

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 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

- Dec 6** – Tour Manor House decorated for Christmas, Toledo
- Dec 12** – Make edible crafts at Victoria's Gifts & More
- Dec 13** – Christmas shopping, Grand Rapids, Ohio
- Dec 21** – Senior Center Choir sings at Swanton site
- Dec 24 & 25** – Closed. Merry Christmas!
- Jan 1** – Closed. Happy New Year!
- Jan 3** – Special Tour, Toledo Museum of Art
- Jan 17** – Day trip, Ritter Planetarium

Even though the coming weeks will likely bring cold temps and snow flurries, we hope you will continue to sign up for and participate in Senior Center day trips and activities that interest you. If a trip is canceled due to bad weather, we'll contact you. Make socialization a priority and reap the benefits. Many scientists believe that social interaction is key to maintaining good mental health and warding off diseases like dementia and Alzheimer's. What happens in the brain to produce the positive effects seen among the more socially engaged? Researchers are not certain. It appears clear that close relationships and large social networks have a beneficial impact on memory and cognitive function as people age.

Source: AARP

SENIOR SPOTLIGHT

On November 1, twenty-three Fulton County seniors experienced a special tour of Toledo Museum of Art's exhibit titled "Community: by Rebecca Louise Law." The artist and volunteers hung thousands of flowers and natural materials from the museum's ceiling to create the exhibit. Our seniors walked and stood among the flowers to fully experience it. Law used approximately 150,000 plants and flowers native to the Toledo area. The Fulton County Senior Center plans to take seniors to the Toledo Museum of Art in January, March and May 2019. Each visit will be docent-led in a unique exhibit. If you would like to join us on a museum tour, please call 419-337-9299.



• FULTON COUNTY SENIOR CENTER PROGRAMS & SERVICES •

- Information and Referral • Congregate Nutrition Site • Home Delivered Meals • Skill Development Programs
- Fitness & Wellness Programs • Social & Recreation Programs • Transportation • Housekeeping • Education
- Monthly Newsletter • Support Groups • Health Screens and Services • Volunteer Opportunities

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$500 or have 25 percent (or less) of bulk fuel supply remaining. Households must be within 175% of the Federal Poverty Guideline. Certain documentation is required. The program runs until March 31, 2019. Please call this appointment hotline number 1-844-493-1193. You will need social security number and utility account information when scheduling an appointment.

HOLIDAY EATING

Consider these timeless healthy eating tips for holiday gatherings from Dr. Ann Kulze.

1. Stay away from foods that rev up your appetite. A.K.A. "The Great White Hazards" – white flour products, white rice, and white potatoes. Holidays are already a dietary pitfall for most – These foods add insult to injury. Choose whole grains and beans as the alternative to the starchy white stuff. Whole grains and beans are super healthy and provide long-lasting appetite suppression. Try:
 - Bean salad instead of potato salad
 - Brown rice over white rice
 - 100% whole grain crackers or breads over the "white" ones
 - Just say no to the rolls and biscuits.
2. To satisfy your sweet tooth, try fresh fruit salad, a piece of high quality dark chocolate, or a cup of "real" hot cocoa; delicious and nutritious.
3. Fill up first on foods that have lots of bulk but minimal calories, ie. the "big, yet skinny" fruits and veggies. Physical bulk (stuff) in the GI tract provides great appetite suppression.
4. Have a snack an hour before you arrive at a holiday gathering. My top pick would be a small handful of nuts along with a piece of fruit (apple) or fresh raw veggies (handful of carrots) dipped in hummus.
5. Make water or unsweetened tea your beverage of choice.

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DISCOUNTS FOR RX MEDICATIONS

Having trouble paying for your prescription medications? Consider GoodRx and "Extra Help."

GoodRx is a powerful free mobile app and website that helps Americans save millions of dollars every month by finding them the lowest prescription prices at their local pharmacies. GoodRx gathers millions of current prices, available discounts, and savings tips for prescriptions at pharmacies across America. GoodRx is 100% free and works for every member of your family. There are no fees and zero obligations. With GoodRx, you can find savings of 80% or more on your prescriptions. Because drug prices vary wildly among pharmacies, you will need to search for your prescription on GoodRx for an exact price.

