

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

OCTOBER 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

October 5

Road to Wellness

(This is a drive-thru only event at Pettisville Missionary Church, from 10 am to 2 pm. Call to sign up, 419-337-9299. Senior Center sites will remain open for dine in noon lunch.)

October 11

Closed for Columbus Day

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information.

DID YOU KNOW?

The monthly issue of the Senior Center B-zz newsletter is available for free via email. Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at kschroeder@fultoncountyoh.com

SENIOR SPOTLIGHT



Fred Rychener of Pettisville does not consider himself a daredevil or a risk taker, and his two experiences with sky diving were 50 years apart, but he says he is willing to try new things. Now he's "hooked," and he is looking forward to sky diving again next year.

"In August, I thought we were going to the airfield to watch my son-in-law sky dive. I was surprised when he told me he had paid for me to jump, too. We jumped from 14,000 feet. It was great! I would recommend sky diving. You only go around once in life. You may as well make the most of it," Fred said.

Fred, a Fulton County native and Pettisville High School class of 1969 graduate, served in the United States Air Force from 1970 to 1991. His service as an Administrative Specialist took him to Texas, North Dakota, Iceland, Greenland, Indiana, Japan, South Vietnam, Montana, Florida, Korea, Michigan and Belgium, before relocating to his childhood home in Pettisville, Ohio. His only prior sky diving experience was at the age of 20, when he jumped from a plane owned by his friend.

Fred and his wife, Julie, celebrate 44 years of marriage on October 8. They have four adult daughters and nine grandchildren. Fred and Julie met when Fred broke his leg snow skiing in Montana, Julie's home state. One of Fred's buddies visited him in the hospital and brought some friends along. "One became my wife!" Fred chuckled.

Fred and Julie have enjoyed participating in the meal partnership between the Senior Center and Das Essen Haus restaurant of Pettisville. "The food is fantastic!" he said. These days, Fred enjoys watching westerns and training his puppy, Piper.



UPCOMING TOE NAIL CLINICS

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. Tell 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, November 15. (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 Tuesday, December 14. (Location: Family Life Center, 306 E. Main Street, Fayette)

NEXT OF KIN

Did you know you can add emergency contact information to your driving record? You can have phone numbers on file for law enforcement officials to use if you are involved in an auto collision or another emergency situation. If one of your family members would need to be contacted, law enforcement personnel could notify them quickly, all thanks to this free service.

To add, edit or view your next of kin notification information, go online to www.fultoncountyoh.com and click Government. Choose Sheriff from the drop down list. Next, click on Services. This will bring up a list titled Useful Links. Look for Next of Kin – Emergency Contact Information link and “click here.” The link will take you to the Ohio BMV (Bureau of Motor Vehicles) website which allows you to securely log in and input your next of kin information. You will need to type in your driver’s license number or information from your ID.

BEWARE OF SENDING MONEY

If you receive a letter in the mail from “Meals on Wheels,” be sure to check the address. Likely, the letter is from a “Meals on Wheels” organization located out of state. If the letter asks for a money donation, don’t be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center.

Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 240 Clinton Street, Wauseon, OH, 43567.

Call us at 419-337-9299 if you receive a confusing donation request and have questions. We’re happy to help!

DON'T FALL FOR DMV SCAM

Please be aware of FALSE information in an advertisement that is trying to scam seniors.

A social media post announced that people with no DUIs can receive money back by entering their zip code to a website. The Facebook post included a quote, “Drivers with no DUIs are getting up to \$610 back in savings. I simply entered my zip and got \$610 back just for having a good record.”

The post showed two pictures of people holding checks for \$610 along with a link to a website that proclaimed, “All 50 States Approve \$610 in Savings for US Drivers with No DUIs.” The post told people to “check eligibility” at a link on the site.

THIS IS FALSE INFORMATION.

Truth: Some DMVs have access to drivers’ records; however, they are not giving money away.

Truth: Experts with the American Property Casualty Insurance Association said they are unaware of any such program. Source: Politifact, the Poynter Institute.

Truth: Clicking on links in ads may take you to a website that asks you to input your personal and financial information, which can lead to ripping you off.

Truth: Remember, if it sounds too good to be true, it probably is.

If you have questions about potential money-back programs, feel free to ask us at the Fulton County Senior Center. We are happy to help you discern between truth and scams.

WINTER WEATHER IS JUST AROUND THE CORNER

It's not too early to start planning for Ohio's unpredictable fall and winter weather. Take action now to keep a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center closes. Also, once the snow starts to fly, remember to keep your driveway and sidewalks clear. Your meal delivery driver thanks you in advance for providing a safe way to bring your meal to your door. If we cancel activities or meals, 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.

