

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-33

JANUARY 2022

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

January 17
Closed for
Martin Luther King Jr. Day

LEARN TO PLAY PICKLEBALL

Would you like to learn to play Pickleball? Bob Moening will lead a Pickleball class for beginners on Wednesdays from 9 to 10:30 am. The class, called Intro to Pickleball will be a relaxed, low-pressure way for beginners to learn the sport.

Regular Pickleball classes continue in the Wauseon Senior Center gym on Mondays, Tuesdays and Thursdays, all from 8 to 10:30 am. Please bring a pair of dry shoes to change into, if there is snow or rain outside. Please also bring your own water bottle, labeled with your name.

SENIOR SPOTLIGHT

Seniors all over Fulton County finished out 2021 with fun, festive Senior Center events, including visits with Santa, celebrating "Grinchmas" and decorating Christmas cookies.



HOME DELIVERED MEALS

If you receive a home-delivered meal, please understand that we value your flexibility. Your meal might arrive slightly behind schedule at times. Weather and road construction are factors. Delays might also happen due to the fact the number of meals a driver delivers on a particular day often varies. We encourage our drivers to take a few moments to make sure the senior receiving a meal is at home and well. Families rely on our meal delivery drivers to check on the welfare of senior family members. In most cases, the driver is simply running behind and has not forgotten you. Please wait to call our Senior Center until 1:00 pm to report that your meal has not yet arrived.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center 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. Level 2 or 3 will cancel meals.

NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. In later life, you still need healthy foods, but fewer calories.
2. Consider a multivitamin. Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
3. Be active. Take a walk outside when the weather is good. Stroll around the inside of your home if winter weather is howling outside. Remember, if you get up and move during commercials, that's better than nothing.
4. See your provider regularly. Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
5. Give your brain a workout. The more you use your mind, the better it will work.
6. Toast with a smaller glass. Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
7. Guard against falls. One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
8. Quit smoking. Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
9. Speak up when you feel down or anxious; many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
10. Get enough sleep; at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

WALK TO HEALTHY STREET

When no gym activities are taking place, you may walk in the gym at the Wauseon Senior Center.

Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 to 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

NUTRITION EDUCATION

Putting MyPlate on Your Table: Grains

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Find personalized guides and other resources at choosemyplate.gov.

Here is an introduction to the grains food group.

Why Grains?

Grains provide energy, fiber, iron and B vitamins.

Which Foods Are in the Grains Group?

Foods in the grains group are made from rice, wheat, oats, cornmeal, barley or other cereal grains. Examples of grain products are bread, pasta, crackers, tortillas, rice, breakfast cereal and oatmeal.

How Much Is Needed from the Grains Group?

This shows the USDA's daily recommendation for grain intake, with at least half of those being whole grains. Women over age 51, 5 ounce equivalent and men over age 51, 6 ounce equivalent.

Note these 1-ounce equivalents:

- 1 slice of bread
- ½ cup cooked rice
- ½ cup cooked oatmeal
- ½ cup cooked pasta
- 1 cup ready-to-eat cereal
- 3 cups air-popped popcorn
- 1 mini bagel
- 4–6 crackers
- 1 small tortilla (6-inch)

Make at Least Half of Your Grains Whole.

Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran (fiber-rich), germ (nutrient-rich) and endosperm (carbohydrate-rich). Refined grains are milled, removing the bran and germ. Refining gives grains a finer texture and improves shelf life, but it also removes healthy vitamins and fiber.

When choosing whole grains, look for product labels that state "100% whole wheat" or "100% whole grain."

You can also look for grain products that have "whole wheat" or "whole grain" listed first on the ingredient list. This is a good indicator that the product contains mostly whole grains.

Examples of whole grain foods include whole-wheat or whole-rye bread, whole-wheat pasta, whole-wheat or whole-grain crackers, oatmeal, brown rice, popcorn

References: Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Bridgette Kidd, M.P.H., R.D., L.D., Healthy People Program Specialist, Family and Consumer Sciences, Ohio State University Extension; and Carol Smathers, M.P.H., M.S., Field Specialist, Youth Nutrition and Wellness, Family and Consumer Sciences Duyff, R. L. The American Dietetic Association Complete Food and Nutrition Guide. 4th ed. Hoboken: John Wiley and Sons, 2012. USDA. "MyPlate." (2010). Accessed September 2014. choosemyplate.gov. USDA and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 7th ed. Washington, DC: U.S. Government Printing Office, 2010.

SIMPLE EXERCISES FOR SENIORS

Wrist Curls

1. Place your forearm on a chair's armrest with your hand hanging over the edge.
2. Hold a full water bottle or a canned good with your palm facing upward.
3. Slowly bend your wrist up and down, then repeat 10 times.
4. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.

