

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**SEPTEMBER 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

**Sept. 1** – Day Trip, Harrison Lake State Park

**Sept. 5** – Closed for Labor Day

**Sept. 21** – Day Trip, Toledo Zoo

## SENIOR SPOTLIGHT



In the kitchen at the Fulton County Senior Center in Wauseon, Kitchen Aide Sandy Lemley has been as much of a staple as flour, sugar and eggs. Upon her retirement as of October 1, Sandy has more than 36 years of service to the county. “As a teenager, I started preparing simple meals for the county nursing home. The building was north of where Job & Family Services is now located,” she said.

One of Sandy’s specialties is baking. “I have been baking for a long time. I was probably 10 years old, and Mom used to let us bake on Saturdays after we finished cleaning. My grandma was a fabulous baker. Sylvia was a Mennonite preacher’s wife, and she baked every day of her life. She taught me how to do all kinds of things,” Sandy explained.

Sandy’s hands go from peeling potatoes and washing dishes at work to making handmade crafts at home. “I crochet every day because it relaxes me. I also piece and knot comforters. I like to donate the items I make to local fundraisers,” she said.

The biggest change Sandy has seen in her years of kitchen work is the number of lunch reservations. “When I first started, all seniors and staff who ate lunch could fit into this smaller dining room. Now we prepare lunch for well over 500 seniors a day, including home delivery and sites,” she said.

After her retirement from the Senior Center, Sandy plans to continue working part time at Dollar General. “I hear people say that they don’t come to the Senior Center because they thought the senior center was for OLD people. But if you’re 60 or over, it’s for you. Especially if you’re someone who is social, this is a great place to come. Who knows, maybe I’ll get tired of being home, and I will come in to play BINGO,” she said with a chuckle.

What will Sandy miss about her Kitchen Aide job? “I have enjoyed the people, how everyone is so different. If we were all the same, it would be boring. I won’t miss getting up at 5 am,” she said.

Congratulations on your retirement, Sandy!

**NATURE DAY AT HARRISON LAKE**

Join us on Thursday, September 1 for a relaxing day in nature at Harrison Lake State Park, Fayette. Lauren Stewart, naturalist with Ohio's Division of Wildlife, will present a program that will include animal pelts and live animals. A cold pack lunch will be provided at noon. You'll have time to sit in the shade and enjoy the lake view. Ice cream treats at the Fulton County Senior Center, Wauseon, will close out the afternoon.

Suggested donation for this trip is \$7 per person (covers lunch, bus transportation and ice cream). Pay when you board the bus. Meet at Swanton Senior Center at 8:45 am or at the Wauseon Senior Center at 9:15 am. If you are from the Fayette area, meet us at Harrison Lake. Call Beth to sign up for this day trip and to reserve your lunch.

**TOLEDO ZOO DAY TRIP**

Join us on Wednesday, September 21, as we take a walk on the wild side at Toledo Zoo. Admission for seniors is free as part of "Senior Discovery Days." Meet at Wauseon Senior Center at 8:30 am (leave by 8:45) or board bus at Swanton Senior Center at 9:15 am. Bring \$8 suggested donation, per person, for bus transportation, as well as lunch money. Lunch is on your own. Bonuses of Senior Discovery Days include the following: Free small coffee & mini-muffin (10 am to 2 pm) at the zoo's Timberline Bakery (in the Gift Shop) and a 15% discount on merchandise in gift shops, and a guided tour of the award-winning Aviary, home to birds from across the world, tamarins, sloths & more! Meet at the Aviary at 11 am if you want to participate in the tour. Wear walking shoes & sunscreen, a hat, and bring a water bottle. The bus returns by 4 pm. To sign up for this day trip, call 419.337.9299.

**HOW TO RESERVE A DINE-IN MEAL AT A SITE**

Did you know that all of the meals served at sites and via home delivery are made in the Wauseon kitchen? Chef Kyle and his staff make an average of nearly 600 meals each weekday!

Help us help you by following some simple steps to reserve a meal successfully. Fulton County seniors age 60 and over may dine in at any of our senior center sites.