WATER AT THE READY

The Red Cross recommends a minimum of one gallon of bottled water per person per day on hand.

If you have freezers that have some extra room, wash and fill plastic milk jugs with fresh water and freeze them. If nothing happens, it costs less to keep a full freezer cold than it does an empty or half-empty freezer. If you have only a power outage, **DO NOT OPEN THE DOOR**. The freezer will stay colder longer full and with an unopened door. If you have a crisis and you need fresh water, you have a good fresh supply on hand. Just thaw it out if you need it.

OTHER PREPAREDNESS ITEMS TO CONSIDER

A supply of medications, a first aid kit, and paper goods are advisable as well as a radio, flashlights, bulbs, and batteries. Warm blankets that are easy to access, and a back-up supply of pet food, matches, candles, and lamps and lamp oil are good too.

If you have a generator, be sure you know how to use it, you have fuel, and note whether or not you have enough extension cords. Consider storing flashlights in key areas of the house for easy access.

PREPARE YOUR PANTRY FOR BAD WEATHER

Ready-to-eat Breakfast Items:

- Cereal
- Dry milk (use bottled water if threat of contamination exists)
- Fresh fruit (apples, oranges, grapefruits, and bananas stay fresh for days to weeks)
- Canned or dried fruits
- Granola bars
- Protein bars

Ready-to-eat Lunch /Dinner Items: (Don't forget a hand-held can opener)

- Canned meats (tuna, chicken, Vienna sausages, Spam)
- Canned soups, broths
- Canned vegetables, beans

Ready-to-eat Snack Items:

- Nuts
- Nut butters (peanut butter, almond butter, etc.)
- Snack crackers (saltines, goldfish)
- Pre-packaged cookies
- Trail mix
- Bottled or boxed juices
- Bottled water

EXERCISES FOR SENIORS

These stretches improve the range of motion of your shoulders and upper back, and it's an excellent way to relieve muscle tension.

Good Morning Stretch

Stretch your arms wide. Take a deep breath and exhale. Stretch some more, add a gentle turn to the left and then to the right. Move slowly and breathe deeply. This stretch improves the range of motion of your shoulders and upper back, and it's an excellent way to relieve muscle tension.

Shoulder Rolls

Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5. One set is ten counts.

Diagonal Arm Press Across the Body

Starting with your left arm, press to the right, away from and across your body. Alternate your right and left arm. Repeat 5 to 10 times. This exercise warms the body and can improve your upper body range of motion, overall balance and physical endurance.

Box Step (Waltz)

If needed, hold on to the back of a chair for stability. Step with your right foot forward, then bring your left foot forward, beside it.

Step with left foot to the side, then place your feet together.

Right foot to the right, then feet together.

Pause. Take two or three deep breaths.

Repeat this cycle three to five times, increase as appropriate. This exercise improves balance, coordination and physical endurance.

LUNCH CALENDAR

OCTOBER, 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
				Baked Fish Macaroni & Cheese Stewed Tomatoes Pears Juice 1
Goulash Cooked Cabbage Mixed Vegetables Peaches 4	Chicken Salad Sandwich w/Lettuce & Tomato Broccoli Salad Pickled Beets Cookies 5	Breaded Pork Chops Rice Pilaf Peas w/Mushrooms Orange Sections Vegetable Juice 6	Shepherd's Pie Summer Squash Fruit Crisp Pineapple 7	Chicken & Noodles Mashed Potatoes Green Beans Fresh Grapes 8
CLOSED FOR COLUMBUS DAY 11	Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit 12	Country Fried Steak Mashed Potatoes Sugar Snap Peas Fresh Apples Yogurt 13	Beef & Broccoli Stir-Fry Fried Rice Far East Vegetable Blend Juice 14	Beef & Barley Soup Tuna Salad Sandwich Marinated Carrots Jell-O 15
Baked Chicken Dressing Green Beans Orange Cranberry Relish Juice 18	BBQ Rib Patty Sandwich Succotash Cole Slaw Fruit Crunch 19	Swiss Steak Mashed Potatoes Green Beans Bananas 20	Cheese Burgers Seasoned Potato Wedges Normandy Blend Vegetables Plums 21	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Spiced Applesauce Five Cup Salad 22
Chicken Tenders O'Brien Potatoes Winter Blend Vegetables Pears 25	Cabbage Rolls Mashed Potatoes Beets Dark Sweet Cherries 26	Chili w/Beans Mexican Style Rice Sliced Zucchini Peaches Juice 27	Pot Roast Boiled Potatoes Sliced Carrots Mandarin Oranges Iced Cake 28	Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Brussels Sprouts Pineapple 29

