

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JANUARY 2020

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

- January 1** – Closed for New Year's Day
- January 6** – County Courthouse Open House
- January 21** – Closed for Martin Luther King Jr. Day
- January 30** – Tour of new pharmacy at
Fulton County Health Center
- February date TBA** – Day Trip, Ritter Planetarium, Toledo

OPEN HOUSE

You are invited to visit the Fulton County Courthouse as we celebrate opening after extensive renovations. The Open House is Monday, January 6, 2020 from 4:00 to 7:00 pm at 210 S. Fulton Street, Wauseon, Ohio. This is a family friendly event. You may tour the Courthouse and visit the County Commissioners, Clerk of Courts and the Judges. Please note the new entrance. Enter via the west basement door and pass through a security check.

VALUABLE VOLUNTEERS

A special "thank you" to fifth grade students at Wauseon Elementary School. They created handmade Christmas cards for some of our seniors.

SENIOR SPOTLIGHT

Janet Reynolds of Pettisville had a goal in mind following her retirement from the Sauder Village Dough Box Bakery. "I wanted to find (activities) that would keep me moving. I wanted to retire, but I was afraid, what if I retire and then I'm just sitting?" Janet said. When she heard that Golden Drummers (cardio drumming) was offered at the Fulton County Senior Center, Wauseon site, she joined and continues to enjoyed it. "Then in January 2019, they started playing Pickleball. I decided I'm going to go and watch and find out what it's about," she explained. Other players convinced Janet to stop watching and play. "I've never been athletic, never played sports, but I think Pickleball is fun and addicting. I enjoy it so much! I am hoping more seniors try it. They might like it!" Janet said. Off the court, Janet enjoys spending time with her three grandchildren and three adult children, as well as sewing, and scrapbooking.



You're invited to join Janet and other Pickleball players at the Wauseon site, 240 Clinton Street. The games will be held on Tuesdays from 8:00 am to 10:30 am; Wednesdays from 8:00 am to 9:30 am and Fridays from 1:00 pm to 3:00 pm. This active game is for two or four players, uses a paddle and a Wiffle-type ball and combines elements of table tennis, tennis and badminton. Beginners are welcome. To keep rain/snow off the court, please bring a change of shoes. For questions or more information, contact Fulton County Senior Center at 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

NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. In later life, you still need healthy foods, but fewer calories.
2. Consider a multivitamin. Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
3. Be active. Our Senior Center offers Tai Chi, Pickleball, cardio drumming, line dancing, choir, Gentle Movement and day trips, to name a few.
4. See your provider regularly. Schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
5. Toast with a smaller glass. Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. Guard against falls. One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
7. Give your brain a workout. The more you use your mind, the better it will work. Our Senior Centers offer many options for socialization. You're invited to join in the fun!
8. Quit smoking. Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
9. Speak up when you feel down or anxious; many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
10. Get enough sleep; at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

OPPORTUNITIES FOR ART

January is a great time for indoor activities, including participating in a variety of art and craft programs at our Senior Center locations.

- Join "Sketching with Bonnie" on January 6 and 13 at 11:00 am in the Bingo Room. No charge for this program. Beginners are welcome. All supplies are provided. Location: Fulton County Senior Center, 240 Clinton Street, Wauseon.
- On Wednesday, January 8, join Linda and Cindy and make a Valentine Candy Dish. Sign up in advance. Suggested donation is \$2.00, please pay when you arrive for the class. Location: Fulton County Senior Center, 240 Clinton Street, Wauseon.
- On Wednesday, January 15, at 10:00 am, paint an 8" by 10" picture with Alicia. The lighthouse painting is called "A Light in the Storm." All supplies provided. \$5.00 suggested donation; please pay in advance when you sign up. This project uses craft paint and rag paper.
- On Friday, January 24 at 11:00 am, make a teddy bear from a washcloth. This craft will be hosted by Myndi of Swanton Health Care. Location: Swanton Senior Center, inside Swanton Community Center, 217 Chestnut Street, Swanton. Please sign up in advance.
- Sign up for any or all of these art / craft opportunities by calling 419-337-9299.

WHERE'S VAL?

