

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**FEBRUARY 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

**February 21**

Closed for  
Presidents' Day

### PICKLEBALL NOW FIVE DAYS A WEEK

The popularity of Pickleball continues to increase. A class for beginners, added in January, will continue on Wednesday mornings at the Wauseon Senior Center gym. Pickleball for players with more experience is offered on the other four week days. Pickleball is best described as a cross between table tennis and tennis. It looks a lot like tennis, but it features smaller courts, a wiffle ball instead of a tennis ball, and a completely smooth paddle. Both beginner and experienced players are welcome. Check the Wauseon calendar in this newsletter for playing times.

### CARD GAMES ARE POPULAR

Join us in the BINGO room at the Wauseon site for the card game Pepper on Wednesdays at 1:00 pm. No reservations or cost to play Pepper. Call 419-337-9299 to reserve your lunch if you plan to eat at noon, before playing cards. Suggested lunch donation, two dollars. Please reserve your lunch at least one business day in advance. Other card games are schedule for Monday and Thursday afternoons and Friday morning. See page five for more information.

## SENIOR SPOTLIGHT



Singing with the choir is one activity that keeps Kay Heilman of Wauseon returning to the Senior Center each week. "We have so much fun." Kay said, adding, "None of us are professionals. We just love to sing! And the lunches are very good, too. I think every senior should try them and find out for themselves."

Kay began singing at the age of four, when her uncle, a restaurant owner, rewarded her public singing with a bag of chips and an orange Crush. "I have always taken great joy in singing. I have also enjoyed leading Bible studies at churches over the years, and look forward to leading a Bible study twice a month at the Senior Center," Kay said.

The Bible studies will be held at the Fulton County Senior Center, 240 Clinton Street, Wauseon at 1 pm on the second and fourth Wednesdays of the month. "There's no need to register in advance. Just show up and bring your Bible. I will try to keep it to an hour, and I won't give homework," Kay explained.

Kay and her husband, Don, met when they both worked at Toledo Scale, and were married the day before the historic Palm Sunday tornadoes that roared through Toledo. They will celebrate 57 years of marriage in April. Kay and Don have two adult children and six grandchildren.

**MUSICAL TRIP SCHEDULED**

The Fulton Co. Senior Center is now taking reservations for a day trip to the historic Tibbits Opera House, Coldwater, Michigan, for a live musical matinee performance, "Godspell" on Wednesday, July 6, 2022.

Ticket(s) must be purchased in advance, and will not be refundable, but are transferable. Find someone else to take your place if you can't attend. Coldwater, Michigan, is approx. one hour and fifteen minutes from Wauseon. All seniors will meet at Wauseon (240 Clinton Street). Masks are required by Tibbits (this might change in July). Very little walking is involved in this trip, with curb-side drop off and no stairs. Suggested donation \$38 (per person, payable when you sign up for the trip), covers lunch at Wauseon Senior Center, ticket and Senior Center bus transportation. By signing up, you will enjoy an early cold-pack lunch at the Senior Center at 11:00 am, and return to Wauseon approx. 6 pm. To sign up for this trip, call Beth at 419-337-9299.

**DID YOU KNOW?**

138,597 meals were served by the Fulton County Senior Center in 2021. This includes home delivery, drive-thru, sites and the Das Essen Haus partnership.

**TAX HELP**

Due to staff and volunteer capacity issues, we regretfully announce that NOCAC (Northwestern Ohio Community Action Commission) will not be offering the free VITA tax program for the 2021 tax year.

**OPEN ENROLLMENT SUMMARY**

Information, Referral and Insurance Specialist Val Edwards had 410 contacts during open enrollment, both by phone and in person. The total savings for seniors was \$100,750.

**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.

**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, programs and activities.

**CUPID'S ARM EXERCISES**

Hold your arms at shoulder level. Bring your right hand in to your collarbone, then move it back to its original position. Bring your left hand in to your collarbone, then move it back to its original position. Repeat 20 times.

