

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**NOVEMBER 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

**November 1**

Swanton Site starts meeting in new location, 620 Dodge Street

**November 7**

Daylight Savings Time Ends

**November 9**

Veterans Lunch at Archbold and Delta Sites (Make Reservation)

**November 10**

Veterans Lunch at Fayette, Swanton and Wauseon Sites (Make Reservation)

**November 11**

Closed for Veterans Day

**November 25 & 26**

Closed for Thanksgiving

### NEW LOCATION FOR SWANTON SENIOR CENTER

As of November 1, 2021, the Swanton Senior Center is meeting at 620 Dodge Street, inside Faith Lutheran Church.

Jeanne, Claudia and Andrea invite you to reserve a noon lunch on Mondays, Wednesdays or Fridays, and join other Swanton seniors for activities and BINGO. Check out the calendar in this newsletter for more details on activities. Please reserve your lunch at least one business day in advance by calling 419-337-9299.

### MENU SUBJECT TO CHANGE

Supply chain issues continue to affect the United States, and the Senior Center is no exception. Please be aware that our kitchen will continue to provide you with nutritious meals. Sometimes we might have to make substitutions, based on the availability of certain food items. We appreciate your flexibility when we must make changes to our menu. Thank you in advance for your understanding.

## SENIOR SPOTLIGHT

For Ron Bliss of Wauseon, inspiration for his next poem could arrive at any moment. "I carry a small notepad and a pen with me everywhere I go. Sometimes people will utter a phrase, or I'll see a picture, and I'll think, 'Wow! That's a poem,'" Ron explained. Ron started writing poetry when he was 10 or 11 years old. "My first venture into the rhyming word was mostly at school. Each Christmas season there was always a poetry contest. I was also greatly influenced by a poet named James J. Metcalfe, whose poems appeared each week in the Peach Section of the Toledo Blade. Most of what I have written, though, has been in recent years," he said.

"I am writing my thirteenth book of poetry. This book will be self-published, like the others, and I plan to title it 'Just What the Doctor Ordered,'" he said, adding, "My favorite kinds of poems to write are those that capture emotion, from elation to sadness. We have all been there, more than once," he said.

Ron's faith has played an increasing role in his writing. "Especially in the last 10 or 15 years, I recognize the leading of the Holy Spirit more. I feel led and don't only write for my own purposes and my own enjoyment," Ron explained.

Some of Ron's poems are about his wife of 62 years, Donna. The couple has two sons, five grandchildren, and eight great-grandchildren, with a ninth on the way.



**CHANGE CLOCKS & BATTERIES**

Daylight Savings Time ends at 2:00 am on Sunday, November 7, and our clocks "fall back" 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. Did you know that alarm sensors wear out? The fire department recommends replacing your smoke detectors every ten years. When you install a new detector, use a permanent marker to write the date on the inside of the new detector's cover.

**DRIVE-THRU CHRISTMAS LIGHTS EVENING TRIP**

Join us for an evening trip on Wednesday, December 8, to Nite Lites Drive-Thru Christmas Light Show at Michigan International Speedway. The displays feature five miles of lights, six lighted tunnels and sixteen mega trees. You will enjoy the lights from the comfort of a Senior Center bus, with no walking among displays. Suggested donation of \$10 per person covers transportation and admission. All seniors will meet at the Fulton County Senior Center, 240 Clinton Street, Wauseon, at 5:30 pm, to leave at 5:45 pm. The bus will return at approximately 9:00 pm (depending on traffic) to the Fulton County Senior Center. Please pay as you board the bus. Eat supper on your own before you arrive for this trip. We recommend dressing in layers as the bus temperature can be unpredictable.

**CHRISTMAS GIFT IDEA**

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets through the Fulton County Senior Center. Each meal ticket is a suggested \$2.00 donation. You'll be confident your senior loved one is enjoying a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remind your senior to reserve their meal one business day in advance. Valet parking is available at our sites, if desired. Simply park in the front of the Senior Center and notify the receptionist or Site Manager when you check in for your meal.

**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.

**NOVEMBER TOENAIL CLINIC**

Community Health Professionals will provide a nurse for a toenail clinic at the Wauseon Senior Center site on Monday, November 15. Call 419-337-9299 to make your appointment. Tell the receptionist if you are diabetic when you call. Please soak your feet for 30 minutes before arriving to your appointment. The clinic fee is \$15 per person, payable to the nurse at the start of your appointment. The Wauseon Senior Center is located at 240 Clinton Street, Wauseon. The next Wauseon toenail clinic is scheduled for Tuesday, January 11, 2022.

