

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**JULY 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

- July 4** – Closed for Independence Day
- July 6** – Day trip, Godspell musical at Tibbits
- July 9** – Watch for our Hot Shot truck in the Delta Chicken Festival Parade.
- July 30** – Watch for our bus in the Wauseon Homecoming Parade
  - Seniors are invited to ride the bus.
  - Call 419-337-9299 to sign up.
- August 6** – Watch for our Hot Shot truck in the Fayette Bull Thistle Festival Parade.

### NEW SUGGESTED DONATION

The suggested meal donation has increased slightly to \$3.00 per meal for home delivery and congregate meals. Meal donations have remained the same for the past seven years. A recent survey of our participating seniors showed a large amount of support for this small increase. We greatly appreciate donations as they help us continue to provide you with quality meals and services. The increase is effective immediately. The increase is not mandatory, rather a suggested contribution to help with rising costs. Please understand that no eligible senior will be denied a meal due to inability to contribute all or part of the suggested donation. The suggested donation for out of county diners or those under age 60 will increase to \$5.00 per meal.

## SENIOR SPOTLIGHT



July's spotlight shines on Wauseon native, Cathy Beaverson. "The Senior Center offers all kinds of activities that I am interested in. I really enjoy the day trips, Choir and music programs," she said. "If the Senior Center didn't offer day trips, I couldn't go to a lot of places, since I don't drive. I am so grateful for the transportation service the Senior Center provides, so I can get to my doctor appointments," she added.

Cathy is a regular attender of Golden Drummers. "After I finish drumming, I am full of energy. I would encourage seniors to try it. No matter what your activity level is, you can do cardio drumming. If you need to sit down or take a break, you can," Cathy explained.

"I have several favorite foods that I look forward to seeing on the Senior Center menu. My top favorite is hamloaf with sweet potatoes, followed by baked fish with stewed tomatoes, and also goulash, and salmon patties with creamed peas!" she said.

In her spare time, Cathy enjoys spending time with her six great-grandchildren, listening to a variety of music and sewing.

"I am really thankful for everyone at the Senior Center, both staff and volunteers. They make that place so pleasant for me!" Cathy added.

**SUMMER COOLING HELP**

The 2022 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$500, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2022. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

**LOCAL COOLING CENTERS**

As summer temperatures rise, take note of these Fulton County cooling center locations.

- Crossroads Evangelical Church, 845 E. Leggett Street Wauseon. Monday through Thursday 8:30 am to 5 pm, closed on Fridays.
- Normal Memorial Library, 301 N. Eagle St., Fayette, OH. Monday & Wednesday 10 am to 5 pm, Tuesday 10 am to 7:30 pm, Thursday 1 pm to 7:30 pm, Friday 1 pm to 5 pm, Saturday 10 am to 1pm.
- North Clinton Church, 831 W. Linfoot Street, Wauseon. Monday through Friday 8 am to 4 pm.
- St. John's Christian Church, 700 S. Defiance Street, Archbold. Monday through Friday 8 am to 9 pm, call first, (419) 446-2545.
- Swanton Public Library, 305 Chestnut St. Swanton, OH 43558. Monday to Thursday 10 am to 7 pm, Friday 10 am to 5:30 pm, Saturday 10 am to 2 pm.
- Trinity Lutheran Church, 410 Taylor St. Delta. Monday through Friday 9 am to 5 pm with the doors unlocked from 9 to noon, call first, (419) 822-4579.
- Village of Delta Memorial Hall, 401 Main St. Delta, Ohio, 419-822-3191. Open as a cooling center 24 hours, when the temperature is over 90 degrees and the heat index is over 95 degrees. Doors will be unlocked for those in need.
- Wauseon Public Library, 117 E. Elm Street, Wauseon. Monday through Friday 10:00 am to 6:00 pm (closed weekends).

**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](http://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.

**MEDICARE ETC. QUESTIONS ANSWERED WITH VAL**

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 at Delta Library on Wednesday, August 10 from 10:00 am to noon. Thursday, August 18, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. On Thursday, August 25, Val will be at Wyse Commons on Archbold's Fairlawn campus, by appointment only. Live near Metamora? Make an appointment for Tuesday, August 23 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.

