

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR *B-zz*

MARCH 2022

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR NEWS

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 13, 2022, and our clocks “spring ahead” 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.

CHECKS PAYABLE

We appreciate all of you who make monetary donations to cover home-delivered meals and meals you eat inside any of our Senior Center sites. Please be sure to make checks payable to “Fulton County Senior Center.”

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 Is information for your contact person out of date?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. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

SENIOR SPOTLIGHT



What is the hype around Pickleball? Bob Moening of Delta believes Pickleball is popular right now at the Fulton County Senior Center for several reasons. “First of all, it’s exercise, and since it’s an indoor activity, it’s good for cold weather,” Bob explained. “Also, it doesn’t take a great athlete to learn to play fairly well. Plus, we have a good comradery among players. People are friendly. Ed Bracken and I led a “Intro” class in January. And I will lead another “Intro to Pickleball for New Players” on Wednesday mornings in March,” Bob said. Bob, an Ottawa, Ohio, native and former tennis player, tried Pickleball at the Senior Center when a volunteer led classes in January 2019. “I was hooked,” Bob said. Off the court, Bob likes to attend Senior Center day trips and music programs. He also likes to golf, and stays active caring for his house and yard. He has three adult children and five grandchildren. “I would tell seniors to stop by on a Wednesday and try Pickleball. I’ll help you learn. You might like the game!” Bob said.

JOKES

Q: What season is it when you are on a trampoline?

A: Spring-time.

Q: What do you call a rabbit who has fleas?

A: Bugs Bunny

Q: What did the summer say to the spring?

A: Help – I'm about to fall!

Q: What's Irish and stays out all night?

A: Paddy O'Furniture

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.

LUNCH RESERVATIONS

If you are making a reservation for lunch at a site or for home delivery, please note we require at least one business day's notice to add your reservation. Please do not leave meal reservation requests on the Senior Center answering machine over a weekend for Monday's meal, as our kitchen starts preparing food very early each morning.

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.

SHAMROCK SHAKE RECIPE

INGREDIENTS

- 2 cups vanilla ice cream
- 3/4 cup whole milk
- 10 drops green food coloring
- 1/4 teaspoon mint extract
- whipped cream, sprinkles and cherries for serving

INSTRUCTIONS

- Place the ice cream, milk, food coloring and mint extract in a blender.
- Blend until smooth.
- Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Source: *DinnerAtTheZoo.com*

WHAT IS IT?

Choir – More voices are always welcome to join this group who enjoys singing. You'll find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc.

Golden Drummers – This no-cost exercise class raises your heart rate while you tap out rhythms to music. Choose your own intensity level as you tap drumsticks on large, stationary, exercise balls. Stand or sit for this class. No experience needed; simply follow the instructor.

Line Dancing – A great way to combine fitness and fun for both the body and brain. Features various music styles, not just country! New dancers are welcome anytime.

Pepper – A trick-taking card game with an element of bidding. Four players to a table, your partner is across the table from you.

Pickleball – an active game that is a cross between table tennis and tennis. It looks a lot like tennis, but it features smaller courts, a wiffle-type ball, and a smooth paddle. Both beginner and experienced players are welcome.

Silver Sneakers Classic – A fitness instructor from Fulton County Health Center leads this exercise class. Choose your intensity level and improve your muscle tone, flexibility and endurance. Stand for this class or sit as needed. Use small, handheld weights, plus exercise bands and small exercise balls.

Sketching – gather with seniors who share a love of sketching. All experience levels are welcome.

Tai Chi – This senior-led exercise class increases balance & flexibility & fights stress. Follow an on-screen instructor via DVD. Movements are slow and fluid.

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 Senior Center at 11:00 am, and return to Wauseon approximately 6 pm. To sign up for this trip, call Beth at 419-337-9299.

SPOTLIGHT ON NUTRITION EDUCATION

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Here are Five Facts about Malnutrition.