On Wednesday, February 12, 2020, 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, February 20, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. Tuesday, February 25 is your chance to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon, by appointment. On Thursday, February 27, Val will be at Wyse Commons on Archbold's Fairlawn campus meeting with seniors who have scheduled appointments. Val is available most weekdays to meet with seniors by appointment 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. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center would be closed due to bad weather? Also, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If Senior Center activities or meals are canceled due to bad weather, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency. Level 2 means meals, activities and transportation are canceled. Level 3 means all sites are closed.

WAUSEON HIGHLIGHTS

Pickleball: Tuesday, Wednesday & Friday
Golden Drummers: Monday & Friday
Tai Chi: Tuesday and Thursday
Pepper: Wednesday pm
Bingo: Thursday mornings
Birthday Party: first Friday
Gentle Movement Resumes: see calendar
Line Dancing: see calendar
Choir Sing-A-Long: Tuesdays at 1:00 pm
Toenail Clinic: January 22. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

HOME REPAIR PROGRAM

Do you own and live in a home* that needs repairs? Join us at 11:00 am on Tuesday, Jan 7 at the Fulton County Senior Center, Wauseon, for an informative program about CHIP, The Community Housing Impact & Preservation Program, offered through Maumee Valley Planning Organization.

CHIP is now accepting pre-applications and can help with roofs / gutters, lead paint issues, heating systems, plumbing, water heaters, water / sewage issues, electrical, structural, accessibility issues and more.

Potential applicants own and live in a home (cannot be on a land contract or life lease. Mobile homes must be on owned land and a permanent foundation, taxed as real estate.) Potential applicants also have homeowner's insurance (or are able to get it), are current on their property taxes, and have a household income below 80% of median income.

Gross annual Income for one-person household is \$38,600; two-person household \$44,100; three-person household \$49,600; four-person household \$55,100.

No reservation needed to attend this free presentation. Call 419-337-9299 to reserve your spot at lunch following the program.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays
Blood Pressure Check: January 21
Birthday Lunch: January 3
Toenail Clinic: February 18.
 Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

FAYETTE HIGHLIGHTS

Bingo: Thursdays
Blood Pressure Check: January 27
Birthday Lunch: January 2
Toenail Clinic: February 24.
 Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

SWANTON HIGHLIGHTS

Bingo: every Wednesday
Birthday Lunch: January 3 (Note date change)
Blood Pressure Check: second Monday

DELTA HIGHLIGHTS

Bingo: Thursdays
Blood Pressure Check: second Tuesday
Birthday Lunch: first Thursday

HELP WITH PLANNING FOR FUTURE

Fulton County Senior Center will host a free session titled "Seniors Planning for the Future." The session, led by Chris Cremean, Resource Specialist for Caregiver Resource Group, LLC, will take place from 1 to 2 pm on Thursday, January 16, 2020 at Fulton County Senior Center, 240 Clinton Street, Wauseon. Topics to be covered will include Medical Care and Benefits for Seniors. Seniors and their support teams are invited. Purpose of these offerings is to reach seniors and their support team, provide education on the important aspects of life planning to achieve successful outcomes and reach needed services. The Area Office on Aging, Northwest Ohio sponsors these small group sessions. There are no charges to seniors or other participants. Please call to register, 419-337-9299.

JANUARY, 2020

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

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
		1 CLOSED HAPPY NEW YEAR	2 Goulash Cooked Cabbage Mixed Vegetables Peaches Cookies	3 Beef & Noodle Soup Egg Salad Sandwich Tossed Salad Broccoli Salad
6 Breaded Pork Chops Red Skin Potatoes Sugar Snap Peas Pineapple Sites Only: Baked Potato Bar	7 Tomato Basil Soup Roast Beef Sandwich Marinated Carrots Jell-O	8 BBQ Beef Sandwich Roasted Potatoes Succotash Cole Slaw Juice	9 Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit	10 Steamed Franks (LS Alt=Chicken Breast) Baked Beans Midori Blend Vegetable Fresh Fruit
13 Roasted Chicken Savory Bread Dressing Steamed Broccoli Apricots Juice	14 Sausage, Egg & Cheese Breakfast Sandwich Hash Brown Casserole Buttered Beets Orange Segments	15 Ham & Bean Soup (LS ALT= LS Tomato Soup) Chicken Salad Sandwich Cauliflower Salad Fruit Compote	16 Cheeseburgers Seasoned Potato Wedges Spinach Pears	17 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Winter Blend Vegetable Fruit Crisp
20 CLOSED MARTIN LUTHER KING JR., DAY	21 Stuffed Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip	22 Chicken Tenders Au Gratin Potatoes Brussels Sprouts Fruit Cocktail	23 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Applesauce Brownies	24 Chili w/Beans Mexican Style Rice Steamed Zucchini Juice Sites Only: Taco Day
27 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes	28 Pot Roast Boiled Potatoes Sliced Carrots Tropical Fruit	29 Smothered Chicken Mashed Potatoes Peas Dark Sweet Cherries Yogurt	30 Grilled Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Pineapple	31 Cream Of Broccoli Soup Ham Salad Sandwich (LS Alt=Chicken Salad) Kidney Bean Salad Jell-O