GoodRx has been reviewed and recommended by many prominent organizations, including ABC News, CNN, NBC's Today Show, and Good Housekeeping, in addition to a number of professional physician organizations, thousands of doctors, and more. Visit www.goodrx.com and type in the name of your prescription to view a list of prices at pharmacies near you.

Another option is the Extra Help program. Depending on your income and available financial resources, Medicare may provide "Extra Help" that may cover a percentage of prescription costs.

As always, Val Edwards is willing to assist you in finding lower prices for your medications. Set up an appointment with Val by calling 419.337.9299.

WALK & RECEIVE A Pedometer

The weather outside might be frightful, but the Senior Center gym is a delightful place for walking. The Fulton County Wellness Committee donated some pedometers. One can be yours if you sign up to walk in the gym during the month of December. See Beth to sign up. Walk at your leisure when the gym (Fulton County Senior Center, 240 Clinton Street, Wauseon) is available. The gym is generally empty mornings between 8:00 and 9:30 am and afternoons between 2:00 and 4:00 pm. Log your name and the number of steps you walked each time in the gym. Prizes for top walkers awarded after December 31.

GOOD NEWS FOR WINTER SPORTS FANS

Many high schools in Fulton County offer a senior citizen pass to athletic events. If you are a high school sports fan, contact your local high school to ask about discounted or free admission season passes for seniors.

WAUSEON HIGHLIGHTS

- Golden Drummers:** Monday & Friday am
- Choir Practice:** see calendar
- Tai Chi:** every Tuesday and Thursday
- Pepper:** Wednesday at 1:00 pm
- Bingo:** Thursday mornings
- Gentle Movement:** see calendar
- Line Dancing:** see calendar
- Toenail Clinic:** January 23. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

You are invited to a Christmas dinner at the Fulton County Senior Center on Tuesday, December 25 between 11:30 am and 2:00 pm. This meal invitation is open to anyone in the community and is provided by Wauseon Rotary and Fulton Co. Senior Center. If you need a ride to the Senior Center for this Christmas meal, please call directly to Debra at 419-337-0166, Doug at 419-335-2906, or Larry at 419-335-7700.

THANK YOU

Thank you to the many individuals who helped make the November 9 Veterans Breakfast a huge success.

VALUABLE VOLUNTEERS

Special thanks to members of the Wauseon Middle School National Junior Honor Society, as well as Mrs. Joy Hutchinson, Mrs. Lynelle Nofziger and Mrs. Tracy Beck, who volunteered at the Veterans Breakfast. This is the fifth year that Wauseon students have helped make the event a success.



ARCHBOLD HIGHLIGHTS

- Bingo:** Fridays
- Blood Pressure Check:** December 17
- Birthday Lunch:** first Friday
- Toenail Clinic:** December 17
Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

FAYETTE HIGHLIGHTS

- Bingo:** every Thursday
- Blood Pressure Check:** third Tuesday
- Birthday Lunch:** first Thursday
- Toenail Clinic:** December 13
Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

DELTA HIGHLIGHTS

- Bingo:** every Thursday
- Blood Pressure Check:** December 11
- Birthday Lunch:** December 6
- Toenail Clinic:** December 11
Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

SWANTON HIGHLIGHTS

- Bingo:** every Wednesday
- Birthday Lunch:** December 5
- Blood Pressure Check:** Second Monday
- Toenail Clinic:** December 10
Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

LUNCH CALENDAR

DECEMBER, 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

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)

