

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 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

December 6 - Day Trip, Christmas at Wildwood Manor
December 8 - Evening Trip, Drive-Thru Nite Lites at MIS

December 24 - Closed, Merry Christmas!
December 31 - Closed, Happy New Year!

SENIOR SPOTLIGHT

In November, seniors dressed in red, white and blue at our five Senior Center sites and enjoyed a Veterans Lunch. Pictured here are some of the veterans and seniors who celebrated Veterans Day with us. *Thank you for your service.*



USE YOUR GIFT AT THE SENIOR CENTER

Calling all volunteers! How would you like to help? Call Bingo? Drive a senior to a local medical appointment? Teach a class or game or hobby? Volunteers are welcome at all of our five Senior Center sites. Tell us what your gift is and where you would like to help. You can only spare two hours a month? We can still use you! Contact Brooke to add your name to our list of valuable volunteers and start making a difference in the lives of local seniors today. Call 419-337-9299.

WINTER SPORTS PASS

If you live in the Delta school district and enjoy watching sports, visit the school office to receive your lifetime sports pass. You must live in the Pike-Delta-York school district, be age 65 or older. Use your lifetime pass to gain admission into regularly scheduled home events (not valid for tournaments or play-offs).

Not a Delta resident? Contact your local school to ask about a Senior Sports Pass.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$500 or have 25 percent (or less) of bulk fuel supply remaining. If you or a household member have been diagnosed with COVID, no disconnection notice is needed. Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2022. Please call this appointment hotline number 419-219-4641. You will need social security number and utility account information when scheduling an appointment.

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. There is 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 DONATIONS

Many of you generously want to give gifts to your meal delivery driver, site manager, etc. during the Christmas season. This is a friendly reminder that Fulton County Senior Center employees are not allowed to accept gifts at Christmas time (or throughout the year). Donations to the Senior Center are welcome. Please mail to 240 Clinton Street, Wauseon, OH 43567.

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 the Wauseon site, if desired. Simply park in the front of the Senior Center and notify the receptionist when you check in for your meal.

NEW LOCATION FOR SWANTON SENIOR CENTER

Since November 1, 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 for Mondays, Wednesdays and/ 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 24 hours in advance by calling 419-337-9299.

NUTRITION EDUCATION

Superfoods

What are superfoods? Superfood is a term used by marketers to describe foods thought to have certain health benefits. The term 'superfood' tends to be used more by marketers than dietitians, so the lists of superfoods tend to vary. While there is no official definition of a superfood, you can think of superfoods as nutrient-rich foods. Some have used the term 'functional foods' to describe foods that benefit a certain body function. A recent study by the Centers for Disease Control and Prevention developed and validated a classification scheme defining 'Powerhouse Fruits and Vegetables' based on nutrient and phytochemical density (the amount of nutrients compared to calories in the food).

What is all the hype about superfoods? You've probably heard phrases like 'disease risk reduction' or 'slowing aging' in the media paired with words like phytochemicals, micronutrients or flavonoids. It can be difficult to make sense of all the messages about superfoods. A word of caution to the consumer... make sure you know the research behind the claim. Marketing may exaggerate health claims associated with foods from inconclusive research findings, or poorly done studies. Some foods touted as superfoods may also have other components that are either harmful (like toxin in some seaweeds) or high in fat or sugars (like dark chocolate).

Check the research... it may not be conclusive. Make sure you know who is behind the message: is it a marketing company or a non-biased research-based entity (like Extension or the American Heart Association).

Eat a variety of foods. Don't count on a superfood to single-handedly reduce your risk of cancer. Many foods advertised as superfoods are grown in other parts of the world and when linked with a health benefit, the food sounds like an exotic cure-all. Superfoods can be part of a balanced diet. Nutrient-rich vegetables and fruits can be helpful in reducing the risk of some diet-related diseases, especially when they are part of a diet that is low in fats, sodium and sugar.