## NUTRITION EDUCATION

### *Putting MyPlate on Your Table: Dairy*

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. Personalized guides and other resources can be found at [choosemyplate.gov](http://choosemyplate.gov). Here is an introduction to the dairy food group.

#### **Choose Fat-Free or Low-Fat Dairy Sources.**

Many cheeses, whole milk and some dairy-based desserts are high in saturated fat. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

#### **How Much Is Needed From the Dairy Group?**

The USDA's daily recommendation for dairy intake for women and men over age 50 is 3 cups per day.

Note these equivalents for 1 cup of dairy:

- 1 cup milk
- ½ cup evaporated milk
- 1 cup yogurt
- 1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt
- 1 cup calcium-fortified soy milk
- 1 cup pudding made with milk
- ¼ cup dry milk powder

#### Tips for Getting Dairy Foods on Your Table

- Start your day with a yogurt fruit smoothie.
- Add fat-free or low-fat milk instead of water to oatmeal.
- Include milk as a beverage at meals.
- Have fat-free or low-fat yogurt as a snack.
- Use fat-free or low-fat milk when making cream soups.
- Top casseroles, soups, stews or vegetables with shredded, reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.
- Use dry milk in place of fluid milk in soups, stews or casseroles.
- Make pudding with fat-free or low-fat milk, and have it as a dessert or snack.

#### References

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S.

Revised by Susan Zies, M.Ed., Extension Educator, Family and Consumer Sciences, Ohio State University Extension

USDA. "MyPlate." (2010). Accessed October 2014. [choosemyplate.gov](http://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.

## SENIOR CENTER HAM LOAF RECIPE

- 1 ½ LB GROUND HAM
- 1 LB GROUND BEEF
- ½ LB GROUND PORK
- 3 EGGS
- 2 CUPS CRUSHED SALTINE CRACKERS
- ½ CUP MILK

In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.

Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.

While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.

Mix well and spread over the loaf for the last 15 minutes of baking.

Let the loaf rest for 10 minutes before cutting and serving.

# LUNCH CALENDAR

FEBRUARY, 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 AOa grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

**SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.**

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger Gravy Mashed Potatoes Peas & Carrots Peaches <b>1</b>	Roast Turkey Sweet Potatoes Green & Wax Beans Pineapple <b>2</b>	Minestrone Soup Cold Cut Sandwich Cucumber Salad Jell-O <b>3</b>	Pot Roast Potatoes Carrots Fresh Fruit <b>4</b>
Italian Sausage w/Peppers & Onions (LS Alt= Turkey Franks) Seasoned Potato Wedges Winter Blend Vegetable Mixed Fruit <b>7</b>	Beef Stew Buttered Beets Fruit Crunch <b>8</b>	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Apples Juice <b>9</b>	Sloppy Joes Roasted Potatoes Scandinavian Blend Veg. Tropical Fruit Cookies <b>10</b>	Chili w/Beans Mexican Style Rice Summer Squash Juice <b>11</b>
Lasagna <b>14</b> Steamed Broccoli Cream Style Corn Pears	Hamloaf <b>15</b> (LS Alt=Meatloaf) Au Gratin Potatoes Cole Slaw Baked Apples Pudding	Sausage Gravy & Biscuits <b>16</b> Hash Brown Casserole Corn Nuggets Mandarin Oranges	Pub Burgers <b>17</b> Seasoned Potato Wedges Mixed Vegetables 5 Cup Salad	Corn Chowder <b>18</b> Egg Salad Sandwich Tossed Salad Jell-O
<b>SITES CLOSED FOR PRESIDENT'S DAY</b> <b>21</b>	Steamed Franks <b>22</b> (LS Alt=Chicken Breast) Baked Beans California Blend Veg. Fresh Fruit	Swiss Steak <b>23</b> Mashed Potatoes Sugar Snap Peas Bananas	Beef & Broccoli Stir Fry <b>24</b> Steamed Brown Rice Asian Blend Vegetables Juice	Chicken & Noodles <b>25</b> Mashed Potatoes Green Beans Dark Sweet Cherries
Baked Chicken <b>28</b> Mashed Potatoes Beets Pineapple				

# WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

FEBRUARY, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 to 10:30 Pickleball (Gym) <b>1</b> 11:00 Wacky Wordies: Songs & Baseball 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Pickleball FOR BEGINNERS(Gym) <b>2</b> 10:00 Sketch with Bonnie 11:00 Tai Chi (Senior Led, Gym) 11:00 "TWOsDay" Fun (2-2-2022) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:30 Pickleball (Gym) <b>3</b> 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Euchre Card Party	9:00 Hand & Foot Card Game <b>4</b> 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) <b>7</b> 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Open Card Games	8:00 to 10:30 Pickleball (Gym) <b>8</b> 11:00 History of the Local Underground Railroad with Colleen R. 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 to 10:30 Pickleball FOR BEGINNERS (Gym) <b>9</b> 10:00 Sketch with Bonnie 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Rm) 1:00 Senior-Led Bible Study (Dining)	<b>Wear Senior Center Shirt/ Hat</b> <b>10</b> 8:00 to 10:30 Pickleball (Gym) 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Euchre Card Party	9:00 Hand & Foot Card Game <b>11</b> 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
<b>Wear Red And Or Pink Today</b> <b>14</b> 8:00 to 10:30 Pickleball (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Valentine Name Ten & Word Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Open Card Games	8:00 to 10:30 Pickleball (Gym) <b>15</b> 11:00 Sequence 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym) 1:30 OPERS Meeting (BINGO Room)	9 to 10:30 Pickleball FOR BEGINNERS (Gym) <b>16</b> 10:00 Sketch with Bonnie 11:00 "How can the Ability Center of Toledo Help Me?" with Angie B. 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Rm)	8:00 to 10:30 Pickleball (Gym) <b>17</b> 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Acrylic Painting Class (Sign Up) 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Euchre Card Party	9:00 Hand & Foot Card Game <b>18</b> 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Pickleball (Gym)
<b>CLOSED FOR PRESIDENTS' DAY</b> <b>21</b>	8:00 to 10:30 Pickleball (Gym) <b>22</b> 11:00 Piano Music, Jimmy Stewart 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9:00 to 10:30 Pickleball FOR BEGINNERS (Gym) <b>23</b> 10:00 Sketch with Bonnie 11:00 I Spy Game (Paper & Tokens) 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Rm) 1:00 Senior-Led Bible Study (Dining)	8:00 to 10:30 Pickleball (Gym) <b>24</b> 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Euchre Card Party	9:00 Hand & Foot Card Game <b>25</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>28</b> 11:00 Tenzi and Box of Brain Games 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Open Card Games				