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Country Fried Steak Country Gravy Mashed Potatoes Green Beans Wauseon Only: Baked Potato Bar	4 Stuffed Chicken Breast Long Grain & Wild Rice Cook's Choice Vegetable Dark Sweet Cherries	5 Biscuits & Gravy Hash Brown Casserole Tossed Salad Fruit Crunch	6 Beef & Noodles Mashed Potatoes Midori Blend Vegetables Peaches	7 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Succotash
10 Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Fruit Cocktail Wauseon Only: Fish Sandwich	11 Hot Chicken Sandwich Potato Wedges Cole Slaw Baked Apples Yogurt Wauseon Only: Fish Sandwich	12 Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges	13 Cream of Broccoli Soup Turkey Sandwich Three Bean Salad 5 Cup Salad	14 Chili w/Beans Spanish Rice Calico Corn Fresh Tangerine
17 Breaded Pork Chops Parslied Potatoes Sugar Snap Peas Tropical Fruit Sites Only: Taco Day	18 Hot Dogs (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Fresh Fruit	19 Goulash Cooked Cabbage Butter Beans Peaches	20 Breakfast for Lunch Sausage, Egg and Cheese Sandwich Hash Brown Casserole French Toast Bake Bananas	21 Shepherd's Pie Summer Squash Green Salad Fruit Crisp
24 CLOSED MERRY CHRISTMAS	25 CLOSED MERRY CHRISTMAS	26 Cheeseburgers Potato Wedges Seasoned Spinach Mixed Fruit	27 Beef Vegetable Soup Chicken Salad Sandwich Corn and Frito Salad Jell-O	28 Chicken & Noodles Mashed Potatoes Winter Blend Vegetables Pears
31 Sausage & Sauer Kraut (LS Alt=Turkey Franks) Smashed Red Potatoes Peas w/Onions				