**DAS ESSEN HAUS PARTNERSHIP CONCLUDES WITH 2021**

More than 200 seniors in the Pettisville school district have received almost 19,000 meals in the partnership between Das Essen Haus restaurant and the Senior Center. This program will conclude on December 31, 2021. Until then, participants may continue to use their existing vouchers, up to two meal vouchers per week. As 2022 begins, you are invited to meet your friends for lunch at the Wauseon Senior Center site. Lunch is served each weekday at noon. Watch future newsletters for the current month's menu. Please make your meal reservation at least one business day in advance by calling 419-337-9299. Suggested donation per meal is \$2.00 per person.

**SENIOR MENS BASKETBALL LEAGUE NOW FORMING**

Men age 60 and over are invited to play half-court basketball at the Gym at Fulton County Senior Center, 240 Clinton Street, Wauseon. This free activity will take place Mondays, 5 to 6 pm. Right now we are gauging interest. If you are interested in playing, call Karen at 419-337-9299. Provide your name and phone number so we can contact you when we choose a start date. Important notes: please bring your own water bottle, labeled with your name. Wear appropriate shoes. If it's raining/ snowing, please bring dry gym shoes to change into to keep water off the court.

## NUTRITION EDUCATION

### *Don't Let a Fumble Bother Your Food Goals – Punt, Get Back In the Game!*

You've been doing a great job with your goals whether they are healthier eating or increased physical activity. Then you have an "off" weekend. Maybe it was overindulging in food and drinks and then spending the rest of the weekend sitting and watching multiple games on television while munching on chips or cookies. Come Monday morning, you feel deflated when you realize what you did over the weekend.

Don't let it get you down. Few people can always be consistent with their diet and exercise goals. The important thing now is to get back to your plan! Don't spend time thinking about the past. Look to the future and take control again. Remember, you need to eat 3,500 calories to gain one pound of body fat so your weekend overindulgence may not be as bad as you think.

Here are some hints to "pick up the ball" and "get back in the game".

- Schedule time for physical activity – if it is on your calendar you are more likely to follow through.
- Call your supporting friend – maybe schedule a walking date! Walking in Wal-Mart is often safer and warmer than outside. The gym at the Wauseon Senior Center is available for walking when no other gym activity is scheduled.
- Cut back on what you eat a little for a few days.
- Check out the ads of your local grocery store. Pick up one or two new fruits or vegetables to try this week.
- Look for a couple of new recipes to incorporate healthy fruits and vegetables into your diet. The fiber will help you feel full longer.
- Be more conscious of your portion sizes.
- Track what you eat each day. Being aware of what we are actually consuming can help us make any necessary adjustment.

Maybe most important, be patient! Don't forget the successes you have already had and focus on the future! Wellness is not an overnight process – continue to work on your personal wellness goals such as healthy eating, physical activity and positive outlook and know that you can do it!

Writer: Marilyn Rabe, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Franklin County, rabe.9@osu.edu

Reviewer: Candace Heer, Extension Educator, Family and consumer Sciences, Ohio State University Extension, Morrow County, heer.7@osu.edu

## 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, grapefruit, 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

## SENIOR CENTER BROCCOLI SALAD

5 cups	Small Broccoli Florets (Raw)	1 cup	Mayonnaise
		¼ cup	Sugar
1/3 cup	Diced Onion	½	Crumbled Cooked Bacon
½ cup	Dried Cranberries	½ cup	Shredded Cheddar Cheese
½ cup	Sunflower Seeds (Optional)		

In a mixing bowl, combine mayonnaise, sugar, onion and cranberries.

Add broccoli and toss to coat well. Refrigerate for at least 1 hour. Just before serving, stir in the sunflower seeds, bacon and cheese.

