

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JUNE 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 TO WATCH FOR

- June 8 & 22** – Bible study led by Roger Marlow (Wauseon site)
- Wednesdays at 1 pm** – Chair Yoga in the gym (Wauseon site)
- June 8** – Day trip to Whitehouse Inn (Swanton site)
- June 16** – Day trip to Whitehouse Inn (All sites)

NOW OFFERING FREE CHAIR YOGA CLASS

Join us Wednesdays at 1 pm for Silver Sneakers Chair Yoga® in the gym at our Wauseon site, 240 Clinton Street. Move through a complete series of seated and standing yoga poses. Use the support of a chair so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This free class is offered in partnership with Fulton County Health Center and taught by a senior, certified yoga instructor. You do not need to have a Silver Sneakers membership to participate. Please bring your own water bottle labeled with your name. Bring a change of shoes if it's raining outside to keep the gym floor dry.

SENIOR SPOTLIGHT



Del King of Pettisville spent decades building houses and now he's building up the local Pickleball program.

"My first experience with the Senior Center was attending Bob Moening's Intro to Pickleball classes in February. Those classes were really good. He did a great job," Del explained.

Del has been playing Pickleball regularly for several weeks. "It's been a lot of fun. Pickleball is addictive," he said.

Del listed reasons why the game is popular with seniors. "It's a smaller court, so you don't have as much area to cover. And you're playing doubles, which really helps. The net is lower and the serve is slower. The ball can still be played very fast but not like a tennis ball. It's just a scaled down tennis game, but you don't need tennis experience. I think the combination of all of those things makes it very appealing," he explained.

Since several of the current Senior Center Pickleball players live near Pettisville, the group started talking about the benefit of Pickleball courts at the Pettisville Park. This led to Del, a retired contractor, working with the Pettisville Park Board to repair the surface of the former tennis court and convert it into three Pickleball courts. "We are pleased with the project. Jim Cordes helped me with painting the new courts, and the park board members did a lot of prep work before we painted. With three courts, twelve people can play at the same time," he said.

Del said he would be happy to share his Pickleball knowledge with new players. "Come on over. I'll teach you the rules and how to score. Then you practice, practice and you'll soon learn the game," he said.

Pickleball is offered five days a week in the gym at the Fulton County Senior Center in Wauseon. Refer to the Wauseon Activities page in this newsletter for playing times. Gold, Silver and Bronze groups allow for seniors with similar skill levels to play together.

VAL IS BACK TO SCHEDULING OFF-SITE MEETINGS

Val Edwards, Information & Referral Specialist, is taking appointments for meetings at locations around the county. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Delta area seniors with appointments can meet with Val on Wednesday, June 8 from 10:00 am to noon. Thursday, June 16, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. On Thursday, June 23, Val will be at Wyse Commons on Archbold's Fairlawn campus, by appointment only. Live near Metamora? Make an appointment for Tuesday, June 28 to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. In addition, Val is available most weekdays by appointment to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey. Income is based upon the income of the total number of people living in the household.

You will automatically receive an application in the mail for 2022 if you received coupons for local farmers' markets in 2021. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2022 season, pick up an application at any of our five Senior Center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. The application is also online at www.areaofficeonaging.com and click on the "Apply Now" button.

All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

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?

FIVE MINUTES MATTERS

If you are busy, chronically tired, ill or deal with limitations, give yourself permission to spend only five minutes on a project. Whether it is housekeeping, paying bills, yard work, studying, cleaning your vehicle, exercise or decluttering, five minutes is better than zero minutes. Working for a shorter amount of time is much less intimidating than trying to find energy and motivation to spend an entire day on a project. Pro tip: take a "before" photo of an area of your home you are working on, so you can view the visual progress in the "after" photo. Several five-minute work sessions throughout the day feels empowering, inspiring and gives us reasons to celebrate, according to Mayo Clinic online. Regarding decluttering, Dawn Madsen, the Minimal Mom on YouTube, reminds us that items don't come into our homes all at once, so it's okay to get rid of clutter slowly but consistently.