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Chit Chat 11:00 Winter Word Search 12:00 Lunch 1:00 Puzzles <b>1</b>	9:00 "TwosDay" Hidden Picture & Word Game (2-2-2022) <b>2</b> 10:00 Site Council 10:15 to 11:45 "TwosDay" BINGO 12:00 Lunch with Birthday Dessert 1:00 Cards & Games	<b>Wear Senior Center Shirt/ Hat 3</b> 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Brain Game Box	<b>Wear Senior Center Shirt/ Hat 4</b> 9:00 Coffee & Conversation 11:00 "How Can the Ability Center of Toledo Help Me?" (Durable Medical Equipment/Assistive Technology) with Angie B. 12:00 Lunch 1:00 Cards
9:00 Chit Chat 11:00 Winter Word Search 12:00 Lunch 1:00 Puzzles <b>7</b>	<b>Wear Black &amp; White 8</b> 9:00 Puzzles 11:00 Penguin Day! Word Games, Etc. 12:00 Lunch 1:00 Cards & Games	9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Brain Game Box <b>9</b>	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards <b>10</b>	<b>Wear Black &amp; White 11</b> 9:00 Cards 11:00 Penguin Day! Word Games, Etc. 12:00 Lunch 1:00 Games
<b>Wear Red/ Pink for Valentine's Day 14</b> 9:00 Puzzles 11:00 Valentine Word Games, Hidden Pictures, Yummy Treats, Etc. 12:00 Lunch 1:00 Cards & Games	<b>Wear White for Snowman Day 15</b> 9:00 Word Search 11:00 Snowman Day 12:00 Lunch 1:00 Brain Game Box	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards <b>16</b>	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games <b>17</b>	<b>Wear White And Or Snowmen 18</b> 9:00 Brain Box Games 11:00 Snowman Day! Word Games, Etc. 12:00 Lunch 1:00 Puzzles
<b>21</b> <b>CLOSED FOR PRESIDENTS' DAY</b>	9:00 Coffee & Conversation 11:00 "TwosDay!" (2-22-2022) Word Games, Etc. <b>22</b> 12:00 Lunch 1:00 Cards	9:00 Cards 10:15 to 11:45 Book BINGO (Bring gently used books for the prize table) <b>23</b> 12:00 Lunch 1:00 Games	9:00 Brain Box Games 10:15 to 11:45 Book BINGO (Bring gently used books for the prize table) <b>24</b> 12:00 Lunch 1:00 Puzzles	9:00 Cards 11:00 Game Day — Bunco 12:00 Lunch 1:00 Brain Game Box <b>25</b>
9:00 Games 11:00 Coffee & Craft 12:00 Lunch 1:00 Cards <b>28</b>				

SENIOR B-33

**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 11:00 Black Swamp Storyteller, Dale Kern 12:00 Lunch 1:00 Cards	9:00 Games 11:00 It's TWOsDay! (2-2-2022) 12:00 Lunch 1:00 Games & Cards	<b>Wear Senior Center Shirt/ Hat</b> 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Games & Cards	9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Cards
9:00 Chit Chat 11:00 Find the Bible Books in the Paragraph Word Game 12:00 Lunch 1:00 Games & Cards	9:00 Games 11:00 "Your Hospice Questions Answered & Meaningful Conversations at the End of Life," Sara C. of Hospice NWO 12:00 Lunch 1:00 Brain Box Games	9:00 Cards 11:00 "How Can the Ability Center of Toledo Help Me?" (Durable Medical Equipment & Assistive Technology) with Angie B. 12:00 Lunch 1:00 Brain Box Games	9:00 Coffee & Conversation 10:15 to 11:45 Book BINGO (Bring gently used books for the prize table) 12:00 Lunch 1:00 Cards	<b>Wear Senior Center Shirt/ Hat</b> 9:00 Cards 10:15 to 11:45 Book BINGO (Bring gently used books for the prize table) 12:00 Lunch 1:00 Games & Cards
<b>Wear Red And or Pink</b> 9:00 Games 11:00 Happy Valentine's Day! Valentine Hidden Pictures & Name Ten 12:00 Lunch 1:00 Games & Cards	9:00 Box of Brain Games 11:00 February Name Ten Word Game 12:00 Lunch 1:00 Brain Box Games	9:00 Puzzles 11:00 I Spy Paper Object Game 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games & Cards	9:00 Brain Box Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
<b>21</b>  <b>CLOSED</b> <b>FOR</b> <b>PRESIDENTS' DAY</b>	9:00 Puzzles 11:00 It's TWOsDay! (2-22-2022) 12:00 Lunch 1:00 Games & Cards	9:00 Cards 11:00 Northwest Ohio Towns Word Game 12:00 Lunch 1:00 Brain Box Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Brain Box Games
9:00 Puzzles 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 ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE FEBRUARY 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), and Swanton Site (M, W, F, 9:00 am - 2:00 pm).