FACT 1: Malnourished individuals can come in all sizes.

715,000 U.S. adults aged 65+ are underweight. One in 3 U.S. adults aged 65+ are overweight.

You can be underweight or overweight and still malnourished.

FACT 2: Malnutrition affects all groups of people.

9 million older adults can't afford nutritious food. One in four adults aged 65+ either reduces meal sizes or skips meals. 16 % of independent older adults are at high risk for malnutrition. Up to 60% of older adults in health care settings are malnourished.

FACT 3: Malnutrition can come from a number of factors.

- Chronic Conditions, poor appetite, restricted diets
- Limited income, living alone, medication side effects
- Poor dental health, trouble swallowing or chewing
- Changing taste buds, lack of mobility
- Depression, dementia, gastrointestinal disorders

FACT 4: You can't always prevent or treat malnutrition by just eating more.

- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs.

Muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss and or decreased appetite, could all be signs of malnutrition.

Source: NCOA National Council on Aging Nutrition Tools

COMMON SCAMS AGAINST SENIORS

Scammers are still out there, preying on seniors. Don't be fooled.

A court official calls and claims you failed to appear for jury duty and you need to pay a fine or you will be arrested. This is a scam.

The police call, saying you will be arrested, fined or deported if you don't pay taxes or some other debt right away. This is a scam.

You receive a call from Social Security claiming that Covid-19 related office closures mean your benefits have been suspended. This is a scam.

The IRS calls, saying you owe back taxes, there's a problem with your tax return or they need to verify information. This is a scam.

Someone calls claiming to be from your bank. They ask to verify personal information before they can send you a new debit card. This is a scam.

If you spot a scam, report it to the FTC (Federal Trade Commission) at [ftc.gov/complaint](https://www.ftc.gov/complaint). Your report can help the FTC's investigators identify and stop imposters.

SCAMMERS DON'T TAKE BREAKS

Join us on Wednesday, April 20 at 11:00 am for a program on scams with Dick Epstein of Toledo's Better Business Bureau. This free program will be given at the Fulton County Senior Center, 240 Clinton Street, Wauseon.

Watch out for ways that scammers target seniors! Follow these tips to help protect your money and personal information:

- Be suspicious of any call from a government agency asking for money or information. Government agencies don't use threats and they don't call you with promises of – or demands for – money.
- Don't trust caller ID – it can be faked.
- Never pay with a gift card, wire transfer, or cryptocurrency to anyone who tells you to.
- Check with the real agency, person, or company. Don't use the phone number they give you. Look it up yourself.
- Why would anyone want to deliver a briefcase full of money to you? Especially for a fee? Or if you "pay the taxes on the cash"? Don't fall for this briefcase scam.

UPCOMING PROGRAMS AT THE SWANTON SENIOR CENTER

The Swanton Senior Center is located in Faith Lutheran Church, 620 Dodge Street, just east of County Road 3, on the north side of the road. All programs begin at 11 am. To reserve a noon lunch (\$2 suggested donation for Fulton County seniors, \$3.50 all others), call 419-337-9299.

- Friday, April 8, "Annie Oakley," Women in History presentation
- Friday, April 22, "Make Every Day Earth Day," with Kelsey Balka, a sustainability engineer for MillerKnoll
- Friday, April 29, heart health & stroke awareness in seniors by Beverly & Lauren from McLaren St. Luke's Hospital
- Friday, May 6, a tea party and a first person account of a Fulton County Ohio woman, by a historical interpreter