**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.

**FROM THE NUTRITION SHELF**

Foods in this group provide protein and other nutrients that are necessary for good health. Proteins help build and maintain body tissues like bones, muscles, skin and blood. They are also the building blocks for enzymes, hormones and vitamins. Other nutrients commonly supplied by foods in the protein group include B vitamins, iron, vitamin E, magnesium and zinc.

Which Foods Are in the Protein Group? Foods in the protein group include meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds.

Choose Lean and Varied Protein Sources. Most Americans eat enough foods from the protein group, but could benefit from making leaner and healthier choices. Some foods in this group are high in saturated fat, including fatty cuts of beef, pork and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs and bacon; and some luncheon meats such as salami and bologna. In addition, many processed meats contain nitrates and high levels of sodium. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

Healthier protein sources include lean meat, poultry, seafood, eggs, soy products, beans, peas, nuts and nut butters, and seeds.

How much protein do I need daily? To determine your daily protein intake, you can multiply your weight in pounds by 0.36. For a 50-year-old woman who weighs 140 pounds woman and who is sedentary (doesn't exercise), that translates into 53 grams of protein a day or at least 5 ounces per day, according to the USDA. Men over age 51, the Institute of Medicine recommends men over 50 eat at least 56 grams of protein per day or at least 5.5 ounces per day, according to the USDA.

Note these 1-ounce protein equivalents:

- ¼ cup cooked kidney, black or garbanzo beans
- 1 tablespoon peanut butter
- 1 ounce cooked lean beef (a small hamburger equals 3 ounces)
- 1 ounce cooked chicken (a small chicken breast equals 3 ounces)
- 1 ounce tuna fish (one small can tuna equals 3 ounces)
- 1 egg
- 1 sandwich slice of turkey
- 1 ounce tofu (¼ cup equals 2 ounces)
- 1 ounce tempeh (¼ cup equals 2 ounces)
- ¼ cup roasted soybeans
- 2 tablespoons hummus
- ½ ounce nuts or seeds

# LUNCH CALENDAR

JULY, 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: \$3.00. 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   |
|---|--|--|--|--|
|   |  |  |  | Hamburger Gravy<br>Mashed Potatoes<br>Green & Wax Beans<br>Peaches <b>1</b>            |
| <b>4</b><br><br><b>CLOSED<br/>FOR<br/>INDEPENDENCE DAY</b>                    | Chicken Breast Sandwich <b>5</b><br>Rosemary Potato Wedges<br>Mixed Vegetables<br>Tropical Fruit<br>Granola Bars | Cold Plate <b>6</b><br>Turkey Salad Croissant<br>w/Lettuce & Tomato<br>Kidney Bean Salad<br>Cheese Cubes<br>Watergate Salad    | Salisbury Steak <b>7</b><br>Mashed Potatoes<br>Sugar Snap Peas<br>Fresh Fruit                                  | Sausage Gravy & Biscuits <b>8</b><br>Hash Brown Casserole<br>Corn Pudding<br>Pineapple |
| Cheese Burgers <b>11</b><br>Seasoned Potato Wedges<br>Succotash<br>Ambrosia   | Breaded Pork Chops <b>12</b><br>Rice Pilaf<br>Brussels Sprouts<br>Dark Sweet Cherries<br>Vegetable Juice         | Swiss Steak <b>13</b><br>Mashed Potatoes<br>Peas & Onions<br>Pears<br>Yogurt   | Hamloaf <b>14</b><br>(LS Alt=Meatloaf)<br>Sweet Potatoes<br>California Blend<br>Applesauce                     | Baked Fish <b>15</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>Fresh Fruit<br>Juice   |
| Chicken & Noodles <b>18</b><br>Mashed Potatoes<br>Green Beans<br>Grapes       | Ham & Bean Soup <b>19</b><br>(LS Alt=Tomato Soup)<br>Egg Salad Sandwich<br>Tossed Salad<br>Jell-O                | Smoked Sausage & <b>20</b><br>Sauerkraut<br>(LS Alt=Turkey Franks)<br>Smashed Red Potatoes<br>Winter Squash<br>Orange Sections | Pot Roast <b>21</b><br>Boiled Potatoes<br>Carrots<br>Fresh Fruit   | Goulash <b>22</b><br>Cooked Cabbage<br>Summer Squash<br>Mixed Fruit<br>Ice Cream       |
| Baked Chicken <b>25</b><br>Mashed Potatoes<br>Peas w/Mushrooms<br>Fresh Fruit | Baked Ham <b>26</b><br>(LS Alt=Roast Pork)<br>Scalloped Potatoes<br>Steamed Broccoli<br>Baked Apples             | Chili w/Beans <b>27</b><br>Mexican Style Rice<br>Seasoned Corn<br>Bananas<br>Juice   | Steamed Franks <b>28</b><br>(LS Alt=Chicken Breast)<br>Baked Beans<br>Mixed Vegetables<br>Pineapple<br>Cookies | Pasta w/Meatballs <b>29</b><br>Steamed Cauliflower<br>Italian Green Beans<br>Peaches   |

