

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

B-33

MARCH 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

- March 11** – Abstract Painting Class, Fulton Co Senior Center, Wauseon
- March 12** – Day Trip, Ritter Planetarium and Lunch at Blaze Pizza
- March 18** – Toe Nail Clinic (Call for Reservation), Fulton Co Senior Center, Wauseon
- March 19** – Senior Housing & Service Options; Free Session, Fulton Co Senior Center, Wauseon
- March 24** – Free Concert by Nostalgia Men, Delta Senior Center
- March 31** – Free Concert by Nostalgia Men, Fulton Co Senior Center, Wauseon

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 8, 2020, and our clocks "spring ahead" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks.

SENIOR SPOTLIGHT



If you ask Kate Yeater of Swanton what she likes about the Swanton Senior Center, her list is long. "I like playing Canasta and BINGO and some new games, as well. I enjoy programs of first-person accounts of historical figures. Ham loaf is my favorite meal. We have gone on a lot of nice day trips. The site has a lot of theme days. Valentine's Day, for instance, provided lots of laughs. Around Christmas time, we played the card game 'Spoons' with candy canes. We played and laughed and hooted and hollered for an hour and a half. We have a lot of fun here. Come and join us!"

Away from the Senior Center, Kate enjoys crafts. At age 11, Kate learned embroidery. Later, she was a Home Economics teacher. Kate has experience with ceramics, knitting, crocheting, sewing, quilting, and she taught cooking. The photo shows Kate with one of the many quilts she has made. In the 1980s, Kate made nearly 90 Cabbage Patch type dolls. Kate's latest craft fascination is Diamond Painting. A new craft hobby that is a mix between counted cross stitch and Paint by Number, Diamond Painting involves creating a picture by applying tiny plastic beads or "diamonds" to a color-coded pattern on an adhesive-covered canvas.

Kate is married to Tom. They have two adult sons and four grandchildren.

• 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

TAX HELP OFFERED

Northwest Ohio Community Action Commission (NOCAC) offers seniors assistance with tax preparation. Due to decreased funding, fewer appointments will be offered this year. Don't wait. Call 419-990-5134 or email at taxes@nocac.org to make an appointment. NOCAC will offer tax clinics at Detwiler Building in Wauseon and at the Delta Library. By appointment only. Ask NOCAC about conditions that must be met.

GET HELP PLANNING FOR THE FUTURE

Fulton County Senior Center will host a series of three free sessions titled "Seniors Planning for the Future." The sessions, led by Chris Cremean, Resource Specialist for Caregiver Resource Group, LLC, will take place from 1 to 2 pm on Thursday, March 19, Thursday, April 16 and Thursday, May 14, at Fulton County Senior Center, 240 Clinton Street, Wauseon.

The March session topic will be Senior Housing & Service Options. April's session will focus on Senior Financial & Legal Concerns, and Medical Care & Benefits for Seniors is the topic of discussion for the May session.

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 is no charge for seniors or other participants. Please call to register, 419-337-9299.

VALUABLE VOLUNTEERS

THANK YOU! Thank you to Fayette Elementary students and Wauseon fifth grade students for creating handmade Valentine cards for our seniors.



ABSTRACT ART CLASS OFFERED

On Wednesday, March 11 at 1:00 pm, Sadonna Colon will lead an art class. Participants will make a colorful, abstract picture using shaving cream and sturdy paper. Please bring one or two cans of foamy (not gel) shaving cream for your own use. All other supplies will be provided. No pressure. Beginners are encouraged to attend. Call to register for this free class. Seniors are invited to enjoy lunch at noon for a suggested donation of \$2.00 or a meal ticket. Please make your lunch reservation at least 24 hours in advance. To register for the class and or lunch, call 419-337-9299.

BEWARE OF SCAM

Be aware of this current scam and don't be fooled! Local CenturyLink customers report receiving an email containing an authentic-looking CenturyLink logo. The email states that an unauthorized person had attempted to use their ID to access their account. The email instructs the reader to click the enclosed link and provide account information. CenturyLink customer service verified that they are receiving multiple complaints, and this is a scam. Simply ignore the email by deleting it. Remember, when in doubt, phone the company to verify whether or not the email is genuine.

WHERE'S VAL?

On Wednesday, April 8, 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, April 16, meet Val at the Swanton Library from 10:00 am to noon. On Thursday, April 23, Val will be at Wyse Commons on Archbold's Fairlawn campus. Tuesday, April 28 is your chance to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. 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.