LUNCH CALENDAR

MARCH, 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

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)**

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Swedish Meatballs Egg Noodles Brussels Sprouts Wax Beans Peaches	Potato Soup Seafood Salad Sandwich Tossed Salad Jell-O	Creamed Chipped Beef Mashed Potatoes Steamed Broccoli Fresh Fruit Yogurt	Salmon Patties Au Gratin Potatoes Creamed Peas Tropical Fruit
Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit	Smoked Sausage w/ Sauer Kraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Mandarin Oranges	Salisbury Steak Mashed Potatoes Sugar Snap Peas Pears Brownies	Goulash Cooked Cabbage Mixed Vegetables Fresh Grapes	Macaroni & Cheese California Blend Vegetables Baked Apples Juice
Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Applesauce	Chicken Alfredo Pasta Steamed Broccoli Sliced Carrots Fruit Cocktail Cookies	Pub Burgers Seasoned Potato Wedges Corn Nuggets Tangerine	Swiss Steak Mashed Potatoes Buttered Beets Dark Sweet Cherries	Baked Fish Hash Brown Casserole Stewed Tomatoes Fruit Salad
Beef Chow Mein Steamed Brown Rice Midori Blend Vegetables Pineapple	Cabbage Rolls Mashed Potatoes Peas & Mushrooms Peaches	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Broccoli w/Cheese Sauce Bananas	Pot Roast Boiled Potatoes Carrots Orange Sections Muffins	Cream of Broccoli Soup Ground Bologna Sandwich (LS Alt= Tuna Salad) Pea Salad 5 Cup Salad
BBQ Beef Sandwich Tater Tots Ranch Style Beans Vinegar Cole Slaw Mixed Fruit	Breaded Pork Chops Rice Pilaf Green & Wax Beans Cranberry Sauce Juice	Hot Chicken Sandwich Roasted Potatoes Mixed Vegetables Fresh Fruit	Shepherd's Pie Summer Squash Fruit Crisp	

