45 Golden Drummers (Gym; Instructor Led) 11:00 Highlights Hidden Pictures with Beth 12:00 Lunch 1:00 Line Dancing 1:00 Euchre (Bingo Room)</p>	<p>3</p> <p>10:00 Food & Fitness 11:00 RuthAnn V, Keyboard Music 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>4</p> <p>Day Trip, 9-1-1 Call Center, Wauseon 9:30 Gentle Movement 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>5</p> <p>10:15 Bingo 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>6</p> <p>10:30 Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Shuffleboard, Fulton Suites</p>
<p>9</p> <p>9:30 Gentle Movement 10:45 Golden Drummers (Gym; Instructor Led) 11:00 Concert by Sunshine Community Bell Choir 12:00 Lunch 1:00 Line Dancing</p>	<p>10</p> <p>10:00 Food & Fitness 11:00 Friendly Feud 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>11</p> <p>Wear Blue for Child Abuse Awareness Leave 8:45 am Choir to Otterbein, Pemberville 9:30 Gentle Movement 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>12</p> <p>10:15 Bingo 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Nature Program, Amanda Podach, Fulton Co. Extension 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>13</p> <p>Choir to Swanton Senior Center Choir Leaves at 10:00 am 10:30 Golden Drummers 11:00 Games 12:00 Lunch 1:00 Dirty Marbles</p>
<p>16</p> <p>NO Gentle Movement 10:45 Golden Drummers (Gym; Instructor Led) 11:00 "Just So You Know," & Free BP Checks Fulton Co. Health Center 12:00 Lunch 1:00 Line Dancing 1:00 Euchre (Bingo Room)</p>	<p>17</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) 1:30 OPERS (Bingo Room)</p>	<p>18</p> <p>Day Trip, Schmidlin Greenhouse Wear Senior Center Shirt/ Hat 9:30 Gentle Movement 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>19</p> <p>Day Trip, Archbold 10:15 Bingo 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>20</p> <p>10:30 Golden Drummers 12:00 Lunch 1:00 Dominoes</p>
<p>23</p> <p>9:30 Gentle Movement 10:45 Golden Drummers (Gym; Instructor Led) 11:00 Brain Builder with Beth 12:00 Lunch 1:00 Line Dancing</p>	<p>24</p> <p>Wear Yellow Today 10:00 Food & Fitness 11:00 "Staying Positive as We Age," Aaron Harmon 11:00 Tai Chi (Gym, DVD instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD instruction)</p>	<p>25</p> <p>No Gentle Movement 10:45 Free Concert by Joe LaConey Band, Sylvania Sr. Ctr. (Gym) 12:00 Lunch 1:00 Pepper Card Party (Bingo Room)</p>	<p>26</p> <p>9:45 Extended Bingo 11:00 NO Tai Chi (Prom set up in Gym) 12:00 Lunch 1:00 NO Tai Chi (Prom set up in Gym)</p>	<p>27</p> <p>NO Golden Drummers "Gatsby Affair" SENIOR PROM, Gym (Bring Your Prom Ticket) 11:00 Seating for Prom 12:00 Lunch 1:00 to 3:00 Music & Dancing</p>
<p>30</p> <p>9:30 Gentle Movement 10:45 Golden Drummers (Gym; Instructor Led) 11:00 Famous Jingles with Beth 12:00 Lunch 1:00 Euchre (Bingo Room) 1:00 Line Dancing</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>11:00 Student Choir from Evergreen Elementary</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>11:00 Energy Game with Amy Carles, Ohio Consumers' Counsel</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>(Swanton Seniors to Fayette, Five Crowns, Leave at 9:30.)</p>	<p>Morning Trip, 9-1-1 Call Center, Wauseon</p> <p>10:00 Site Council & Nutrition Education</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake</p> <p>1:00 Games</p>	<p>10:00 Site Council & Nutrition Education</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake</p> <p>1:00 Word Games</p>	<p>11:00 Music by Gene Zenz</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>
<p>10:00 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>10:00 Toe Nail Clinic (By Appointment)</p> <p>11:00 Delta Fire Chief, Knox Box</p> <p>11:15 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>Wear Blue for Child Abuse Awareness</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>No Hearing Aid Cleaning</p> <p>10:30 Bingo with Delta School Caller</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>11:00 Concert by Senior Center Choir</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Duct Tape Craft</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>11:00 Music by Gene Zenz</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>Day Trip, Schmidlin Greenhouse</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>Wear Senior Center Shirt or Hat</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>11:00 Local Forest History, Burning Laws, Etc. with Local Forest Ranger</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>
<p>11:00 "Crafters' Corner" with Lindsay of Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>11:00 "Crafters' Corner" with Lindsay of Whitehouse Country Manor</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>At Wauseon: Concert by Joe LaConey Band</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>Wear Yellow Today</p> <p>10:00 Extended Bingo with Jenni from Grand Rapids Care Center</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>11:00 Seating for Senior Prom at Fulton Co. Senior Center (Bring your ticket)</p> <p>11:00 Games</p> <p>12:00 Lunch</p> <p>1:00 Games</p>
<p>11:00 Simple Exercises & How to Get Up Safely After a Fall with Lisa V. from Fairlawn</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>				