# WAUSEON ACTIVITIES

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

JULY, 2022

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   |  |   | <b>Wear Red, White &amp; Blue</b> <b>1</b><br>8:00 to 9:00 Gold Pickleball<br>9:00 to 10:00 Silver Pickleball<br>10:30 Golden Drummers (Cardio Drumming)<br>11:15 Site Council<br>12:00 Lunch & Birthday Party<br>1:00 to 3:30 Bronze Pickleball |
| <b>4</b><br><br><b>CLOSED INDEPENDENCE DAY</b>   | <b>5</b><br>8:00 to 10:00 Gold Pickleball<br>10:00 to Noon Silver Pickleball<br>11:00 Sequence Board Game<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise            | <b>6</b><br><b>Day Trip, Godspell Musical</b><br>8 to 10:30 Bronze Pickleball<br>11:00 Hidden Pictures<br>11:00 Tai Chi (Senior Led)<br>11:45 Summer Cooling Program, Liz Cruz<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga® (Gym)<br>1:00 Pepper Card Game (BINGO Room)        | <b>7</b><br>8:00 to 10:00 Gold Pickleball<br>10:00 to Noon Silver Pickleball<br>10:15 to 11:45 BINGO (Bingo Room)<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games | <b>8</b><br>8:00 to 9:00 Gold Pickleball<br>9:00 to 10:00 Silver Pickleball<br>10:30 Golden Drummers (Cardio Drumming)<br>12:00 Lunch<br>1:00 to 3:30 Bronze Pickleball  |
| 8:00 to 9:30 Gold Pickleball <b>11</b><br>9:30 to 11:00 Silver Pickleball<br><b>10:30 Free Hearing Aid Cleaning</b><br>11:00 Word Search<br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:30 to 3:30 Bronze Pickleball | 8:00 to 10:00 Gold Pickleball <b>12</b><br>10:00 to Noon Silver Pickleball<br><b>11:00 Free Concert by Nostalgia</b><br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise | <b>Wear Senior Center Shirt/ Hat</b> <b>13</b><br>8 to 10:30 Bronze Pickleball<br>11:00 July Name Ten Word Game<br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga® (Gym)<br>1:00 Pepper Card Game (BINGO Room)<br>1:00 Bible Study with Roger (Dining) | 8:00 to 10:00 Gold Pickleball <b>14</b><br>10:00 to Noon Silver Pickleball<br>10:15 to 11:45 BINGO (Bingo Room)<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games   | 8:00 to 9:00 Gold Pickleball <b>15</b><br>9:00 to 10:00 Silver Pickleball<br>10:30 Golden Drummers (Cardio Drumming)<br>12:00 Lunch<br>1:00 to 3:30 Bronze Pickleball  |
| 8:00 to 9:30 Gold Pickleball <b>18</b><br>9:30 to 11:00 Silver Pickleball<br><b>11:00 Free Blood Pressure Check</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:30 to 3:30 Bronze Pickleball                      | 8:00 to 10:00 Gold Pickleball <b>19</b><br>10:00 to Noon Silver Pickleball<br>11:00 Buzzword Game (Stick)<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise            | <b>Day Trip, Toledo Museum of Art</b> <b>20</b><br>8 to 10:30 Bronze Pickleball<br><b>11:00 Dulcimer Music, Vickie Halsey</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga® (Gym)<br>1:00 Pepper Card Game (BINGO Room)                           | 8:00 to 10:00 Gold Pickleball <b>21</b><br>10:00 to Noon Silver Pickleball<br>10:15 to 11:45 BINGO (Bingo Room)<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games   | 8:00 to 9:00 Gold Pickleball <b>22</b><br>9:00 to 10:00 Silver Pickleball<br>10:30 Golden Drummers (Cardio Drumming)<br>12:00 Lunch<br>1:00 to 3:30 Bronze Pickleball  |
| 8:00 to 9:30 Gold Pickleball <b>25</b><br>9:30 to 11:00 Silver Pickleball<br>11:00 I Spy on Paper<br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:30 to 3:30 Bronze Pickleball  | 8:00 to 10:00 Gold Pickleball <b>26</b><br>10:00 to Noon Silver Pickleball<br><b>11:00 Tenzi</b><br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise                     | 8 to 10:30 Bronze Pickleball <b>27</b><br><b>11:00 Classic Country Music by Steve Snider</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga® (Gym)<br>1:00 Pepper Card Game (BINGO Room)<br>1:00 Bible Study with Roger (Dining)                    | 8:00 to 10:00 Gold Pickleball <b>28</b><br>10:00 to Noon Silver Pickleball<br>10:15 to 11:45 BINGO (Bingo Room)<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games   | 8:00 to 9:00 Gold Pickleball <b>29</b><br>9:00 to 10:00 Silver Pickleball<br>10:30 Golden Drummers (Cardio Drumming)<br>12:00 Lunch<br>1:00 to 3:30 Bronze Pickleball  |