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) 1 11:00 Buzzword (Red, Love, Hair, May) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Intro to Pickleball 2 (for new players, Gym) 10:00 Sketch with Bonnie 11:00 March Name Ten 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:30 Pickleball (Gym) 3 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 Golf Card Game 4 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) 7 11:00 Hidden Pictures (Chicken/ Spring Rain) 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 10:30 Pickleball (Gym) 8 11:00 Advanced Care Planning with Sara Chambers of Hospice of Northwest Ohio 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Intro to Pickleball 9 (for new players, Gym) 10:00 Sketch with Bonnie 11:00 How to Move Forward After Two Years of a Pandemic, Pat Pahl, Fulcare of Fulton Co Health Center 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room) 1:00 Senior-Led Bible Study (Dining)	Wear a Sweatshirt Today 10 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 Golf Card Game 11 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) 14 10:30 Free Hearing Aid Cleaning 11:00 Sequence Board Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 10:30 Pickleball (Gym) 15 11:00 "Owls" with Amanda Podach, Soil & Water Conservation Educator 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Intro to Pickleball 16 (for new players, Gym) 10:00 Sketch with Bonnie 11:00 What Am I? #432 Word Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room)	Wear Green Today 17 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 Golf Card Game 18 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) 21 11:00 Golf Card Game 11:00 Favorite Card Games 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 10:30 Pickleball (Gym) 22 11:00 What's In The Bag? Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Intro to Pickleball 23 (for new players, Gym) 10:00 Sketch with Bonnie 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) 1:00 Senior-Led Bible Study (Dining)	Wear Senior Center Shirt/ Hat 24 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 Golf Card Game 25 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) 28 11:00 Word Search 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym)	8:00 to 10:30 Pickleball (Gym) 29 11:00 Indoor Corn Hole 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	9 to 10:30 Intro to Pickleball 30 (for new players, Gym) 10:00 Sketch with Bonnie 11:00 I Spy (On Paper) 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:30 Pickleball (Gym) 31 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Euchre Card Party	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Games 1 11:00 "How Could the Ability Center of Toledo Help Me?" with Ash Lemons 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 2 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	9:00 Puzzles 3 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Coffee & Conversation 4 11:00 Ask The Pharmacist, Matt Gerig, of Fulton County Health Center Pharmacy 12:00 Lunch 1:00 Cards
9:00 Games 7 11:00 March Name Ten Word Game 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 8 11:00 March Name Ten Word Game 12:00 Lunch 1:00 Puzzles	Wear a Sweatshirt Today 9 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	Wear a Sweatshirt Today 10 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Cards 11 11:00 Keyboard Music, Terry Shear 12:00 Lunch 1:00 Games
9:00 Box of Brain Games 14 11:00 Hidden Pictures: St. Patrick's Day & Dog House 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 15 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Box of Brain Games	Wear Green Today 16 Bring a Lucky Charm for BINGO 9:00 Coffee & Conversation 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Cards	Wear Green Today 17 Bring a Lucky Charm for BINGO 9:00 Cards 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Games	9:00 Games 18 11:00 Hospice Questions Answered & Meaningful End of Life Conversations, Sara Chambers 12:00 Lunch 1:00 Puzzles
9:00 Puzzles 21 11:00 Supersized Word Hunt 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation 22 11:00 Music by Jimmy Stewart 12:00 Lunch 1:00 Cards	9:00 Cards 23 10:15 to 11:45 Jigsaw Puzzle BINGO (Prizes are gently used puzzles) 12:00 Lunch 1:00 Games	9:00 Games 24 10:15 to 11:45 Jigsaw Puzzle BINGO (Prizes are gently used puzzles) 12:00 Lunch 1:00 Puzzles	9:00 Box of Brain Games 25 11:00 "How Could the Ability Center of Toledo Help Me?" with Ash Lemons 12:00 Lunch 1:00 Cards & Games
9:00 Coffee & Conversation 28 11:00 Games and "What Am I? #432" 12:00 Lunch 1:00 Cards	9:00 Cards 29 11:00 Hospice Questions Answered & Meaningful End of Life Conversations, Sara Chambers 12:00 Lunch 1:00 Games	Wear a Senior Center Hat/ Shirt 30 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	Wear a Senior Center Hat/ Shirt 31 9:00 Box of Brain Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Card & 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 Games 11:00 ZINGO! 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 11:00 "Owls," with Amanda Podach, Fulton County Soil & Water Education & Public Information Specialist 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
9:00 Games 11:00 Corn Hole 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 11:00 "How Might the Ability Center of Toledo Help Me?" with Ash Lemons 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 11:00 Classic Country Music with Steve Snider 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 10:15 to 11:45 Jigsaw Puzzle BINGO (Prizes are gently used puzzles) 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 10:15 to 11:45 Jigsaw Puzzle BINGO (Prizes are gently used puzzles) 12:00 Lunch 1:00 Games
9:00 Box of Brain Games 11:00 Hidden Pictures (Memorial Day & This Way, Hikers) 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 11:00 "How to Move Forward After Two Years in a Pandemic," Pat Pahl of Fulcare at Fulton Co. Health Center 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 11:00 Advanced Care Planning, Sara Chambers of Hospice of Northwest Ohio 12:00 Lunch 1:00 Box of Brain Games	Wear Green; Bring a Lucky Charm 17 9:00 Word Search 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Games	Wear Green; Bring a Lucky Charm 18 9:00 Games 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Puzzles
9:00 Puzzles 11:00 Hidden Pictures (Turkey Decoy & Shake Break) 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 11:00 March Name Ten Word Game 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 11:00 March Name Ten Word Game 12:00 Lunch 1:00 Games	Wear Senior Center Shirt/ Hat Today 24 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	Wear Senior Center Shirt/ Hat Today 25 9:00 Box of Brain Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
9:00 Coffee & Conversation 11:00 Buzzword (Red, Love, Hair, May) 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 11:00 Music by Will Hinton 12:00 Lunch 1:00 Games	9:00 Games 11:00 Music by Elwyn Bates 12:00 Lunch 1:00 Puzzles	9:00 Box of Brain Games 10:15 to 11:45 BINGO 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 MARCH 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).