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 Gentle Movement (Gym) 10:30 Free Hearing Aid Cleaning 10:45 Golden Drummers 11:00 Performance, Wauseon Chorale 12:00 Lunch 1:00 Line Dancing</p>	<p>4</p> <p>Wear Crazy Socks for National Sock Day 11:00 Make an Ornament with Alicia 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi 1:00 Choir Practice</p>	<p>5</p> <p>9:30 Gentle Movement (Gym) 10:00 Christmas Carol Plexer with Beth 11:00 Caricatures by Don Lee & Decorate Cookies 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>6</p> <p>Day Trip, Manor House, Toledo 10:15 Bingo 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi</p>	<p>7</p> <p>10:30 Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Walk the Gym</p>
<p>10</p> <p>Wear Red & White & Green Today 9:30 Gentle Movement (Gym) 10:30 "Christmas Find Out Who" Game with Beth 10:45 Golden Drummers 11:00 Visit & Photos, Santa & Mrs. Claus 11:30 Program by Sunshine Bell Choir 12:00 Lunch 1:00 Line Dancing</p>	<p>11</p> <p>10:00 Christmas Hidden Pictures with Beth 11:00 Sing Christmas Carols with Senior Center Choir 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi 1:00 No Choir Practice</p>	<p>12</p> <p>Day Trip, Victoria's Gifts & More 9:30 Gentle Movement (Gym) 11:00 Christmas Concert by Nostalgia 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>13</p> <p>Day Trip, Christmas Shopping, Grand Rapids, Ohio 10:15 Bingo 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi</p>	<p>14</p> <p>Wear Green Today 10:30 Golden Drummers (Gym) 11:00 Music by Evergreen Viking Voices 12:00 Lunch 1:00 Fulton Co. Humane Society Animals & Tracey Wanner</p>
<p>17</p> <p>10:45 Golden Drummers 11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Line Dancing</p>	<p>18</p> <p>Wear a Tacky Christmas Sweater or Tie 11:00 Music by Nancy Roth Quartet 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi 1:00 Choir Practice</p>	<p>19</p> <p>10:00 Golf Card Game 11:00 Piano Music, Linda Burkholder 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>20</p> <p>10:00 Christmas Tradition Guessing Game with Beth 10:15 Bingo 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi</p>	<p>21</p> <p>10:30 Golden Drummers (Gym) 11:00 Cards & Games 12:00 Lunch 1:00 Walk the Gym</p>
<p>24</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>25</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>26</p> <p>10:00 Hand & Foot 11:00 Brain Game 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>27</p> <p>9:45 Extended Bingo 11:00 Tai Chi 12:00 Lunch 1:00 Tai Chi</p>	<p>28</p> <p>10:30 Golden Drummers (Gym) 11:00 Bring a Favorite Board Game to Play with Friends 12:00 Lunch 1:00 Dominoes or Walk the Gym</p>
<p>31</p> <p>10:45 Golden Drummers 11:00 Minute To Win It with Beth 12:00 Lunch 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>3</p> <p>Wear Crazy Socks National Sock Day</p> <p>10:00 Sequence</p> <p>11:00 Holiday Energy Saver Program, Amy Carles, Ohio Consumers' Counsel</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>4</p> <p>Wear Crazy Socks National Sock Day</p> <p>10:00 Cards</p> <p>11:00 Del-Aires from Delta High School</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>5</p> <p>Wear Green for this Season of Evergreens</p> <p>10:00 Site Council</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake from Swanton Health Care</p> <p>1:00 Scrabble</p>	<p>6</p> <p>Wear Green for this Season of Evergreens</p> <p>Day Trip, Manor House, Toledo</p> <p>10:00 Site Council</p> <p>10:30 Bingo</p> <p>12:00 Lunch with Birthday Cake</p> <p>1:00 Puzzles</p>	<p>7</p> <p>10:00 Rummikub</p> <p>11:00 Christmas Concert by Nostalgia</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>
<p>10</p> <p>No Toe Nail Clinic</p> <p>10:00 Frost Christmas Cookies</p> <p>11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>11</p> <p>No Toe Nail Clinic</p> <p>10:00 Frost Christmas Cookies</p> <p>11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>12</p> <p>Wear Red & White & Green</p> <p>Day Trip to Victoria's Gifts & More</p> <p>10:00 Racko</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>13</p> <p>Wear Red & White & Green</p> <p>Day Trip, Christmas Shopping, Grand Rapids, Ohio</p> <p>No Hearing Aid Cleaning</p> <p>10:00 Cards</p> <p>10:30 Bingo with Delta school caller</p> <p>12:00 Lunch</p>	<p>14</p> <p>10:00 Yahtzee</p> <p>11:00 Opioids & Marijuana, Then & Now: What Do I Need to Know? A Special Program Through Swanton Area Community Coalition</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>17</p> <p>10:00 Five Crowns</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Sunshine Bell Choir</p> <p>12:00 Lunch (Taco Day)</p> <p>1:00 Left Center Right</p>	<p>18</p> <p>10:00 Cards</p> <p>11:00 Free Concert by Circle of Friends</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>19</p> <p>Wear a Tacky Christmas Sweater or Tie</p> <p>10:30 White Elephant Bingo (Bring a tasteful, wrapped gift)</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Christmas Party</p>	<p>20</p> <p>Wear a Tacky Christmas Sweater or Tie</p> <p>10:30 White Elephant Bingo (Bring a tasteful, wrapped gift)</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>21</p> <p>10:00 Wizard</p> <p>11:00 Christmas Sing-a-Long with Senior Center Choir; Paul Meeker, accompanist</p> <p>12:00 Lunch</p> <p>1:00 Games</p>
<p>24</p> <p>CLOSED</p> <p>MERRY CHRISTMAS</p>	<p>25</p> <p>CLOSED</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>10:00 Games</p> <p>10:30 Bring Your Grandchild to Bingo</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>27</p> <p>10:00 Bring Your Grandchild to (Extended) Bingo</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>28</p> <p>10:30 Mexican Train (Note Time)</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>
<p>31</p> <p>10:00 Skip Bo</p> <p>11:00 Happy "Noon" Year! Party Bring a Snack to Share</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>				

