

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



SEPTEMBER 2021

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

September 6

Closed for Labor Day

September 16

Day Trip to Sauder Village

September 29

Day Trip to Harrison Lake State Park

TOE NAIL CLINICS RETURN

Community Health Professionals will provide nurses for toenail clinics at three Senior Center sites.

Call 419-337-9299 to make your reservation for a toenail appointment. Notify the receptionist if you are diabetic when you call. Please soak your feet for 30 minutes before arriving. The clinic fee is \$15 per person, payable to the nurse when you arrive.

Appointments are available for the following dates and locations:

- Wauseon Senior Center on Monday, September 20
Location: 240 Clinton Street, Wauseon.
- Archbold Senior Center on Tuesday, October 19
Location: Scout Cabin in Ruyhley Park, note, not Ruyhley Park Pavilion
- Fayette Senior Center on Monday, October 25
Location: Family Life Center, 306 E. Main Street, Fayette

SENIOR SPOTLIGHT

Richard Buehrer of Fayette joined the Gorham-Fayette Fire Department in 1960. "I left 60 years later. I spent so many years with the department because I enjoy helping people. I was trained as an EMT. I often drove the ambulance, and I went on fire calls. My wife says I only retired three times," Richard said with a chuckle. "I drove cars for 18 years for Yark Automotive Group, Toledo. After retiring from there, I stayed active in other roles. I finally retired from everything when I was 83," he explained.



Buehrer was honored as News Channel 13abc's First Responder of the Week on June 19. "Channel 13 came right out with a camera and interviewed me!" Richard said.

Richard and his wife have enjoyed eating Senior Center meals for several months, first via the drive-thru lunch option, now to-go at the Fayette Senior Center. "The meals are very good. My wife, Virginia, delivered meals for the Senior Center for 20 years. I finally got old enough to get the meals for myself," Richard said.

Richard was born and raised in Fulton County. He graduated from Chesterfield in 1952, then served in the Army from 1954 to 1956.

A woodworker, Richard still enjoys doing carpentry projects for his children and grandchildren. He also enjoys jigsaw puzzles and playing cards, especially Euchre, with friends.

MUSIC TO YOUR EARS

Are you ready to enjoy music programs at our Senior Center sites again? Guitarist Will Hinton will perform on September 15 at the Wauseon site and at the Fayette site on September 29. The music group Nostalgia will perform at the Swanton site on September 17 and at the Wauseon site on September 21. The duo Just Us 2, Marc & Ellen Pember, will perform at Delta Senior Center on September 14 and Fayette Senior Center on September 15. Vickie Halsey will bring dulcimer music to Archbold on September 14, Fayette on September 22 and Wauseon on September 28. Pianist Jimmy Stewart will bring his enthusiasm to the keyboard at Delta on September 21. Check the calendars in this newsletter for performance times. In addition, music lovers are invited to join our Senior Center Choir and sing along on Tuesday afternoons at 1:00 pm at the Wauseon site.

NATURE DAY AT HARRISON LAKE

Join us on Wednesday, September 29 for a relaxing day in nature at Harrison Lake State Park, Fayette.

Lauren Stewart, naturalist with Ohio's Division of Wildlife, will present a program that will include animal pelts and live animals. A cold pack lunch will be provided at noon. You'll have time to play Corn Hole and Washer Toss, or feel free to sit in the shade and enjoy the lake view. An ice cream sundae bar at the Fulton County Senior Center, Wauseon, will close out the afternoon.

Suggested donation for this trip is \$6 per person (covers lunch and bus transportation). Pay when you board the bus. Meet at Swanton Senior Center at 8:45 am or at the Wauseon Senior Center at 9:15 am. If you are from the Fayette area, meet us at Harrison Lake. Call Beth to sign up for this day trip.

THANK YOU

Thank you to the Friends & Family Club who generously used a grant from Ohio Homemakers and Community Education to provide grown-up coloring books, colored pencils and pencil sharpeners for some of our home-delivery meal clients.

HOW TO RESERVE A DINE-IN MEAL AT A SITE

Did you know that all of the meals served at sites and via home delivery are made in the Wauseon kitchen? Chef Kyle and his staff make an average of nearly 600 meals each week day!

