

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



APRIL 2022

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

SENIOR NEWS

WHAT'S NEXT?

April 6 – Music by Just Us 2, Marc & Ellen Pember, Fayette site

April 15 – Good Friday. No Meals Served

April 19 – Music by Will Hinton, Delta site

April 20 – “Senior Scams,” Dick Epstein, Better Business Bureau of Toledo

April 26 – Advanced Care Planning Tips with Sara, Archbold site

April 29 – “Heart Health & Stroke Awareness” by McLaren St. Luke’s Hospital, Swanton site

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.

SENIOR SPOTLIGHT



Donna Stutzman of Wauseon is an octogenarian on the go! “At first I didn’t think I was old enough to go to the Senior Center. Then Covid closed the Senior Center dining room, so I picked up drive-thru meals for several months. I got hooked!” Donna explained. “When the Senior Center re-opened, my kids said, ‘Mom, why don’t you go in for lunch and to visit with people?’ Since it’s not fun for me to cook for one person, I started coming inside for lunch. Now, I also sing in the Senior Center Choir, attend Bible study, and get exercise with Golden Drummers. I was surprised at how many people I already knew when I got here,” Donna said.

“I am pleased with all the Senior Center offers. It’s so good to have something like this. I wanted to give back to the Senior Center, so I play the keyboard before lunch, from time to time,” she explained. Music has been a major part of Donna’s life since she took piano lessons at age 7. She has been teaching piano lessons for decades and currently has ten students.

Donna has pastored Hope Christian Fellowship, near Wauseon, since the 1980s, and served as a chaplain for hospice. She has five adult children and ten grandchildren.

“My kids wonder why I am never home, but they told me to go to the Senior Center!” Donna said with a laugh.

ORGANIZE VITAL INFO

The start of Spring often brings with it a desire to “Spring clean” and “get organized.” How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

Insurance

Medicare card
Secondary health
Life
Special care
Long Term Care
Catastrophic illness
Auto
Home
Other

Legal

Auto title
Deeds
Living Will
Living trust
Power of attorney
Power of attorney for health
Trust papers
Will

Life Events

Birth certificate
Burial plot
Funeral arrangements
Immigration/naturalization papers
Marriage/ divorce papers
Military papers
Social Security card

Financial

Bank notes
Bank savings accounts
Bonds
Broker name/ phone
Certificates of deposit
Checking account
Credit card list
IRAs
Mortgage papers
Mutual funds
Safety deposit key/combination
Stock certificates
Tax records

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 approximately 6 pm. To sign up for this trip, call Beth at 419-337-9299.

DON'T ANSWER ROBOCALLS

Helpful information from the Ohio Attorney General’s Office.

A list of DOs

- Register your phone number(s) with the Do Not Call Registry online at www.DoNotCall.gov or by phone at 1-888-382-1222.
- Research services offered by your phone provider to block unwanted calls.
- Install a trusted and reliable app on your cell phone to block or warn of suspicious calls.
- Add trusted phone numbers to your cell phone contacts.
- Limit the people and businesses with whom you share your phone number.

A list of DON'Ts

- Don’t answer an incoming phone call when you don’t recognize the number.
- Don’t provide personal or financial information over the phone.
- Don’t interact with the caller in any way. Don’t press numbers or speak to anyone.
- Don’t call back unfamiliar phone numbers.
- Don’t always rely on Caller ID, due to spoofing.

Simply ignore **Robocalls**. What is a “robocall”? A robocall is a phone call that uses a computerized auto-dialer to deliver a pre-recorded message, as if from a robot. Robocalls are often associated with political and telemarketing phone campaigns, but can also be used for public service or emergency announcements.

What is **Spoofing**? Spoofing is a technique that robocallers use to hide the real phone number that they are calling from, and mask it as a familiar number, a local number or an official number (a number of a well-known company or a government agency). Spoofing is why we can’t always rely on Caller ID.

In short, if you don’t recognize the phone number or aren’t expecting a call, don’t answer. Let the answering machine take the call. If you receive unwanted robocalls, you can report them to the Ohio Attorney General’s Robocall Enforcement Unit, by texting “ROBO” to 888111, calling 1-800-282-0515 or visiting www.OhioProtects.org.

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.”

MANAGING LOSS

On April 6 and 20 at 1:00 pm at the Wauseon site, you’re invited to join Sandy Spengler of Pettisville as she provides faith-based guidance about loss, grief and anxiety.

PICKLEBALL

Due to the success of the Fulton County Senior Center Pickleball program, we are pleased to offer more playing time on the court, as well as the opportunity for similar skill levels to play together.