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

FULTON COUNTY SENIOR CENTER
240 CLINTON ST. / WAUSEON, OH 43167
419.337.9299

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>8:45 Golden Drummers 10:30 Free Hearing Aid Cleaning NO Gentle Movement 11:00 Free BP Checks, Fulton Co. Health Dept. (note date) 11:00 Sketching Class with Bonnie (Bingo) 12:00 Lunch 1:00 Hand & Foot NO Line Dancing</p>	<p>7</p> <p>8:00 to 10:30 Pickleball (Gym) 11:00 Community Housing Impact & Preservation Program (CHIP: free home repairs) 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym) 1:00 Choir Sing-A-Long</p>	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>9:30 Brain Game Box 10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>3</p> <p>10:00 Golden Drummers 11:00 Site Council & Nutrition Education 12:00 Lunch 12:30 Birthday Party 1:00 to 3:00 Gym Open for Pickleball</p>
<p>13</p> <p>8:45 Golden Drummers 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Sketching Class with Bonnie (Bingo) 11:00 Hidden Pictures (Bedtime Bear, Jumping Bear) 12:00 Lunch 1:00 Hand & Foot 1:00 Line Dancing (Gym)</p>	<p>14</p> <p>Wear a Hat; National Hat Day 8:00 to 10:30 Pickleball (Gym) 11:00 Kings In the Corner & Tenzi 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym) 1:00 Choir Sing-A-Long</p>	<p>8</p> <p>8:00 to 9:30 Pickleball (Gym) NO Gentle Movement 11:00 Indoor Snowball Fight 12:00 Lunch 1:00 Pepper (Bingo Room) 1:00 Craft Hour (Valentine Candy Dish; Dining Room)</p>	<p>9</p> <p>9:30 Games 10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>10</p> <p>9:30 Sequence 10:00 Golden Drummers 11:00 Boggle 12:00 Lunch 1:00 to 3:00 Gym Open for Pickleball</p>
<p>20</p> <p>CLOSED MARTIN LUTHER KING JR., DAY</p>	<p>21</p> <p>8:00 to 10:30 Pickleball (Gym) 11:00 Spot It! & Skip Bo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym) 1:00 Choir Sing-A-Long 1:30 OPERS (Bingo Room)</p>	<p>15</p> <p>8:00 to 9:30 Pickleball (Gym) 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 10:00 Painting with Alicia, "A Light in the Storm" (Sign Up in Advance) 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>16</p> <p>9:30 Brain Game Box 10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym) 1:00 "Seniors Planning for the Future," Medical Care and Benefits for Seniors, Chris Cremean (Bingo)</p>	<p>17</p> <p>9:30 Dominoes 10:00 Golden Drummers 11:00 Sequence 12:00 Lunch 1:00 to 3:00 Gym Open for Pickleball</p>
<p>27</p> <p>8:45 Golden Drummers 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Indoor Snowball Fight 11:00 Games from Brain Game Box 12:00 Lunch 1:00 Hand & Foot 1:00 Line Dancing (Gym)</p>	<p>28</p> <p>Guess The Super Bowl Score 8:00 to 10:30 Pickleball (Gym) 11:00 Tai Chi (Gym) 11:00 What's In The Bag? 12:00 Lunch 1:00 Tai Chi (Gym) 1:00 Choir Sing-A-Long</p>	<p>22</p> <p>8:00 to 9:30 Pickleball (Gym) 9:30 Toe Nail Clinic (By Appointment) 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Name Ten Game 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>23</p> <p>Wear White/ Silver And Or Snowmen 9:30 Cards 10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>24</p> <p>9:30 Brain Game Box 10:00 Golden Drummers 11:00 Dirty Marbles 12:00 Lunch 1:00 to 3:00 Gym Open for Pickleball</p>
<p>31</p> <p>8:45 Golden Drummers 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Indoor Snowball Fight 11:00 Games from Brain Game Box 12:00 Lunch 1:00 Hand & Foot 1:00 Line Dancing (Gym)</p>	<p>29</p> <p>8:00 to 9:30 Pickleball (Gym) 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>29</p> <p>8:00 to 9:30 Pickleball (Gym) 10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>30</p> <p>Wear Senior Center Shirt/ Hat Today 9:45 Extended Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym) 1:15 Afternoon Trip, New Pharmacy at Fulton Co. Health Center</p>	<p>31</p> <p>9:30 Cards 10:00 Golden Drummers 11:00 Tenzi 12:00 Lunch 1:00 to 3:00 Gym Open for Pickleball</p>