WAUSEON HIGHLIGHTS

Golden Drummers: Monday & Friday am

Choir Practice: Tuesday at 1:00

Tai Chi: Tuesday & Thursday

Pepper: Wednesday pm

Line Dancing: Mondays

Bingo: Thursday mornings

Birthday Party: first Friday

Pickleball: Tuesday, Thursday & Friday

Free Hearing Aid Cleaning: March 2 at 10:30 am

Gentle Movement: Mondays & Wednesdays
(sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)

Toe Nail Clinic: March 18 (Note date). Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

ARCHBOLD HIGHLIGHTS

Bingo: every Friday

Blood Pressure Check: March 17

Birthday Lunch: first Friday

Toenail Clinic: April 21.

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

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: March 23

Birthday Lunch: first Thursday

Toenail Clinic: April 27.

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

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Free Hearing Aid Cleaning: March 9 at 10:30 am

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Free Hearing Aid Cleaning: March 12 at 10:00 am

WHAT IS IT?

Pickleball – 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.

Golden Drummers – This exercise class raises your heart rate while you tap out rhythms to music. Choose your own intensity level as you tap drumsticks on large, stationary, exercise balls. Stand or sit for this class. No experience needed; simply follow the instructor.

Tai Chi – This exercise class increases balance & flexibility & fights stress. Follow an on-screen instructor via DVD. Movements are slow and fluid. Two class times available.

Senior Center Choir – More voices are always welcome to join! Join other seniors who enjoy singing and find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc.

Line Dancing – A great way to combine fitness and fun for both the body and brain. Features various music styles, not just country! New dancers are welcome anytime.

Pepper – A card game closely related to Euchre.

Gentle Movement – A fitness instructor from Fulton County Health Center leads this exercise class. Choose your intensity level and improve your muscle tone, flexibility and endurance. Stand for this class or sit as needed. Use small, handheld weights.

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

LUNCH CALENDAR

MARCH, 2020

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. LUNCH SERVED AT NOON.

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
BBQ Pork Macaroni & Cheese Cole Slaw Baked Apples Juice 2	Pub Burgers Seasoned Potato Wedges Spinach Pears Ice Cream 3	Roast Turkey Dressing Steamed Broccoli Wax Beans Orange Cranberry Relish 4	Cheeseburger Soup Deli Chicken Sandwich Three Bean Salad Jell-O 5	Goulash Cooked Cabbage Mixed Vegetables Peaches 6
Shepherd's Pie Summer Squash Cauliflower Salad Fruit Crunch 9	Breaded Pork Chops Red Potatoes Sugar Snap Peas Pineapple 10 Wauseon Only: Baked Fish	Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit 11	Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges 12	Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes 13
Chicken Tenders O'Brien Potatoes Brussels Sprouts Fruit Cocktail Pie 16	Comed Beef (LS Alt=Roast Beef) Boiled Potatoes Cooked Cabbage Carrots 17	Chicken Corn Chowder Garden Salad Kidney Bean Salad Cheese Cubes Fruit Salad 18	Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Broccoli Fruit Cobbler 19 Sites Only: Taco Day	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Malibu Blend Fresh Fruit 20
Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip 23	Stuffed Pepper Soup Submarine Sandwich Broccoli Salad Grape Salad 24	Stuffed Chicken Breast Rice Pilaf Stewed Tomatoes Bananas Juice 25	Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Apple Sauce 26	Salisbury Steak or Liver & Onions Mashed Potatoes Green Beans Pears Yogurt 27
Sausage Patty Sandwich Hash Brown Casserole Succotash Tropical Fruit 30	Chili w/Beans Mexican Style Rice Summer Squash Orange Sections Cookies 31			