As of April 1, the gym at the Fulton County Senior Center in Wauseon (240 Clinton Street) will be open more hours a day for Pickleball games. Refer to the activity calendar in this newsletter for Pickleball times. Please note the Gold, Silver and Bronze categories will allow seniors with similar goals and skill levels to play together. Use the chart below to determine whether you are a Gold, Silver or Bronze player.

A Bronze Player

- plays primarily for social reasons and/ or to get physical exercise
- and/ or has limited experience
- understands fundamentals
- understands court positioning
- has some basic stroke and footwork skills

A Silver Player

- demonstrates a broad knowledge of the rules of the game
- puts more strategy into the game
- has good footwork
- is able to communicate and move well with a partner
- is able to identify and attack their opponents' weaknesses

A Gold Player

- is looking for a more aggressive game
- has mastered the strategies
- has efficient footwork
- can easily adjust their game to opponents' strengths & weaknesses
- rarely makes unforced errors

NUTRITION EDUCATION: PUTTING MYPLATE ON YOUR TABLE – FRUIT

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Michelle Treber, L.D., M.A., Extension Educator, Family and Consumer Sciences, Ohio State University Extension

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.

Why Fruit?

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture (USDA) recommends that people of all ages fill half of their plate with fruits and vegetables at each meal. Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases including heart disease, stroke and some cancers.

The fiber contained in vegetables and fruits may reduce the risk of heart disease, obesity and Type 2 diabetes.

Fruits provide dietary fiber, vitamin C, potassium and folate (folic acid). They are naturally low in fat, sodium and calories. Fruits do not contain cholesterol.

Which Foods Are in the Fruit Group?

Foods in this group include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.

How Much Is Needed from the Fruit Group?

For women over age 31, 1&½ cups. For men over age 19, 2 cups. Note these equivalents for 1 cup of fruit:

- 1 small apple (2.5 inches in diameter)
- 32 seedless grapes
- 1 large peach
- 2 canned peach or pear halves
- ½ cup dried fruit such as raisins, prunes or dried apricots
- 1 cup 100% fruit juice
- 8 large strawberries
- 1 wedge or 1 cup watermelon chunks
- 1 medium pear
- 1 large orange

Although 100% fruit juice can be part of a healthful diet, it lacks dietary fiber. When consumed in excess, it can add extra calories.

Select whole fruits that are fresh, canned, frozen or dried rather than juice. When choosing canned fruits, select fruits packed in 100% fruit juice to limit added sugars.

Tips for Getting Fruit on Your Table

- Enjoy a piece of fruit with your breakfast.
- Select local fruits when in season.
- Enjoy a piece of fruit such as an apple, banana or orange as a snack.
- Offer fruits as dessert.
- Try a smoothie made with fruit and low-fat milk or yogurt.
- Try 100% applesauce topped with raisins as a snack.

References: USDA. "MyPlate." (2010). Accessed October 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.

LUNCH CALENDAR

APRIL, 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.

Checks Payable to: Fulton County Senior Center

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
				Salmon Patties Au Gratin Potatoes Creamed Peas Pineapple 1
Baked Ham 4 (LS Alt=Pork Roast) Scalloped Potatoes Brussels Sprouts Baked Apples	Pub Burgers 5 Seasoned Potato Wedges Mixed Vegetables Mandarin Oranges	Chicken Fried Steak 6 w/Country Gravy Mashed Potatoes Green Beans Pears	Pasta w/Meat Sauce 7 Steamed Broccoli Baby Carrots Fresh Grapes Pudding	Baked Fish 8 Macaroni & Cheese Stewed Tomatoes Tangerine Juice
Goulash 11 Summer Squash Cooked Cabbage Fresh Fruit	Sausage Gravy & Biscuits 12 Cheesy Potatoes Sweet Corn Casserole Tropical Fruit	Swiss Steak 13 Mashed Potatoes Peas w/Onions Bananas	Beef & Cabbage Soup 14 Tossed Salad Carrot & Raisin Salad 5 Cup Salad	15 GOOD FRIDAY NO MEALS SERVED
Chili w/Beans 18 Mexican Style Rice Seasoned Corn Fresh Fruit	Hamloaf 19 (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Applesauce Cup Cakes	Rib Patty Sandwich 20 Succotash Fruit Crunch Cole Slaw	Chicken & Noodles 21 Mashed Potatoes Green Beans Mixed Fruit	Pot Roast 22 Boiled Potatoes Carrots Mandarin Oranges
Italian Sausage 25 w/Peppers & Onions (LS Alt=Turkey Franks) Seasoned Potato Wedges Winter Blend Vegetable Dark Sweet Cherries	Beef Vegetable Soup 26 Tossed Salad Broccoli Salad Jell-O	Hamburger Gravy 27 Mashed Potatoes Peas & Carrots Pears	Baked Chicken 28 Savory Bread Dressing Winter Squash Orange Cranberry Relish Juice	Hot Dogs 29 (LS A=Chicken Breast) Baked Beans Mixed Vegetables Pineapple