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Golf Card Game 1 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch & Birthday Party 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 4 11:00 Buzzword (Day, Snow, Pony, Black) 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 5 11:00 Box of Brain Games 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long	Day Trip, Toledo Zoo; Wear Sr. Ctr. Shirt / Hat 6 9:30 Hand & Foot 11:00 Guess The Riddles 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 7 9:30 Hand & Foot Card Game 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 8 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch & Birthday Party 1:00 to 3:00 Pickleball (Gym)
11 CLOSED FOR COLUMBUS DAY	8:00 to 9:30 Pickleball (Gym) 12 11:00 Hidden Pictures 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long	9:30 Hand & Foot 13 10:30 Sketch with Bonnie (Bingo Room) 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	Day Trip, Sauder Village; Wear Sr. Ctr. Shirt/ Hat 14 8:00 to 9:30 Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 15 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 18 10:30 Free Hearing Aid Cleaning 11:00 Free Blood Pressure Checks with Fulton Co. Health Dept. (Wear a mask, please.) 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 19 11:00 Sequence 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long 1:30 OPERS (Bingo Room)	9:30 Hand & Foot 20 11:00 Music by Just Us 2, Marc & Ellen Pember 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 21 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 22 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 25 11:00 What Sport Am I? 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 26 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Choir Sing-a-Long	9:30 Hand & Foot 27 10:30 Sketch with Bonnie (Bingo Room) 11:00 Word Pictures S1 & S3 11:00 Tai Chi (senior led) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball 28 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 29 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (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 1 11:00 What Sport Am I? Word Game 12:00 Lunch 1:00 Cards / Games
9:00 Cards 4 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:00 Word Searches 5 11:00 Hidden Pictures & Brain Games 12:00 Lunch 1:00 Cards	Day Trip, Toledo Zoo; 6 Wear Sr. Ctr. Shirt / Hat 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 7 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games	9:00 Puzzles 8 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Cards / Games
CLOSED FOR COLUMBUS DAY 11	9:00 Games 12 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 13 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Cake 1:00 Cards / Games	Day Trip, Sauder Village; 14 Wear Sr. Ctr. Shirt/ Hat 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Word Searches 15 11:00 Nature's Nursery Animal Program with Jamie F. 12:00 Lunch 1:00 Cards / Games
9:00 Games 18 11:00 Brain Game Box 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 19 11:00 Cartoonist Don Lee 12:00 Lunch 1:00 Cards / Games	9:00 Puzzles 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Word Searches 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Cards 22 11:00 Friendly Feud / Cards & Games with Friends 12:00 Lunch 1:00 Games
9:00 Coffee & Conversation 25 11:00 Hidden Pictures (Bathroom Fun & Graduation) 12:00 Lunch 1:00 Cards / Games	9:00 Puzzles 26 11:00 "Making a Better Visit with Someone with Memory Loss," Dr. Lynn Ritter 12:00 Lunch 1:00 Cards / Games	9:00 Word Searches 27 10:15 to 11:45 Halloween BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Cards 28 10:15 to 11:45 Halloween BINGO 12:00 Lunch 1:00 Cards / Games	Please Note: Swanton Site is CLOSED today. 29

**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
				9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games 1
9:00 Cards 4 11:00 Hidden Pictures (Planting Peas & Picnic) 12:00 Lunch 1:00 Cards / Games	9:00 Games 5 11:00 What Am I? #431 12:00 Lunch 1:00 Cards / Games	Day Trip, Toledo Zoo; Wear Sr. Ctr. Shirt / Hat 6 9:00 Cards 11:00 Box of Brain Games 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 7 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games	9:00 Word Search 8 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
CLOSED FOR COLUMBUS DAY 11	9:00 Cards 12 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 13 11:00 Don Lee, Cartoonist 12:00 Lunch 1:00 Cards / Games	Day Trip, Sauder Village; Wear Sr. Ctr. Shirt/ Hat 14 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Games 15 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:00 Cards 18 11:00 Box of Brain Games 12:00 Lunch 1:00 Cards / Games	9:00 Coffee & Conversation 19 10:30 Toenail Clinic (By Appointment) 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info.(Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:00 Word Search 20 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Cards / Games	9:00 Games 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Coffee with friends 22 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:00 Coffee & Conversation 25 9:30 Toenail Clinic (By Appointment) 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info. (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	9:00 Word Search 26 11:00 Don Lee, Cartoonist 12:00 Lunch 1:00 Cards / Games	9:00 Games 27 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Cards / Games	9:00 Coffee with friends 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Cards 29 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 OCTOBER 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).