Here is what the American Heart Association has to say about some common superfoods:

- Salmon is a fatty fish that is low in saturated fat and high in omega-3 fatty acids, which can decrease the risk of abnormal heartbeats, reduce triglycerides (the chemical form of fats in most foods and in your body) and slow the growth of plaque in the arteries. The American Heart Association recommends eating at least two 3.5 ounce servings of fish a week.
- Turkey is a leaner substitute for beef that can be grilled, roasted or ground.
- Nuts, legumes and seeds are good sources of protein and polyunsaturated and monounsaturated fats when eaten in moderation. Choices include unsalted almonds, peanuts, pistachios and walnuts. The American Heart Association recommends getting four servings a week.
- Berries like blueberries and strawberries have high levels of phytochemicals called flavonoids. One study showed that women who consumed more blueberries and strawberries had a lower risk of heart attack. The American Heart Association recommends nine servings of fruits and vegetables a day, about 4.5 cups.
- Soy products like tofu, soy butter and soy nuts are high in polyunsaturated fat, fiber, vitamins and minerals but low in saturated fat. They could replace other high-fat proteins in the diet, although it's unknown exactly how soy affects heart disease risk factors.
- Pumpkin is low in calories, high in fiber and high in vitamin A.
- Kale provides vitamins A and C, potassium and phytochemicals.
- Low-fat or nonfat yogurt, which provides calcium, vitamin D and protein, can be a good substitute for sour cream in recipes.
- Dark chocolate (at least 70%) is high in flavonoids, but fat and calories too! Treat yourself in moderation to avoid weight gain. One study showed dark chocolate was associated with lower heart failure risk.
- Red wine in moderation may have some health benefits, but the American Heart Association doesn't recommend drinking alcohol to get them. High alcohol consumption can have negative effects on health, such as increased triglyceride levels, high blood pressure, and liver damage.
- Other lists include many of the above and oats (oatmeal), beans, and other dark green leafy vegetables.

Sources: Ohio State University Extension Office

American Heart Association, (2013). "What's so super about superfoods?" http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Whats-so-super-about-superfoods_UCM_457937_Article.jsp

North Dakota State University, (2012). "Superfoods." <http://www.ag.ndsu.edu/ramseycountyextension/news/extended-to-you/2012-extended-to-you/superfoods>

Di Noia, J., Ph.D. (2014). "Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach." *Prev Chronic Dis* 2014;11:130390. DOI: <http://dx.doi.org/10.5888/pcd11.130390>

Writer: Shannon Carter, Extension Educator, Family and Consumer Sciences, OSU Extension

Reviewer: Pat Brinkman, Extension Educator, Family and Consumer Sciences, OSU Extension

LUNCH CALENDAR

DECEMBER, 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
		Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple 1	Butternut Squash Soup Submarine Sandwich Broccoli Salad Ambrosia 2	BBQ Beef Roasted Potatoes Ranch Style Beans Cole Slaw 3
Hamburger Gravy Mashed Potatoes Peas & Mushrooms Peaches Yogurt 6	Chicken Alfredo Pasta Steamed Broccoli Baby Carrots Mixed Fruit 7	Beef Stroganoff Egg Noodles Brussels Sprouts Wax Beans Juice 8	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Applesauce 9	Salmon Patties Au Gratin Potatoes Creamed Peas Tropical Fruit 10
Beef & Noodle Soup Turkey Salad Sandwich Tossed Salad Jell-O 13	Hot Dogs (LS Alt=Chicken Breast) Baked Beans California Blend Dark Sweet Cherries Cookies 14	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Baked Apples Cole Slaw 15	Chili w/Beans Mexican Style Rice Sliced Zucchini Seasoned Corn Juice 16	Salisbury Steak Mashed Potatoes Peas & Carrots Bananas 17
Oriental Pepper Steak Steamed Brown Rice Far East Vegetables Juice 20	Chicken & Noodles Mashed Potatoes Green Beans Fresh Fruit Granola Bars 21	Goulash Cooked Cabbage Mixed Vegetables Fresh Grapes 22	Pot Roast Boiled Potatoes Carrots Mandarin Oranges 23	24 CLOSED FOR CHRISTMAS HOLIDAY
Pub Burgers Seasoned Potato Wedges Normandy Blend Vegetable Fresh Apples 27	Tomato Basil Soup Corned Beef on Rye (LS Alt=Turkey Breast) Kidney Bean Salad 5 Cup Salad Pickle Spear 28	Swiss Steak Mashed Potatoes Peas w/Mushrooms Pears Iced Cake 29	Smoked Sausage w/Sauer Kraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Tangerine 30	31 CLOSED FOR NEW YEARS HOLIDAY