SENIOR B-33

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|  |  |  |   | <b>Wear Red, White &amp; Blue 1</b><br>9:00 Coffee & Conversation<br>11:00 Don Lee, Cartoonist<br>12:00 Lunch<br>1:00 Box of Brain Games |
| <b>4</b><br><br><b>CLOSED<br/>INDEPENDENCE DAY</b>   | <b>5</b><br>9:00 Word Search<br>11:00 Paper Detective Treasure Chest & Picnic (with tokens)<br>12:00 Lunch<br>1:00 Puzzles     | <b>6</b><br><b>Day Trip, Godspell Musical</b><br>9:00 Games<br>10:00 Site Council<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Dessert<br>1:00 Cards  | <b>7</b><br>9:00 Coffee & Conversation<br>10:00 Site Council<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Dessert<br>1:00 Box of Brain Games                                   | <b>8</b><br>9:00 Chit Chat<br>11:00 Fulton Co. Deputy & K-9<br>12:00 Lunch<br>1:00 Cards   |
| <b>11</b><br>9:00 Word Search<br>11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept.<br>12:00 Lunch<br>1:00 Puzzles                           | <b>12</b><br>9:00 Games<br>11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept.<br>12:00 Lunch<br>1:00 Cards     | <b>13</b><br>9:00 Coffee & Conversation<br>9:45 Free Hearing Aid Cleaning by Hearing Life<br>10:15 to 11:45 Christmas in July BINGO (Bring a Wrapped, White Elephant Gift)<br>12:00 Lunch<br>1:00 Box of Brain Games | <b>14</b><br>9:00 Chit Chat<br>10:15 to 11:45 Christmas in July BINGO (Bring a Wrapped, White Elephant Gift)<br>11:45 Liz Cruz, Summer Cooling Program<br>12:00 Lunch<br>1:00 Cards | <b>15</b><br><b>Wear Senior Center Shirt/ Hat</b><br>9:00 Cards<br>11:00 Music by Circle of Friends<br>12:00 Lunch<br>1:00 Puzzles       |
| <b>18</b><br>9:00 Games<br>11:00 "Show & Tell" Bring 3 items that describe you.<br>12:00 Lunch<br>1:00 Cards   | <b>19</b><br>9:00 Coffee & Conversation<br>11:00 Fulton Co. Deputy & K-9<br>12:00 Lunch<br>1:00 Box of Brain Games             | <b>20</b><br><b>Day Trip, Toledo Museum of Art</b><br>9:00 Chit Chat<br>10:15 to 11:45 BINGO<br>11:45 Liz Cruz, Summer Cooling Program<br>12:00 Lunch<br>1:00 Cards  | <b>21</b><br><b>Bring Your Grandchild to BINGO</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Games   | <b>22</b><br>9:00 Games<br>10:00 (Note time) Bunco<br>12:00 Lunch<br>1:00 Puzzles  |
| <b>25</b><br>9:00 Coffee & Conversation<br>10:00 (Note Time) Decorate Traveling Rocks with Defiance Co. Rockin' It<br>12:00 Lunch<br>1:00 Box of Brain Games | <b>26</b><br><b>Wear Senior Center Shirt/ Hat</b><br>9:00 Chit Chat<br>11:00 Concert by Nostalgia<br>12:00 Lunch<br>1:00 Cards | <b>27</b><br><b>Bring Your Grandchild to BINGO</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Games  | <b>28</b><br>9:00 Games<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Puzzles  | <b>29</b><br>9:00 Puzzles<br>11:00 Green Ribbon Initiative, Invasive Plants<br>12:00 Lunch<br>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.**