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

**DELTA / SWANTON
ACTIVITIES**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>10:00 Golf Card Game 11:00 Name 10 Game 12:00 Lunch 1:00 Seven Up Card Game</p>	<p>7</p> <p>10:00 Skip Bo 11:00 Name 10 Game 12:00 Lunch 1:00 Uno</p>	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>10:00 Site Council & Nutrition Education 10:30 Bingo with Delta Girls Basketball Team 12:00 Lunch with Birthday Cake 1:00 Puzzles</p>	<p>3</p> <p>10:00 Site Council & Nutrition Education (Note Date Change) 10:30 Bingo (Note Date Change) 12:00 Lunch with Birthday Cake 1:00 Cards</p>
<p>13</p> <p>10:00 Puzzles 10:30 Free Hearing Aid Cleaning 11:00 "Just So You Know," & Free BP Checks; Fulton Co. Health Dept. 12:00 Lunch 1:00 Uno</p>	<p>14</p> <p>Wear a Hat Today 10:00 Uno 11:00 "Just So You Know," & Free BP Checks; Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles</p>	<p>8</p> <p>Wear Senior Center Shirt/Hat Today 10:00 Cards 10:30 Bingo (Prizes, Lunch & Dessert Provided by Swanton Valley Rehab & Healthcare Center) 12:00 Lunch 1:00 Puzzles</p>	<p>9</p> <p>10:00 Free Hearing Aid Cleaning 10:30 Bingo with Delta School Caller 12:00 Lunch 1:00 Games</p>	<p>10</p> <p>10:00 Skip Bo 11:00 Diabetes Education (& How to Avoid Diabetes), Angie, Fulton Co Health Center 12:00 Lunch 1:00 Word Puzzles</p>
<p>20</p> <p>CLOSED MARTIN LUTHER KING JR., DAY</p>	<p>15</p> <p>Wear a Hat Today 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p>15</p> <p>Wear a Hat Today 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p>16</p> <p>10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Word Puzzles</p>	<p>17</p> <p>10:00 Trash Card Game 11:00 Word Pictures (JA1 & 2) 12:00 Lunch 1:00 Golf Card Game</p>
<p>27</p> <p>10:00 Games from Brain Game Box 11:00 Hidden Pictures (Baseball Bears & Behind the Farmers Back) 12:00 Lunch 1:00 Games from Brain Game Box</p>	<p>21</p> <p>10:00 Games from Brain Game Box 11:00 Word Picture (JA1 & JA2) and Hidden Pictures (Sidewalk Art & Coffee Shop) 12:00 Lunch 1:00 Games</p>	<p>22</p> <p>Wear White / Silver And Or Snowmen Today 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Word Puzzles</p>	<p>23</p> <p>Wear White / Silver And Or Snowmen Today 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p>24</p> <p>10:00 Five Crowns Card Game 11:00 Make a Teddy Bear from a Washcloth with Myndi, Swanton Health Care 12:00 Lunch 1:00 Games</p>
<p>31</p> <p>10:00 Games from Brain Game Box 11:00 Hidden Pictures (Baseball Bears & Behind the Farmers Back) 12:00 Lunch 1:00 Games from Brain Game Box</p>	<p>28</p> <p>10:00 Games from Brain Game Box 11:00 Plexer (f1 & M2) 12:00 Lunch 1:00 Word Puzzles</p>	<p>29</p> <p>10:00 Cards 10:30 Super Bowl Bingo (Guess the Score) 12:00 Lunch 1:00 Seven Up Card Game</p>	<p>30</p> <p>9:30 Cards 10:00 Super Bowl Extended Bingo (Guess the Score) 12:00 Lunch 1:00 Games 1:15 Afternoon Trip: New Pharmacy at Fulton Co. Health Center</p>	<p>31</p> <p>11:00 Coloring Pages for Grown Ups & Practice Zentangle 12:00 Lunch 1:00 Puzzles</p>