WAUSEON ACTIVITIES

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

APRIL, 2022

SENIOR B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 to 9:00 Gold Pickleball (Gym) 1 9:00 to 10:00 Silver Pickleball (Gym) 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 11:15 Site Council 12:00 Lunch & Birthday Party 1:00 to 3:00 Bronze Pickleball
8:00 to 9:30 Gold Pickleball (Gym) 4 9:30 to 11:00 Silver Pickleball (Gym) 11:00 Number Search Puzzle/ Animal Crossword 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 2:45 to 3:45 Bronze Pickleball (Gym)	8:00 to 10:00 Gold Pickleball (Gym) 5 10:00 to Noon Silver Pickleball (Gym) 11:00 April Name Ten 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	8:00 to 10:30 Bronze Pickleball (Gym) 6 10:00 Sketch with Bonnie 11:00 Community Health Professionals Update 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room) 1:00 "Managing Loss" (Senior-Led, Faith-Based)	8:00 to 10:00 Gold Pickleball (Gym) 7 10:00 to Noon Silver Pickleball (Gym) 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 1:00 Shaving Cream Art Class with Sadonna (Sign up) 2:00 Golf Card Game	8:00 to 9:00 Gold Pickleball (Gym) 8 9:00 to 10:00 Silver Pickleball (Gym) 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Bronze Pickleball
8:00 to 9:30 Gold Pickleball (Gym) 11 9:30 to 11:00 Silver Pickleball (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Tenzi Dice Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 2:45 to 3:45 Bronze Pickleball (Gym)	Wear Senior Center Shirt/ Hat 12 8:00 to 10:00 Gold Pickleball (Gym) 10:00 to Noon Silver Pickleball (Gym) 11:00 Performance by Senior Center Choir 12:00 Lunch 1:00 No Choir Practice 1:00 Silver Sneakers® Classic Exercise (Gym)	Wear Orange or Neon; Work Zone Awareness Week 13 8:00 to 10:30 Bronze Pickleball (Gym) 10:00 Sketch with Bonnie 11:00 Plexer Word Picture Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Senior-Led Bible Study (Dining) 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:00 Gold Pickleball (Gym) 14 10:00 to Noon Silver Pickleball (Gym) 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Golf Card Game	15 CLOSED FOR GOOD FRIDAY
8:00 to 9:30 Gold Pickleball (Gym) 18 9:30 to 11:00 Silver Pickleball (Gym) 11:00 Sequence Board Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 2:45 to 3:45 Bronze Pickleball (Gym)	8:00 to 10:00 Gold Pickleball (Gym) 19 10:00 to Noon Silver Pickleball (Gym) 11:00 Hidden Pictures 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym) 1:30 OPERS Meeting (BINGO Room)	8:00 to 10:30 Bronze Pickleball (Gym) 20 10:00 Sketch with Bonnie 11:00 Dick Epstein, Senior Scams, Toledo Better Business Bureau 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Pepper Card Game (BINGO Room) 1:00 "Managing Loss" (Senior-Led, Faith-Based)	8:00 to 10:00 Gold Pickleball (Gym) 21 10:00 to Noon Silver Pickleball (Gym) 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Golf Card Game	Earth Day; 22 Wear Blue/ Green/ Brown 8:00 to 9:00 Gold Pickleball (Gym) 9:00 to 10:00 Silver Pickleball (Gym) 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 to 3:00 Bronze Pickleball
8:00 to 9:30 Gold Pickleball (Gym) 25 9:30 to 11:00 Silver Pickleball (Gym) 11:00 I Spy Paper Game 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Line Dancing (Gym) 2:45 to 3:45 Bronze Pickleball (Gym)	8:00 to 10:00 Gold Pickleball (Gym) 26 10:00 to Noon Silver Pickleball (Gym) 11:00 Tenzi Dice Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise (Gym)	8:00 to 10:30 Bronze Pickleball (Gym) 27 10:00 Sketch with Bonnie 11:00 Music with Pete Villalovos 11:00 Tai Chi (Senior Led, Gym) 12:00 Lunch 1:00 Senior-Led Bible Study (Dining) 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:00 Gold Pickleball (Gym) 28 10:00 to Noon Silver Pickleball (Gym) 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Gym) 2:00 Golf Card Game	8:00 to 9:00 Gold Pickleball (Gym) 29 9:00 to 10:00 Silver Pickleball (Gym) 10:30 Golden Drummers (Cardio Drumming with Karen, Gym) 12:00 Lunch 1:00 Craft with Carolyn (Sign up) 1:00 to 3:00 Bronze Pickleball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Coffee & Conversation 1 10:00 (Note Time) BUNCO 12:00 Lunch 1:00 Box of Brain Games
9:00 Puzzles 4 10:00 Beginner Watercolor Class with Margie 12:00 Lunch 1:00 Word Search	9:00 Word Search 5 11:00 Advanced Care Planning Tips, Sara C. of Hospice of NW Ohio 12:00 Lunch 1:00 Games	9:00 Games 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 7 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Chit Chat 8 11:00 Women in History Presenter, "Annie Oakley" (Nelgene R.) 12:00 Lunch 1:00 Cards
9:00 Word Search 11 11:00 Buzzword (Red, Love, Hair, May) 12:00 Lunch 1:00 Games	9:00 Games 12 11:00 Easter Craft with Brenda H. (Sign up) 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 13 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	Wear Orange: 14 Work Zone Awareness Week 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	CLOSED FOR GOOD FRIDAY 15
9:00 Games 18 11:00 Number Search Puzzles & Animal Crossword 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 19 11:00 Music, Will Hinton 12:00 Lunch 1:00 Box of Brain Games	Wear Animal Print 20 9:00 Chit Chat 10:15 to 11:45 Animal Print BINGO 12:00 Lunch 1:00 Cards	Wear Animal Print 21 9:00 Cards 10:15 to 11:45 Animal Print BINGO 12:00 Lunch 1:00 Games	Wear Blue, Green, Brown for 22 Earth Day 9:00 Games 11:00 "Make Every Day Earth Day," with Kelsey B., Sustainability Engineer with MillerKnoll 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation 25 11:00 What Sport Am I? and Nines Word Game 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 26 11:00 Paper Detective (Picnic & Treasure Chest) 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt / Hat 27 9:00 Cards 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Games	Wear Senior Center Shirt / Hat 28 9:00 Games 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 29 11:00 Heart Health & Stroke Awareness, Beverly M., MSN, RN with McLaren St. Luke's Hospital 12:00 Lunch 1:00 Word Search