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

MARCH, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 2</p> <p>10:15 Golden Drummers</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>10:30 Free Sketching Class (Bingo Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Hand & Foot Card Game</p>	<p>Wear Bright or Neon Colors to Beat the Winter Blues 3</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 4</p> <p>11:00 SET card game</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>8:00 to 10:30 Pickleball (Gym) 5</p> <p>9:30 Games</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Hand & Foot Card Game</p>	<p>10:00 Golden Drummers 6</p> <p>11:00 Site Council & Nutrition Education</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p> <p>1:00 Bingo</p> <p>1:00 to 3:00 Gym Open for Pickleball</p>
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 9</p> <p>10:15 Golden Drummers</p> <p>11:00 Hidden Pictures (Duck's Lunch, July 4th)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Hand & Foot Card Game</p>	<p>Wear Pajamas or Comfy Clothes Today 10</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>11:00 Dulcimer Music, Vicki Halsey</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 11</p> <p>10:00 Sequence</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p> <p>1:00 Abstract Art Picture with Sadonna Colon (Dining Room)</p>	<p>Day Trip, Ritter Planetarium 12</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>9:30 Games</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Hand & Foot Card Game</p>	<p>9:30 Sequence 13</p> <p>10:00 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 to 3:00 Gym Open for Pickleball</p>
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 16</p> <p>10:15 Golden Drummers</p> <p>10:30 Free Sketching Class (Bingo Room)</p> <p>11:00 Free Blood Pressure Check, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Hand & Foot Card Game</p>	<p>Wear Green Today 17</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>11:00 Music by Jaclyn, Fulton Co. Health Center</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p> <p>NO OPERS Meeting</p>	<p>9:30 Toe Nail Clinic (By Appointment; Note Date) 18</p> <p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)</p> <p>10:00 Games from the Brain Game Box</p> <p>11:00 Name 10, again</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>8:00 to 10:30 Pickleball (Gym) 19</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 "Senior Housing & Service Options," Seniors Planning for the Future with Chris Cremean</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Hand & Foot Card Game</p>	<p>9:30 Dominoes 20</p> <p>10:00 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 to 3:00 Gym Open for Pickleball</p>
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 23</p> <p>10:15 Golden Drummers</p> <p>11:00 Hidden Pictures (Bugs/Flowers, Mother's Day)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Hand & Foot Card Game</p>	<p>8:00 to 10:30 Pickleball (Gym) 24</p> <p>11:00 Tenzi Dice Game</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 25</p> <p>10:00 Games from the Brain Game Box</p> <p>11:00 "How Well Do You Know Me?" Bring in 3 Items That Describe You</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>Wear Purple for Epilepsy Awareness Day 26</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>9:30 Games</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Hand & Foot Card Game</p>	<p>9:30 Cards 27</p> <p>10:00 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 to 3:00 Gym Open for Pickleball</p>
<p>NO Gentle Movement 30</p> <p>10:15 Golden Drummers</p> <p>11:00 Games from the Brain Game Box</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Hand & Foot Card Game</p>	<p>8:00 to 10:30 Pickleball (Gym) 31</p> <p>11:00 Free Concert by Nostalgia Men</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>			

SENIOR B-33

**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>Happy Birthday, Dr. Seuss 2 10:00 Plexer Word Game (JA3 & J2) 11:00 Henricks & Krieger Dairy, Life on a Modern Dairy Farm with Dairy Treat from Swanton Healthcare 12:00 Lunch 1:00 Brain Game Box Games</p>	<p>10:00 Seven Up & LCR Games 3 11:00 Treasure Chest & Family Picnic Detective Game and Hidden Pictures (Space Aliens & Stories for Everyone) 12:00 Lunch 1:00 Cards & Games</p>	<p>Wear Bright Colors to Beat the Winter Blues 4 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake Provided by Swanton Healthcare 1:00 Puzzles</p>	<p>Wear Bright Colors to Beat the Winter Blues 5 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Word Games</p>	<p>10:00 Make 2 Greeting Cards with Cindy Jaqua 6 11:00 Games, Cards & ZenTangle 12:00 Lunch 1:00 Games</p>
<p>10:00 Uno 9 10:30 Free Hearing Aid Cleaning 11:00 "Just So You Know," & Free BP Checks; Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games</p>	<p>10:00 LCR, Uno, etc. 10 11:00 "Just So You Know," & Free BP Checks; Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles</p>	<p>Wear Pajamas or Comfy Clothes Today & Bring A Stuffed Animal to Cuddle 11 10:30 Bingo (Prizes by Swanton Valley Rehab & Healthcare Center) 12:00 Lunch & Dessert Provided by Swanton Valley Rehab & Healthcare Center 1:00 Word Games</p>	<p>Wear Pajamas or Comfy Clothes Today & Bring A Stuffed Animal to Cuddle (at Site) Day Trip, Ritter Planetarium 12 10:00 Free Hearing Aid Cleaning 10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p>10:00 Grown Up Coloring Pages 13 11:00 Simple Chair Exercises with Swanton Health Care 12:00 Lunch 1:00 Cards</p>
<p>10:00 Trash Card Game 16 11:00 Hidden Pictures (Three Little Pigs & Treetop Diners) 12:00 Lunch 1:00 Puzzles</p>	<p>Wear Green Today 17 10:00 Canasta 11:00 More Canasta 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Seven Up Card Game 18 10:30 Bingo with Guest Caller, Katina from Anthem 12:00 Lunch 1:00 Games</p>	<p>10:00 SkipBo, LCR, etc. 19 10:30 Bring Your Grandkids to Bingo 12:00 Lunch 1:00 Cards</p>	<p>10:00 Golf Card Game, LCR, Etc. 20 11:00 Games from the Brain Game Box & Zentangle 12:00 Lunch 1:00 Puzzles</p>
<p>10:00 Canasta 23 11:00 More Canasta 12:00 Lunch 1:00 Word Games</p>	<p>10:00 Games from the Brain Game Box 24 11:00 Free Concert by Nostalgia Men 12:00 Lunch 1:00 Games</p>	<p>10:00 Scrabble 25 10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p>Wear Purple for Epilepsy Awareness Day 26 9:30 Golf & Trash Card Games 10:00 Extended Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>10:00 Games from the Brain Game Box 27 10:30 PoKeNo (Bring Pennies; Note Time) 12:00 Lunch 1:00 Cards & Games</p>
<p>10:00 Five Crowns Card Game & Zentangle 30 11:00 Your Hospice Questions Answered with Sara of Hospice of Northwest Ohio 12:00 Grilled Cheese & Tomato Soup Lunch 1:00 Games</p>	<p>10:00 SkipBo, Trash, Golf Card Games 31 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards</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.**