**ARCHBOLD - SCOUT CABIN
INSIDE RUIHLEY PARK,
W. WILLIAMS ST.
MON. & FRI.**

**ARCHBOLD / FAYETTE
ACTIVITIES**

**FAYETTE - FAMILY LIFE CENTER
306 E. MAIN STREET
TUES., WED., & THURS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Wear Crazy Socks for National Sock Day</p> <p>10:00 Cards 11:00 Opioids & Marijuana: What Do I Need to Know? A Special Program by Healthy Choices, Caring Communities 12:00 Lunch 1:00 Puzzles</p>	<p>4</p> <p>Wear Crazy Socks for National Sock Day</p> <p>10:00 Cards 11:00 Music by Fayette Choir Students 12:00 Lunch 1:00 Word Games</p>	<p>5</p> <p>10:00 Christmas Tradition Guessing Game 11:00 Country Music, Guitarist Will Hinton 12:00 Lunch 1:00 Games & Cards</p>	<p>6</p> <p>Wear Green for this Season of Evergreens</p> <p>Day Trip, Manor House, Toledo</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Games</p>	<p>7</p> <p>Wear Green for this Season of Evergreens</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Cards</p>
<p>10</p> <p>"Christmas Find Out Who" Game 11:00 Decorate Christmas Cookies While Listening to Christmas Music on CD 12:00 Lunch 1:00 Word Games</p>	<p>11</p> <p>10:00 Christmas Carol Plexer 11:00 Crafts with Linda & Dorothy 12:00 Lunch 1:00 Cards</p>	<p>12</p> <p>Day Trip to Victoria's Gifts & More</p> <p>10:00 Cards 11:00 Holiday Energy Saver Game; Amy Cartes, Ohio Consumers' Counsel 12:00 Lunch 1:00 Games</p>	<p>13</p> <p>Wear Red & White & Green</p> <p>Day Trip, Christmas Shopping, Grand Rapids, Ohio</p> <p>9:30 Toe Nail Clinic (By Appointment) 10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p>14</p> <p>Wear Red & White & Green</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>
<p>17</p> <p>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 Games & Cards</p>	<p>18</p> <p>10:00 Winter Hidden Pictures 11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games</p>	<p>19</p> <p>10:00 "Christmas Find Out Who" Game 11:00 Decorate Christmas Cookies While Listening to Christmas Music on CD 12:00 Lunch 1:00 Cards</p>	<p>20</p> <p>Wear a Tacky Christmas Sweater or Tie</p> <p>10:30 White Elephant Bingo; Bring a tasteful, wrapped gift 12:00 Lunch 1:00 Puzzles</p>	<p>21</p> <p>Wear a Tacky Christmas Sweater or Tie</p> <p>10:30 White Elephant Bingo; Bring a tasteful, wrapped gift 12:00 Lunch 1:00 Word Games</p>
<p>24</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>25</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>26</p> <p>10:00 Left Center Right Dice Game 11:00 Play Sequence 12:00 Lunch 1:00 Puzzles</p>	<p>27</p> <p>10:00 Extended Bingo 12:00 Lunch 1:00 Word Games</p>	<p>28</p> <p>10:30 Bingo 12:00 Lunch 1:00 Games & Cards</p>
<p>31</p> <p>11:00 Happy "Noon" Year! Bring a snack to share. Play Zingo 12:00 Lunch 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 DECEMBER 1, 2018

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Sheri Rychener
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
Vehicle Maintenance Supervisor.....	Wes Green
Housekeeping Program Manager.....	Laura Ankney
Head Cook/Kitchen Manager.....	Kyle Wilcoxon
Assistant Cook.....	Deb Villalovos
Food Program Manager.....	Deb Myers
Kitchen Aides.....	Sherry Bittinger, Sandy Lemley, Maryann Griffin
Activity Coordinator.....	Vicki Hoylman
Activity Support Staff.....	Beth Ricker-Flory
Volunteer Coordinator.....	Brooke Bosco
Site Manager, Archbold/Fayette.....	Linda Holly
Site Aide, Archbold/Fayette.....	Dorothy Bock
Site Manager, Delta/Swanton.....	Jeanne Ortiz
Site Aide, Delta/Swanton.....	Claudia Overmyer
Custodian.....	Danni Smith, Andrea Coburn
Meal Delivery.....	Judy Thourot, Dave Smith, Kim Machinski, Juan Avina, Bill Sigg, Jeffrey Waidelich
Substitutes.....	James Davis, Brenda Hauck, James Mapes, Tim Gorsuch, Angela Johnston, Andrea Coburn Aimee Roth, Alice Smallman, Peggy Wilson, Joe Sutton, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline Erin Cheesbro, Sharon McCabe, Chad Hayward, Karen James, Deb Gabel, Anita Ehrsam

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