Help us help you by following some simple steps to successfully reserve a meal. Fulton County seniors age 60 and over may dine in at any of our senior center sites.

All lunch reservations are taken at the Wauseon site, regardless of at which site you plan to eat. We must receive your reservation at least one business day in advance. Call 419-337-9299 to reserve your meals. Lunch is served at noon. Seniors who placed "to go" lunch reservations are served first. Please note we cannot accept same-day lunch reservations, since the kitchen starts preparing food at 6 AM.

The Wauseon site is open five days a week. The Archbold site is open on Tuesdays and Fridays. The Delta site is open on Tuesdays and Thursdays. The Fayette site is open Mondays, Wednesdays and Thursdays. The Swanton site is open Mondays, Wednesdays and Fridays.

Suggested donation is \$2.00 per meal. Please drop off your donation at the Wauseon site or mail it to Fulton County Senior Center, 240 Clinton Street, Wauseon, OH 43567.

FLU IMMUNIZATIONS OFFERED

The Fulton County Health Department will offer flu immunizations the same day as free blood pressure checks at our Senior Center sites.

Flu clinics will be offered from 9 am to 11 am, with free blood pressure checks starting at 11 am, and a brief “Just So You Know” program at 11:30 am, for interested seniors.

Walk in to the following Senior Center sites on the following dates, to receive your flu immunization between 9 and 11 am.

- September 13, Swanton Senior Center, 217 Chestnut Street, inside Swanton Community Center.
- September 20; Fulton County Senior Center 240 Clinton Street, Wauseon
- September 21, Archbold Senior Center, inside the Scout Cabin, 210 W Williams Street, Archbold
- September 27, Fayette Senior Center, inside Family Life Center, 306 E. Main Street, Fayette.
- September 14, Delta Senior Center, inside Delta United Methodist Church, 101 Northwood Drive, Delta. Please note the flu clinic hours at Delta on September 14 are from 9 am to 10:30 am, with free blood pressure readings from 10:30 to 11 am.

The flu immunization service is provided by the Fulton County Health Department. Medicare, Medicaid, and contracted insurance plans are accepted as payment. For those who do not have insurance or a plan we are contracted with, a sliding fee scale may apply.

NUTRITION EDUCATION

Maintaining Nutrition as We Age

Source: Ohio State University Extension and Ohio Aging Network professionals

The aging process causes your body to change in many different ways. You may feel differently than you did a few years ago. While you cannot stop the aging process, you can provide your body with the right nutrients so that you can stay healthy. The changes that you encounter as you age are part of life.

Monitor your weight and do your best to maintain a healthy weight as you age. A good diet, physical activity, and stimulating your mind will help you to face the obstacles that these changes can present. The answers to the questions discussed here can help you to prepare for your daily challenges.

Why do I have less of an appetite? It is very common to feel less hungry when you get older, and sometimes medications can affect appetite so you don’t feel as hungry. Try eating small, frequent meals throughout the day to make sure that you are getting enough food. If you cannot eat an entire meal in one sitting, eat what you can, and put the rest of the meal in the refrigerator. You can eat the rest of the meal later in the day.

Why doesn’t my food taste as good? You may have noticed that food does not taste as good to you as it once did. You are not alone. Our sense of taste and smell declines as we age. Trying new seasonings, such as fresh herbs and spices, new foods, and different recipes, may help you enjoy your food more.

What can I do to protect my eyesight? Poor vision often accompanies aging. Vitamins A and C are essential to keep your eyes healthy. Eat plenty of fruits and vegetables because they are the best sources of vitamins A and C.

How do I control my cholesterol? Cholesterol is found in meat, dairy products, and eggs. Fruits, vegetables, grains and plants do not contain any cholesterol. Limiting your intake of cholesterol-rich foods such as meat and eggs can help to lower your cholesterol. Saturated fats are fats found in foods like lard, palm oil, and butter that can raise your “bad” cholesterol. Trans fat is a kind of fat found in highly processed foods and margarine that can also raise your “bad” cholesterol. A good way to control your cholesterol is to limit your intake of both saturated and trans fats. Vegetable oils such as olive oil and sunflower oil are better alternatives to use for cooking.