MARCH, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Uno, SkipBo 2 11:00 Hidden Pictures (Spring Pony by Fence & Pony with Puppy) 12:00 Lunch 1:00 Puzzles	10:00 Pepper 3 11:00 Update on Senior Scams & Police Dept. News with Archbold Police Officer Tera Rogers 12:00 Lunch 1:00 Cards	10:00 Phase 10 Card Game 4 11:00 What's in the Bag? With Vicki 12:00 Lunch 1:00 Word Games	Wear Bright Colors to Beat the Winter Blues Today 5 9:30 Cards 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Cards & Games	Wear Bright Colors to Beat the Winter Blues Today 6 9:30 Cards 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Puzzles
10:00 Five Crowns 9 11:00 Bonus Bingo (Bring Pennies) 12:00 Lunch 1:00 Cards	10:00 Uno, SkipBo 10 11:00 Zingo 12:00 Lunch 1:00 Word Games	10:00 Games from the Brain Game Box 11 11:00 Monopoly Deal & Timeline: Events 12:00 Lunch 1:00 Cards & Games	Day Trip, Ritter Planetarium 12 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Puzzles	10:00 Cards 13 10:30 Bingo 12:00 Lunch 1:00 Games
10:00 Phase 10 Card Game 16 11:00 Hidden Pictures (Carting Mushrooms, Shoes for Roos) 12:00 Lunch 1:00 Word Games	Wear Green Today 17 10:00 Seven Up Card Game 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games	11:00 Music by Just Us 2, Marc & Ellen Pember 18 12:00 Lunch 1:00 Puzzles	10:00 Cards 19 10:30 Lucky Charm Bingo (Bring a "Lucky Charm") 12:00 Lunch 1:00 Games	10:00 Cards 20 10:30 Lucky Charm Bingo (Bring a "Lucky Charm") Bingo 12:00 Lunch 1:00 Cards
10:00 Games from the Brain Game Box 23 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games	10:00 Pepper 24 11:00 What's in the Bag? With Vicki 12:00 Lunch 1:00 Puzzles	10:00 Phase 10 Card Game 25 11:00 "The Underground Railroad Was Where??" Colleen Rufenacht, Historian, Bean Creek Valley Historical Center 12:00 Lunch 1:00 Games	Wear Purple for Epilepsy Awareness Day 26 9:30 Cards 10:00 Extended Bingo 12:00 Lunch 1:00 Cards	10:00 Cards 27 10:30 Bingo 12:00 Lunch 1:00 Word Games
10:00 Cards 30 11:00 Word Puzzles (River, History, House, Sand) 12:00 Lunch 1:00 Puzzles	10:00 Games 31 11:00 "The Underground Railroad Was Where??" Colleen Rufenacht, Historian, Bean Creek Valley Historical Center 12:00 Lunch 1:00 Games			

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

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MARCH 1, 2020

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: 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 (Kim Machinski), 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, Jeffrey Waidelich), Meal Delivery (Dave Smith, 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 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.

Table with 3 columns: Site Name, Days, and Hours. Rows include 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), and Swanton Site (M, W, F, 9:00 am - 2:00 pm).