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:30 Sketch with Bonnie (Bingo Rm) 1 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 2 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear Senior Center Shirt/ Hat 3 9:00 Golf Card Game 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 11:15 Site Council 12:00 Lunch & Birthday Party 1:00 to 3:00 Pickleball (Gym)
Day Trip, Christmas at Wildwood Manor 6 8:00 to 10:30 Pickleball (Gym) 11:00 Christmas Carol Synonyms 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	Wear Tacky Christmas Sweater/ Socks/ Tie Today 7 8:00 to 9:30 Pickleball (Gym) 11:00 Wauseon HS Chorale Concert 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	10:30 Sketch with Bonnie (Bingo Rm) 8 11:00 Christmas Concert by Nostalgia 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room) PM Trip, MIS Nite Lites	8:00 to 9:30 Pickle Ball 9 10:15 to 11:45 BINGO (Bingo Room) 11:00 to 1:00 GYM CLOSED (Wellness Committee) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Brain Games Box 10 Choir to Swanton Sr. Ctr. (Bus leaves 10:00 am) 10:30 Golden Drummers (Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 13 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, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 14 11:00 Christmas Concert by Senior Center Choir 12:00 Lunch (No Choir Practice) 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear Red & White Today 15 10:30 Sketch with Bonnie (Bingo Rm) 11:00 Visit with Santa Claus 11:00 Holiday Trivia 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickle Ball 16 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Hand & Foot Card Game 17 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) 20 11:00 Box of Brain Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	Wear Green Today 21 8:00 to 9:30 Pickleball (Gym) 11:00 Christmas Name 10 Word Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym) 1:30 OPERS meeting (Bingo Rm)	9:30 Golf Card Game 22 10:30 Sketch with Bonnie (Bingo Rm) 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 9:30 Pickleball (Gym) 23 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	24 CLOSED MERRY CHRISTMAS
8:00 to 10:30 Pickleball (Gym) 27 11:00 Winter Word Scramble 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 9:30 Pickleball (Gym) 28 11:00 Sequence 12:00 Lunch 1:00 Choir Sing-a-long NO Silver Sneakers® Classic Exercise	9:30 Hand & Foot 29 10:30 Sketch with Bonnie (Bingo Rm) 11:00 Indoor Snowball Fight & 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 Pickleball (Gym) 30 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch NO Silver Sneakers® Classic Exercise	31 CLOSED HAPPY NEW YEAR

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

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Wear Tacky Sweater/ Tie/ Socks 1 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	Wear Tacky Sweater/ Tie/ Socks 2 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games	3 9:00 Coffee & Conversation 11:00 Christmas Concert by Nostalgia 12:00 Lunch 1:00 Cards / Games
Day Trip, Christmas at Wildwood Manor 6 10:30 Free Blood Pressure Checks, Fulton Co. Health Dept. 11:00 Decorate Christmas Cookies, Holiday Trivia & Christmas Carol Synonyms 12:00 Lunch 1:00 Games	7 9:00 Word Search 10:30 Free Blood Pressure Checks, Fulton Co. Health Dept. 11:00 Decorate Christmas Cookies, Holiday Trivia, Christmas Carol Synonyms & Left - Right Game 12:00 Lunch 1:00 Cards	8 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Games PM Trip, MIS Nite Lites, Wear Sr. Ctr. Shirt/ Hat	9 Wear Red & White Today 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	10 9:00 Cards 11:00 Christmas Concert, Senior Center Choir 12:00 Lunch 1:00 Games
Wear Red & White Today 13 9:00 Word Search 11:00 Visit & Photos with Santa, What's on your wish list? 12:00 Lunch 1:00 Cards	14 9:00 Puzzles 11:00 Christmas Concert by Del-Aires and Mixed Glee from Delta High School 12:00 Lunch 12:30 Christmas Concert by Evergreen Viking Voices 1:00 Games	15 Wear Green for Grinch Day 9:00 Coffee & Conversation 10:15 to 11:45 Grinch BINGO 12:00 Lunch 1:00 Cards	16 Wear Green for Grinch Day 9:00 Cards 10:15 to 11:45 Grinch BINGO 12:00 Lunch 1:00 Games	17 9:00 Coffee & Conversation 11:00 Left - Right Game 12:00 Lunch 1:00 Cards
20 9:00 Puzzles 11:00 Christmas Name Ten Word Game 12:00 Lunch 1:00 Games	21 9:00 Coffee & Conversation 11:00 Christmas Song Singalong with Terri S. on Keyboard 12:00 Lunch 1:00 Cards	22 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	23 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	24 <p style="text-align: center;">CLOSED MERRY CHRISTMAS</p>
27 9:00 Coffee & Conversation 11:00 Hidden Pictures 12:00 Lunch 1:00 Cards	28 9:00 Cards 11:00 Hidden Pictures 12:00 Lunch 1:00 Games	29 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	30 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	31 <p style="text-align: center;">CLOSED HAPPY NEW YEAR</p>