PICKLEBALL LEVELS

Currently, the gym at the Fulton County Senior Center in Wauseon (240 Clinton Street) is open for Pickleball. Refer to the activity calendar in this newsletter for Pickleball times. Three categories will allow seniors with similar goals and skill levels to play together. A Bronze Player plays primarily for social reasons and/ or to get physical exercise, and/ or has limited experience, and understands fundamentals. A Silver Player demonstrates a broad knowledge of the rules of the game, puts more strategy into the game, and is able to identify and attack their opponents' weaknesses. A Gold Player is looking for a more aggressive game, has mastered the strategies, can easily adjust their game to opponents' strengths & weaknesses.

ON THE NUTRITION SHELF: VEGETABLES

Why Vegetables?

It is recommended that people of all ages fill half of their plate with fruits and vegetables at each meal. Vegetables offer many benefits, as they have a high nutrient content. Nutrients commonly found in vegetables are potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C. Because vegetables offer a great deal of nutrients and only contain few calories and very little fat, they are an important part of weight management. People who eat vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases, such as heart disease, high blood pressure and certain types of cancer.

All vegetables and 100% vegetable juices count as part of the vegetables group. This includes fresh, frozen, canned or dried vegetables. There are five subgroups of vegetables:

- dark green vegetables such as broccoli, bok choy, collard greens, dark green lettuce, kale, spinach and watercress
- red and orange vegetables such as acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes and tomatoes
- starchy vegetables such as black-eyed peas, green peas, lima beans, potatoes and water chestnuts
- beans and peas such as black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas and white beans
- other vegetables such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, mushrooms, okra, onions, turnips, wax beans and zucchini

How Much Is Needed From the Vegetable Group? The United States Department of Agriculture recommends women over 51 years of age consume two cups of vegetables per day, while the USDA recommends men over age 51 consume two and a half cups per day.

Note these equivalents for 1 cup of vegetables:

- 2 cups raw spinach
- 1 cup cooked carrots
- 1 cup tomato juice
- 1 large baked sweet potato
- 1 cup cooked black beans
- 1 cup raw, sliced cucumber
- 1 cup raw or cooked mushrooms
- 2 large stalks celery
- 1 large bell pepper
- 1 cup canned green beans

While it is not necessary to consume vegetables from each of the subgroups each day, try to eat veggies from each of the subgroups throughout the course of a week.

- Tips for Getting Vegetables on Your Table
- Buy vegetables that are in season for better prices and optimum flavor.
- Always keep frozen vegetables in your freezer for convenience to add to any meal as a side dish.
- Buy canned vegetables for convenience, but select "reduced sodium," "low sodium" or "no salt added" options.
- Include a green salad with dinner each night. Add any vegetables you have on hand to your salad such as baby carrots, grape tomatoes or chickpeas.
- Shred carrots or zucchini into many dishes such as meatloaf, casseroles, quick breads or muffins.
- Include vegetables as a pizza topping. Ask for mushrooms, green peppers or onions.
- Have a yogurt-based vegetable dip handy for dipping fresh chopped vegetables like cucumbers, broccoli, peppers or carrots.
- Add extra vegetables to meals such as lasagna and stir fry.
- Allow children to select a new vegetable to try while shopping. This will make them more engaged in the process and more likely to enjoy the vegetable.
- Always make vegetables available for toppings on sandwiches, tacos and baked potatoes.
- Add extra vegetables to pasta sauces, soups, stews and rice dishes.