## 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.

# LUNCH CALENDAR

NOVEMBER, 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
Hot Chicken Sandwich Roasted Potatoes Malibu Blend Vegetable Mixed Fruit <b>1</b>	Sausage & Sauer Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Winter Squash Tangerine <b>2</b>	Chicken Ala King Peas w/Onions Pineapple Casserole Biscuits <b>3</b>	Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes <b>4</b>	Cream of Broccoli Soup Ham & Cheese Sandwich Marinated Carrots 5 Cup Salad <b>5</b>
Sloppy Joe Sandwich Seasoned Potato Wedges Midori Blend Vegetable Tropical Fruit <b>8</b>	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Baked Apples <b>9</b>	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Plums <b>10</b>	<b>CLOSED FOR VETERANS DAY</b> <b>11</b>	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice <b>12</b>
Steamed Franks (LS Alt=Chicken Breast) Baked Beans Peas & Carrots Pineapple <b>15</b>	Goulash Cooked Cabbage Sugar Snap Peas Peaches Cookies <b>16</b>	Sausage Gravy & Biscuits Hash Brown Casserole Corn Nuggets Mandarin Oranges <b>17</b>	Savory Baked Chicken Rice Pilaf Winter Blend Vegetable Applesauce Juice <b>18</b>	Pot Roast Boiled Potatoes Carrots Bananas <b>19</b>
Chicken & Noodle Soup Ham Salad Sandwich (LS Alt=Chicken Salad) Tossed Salad Jell-O <b>22</b>	Pub Burgers Seasoned Potato Wedges Steamed Spinach Fresh Orange <b>23</b>	Roast Turkey Savory Bread Dressing Sweet Potatoes Green Beans Cranberry Relish Pumpkin Pie <b>24</b>	<b>CLOSED FOR THANKSGIVING DAY</b> <b>25</b>	<b>CLOSED FOR THANKSGIVING HOLIDAY</b> <b>26</b>
Lasagna Steamed Broccoli Cream Style Corn Mixed Fruit <b>29</b>	Swiss Steak Mashed Potatoes Buttered Beets Fresh Fruit Pudding <b>30</b>			

# WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 to 10:30 Pickleball (Gym) <b>1</b> 11:00 Tai Chi (Senior Led, Gym) 11:00 Box of Brain Games 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) <b>2</b> 11:00 What Am I? #431 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	10:30 Sketch with Bonnie (Bingo Rm) <b>3</b> 11:00 Indoor Corn Hole 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickle Ball <b>4</b> 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game <b>5</b> 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 11:15 Site Council (Dining Area) 12:00 Lunch & Birthday Party 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) <b>8</b> 10:15 to 11:45 BINGO (Bingo Room) <i>Note Date Change</i> 10:30 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) <b>9</b> 9:30 to 11:30 Acrylic Painting Class w/ Peggy Niles (Sign Up) 11:00 Hidden Pictures (Hide, Sheep) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	<b>Wear Red, White &amp; Blue</b> <b>10</b> 9:30 Sequence 10:30 Sketch with Bonnie 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch (Free for Veterans & Spouses; Make Reservations) 1:00 Pepper Card Game (Bingo Room)	<b>CLOSED FOR VETERANS DAY</b> <b>11</b>	9:00 Games <b>12</b> 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) <b>15</b> 11:00 Free Blood Pressure Checks with Fulton Co. Health Dept. (Wear a mask, please.) 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) <b>16</b> 11:00 Thanksgiving Name Ten Game 11:45 Kim Lammers, Maumee Valley Planning Organization 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	10:30 Sketch with Bonnie (Bingo Rm) <b>17</b> 11:00 Music by Just Us 2, Marc & Ellen PEMBER 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickle Ball <b>18</b> 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	<b>Wear Senior Center Shirt/Hat</b> <b>19</b> 9:00 Brain Games Box 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) <b>22</b> 10:15 to 11:45 BINGO (Bingo Room) <i>Note Date Change</i> 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	<b>Wear Burgundy/Brown/Dark Green</b> <b>23</b> 8:00 to 9:30 Pickleball (Gym) 11:00 Sequence 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9:30 Hand & Foot <b>24</b> 10:30 Sketch with Bonnie 11:00 What Am I? #438 Word Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	<b>CLOSED HAPPY THANKSGIVING</b> <b>25</b>	<b>CLOSED HAPPY THANKSGIVING</b> <b>26</b>
8:00 to 10:30 Pickleball (Gym) <b>29</b> 10:00 Choir to Fayette Senior Center 10:00 Decorate for Christmas 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) <b>30</b> 10:00 Decorate for Christmas 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)			