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

ARCHBOLD / FAYETTE ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
		9:00 Games 11:00 Corn Hole 12:00 Lunch 1:00 Cards	1	Wear Red & White Today 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Games	2	Wear Red & White Today 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake 1:00 Cards / Games	3		
Day Trip, Christmas at Wildwood Manor 9:00 Cards 11:00 Christmas Carol Synonyms Word Game 12:00 Lunch 1:00 Games	6	9:00 Games 11:00 Christmas Carol Synonyms Word Game 12:00 Lunch 1:00 Cards	7	9:00 Word Search 11:00 Music by Will Hinton 12:00 Lunch 1:00 Games PM Trip, MIS Nite Lites, Wear Sr. Ctr. Shirt/ Hat	8	Wear Green Today 9:00 Coffee & Conversation 10:15 to 11:45 Grinch BINGO 12:00 Lunch 1:00 Cards	9	Wear Green Today 9:00 Puzzles 10:15 to 11:45 Grinch BINGO 12:00 Lunch 1:00 Games	10
9:00 Games 11:00 Holiday Trivia & Box of Brain Games 12:00 Lunch 1:00 Cards	13	9:00 Word Search 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks Only (Please wear a mask.) Note New Date 11:00 Left-Right Game and Decorate Cookies 12:00 Lunch 1:00 Games	14	9:00 Coffee & Conversation 11:00 Fulton Co. Health Dept. Free Blood Pressure Checks Only (Please wear a mask.) Note New Date 11:00 Left-Right Game and Decorate Cookies 12:00 Lunch 1:00 Cards	15	Wear Tacky Sweater/ Socks/ Tie 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	16	Wear Tacky Sweater/ Socks/ Tie 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards / Games	17
9:00 Word Search 11:00 Christmas Name 10 Game 12:00 Lunch 1:00 Games	20	9:00 Coffee & Conversation 10:15 to 11:45 BINGO (Note New Date) 12:00 Lunch 1:00 Cards	21	9:00 Puzzles 11:00 Hidden Pictures 12:00 Lunch 1:00 Games	22	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	23	CLOSED MERRY CHRISTMAS	
9:00 Coffee & Conversation 11:00 Winter Word Scramble Word Game 12:00 Lunch 1:00 Cards	27	9:00 Puzzles 10:15 to 11:45 BINGO (Note New Date) 12:00 Lunch & Celebrate Linda's Retirement 1:00 Games	28	9:00 Cards 11:00 Tenzi Dice Game 12:00 Lunch & Celebrate Linda's Retirement 1:00 Cards	29	9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	30	CLOSED HAPPY NEW YEAR	



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

 If you or a family member would like to receive this newsletter by e-mail, please contact us at kschroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE DECEMBER 1, 2021

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Sheri Rychener
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
Vehicle Maintenance Supervisor.....	Wes Green
Housekeeping Program Manager.....	Laura Ankney
Head Cook/Kitchen Manager.....	Kyle Wilcoxon
Assistant Cook.....	Deb Villalovos
Food Program Manager.....	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.

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