JULY, 2022

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
|   |   |  |   | <b>Wear Red, White &amp; Blue 1</b><br>9:00 Coffee & Conversation<br>10:15 to 11:45 BINGO<br>11:45 Liz Cruz, Summer Cooling Program<br>12:00 Lunch & Birthday Dessert<br>1:00 Box of Brain Games |
| <b>4</b><br><br><b>CLOSED</b><br><b>INDEPENDENCE DAY</b>  | <b>5</b><br>9:00 Chit Chat<br>11:00 ZINGO<br>12:00 Lunch<br>1:00 Word Search  | <b>6</b><br><b>Day Trip, Godspell Musical</b><br>9:00 Coffee & Conversation<br>10:00 Chair Yoga<br>10:45 Site Council<br>11:00 July Name Ten Word Game<br>12:00 Lunch<br>1:00 Box of Brain Games | <b>7</b><br>9:00 Games<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Dessert<br>1:00 Cards            | <b>8</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Games  |
| 9:00 Cards <b>11</b><br>10:00 Chair Yoga<br>11:00 Left, Center Right Dice Game<br>12:00 Lunch<br>1:00 Word Search                             | <b>12</b><br>9:00 Coffee & Conversation<br>10:45 Site Council<br>11:00 Classic Country Music, Steve S.<br>12:00 Lunch<br>1:00 Box of Brain Games                            | <b>13</b><br><b>Wear Senior Center Shirt/ Hat</b><br>9:00 Games<br>10:00 Chair Yoga<br>11:00 Dulcimer Music, Vickie H.<br>12:00 Lunch<br>1:00 Cards  | <b>14</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Games                              | <b>15</b><br>9:00 Chit Chat<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Puzzles   |
| <b>18</b><br>9:00 Coffee & Conversation<br>10:00 Chair Yoga<br>11:00 Word Search<br>12:00 Lunch<br>1:00 Box of Brain Games                    | <b>19</b><br>9:00 Games<br>11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept.<br>12:00 Lunch<br>1:00 Cards   | <b>20</b><br><b>Day Trip, Toledo Museum of Art</b><br>9:00 Cards<br>10:00 Chair Yoga<br>11:00 Buzzword, "Cover" & Word Search<br>12:00 Lunch<br>1:00 Games                                       | <b>21</b><br>9:00 Chit Chat<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Puzzles                        | <b>22</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Search   |
| <b>25</b><br>9:00 Games<br>10:00 Chair Yoga<br>11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept.<br>12:00 Lunch<br>1:00 Cards | <b>26</b><br><b>Wear Senior Center Shirt/ Hat</b><br>9:00 Cards<br>11:00 "Hydration" with Erica from Rehabilitation Hospital of Northwest Ohio<br>12:00 Lunch<br>1:00 Games | <b>27</b><br>9:00 Chit Chat<br>10:00 Chair Yoga<br>11:00 Gospel Music, Kim M.<br>12:00 Lunch<br>1:00 Games   | <b>28</b><br>9:00 Coffee & Conversation<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Box of Brain Games | <b>29</b><br>9:00 Word Search<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Puzzles   |

**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 ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE JULY 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).