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.

APRIL, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Coffee & Conversation 1 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
9:00 Word Search 4 11:00 I Spy Paper Game (St. Pat's Day, Fairy Tales) 12:00 Lunch 1:00 Puzzles	9:00 Chit Chat 5 11:00 Detective Treasure Chest & Family Picnic 12:00 Lunch 1:00 Games	9:00 Cards 6 11:00 Music by Just Us 2 12:00 Lunch 1:00 Word Search	Wear a Sweatshirt Today 7 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	Wear a Sweatshirt Today 8 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
9:00 Chit Chat 11 11:00 Numbers Search & Animal Crossword 12:00 Lunch 1:00 Games	Wear Animal Print 12 9:00 Cards 10:15 to 11:45 BINGO (Note date change) 12:00 Lunch 1:00 Word Search	Wear Senior Center Shirt/ Hat 13 9:00 Coffee & Conversation 11:00 Music by Will Hinton 12:00 Lunch 1:00 Box of Brain Games	Wear Animal Print 14 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	15 CLOSED FOR GOOD FRIDAY
9:00 Cards 18 11:00 Word Searches: Spring & Spring Training 12:00 Lunch 1:00 Word Search	9:00 Coffee & Conversation 19 11:00 You'll Be Surprised what CHP (Community Health Professionals) Has to Offer 1:00 Box of Brain Games	9:00 Games 20 11:00 I Spy Game with paper & tokens 12:00 Lunch 1:00 Cards	9:00 Cards 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	Wear Blue, Green or Brown 22 for Earth Day 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation 25 11:00 Corn Hole 12:00 Lunch 1:00 Box of Brain Games	9:00 Games 26 11:00 Advanced Care Planning Tips with Sara C. of Hospice of Northwest Ohio 12:00 Lunch 1:00 Cards	9:00 Cards 27 11:00 You'll Be Surprised what CHP (Community Health Professionals) Has to Offer 12:00 Lunch 1:00 Games	9:00 Chit Chat 28 10:15 to 11:45 Spring Cleaning BINGO (Bring an item for the prize table) 12:00 Lunch 1:00 Puzzles	9:00 Cards 29 10:15 to 11:45 Spring Cleaning BINGO (Bring an item for the prize table) 12:00 Lunch 1:00 Word Search

SENIOR
B-33



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 APRIL 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, 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 Luginbill, 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).