LUNCH CALENDAR

JUNE, 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
		Lasagna Steamed Broccoli Cream Style Corn Fresh Fruit 1	Shepherd's Pie Summer Squash Fruit Crunch 2	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Grapes Juice 3
Salisbury Steak Mashed Potatoes Sugar Snap Peas Peaches 6	Sausage Patty Sandwich Hash Brown Casserole Ranch Style Beans Pineapple 7	Cheeseburger Soup Turkey Sandwich Pickled Beets Fruit Salad 8	Hot Chicken Sandwich Roasted Potatoes Malibu Blend Vegetables Dark Sweet Cherries 9	Chicken Fried Steak w/Country Gravy Mashed Potatoes Sliced Carrots Bananas Pudding 10
Salmon Patties Au Gratin Potatoes Creamed Peas Tropical Fruit 13	Baked Chicken Savory Bread Dressing Mixed Vegetables Orange Sections Juice 14	Beef & Noodles Mashed Potatoes Green Beans Pears 15	Cheese Burgers Seasoned Potato Wedges Steamed Spinach Fresh Fruit Ice Cream 16	Beef Stroganoff Buttered Noodles Brussels Sprouts Baked Apples 17
SITES CLOSED FOR JUNETEENTH 20	Chicken Alfredo Pasta Steamed Broccoli Buttered Beets Fresh Fruit Cookies 21	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Peas & Mushrooms Pineapple Tidbits 22	BBQ Rib Sandwich Succotash Cole Slaw Spiced Applesauce 23	Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Vegetables Mixed Fruit 24
Pot Roast Boiled Potatoes Carrots Mandarin Oranges 27	Cold Plate Chicken Salad w/Lettuce & Tomato Broccoli Salad Cheese Cubes Jell-O 28	Goulash Cooked Cabbage Summer Squash Bananas 29	Fish Sandwich Potato Salad Midori Blend Vegetables Fruit Crisp 30	

WAUSEON ACTIVITIES

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

JUNE, 2022

SENIOR
B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8 to 10:30 Bronze Pickleball 1 11:00 Name Ten Word Game: June 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:00 Gold Pickleball 2 10:00 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 to 9:00 Gold Pickleball 3 9:00 to 10:00 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 11:15 Site Council 12:00 Lunch & Birthday Party 1:00 to 3:30 Bronze Pickleball
8:00 to 9:30 Gold Pickleball 6 9:30 to 11:00 Silver Pickleball 11:00 Free Blood Pressure Check 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 to 3:30 Bronze Pickleball	8:00 to 10:00 Gold Pickleball 7 10:00 to Noon Silver Pickleball 11:00 Buzzword Word Game (Cover) 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	8 to 10:30 Bronze Pickleball 8 11:00 Free Concert by Nostalgia 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 1:00 Bible Study with Roger (Dining)	Wear Senior Center Shirt/ Hat 9 8:00 to 10:00 Gold Pickleball 10:00 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 to 9:00 Gold Pickleball 10 9:00 to 10:00 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 3:30 Bronze Pickleball
8:00 to 9:30 Gold Pickleball 13 9:30 to 11:00 Silver Pickleball 10:30 Free Hearing Aid Cleaning 11:00 Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 to 3:30 Bronze Pickleball	8:00 to 10:00 Gold Pickleball 14 10:00 to Noon Silver Pickleball 11:00 Tenzi Dice Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	Wear Purple for Elder Abuse Awareness 15 8 to 10:30 Bronze Pickleball 11:00 Free Concert by Circle of Friends 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room)	Day Trip, Whitehouse Inn 16 8:00 to 10:00 Gold Pickleball 10:00 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 to 9:00 Gold Pickleball 17 9:00 to 10:00 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 3:30 Bronze Pickleball
20 CLOSED FOR JUNETEENTH, OBSERVED	8:00 to 10:00 Gold Pickleball 21 10:00 to Noon Silver Pickleball 11:00 Plexer Word Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise 1:30 OPERS Meeting (BINGO Room)	8 to 10:30 Bronze Pickleball 22 11:00 Numbers & Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 1:00 Bible Study with Roger (Dining)	8:00 to 10:00 Gold Pickleball 23 10:00 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 to 9:00 Gold Pickleball 24 9:00 to 10:00 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 3:30 Bronze Pickleball
8:00 to 9:30 Gold Pickleball 27 9:30 to 11:00 Silver Pickleball 11:00 I Spy on Paper 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 to 3:30 Bronze Pickleball	8:00 to 10:00 Gold Pickleball 28 10:00 to Noon Silver Pickleball 11:00 Free Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	8 to 10:30 Bronze Pickleball 29 11:00 Dominoes 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room)	8:00 to 10:00 Gold Pickleball 30 10:00 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Games 1 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 2 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 3 11:00 Free Concert by Nostalgia (Hymns, Gospel, Praise Songs) 12:00 Lunch 1:00 Box of Brain Games
9:00 Word Search 6 11:00 Name Ten Word Game: June 12:00 Lunch 1:00 Games	9:00 Games 7 11:00 Music by Michael Buck 12:00 Lunch 1:00 Cards	Day Trip, Whitehouse Inn (Swanton Site) 8 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 9 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Chit Chat 10 10:00 (Note time) Bunco 12:00 Lunch 1:00 Cards
9:00 Games 13 10:30 Free BP Check with Health Dept. 11:00 "Hydration" with Erica from Rehabilitation Hospital of Northwest OH 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 14 10:30 Free BP Check with Health Dept. 11:00 "Owls & Birds of Prey," Amanda Podach, Education Specialist for Fulton Co. Soil & Water District 12:00 Lunch 1:00 Box of Brain Games	Wear Purple for Elder Abuse Awareness 15 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Cards 16 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Games 17 11:00 Music by Michael Buck 12:00 Lunch 1:00 Puzzles
20 CLOSED FOR JUNETEENTH, OBSERVED	9:00 Chit Chat 21 11:00 Name Ten Word Game: June & Other Games 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 22 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	Wear Senior Center Shirt/ Hat 23 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 24 11:00 Program by Diane, Oak Park Landscape & Water Garden Center 12:00 Lunch 1:00 Word Search
9:00 Chit Chat 27 11:00 Game Day 12:00 Lunch 1:00 Cards	9:00 Cards 28 11:00 Music by Circle of Friends 12:00 Lunch 1:00 Games	9:00 Games 29 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 30 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	