Knee Extensions

1. Begin seated in a chair with your back straight and knees bent.
2. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
3. Repeat with your left leg.
4. Do 10 reps per leg.

Arm Circles

1. While standing straight with your feet flat on the ground and arms extended out to the side at a 90-degree angle to your body, start moving your arms in small, fast circles forward. If you need to sit for this exercise, make sure your feet are flat on the ground and your back is straight.
2. Do as many rotations as you can and then reverse the motion, doing as many circles as you can in the reverse direction.
3. Take a break and repeat two more times. This arm exercise targets your triceps, biceps, and shoulders. You will feel this exercise in your shoulders. You'll be able to do more revolutions if you keep your abdominal muscles pulled in and tight.

LUNCH CALENDAR

JANUARY, 2022

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
Cabbage Rolls 3 Mashed Potatoes Cook's Choice Vegetable Peaches	Baked Ham 4 (LSA= Pork Roast) Scalloped Potatoes Brussels Sprouts Mixed Fruit Fruit Bars	Chicken Vegetable Soup 5 Tossed Salad Pickled Beets Cottage Cheese	Braised Beef Tips 6 Mashed Potatoes Green Beans Fresh Fruit	Fish Sandwich 7 Macaroni & Cheese Stewed Tomatoes Fresh Grapes Juice
Steamed Franks 10 (LS Alt=Chicken Breast) Baked Beans Winter Blend Vegetable Dark Sweet Cherries	Shepherd's Pie 11 Summer Squash Fruit Crisp	Baked Chicken 12 Mashed Potatoes Peas & Mushrooms Cranberry Sauce	Navy Bean Soup 13 (LSA = Vegetable Soup) Deli Chicken Sandwich Three Bean Salad Sunshine Salad	Goulash 14 Cooked Cabbage Sugar Snap Peas Tangerines Muffins
SITES CLOSED FOR MLK DAY 17	Teriyaki Chicken 18 Steamed Brown Rice Far East Vegetable Blend Pineapple Juice	Pasta w/Meat Sauce 19 Steamed Broccoli Sliced Carrots Pears	Sausage, Egg and Cheese 20 Breakfast Sandwich Hash Brown Casserole Italian Blend Vegetable Fruit Salad	Hamloaf 21 (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Baked Apples
Swiss Steak 24 Mashed Potatoes Peas & Carrots Apples	Split Pea Soup 25 (LSA= Tomato Soup) Turkey Sandwich Broccoli Slaw Orange Cranberry Relish	Beef & Noodles 26 Mashed Potatoes Green Beans Bananas	Breaded Chicken Strips 27 Au Gratin Potatoes Mixed Vegetables Orange Sections Ice Cream	Cheese Burgers 28 Seasoned Potato Wedges Normandy Blend Vegetable Plums
Rib Patty Sandwich 31 Succotash Cole Slaw Fruit Crunch				

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) 3 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 10:30 Pickleball (Gym) 4 11:00 January Name Ten Word Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 to 10:30 Intro to Pickleball (Gym) 5 10:00 Sketch with Bonnie (Bingo Rm) 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 10:30 Pickle Ball 6 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Golf Card Game 7 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)
8:00 to 10:30 Pickleball (Gym) 10 11:00 Tenzi and Box of Brain Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 10:30 Pickleball (Gym) 11 11:00 "Your Hospice Questions Answered" and "Meaningful Conversations at the end of Life," Sara C. of Hospice NOW 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear Black & White; Penguin Day 12 9:00 to 10:30 Intro to Pickleball (Gym) 10:00 Sketch with Bonnie (Bingo Rm) 11:00 Penguin Day Word Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 10:30 Pickle Ball 13 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Hand & Foot 14 10:30 Golden Drummers (Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
17 CLOSED MARTIN LUTHER KING JR. DAY	8:00 to 10:30 Pickleball (Gym) 18 11:00 Jingles Word Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear White; Snowman Day 19 9:00 to 10:30 Intro to Pickleball (Gym) 10:00 Sketch with Bonnie (Bingo Rm) 11:00 Snowman Word Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)	8:00 to 10:30 Pickle Ball 20 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 I Spy Word Game 21 10:30 Golden Drummers (Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 24 11:00 Winter Word Search 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Golf Card Game	8:00 to 10:30 Pickleball (Gym) 25 11:00 Detective Game, Family Picnic & Treasure Chest 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear Senior Center Shirt/ Hat 26 9:00 to 10:30 Intro to Pickleball (Gym) 10:00 Sketch with Bonnie (Bingo Rm) 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 10:30 Pickle Ball 27 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 Sequence 28 10:30 Golden Drummers (Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
8:00 to 10:30 Pickleball (Gym) 31 11:00 I Spy Word Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Sequence Board Game				