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

# DELTA / SWANTON ACTIVITIES

**SWANTON  
620 DODGE ST.  
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Wear Senior Center Shirt / Hat 1</b> 9:00 Coffee & Conversation 11:00 Games & Cards & Thanksgiving Name Ten 12:00 Lunch 1:00 Cards / Games	<b>2</b> 9:00 Cards 11:00 CarFit with Karen from Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards / Games	<b>Dress Like a Hippie Day 3</b> 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	<b>4</b> 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games	<b>5</b> 9:00 Coffee & Conversation 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards / Games
<b>8</b> 9:00 Cards 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks (Please wear a mask.) 12:00 Lunch 1:00 Cards / Games	<b>Wear Red, White &amp; Blue 9</b> 10:00 Fulton Co. Health Dept. Free Blood Pressure Checks (Please wear a mask.) 10:15 BINGO (Note Date) 12:00 Lunch (Free for Veterans & Spouses; Make Reservations) 1:00 Cards / Games	<b>Wear Red, White &amp; Blue 10</b> 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch (Free for Veterans & Spouses; Make Reservations) 1:00 Cards / Games	<b>11</b> <b>CLOSED FOR VETERANS DAY</b>	<b>12</b> 9:00 Brain Box Games 11:00 Autumn Word Search & Crossword 12:00 Lunch 1:00 Cards / Games
<b>15</b> 9:00 Puzzles 11:00 Brain Game Box and Hidden Pictures (Shoes for Roos & Parrot's Perch) 12:00 Lunch 1:00 Cards / Games	<b>16</b> 9:00 Word Search 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards / Games	<b>17</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	<b>Wear Senior Center Shirt / Hat 18</b> 9:00 Brain Box Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	<b>Wear Senior Center Shirt / Hat 19</b> 9:00 Coffee & Conversation 11:00 Concert by Circle of Friends 12:00 Lunch 1:00 Cards / Games
<b>Wear Buckeye/ Wolverine Colors 22</b> 9:00 Word Search 10:15 to 11:45 Buckeye Wolverine BINGO (Note Date) 12:00 Lunch 1:00 Cards / Games	<b>Wear Buckeye/ Wolverine Colors 23</b> 9:00 Coffee & Conversation 10:15 to 11:45 Buckeye Wolverine BINGO (Note Date) 12:00 Lunch 1:00 Cards / Games	<b>24</b> 9:00 Brain Box Games 11:00 Cards & Games 12:00 Lunch 1:00 Cards / Games	<b>25</b> <b>CLOSED HAPPY THANKSGIVING</b>	<b>26</b> <b>CLOSED HAPPY THANKSGIVING</b>
<b>29</b> 9:00 Coffee & Conversation 11:00 What Am I? #433 Word Game 12:00 Lunch 1:00 Cards / Games	<b>30</b> 9:00 Brain Box Games 11:00 Crafts with Brenda H. (Sign up) 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
9:00 Word Search <b>1</b> 11:00 Hidden Pictures 12:00 Lunch 1:00 Cards / Games	9:00 Puzzles <b>2</b> 11:00 What Sport Am I? & Nines Word Game 12:00 Lunch 1:00 Cards / Games	9:00 Cards <b>3</b> 11:00 Buzzword Word Game 12:00 Lunch 1:00 Cards / Games	<b>Wear Senior Center Shirt / Hat 4</b> 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games	<b>Wear Senior Center Shirt / Hat 5</b> 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games
9:00 Puzzles <b>8</b> 11:00 Thanksgiving Name Ten Game 12:00 Lunch 1:00 Cards / Games	<b>Wear Red, White &amp; Blue 9</b> 9:00 Cards 11:00 "Behavior as Communication. Listen to What I am Doing," Memory Expert Dr. Lynn Ritter 12:00 Lunch (Free for Veterans & Spouses; Make Reservations) 1:00 Cards / Games	<b>Wear Red, White &amp; Blue 10</b> 9:00 Games 10:15 to 11:45 BINGO (Note new date) 12:00 Lunch (Free for Veterans & Spouses; Make Reservations) 1:00 Cards / Games	<b>11</b> <b>CLOSED FOR VETERANS DAY</b>	9:00 Word Search <b>12</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:00 Cards <b>15</b> 11:00 What Sport Am I? & Nines Word Game 12:00 Lunch 1:00 Cards / Games	9:00 Games <b>16</b> 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 <b>17</b> 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks & Health Info.(Please wear a mask.) Note new date. 12:00 Lunch 1:00 Cards / Games	9:00 Word Search <b>18</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	9:00 Puzzles <b>19</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games
9:00 Games <b>22</b> 11:00 What Am I? #433 Word Game 12:00 Lunch 1:00 Cards / Games	<b>Wear Buckeye/ Wolverine Colors 23</b> 9:00 Coffee & Conversation 10:15 to 11:45 Buckeye Wolverine BINGO (Note new date) 12:00 Lunch 1:00 Cards / Games	<b>Wear Buckeye/ Wolverine Colors 24</b> 9:00 Word Search 10:15 to 11:45 Buckeye Wolverine BINGO (Note new date) 12:00 Lunch 1:00 Cards / Games	<b>25</b> <b>CLOSED HAPPY THANKSGIVING</b>	<b>26</b> <b>CLOSED HAPPY THANKSGIVING</b>
9:00 Coffee & Conversation <b>29</b> 11:00 Christmas Music by Senior Center Choir 12:00 Lunch 1:00 Cards / Games	9:00 Word Search <b>30</b> 11:00 CarFit with Karen from Fulton Co. Health Dept. 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 NOVEMBER 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).