ARCHBOLD / FAYETTE ACTIVITIES

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 11:00 Left, Center Right Dice Game 12:00 Lunch 1:00 Word Games</p>	<p>3 11:00 Learn to play the Card Game, Five Crowns, with Swanton Seniors 12:00 Lunch 1:00 Games</p>	<p>Morning Trip, 9-1-1 Call Center, 4 Wauseon 11:00 Defensive Driving Tips with Bob Lehman 12:00 Lunch 1:00 Cards</p>	<p>5 10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Treat 1:00 Cards & Games</p>	<p>6 10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Treat 1:00 Puzzles</p>
<p>9 11:00 "Crafters Corner" with Lindsay of Whitehouse Country manor 12:00 Lunch 1:00 Games</p>	<p>10 11:00 "Crafters Corner" with Lindsay of Whitehouse Country manor 12:00 Lunch 1:00 Cards</p>	<p>11 Wear Blue for Child Abuse Awareness 11:00 Five Crowns Card Game 12:00 Lunch 1:00 Cards & Games</p>	<p>12 10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>13 10:30 Bingo 12:00 Lunch 1:00 Word Games</p>
<p>16 11:00 "Staying Positive as We Age" Aaron Harmon, FulCare 12:00 Lunch 1:00 Cards</p>	<p>17 9:30 Toe Nail Clinic (Call for Appointment) 11:00 "Just So You Know," & Free BP Checks Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games</p>	<p>18 Day Trip, Schmidlin Greenhouse 11:00 "Staying Positive as We Age" Aaron Harmon, FulCare 12:00 Lunch 1:00 Puzzles</p>	<p>19 Day Trip, Archbold 10:30 Bingo with Guest Caller, Pam Shipley, Great Lakes Caring Celebrate Bill Rose's Retirement 12:00 Lunch 1:00 Word Games</p>	<p>20 10:30 Bingo Celebrate Bill Rose's Retirement 12:00 Lunch 1:00 Cards</p>
<p>23 9:30 Toe Nail Clinic (Call for Appointment) 11:00 "Just So You Know," & Free BP Checks Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games</p>	<p>24 11:00 Card Game, Five Crowns 12:00 Lunch 1:00 Puzzles</p>	<p>25 In Wauseon: Free Concert by Joe LaConey Band 11:00 Music by Jean Pfund, keyboard Ruth Hutchinson, saxophone 12:00 Lunch 1:00 Word Games</p>	<p>26 10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p>27 11:00 Seating for Senior Prom at Fulton Co. Senior Center, Wauseon (Bring your ticket) 10:30 Bingo 12:00 Lunch 1:00 Games</p>
<p>30 11:00 Zingo 12:00 Lunch 1:00 Puzzles</p>				



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

 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 APRIL 1, 2018

**Thank you to our many Valuable Volunteers.
Our success depends on you!**

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|---------------------|---------------------|-----------------------|
| John Bamonte | JoAnn Echler | Allison Ortiz |
| Paul Barnaby | Donna Gamber | Sue & Roger Rohrs |
| Tom Blosser | Deb Gabel | Linda & Mike Reetz |
| Pam Boyers | Alicia Glover | Al Scheopner |
| Ken Brink | Susan Henry | Barb Schroeder |
| Chris Buchholz | Larry Hudspeath | Sara Short |
| Dave Case | Karen Kennedy | Jim Smith |
| Jan & Larry Cochran | Steve & Diana Kline | Joe Sutton |
| Beth Cook | Bob & Lenore Lehman | Becky Thatcher |
| Joann Cousino | Dennis Linehan | Howard & Judy Warncke |
| Don Dunkle | Sally Lutz | Linda Warren |
| Sanford Eash | Paul Meeker | Jeri Wright |
| | | and numerous others! |

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	M – F	8:00 am – 4:00 pm
Archbold Site	M and F	9:00 am – 2:00 pm
Delta Site	T and Th	9:00 am – 2:00 pm
Fayette Site	T, W, Th	9:00 am – 2:00 pm
Swanton Site	M, W, F	9:00 am – 2:00 pm