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

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Cards & Games 3 11:00 Hidden Pictures 12:00 Lunch 1:00 Cards	9:00 January Name Ten Word Game 4 11:00 Craft with Brenda H. (Sign up) 12:00 Lunch 1:00 Cards	9:00 Games 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Cards	Wear Senior Center Shirt/ Hat 6 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 7 11:00 January Name 10 Word Game 12:00 Lunch 1:00 Cards
9:00 Puzzles 10 11:00 Free Blood Pressure Checks & "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Games 11 11:00 Free Blood Pressure Checks & "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	Wear Flannel or Plaid 12 9:00 Word Search 10:15 to 11:45 Flannel & Frost BINGO 12:00 Lunch 1:00 Games	Wear Flannel or Plaid 13 9:00 Coffee & Conversation 10:15 to 11:45 Flannel & Frost BINGO 12:00 Lunch 1:00 Cards	9:00 Cards 14 11:00 Tripoly and Other Games 12:00 Lunch 1:00 Cards
17 CLOSED MARTIN LUTHER KING JR. DAY	9:00 Word Search 18 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 19 10:15 to 11:45 BINGO with Guest Caller, Lorrie from StoryPoint 12:00 Lunch 1:00 Cards	9:00 Cards 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 21 9:00 Games 11:00 Matt Markey, Outdoors Editor, Toledo Blade 12:00 Lunch 1:00 Cards
9:00 Word Search 24 11:00 Coloring Pages for Grown Ups & Zentangle with Diane K. 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 25 11:00 "Your Hospice Questions Answered" and "Meaningful Conversations at the end of Life (what to say to someone who is dying)," Sara C. of Hospice NOW 12:00 Lunch 1:00 Cards	9:00 Cards 26 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Games 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Puzzles 28 11:00 "Your Hospice Questions Answered" and "Meaningful Conversations at the end of Life (what to say to someone who is dying)," Sara C. of Hospice NOW 12:00 Lunch 1:00 Cards
9:00 Coffee & Conversation 31 11:00 Winter Word Scramble & Crossword 12:00 Lunch 1:00 Cards				

**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 Chit Chat 3 11:00 Winter Word Search 12:00 Lunch 1:00 Games	Wear White or Snowmen 4 9:00 Games 11:00 Snowman Day! 12:00 Lunch 1:00 Puzzles	Wear White or Snowmen 5 9:00 Cards 11:00 Snowman Day! 12:00 Lunch 1:00 Brain Box Games	Wear Senior Center Shirt/ Hat 6 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Games & Cards	7 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Cards
9:00 Games 10 11:00 I Spy Paper Game 12:00 Lunch 1:00 Puzzles	11 9:00 Cards 11:00 January Name Ten Word Game 12:00 Lunch 1:00 Games & Cards	12 9:00 Puzzles 11:00 "Your Hospice Questions Answered" and "Meaningful Conversations at the end of Life (what to say to someone who is dying)," Sara C. of Hospice NOW 12:00 Lunch 1:00 Word Search	13 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 14 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
17 CLOSED MARTIN LUTHER KING JR. DAY	18 9:00 Puzzles 11:00 Free Blood Pressure Checks & "Just So You Know," Fulton Co. Health Dept. (Please wear a mask) 12:00 Lunch 1:00 Brain Box Games	19 9:00 Coffee & Conversation 11:00 January Name Ten Word Game 12:00 Lunch 1:00 Cards	20 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	21 9:00 Brain Box Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
24 9:00 Puzzles 11:00 Free Blood Pressure Checks & "Just So You Know," Fulton Co. Health Dept. (Please wear a mask) 12:00 Lunch 1:00 Games & Cards	Wear black & white 25 9:00 Coffee & Conversation 11:00 Penguin Day! Word Games, etc. 12:00 Lunch 1:00 Cards	Wear black & white 26 9:00 Cards 11:00 Penguin Day! Word Games, etc. 12:00 Lunch 1:00 Games	27 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	28 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games & Cards
31 9:00 Coffee & Conversation 11:00 Hidden Pictures 12:00 Lunch 1:00 Cards				



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 JANUARY 1, 2022

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 (Dorothy Bock), Site Aide, Archbold/Fayette (Donna Loar), Site Manager, Delta/Swanton (Jeanne Ortiz), Site Aide, Delta/Swanton (Claudia Overmyer), Custodian (Danni Smith, Jeffrey Waidelich), Meal Delivery (Jeanette Gorsuch, Meredith Grime, 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, Dennis Peabody, Tim Gorsuch, Sharon McCabe, Karen James, Deb Gabel, Anita Ehram, Becky Peabody, Michael Mangas, JB Stevens, Jim Lugbill, Steve Jackson, Michael Pollick).

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).