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

**ARCHBOLD / FAYETTE
ACTIVITIES**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>10:00 Trash Card Game 11:00 Name 10 Game 12:00 Lunch 1:00 Word Search</p>	<p>7</p> <p>10:00 Games from Brain Game Box 11:00 Name Ten Game 12:00 Lunch 1:00 Games</p>	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Cards</p>	<p>3</p> <p>10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Cards & Games</p>
<p>13</p> <p>10:00 Games from the Brain Game Box 11:00 Word Pictures: JA 1 & 2 12:00 Lunch 1:00 Games</p>	<p>14</p> <p>Wear a Hat Today 10:00 Pepper 11:00 Zingo 12:00 Lunch 1:00 Cards</p>	<p>8</p> <p>10:00 Games from the Brain Game Box 11:00 Hidden Pictures (Piglets Take a Holiday & Story time for Bears) 12:00 Lunch 1:00 Cards</p>	<p>9</p> <p>10:00 Coffee & Conversation 10:30 Bingo 12:00 Lunch 1:00 Cards & Games</p>	<p>10</p> <p>Wear Senior Center Shirt/ Hat Today 10:00 Pepper 10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>
<p>20</p> <p>CLOSED MARTIN LUTHER KING JR., DAY</p>	<p>21</p> <p>10:00 Games from the Brain Game Box 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games</p>	<p>15</p> <p>Wear a Hat Today 10:00 Left Center Right Dice Game 11:00 Hidden Pictures (Prehistoric Pals & Free Kittens) 12:00 Lunch 1:00 Cards & Games</p>	<p>16</p> <p>10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>17</p> <p>10:00 Coffee & Conversation 10:30 Bingo 12:00 Lunch 1:00 Word Search</p>
<p>27</p> <p>10:00 Games from the Brain Game Box 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games</p>	<p>28</p> <p>10:00 Word Puzzles 11:00 Hidden Pictures 12:00 Lunch 1:00 Puzzles</p>	<p>22</p> <p>10:00 Games from the Brain Game Box 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Puzzles</p>	<p>23</p> <p>Wear White / Silver And Or Snowmen Today 10:00 Coffee & Conversation 10:30 Bingo 12:00 Lunch 1:00 Word Search</p>	<p>24</p> <p>Wear White / Silver And Or Snowmen Today 10:00 Pepper 10:30 Bingo 12:00 Lunch 1:00 Cards</p>
<p>31</p> <p>10:00 Coffee & Conversation 10:30 Super Bowl Bingo 12:00 Lunch 1:00 Left, Center, Right Dice Game</p>	<p>29</p> <p>10:00 Coffee & Conversation 11:00 Detective Games: Family Picnic & Treasure Hunt 12:00 Lunch 1:00 Word Search</p>	<p>30</p> <p>Wear Senior Center Shirt/ Hat Today 9:30 Cards 10:00 Super Bowl Extended Bingo 12:00 Lunch 1:00 Games 1:15 Afternoon Trip, New Pharmacy at Fulton Co. Health Center</p>	<p>31</p> <p>10:00 Coffee & Conversation 10:30 Super Bowl Bingo 12:00 Lunch 1:00 Left, Center, Right Dice Game</p>	<p>31</p> <p>10:00 Coffee & Conversation 10:30 Super Bowl Bingo 12:00 Lunch 1:00 Left, Center, Right Dice Game</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 JANUARY 1, 2020

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.....	Dave Smith, Kim Machinski, Juan Avina, Bill Sigg, Jeffrey Waidelich, Aimee Roth, Sherilyn Meiring James Davis, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn
Substitutes.....	Judy Thourot, Alice Smallman, Peggy Wilson, Joe Sutton, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline Dennis Peabody, Tim Gorsuch, Sharon McCabe, Chad Hayward, Karen James, Deb Gabel, Anita Ehram

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