THE BOTTOM LINE

Dealing with the challenges of aging can be difficult. To help face these challenges, you will need the best nutrition possible. You can stay healthy by following a few simple suggestions.

- Eat small, frequent meals throughout the day.
- Drink eight to 10 glasses of water per day.
- Eat a balanced diet by following MyPyramid guidelines.
- Eat with friends and family to make your meals more enjoyable.
- Eat plenty of fruits and vegetables each day. (Consult MyPyramid.gov)
- Stay active. Ask your doctor for activity suggestions.
- Stay curious. An active mind is a healthy mind.

Source: Ohio State University Extension and Ohio Aging Network

LUNCH CALENDAR

SEPTEMBER, 2021

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
		Beef & Noodles Mashed Potatoes Green Beans Bananas 1	Smoked Sausage w/ Sauer Kraut (LS Alt=Turkey Franks) Smashed Red Potatoes Peas w/Onions Juice 2	Salisbury Steak Mashed Potatoes Seasoned Corn Fresh Apples 3
CLOSED FOR LABOR DAY 6	Sausage Patty Sandwich Cheesy Potatoes Succotash Pineapple 7	Pot Roast Boiled Potatoes Sliced Carrots Mandarin Oranges Pie 8	Goulash Summer Squash Steamed Broccoli Peaches 9	Cheese Burgers Seasoned Potato Wedges Spinach Mixed Fruit 10
Corn Chowder Ground Bologna Sandwich (LS Alt=Chicken Salad) Carrot & Raisin Salad Jell-O 13	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Fresh Fruit 14	Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Winter Blend Vegetable Pears Vegetable Juice 15	Swiss Steak Mashed Potatoes Buttered Beets Apricots 16	Fish Sandwich Au Gratin Potatoes Stewed Tomatoes Tropical Fruit Cookies 17
Chicken Alfredo Pasta Glazed Carrots Peas Pineapple 20	Beef Stroganoff Egg Noodles Brussels Sprouts Peach Crisp Apple Slices 21	Baked Chicken Mashed Potatoes Green Beans Fresh Grapes 22	Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Creamy Cole Slaw Baked Apples 23	Navy Bean Soup (LS Alt=Tomato Soup) Tossed Salad Potato Salad Cheese Cubes Sunshine Salad 24
Sausage Gravy & Biscuits Hash Brown Casserole Corn Nuggets Fresh Oranges Pudding 27	Hot Chicken Sandwich Roasted Potatoes California Blend Vegetable Dark Sweet Cherries 28	Potato Soup Submarine Sandwich Pea Salad Ambrosia 29	Lasagna Steamed Broccoli Winter Squash Fresh Fruit 30	

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:30 Coffee & Conversation 1 11:00 Golf Card Game 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 2 9:30 to 11:00 Tai Chi with Robert 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 3 10:30 (New time!) Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch & Birthday Party 1:00 to 3:00 Pickleball (Gym)
6 CLOSED FOR LABOR DAY	8:00 to 9:30 Pickleball (Gym) 7 9:30 to 11:00 Tai Chi with Robert (Gym) 11:00 Hand & Foot 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:30 Hand & Foot 8 11:00 Word Search 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 9 9:30 to 11:00 Tai Chi with Robert 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 10 10:30 (New time!) Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 13 11:00 Buzzword 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 14 9:30 to 11:00 Tai Chi with Robert (Gym) 11:00 Hidden Pictures 12:00 Lunch 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise (Gym)	10:30 Sketch/ Draw with Bonnie (Bingo Room) 15 11:00 Music by Will Hinton 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	Day Trip, Sauder Village; Wear Sr. Ctr. Shirt/ Hat 16 8:00 to 9:30 Pickleball 9:30 to 11:00 Tai Chi with Robert 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Ann Panning Painting Class, "Forest Path." (sign up)	9:00 Golf Card Game 17 10:30 (New time!) Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 20 9 to 11 Flu Clinic 11:00 Free Blood Pressure Checks with Fulton Co. Health Dept. (Wear a mask, please.) 11:00 Box of Brain Games 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 21 11:00 Music by Nostalgia 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long	9:30 Hand & Foot 22 11:00 Word Pictures 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 23 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 24 10:30 (New time!) Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 27 11:00 Sequence & Other Games 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 28 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long	Day Trip, Harrison Lake State Park, 29 Wear Senior Center Shirt/ Hat 10:30 Sketch/ Draw with Bonnie (Bingo Room) 11:00 Hidden Pictures 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 30 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	