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 Cards 10:00 Simple Chair Yoga 11:00 Artist Don Lee, Cartoons 12:00 Lunch 1:00 Word Search	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
9:00 Word Search 10:00 Simple Chair Yoga 11:00 Corn Hole 12:00 Lunch 1:00 Cards	9:00 Cards 10:45 Site Council (Note date & time) 11:00 Number Search Puzzle/ Animal Crossword 12:00 Lunch 1:00 Word Search	9:00 Coffee & Conversation 10:00 Simple Chair Yoga 10:45 Site Council (Note date & time) 11:00 Fulton Co. Deputy & K-9 12:00 Lunch 1:00 Box of Brain Games	Wear Senior Center Shirt/ Hat 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
9:00 Cards 10:00 Simple Chair Yoga 11:00 Left Center Right Dice Game 12:00 Lunch 1:00 Word Search	9:00 Coffee & Conversation 11:00 Artist, Don Lee, Cartoons 12:00 Lunch 1:00 Box of Brain Games	Wear Purple for Elder Abuse Awareness 9:00 Games 10:00 Simple Chair Yoga 11:00 Music by Peter Villalovos & friends 12:00 Lunch 1:00 Cards	Day Trip, Whitehouse Inn 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
20 CLOSED FOR JUNETEENTH, OBSERVED	9:00 Games 10:30 Free Blood Pressure Check 11:00 ZINGO 12:00 Lunch 1:00 Cards	9:00 Cards 10:00 Simple Chair Yoga 11:00 "Hydration" with Erica of Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Games	9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Games 10:00 Simple Chair Yoga 10:30 Free Blood Pressure Check 11:00 ZINGO 12:00 Lunch 1:00 Cards	9:00 Cards 11:00 Music by Peter Villalovos & friends 12:00 Lunch 1:00 Games	9:00 Cards 10:00 Simple Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Games	9:00 Cards 10:15 to 11:45 BINGO 11:45 Summer Cooling Program, Liz Cruz 12:00 Lunch 1:00 Word Search	



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 JUNE 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), Assessment/Data Entry 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, Michael Pollick, Jim Lugbill, 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, Jack Myers, Sharon McCabe, Karen James, Deb Gabel, Anita Ehram, Becky Peabody, Michael Mangas, JB Stevens, Steve Jackson).

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).