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

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch and Birthday Cake 1:00 Cards / Games	9:00 Coffee & Conversation 11:00 Jingles/ Slogans/ Commercials 12:00 Lunch 1:00 Cards / Games
6 CLOSED FOR LABOR DAY	9:00 Coffee & Conversation 11:00 Hidden Pictures (Chicken & Spring Rain) 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO & Prizes Sponsored by Swanton Valley 12:00 Lunch with Birthday Dessert from Swanton Valley 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 11:00 Hidden Pictures (Chicken, Spring Rain) 12:00 Lunch 1:00 Cards / Games
9 to 11 Flu Clinic 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9 to 10:30 Flu Clinic 10:45 Fulton Co. Health Dept. Free Blood Pressure Checks (Please wear a mask.) 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	Day Trip, Sauder Village; Wear Sr. Ctr. Shirt/ Hat 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 11:00 Music Concert by Nostalgia 12:00 Lunch 1:00 Cards / Games
9:00 Coffee & Conversation 11:00 Brain Game Box 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 11:00 Keyboard music with Terri S. 12:00 Lunch 1:00 Cards / Games
9:00 Coffee & Conversation 11:00 "Home Range" Plexer, Cards 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 11:00 Scams Against Seniors, Delta Police Chief Hartsock 12:00 Lunch 1:00 Cards / Games	Day Trip, Harrison Lake State Park, Wear Senior Center Shirt/ Hat 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	

**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
		9:30 Coffee & Conversation 1 11:00 Slogans, Jingles & Commercials 12:00 Lunch 1:00 Cards / Games	9:30 Cards 2 10:15 to 11:45 BINGO 12:00 Lunch and Birthday Cake 1:00 Cards / Games	9:30 Word Search 3 10:15 to 11:45 BINGO 12:00 Lunch and Birthday Cake 1:00 Cards / Games
6 CLOSED FOR LABOR DAY	9:30 Coffee & Conversation 7 11:00 Brain Game Box 12:00 Lunch 1:00 Cards / Games	9:30 Cards 8 11:00 Brain Game Box 12:00 Lunch 1:00 Cards / Games	9:30 Word Search 9 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:30 Games 10 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:30 Coffee & Conversation 13 11:00 Hidden Pictures 12:00 Lunch 1:00 Games	9:30 Cards 14 11:00 Dulcimer Music by Vickie Halsey 12:00 Lunch 1:00 Cards / Games	9:30 Word Search 15 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Cards / Games	Day Trip, Sauder Village; Wear Sr. Ctr. Shirt/ Hat 16 9:30 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:30 Puzzles 17 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:30 Cards 20 11:00 Brain Game Box 12:00 Lunch 1:00 Cards / Games	9 to 11 Flu Clinic 21 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:30 Games 22 11:00 Dulcimer Music by Vickie Halsey 12:00 Lunch 1:00 Cards / Games	9:30 Puzzles 23 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:30 Coffee & Conversation 24 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9 to 11 Flu Clinic 27 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:30 Games 28 11:00 Reader's Digest Word Power Games 12:00 Lunch 1:00 Cards / Games	Day Trip, Harrison Lake State Park, Wear Senior Center Shirt/ Hat 29 9:30 Puzzles 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Cards / Games	9:30 Coffee & Conversation 30 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	



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 SEPTEMBER 1, 2021

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 (Jeanette Gorsuch, Donna Loar, Juan Avina, Bill Sigg, Jeffrey Waidelich, Aimee Roth, Sherilyn Meiring, James Davis, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn), Substitutes (Judy Thourot, Peggy Wilson, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline, Meredith Grime, Dennis Peabody, Tim Gorsuch, Sharon McCabe, Karen James, Deb Gabel, Anita Ehrsam, Becky Peabody, Michael Mangas, JB Stevens, Jim Lugbill).

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), Swanton Site (M, W, F, 9:00 am - 2:00 pm).