All lunch reservations are taken at the Wauseon site, regardless of at which site you plan to eat. We must receive your reservation at least one business day in advance. Call 419-337-9299 to reserve your meals. Lunch is served at noon. Seniors who placed "to go" lunch reservations are served first. Please note we cannot accept same-day lunch reservations, since the kitchen starts preparing food at 6 AM.

The Wauseon site is open five days a week. The Archbold site is open on Tuesdays and Fridays. The Delta site is open on Tuesdays and Thursdays. The Fayette site is open Mondays, Wednesdays and Thursdays. The Swanton site is open Mondays, Wednesdays and Fridays.

Suggested donation is \$3.00 per meal. Please drop off your donation at the Wauseon site or mail it to Fulton County Senior Center, 240 Clinton Street, Wauseon, OH 43567.

Archbold Senior Center location: 210 West Williams Street, inside the Scout Cabin in Ruyhley Park

Delta Senior Center location: 101 Northwood Drive, inside Delta United Methodist Church

Fayette Senior Center location: 306 E. Main Street, inside Fayette Family Life Center

Swanton Senior Center location: 620 Dodge Street, inside Faith Lutheran Church

Wauseon Senior Center location: 240 Clinton Street, Wauseon

**FLU IMMUNIZATIONS OFFERED**

The Fulton County Health Department will offer flu immunizations the same day as free blood pressure checks at our Senior Center sites. Flu clinics will be offered from 9 am to 11 am. Free blood pressure checks will also be provided and a brief "Just So You Know" program will begin at 11:30 am, for interested seniors.

Walk in to the following Senior Center sites on the following dates, to receive your flu immunization between 9 and 11 am.

- September 12, Swanton Senior Center, inside Faith Lutheran Church, 620 Dodge Street.
- September 13, Delta Senior Center, inside Delta United Methodist Church, 101 Northwood Drive, Delta.
- September 19, Wauseon; Fulton County Senior Center 240 Clinton Street, Wauseon.
- September 20, Archbold Senior Center, inside the Scout Cabin, 210 W Williams Street, Archbold.
- September 26, Fayette Senior Center, inside Family Life Center, 306 E. Main Street, Fayette.

The flu immunization service is provided by the Fulton County Health Department. Medicare, Medicaid, and contracted insurance plans are accepted as payment. For those who do not have insurance or a plan we are contracted with, a sliding fee scale may apply.

**FROM THE NUTRITION SHELF  
MAINTAINING NUTRITION AS WE AGE**

The aging process causes your body to change in many different ways. You may feel differently than you did a few years ago. While you cannot stop the aging process, you can provide your body with the right nutrients so that you can stay healthy.

Monitor your weight and do your best to maintain a healthy weight as you age. A good diet, physical activity, and stimulating your mind will help you to face the obstacles that these changes can present. The answers to the questions discussed here can help you to prepare for daily challenges.

Why do I have less of an appetite? It is very common to feel less hungry when you get older, and sometimes medications can affect appetite, causing you to feel less hungry. Try eating small, frequent meals throughout the day to make sure that you are getting enough food. If you cannot eat an entire meal in one sitting, eat what you can, and put the rest of the meal in the refrigerator. Then eat the rest of the meal later in the day.

Why doesn't my food taste as good? You may have noticed that food does not taste as good to you as it once did. You are not alone. Both our sense of taste and smell decline as we age. Trying new seasonings, such as fresh herbs and spices, new foods, and different recipes, may help you enjoy your food more.

What can I do to protect my eyesight? Poor vision often accompanies aging. Vitamins A and C are essential to keep your eyes healthy. Eat plenty of fruits and vegetables because they are the best sources of vitamins A and C.

How do I control my cholesterol? Cholesterol is found in animal products, such as meat, dairy products, and eggs. Vegetables and fruits do not contain any cholesterol. Limiting your intake of cholesterol-rich foods can help to lower your cholesterol. Saturated fats are fats found in foods like lard, palm oil, and butter that can raise your "bad" cholesterol. Trans fat is a kind of fat found in highly processed foods and margarine that can also raise your "bad" cholesterol. A good way to control your cholesterol is to limit your intake of both saturated and trans fats. Vegetable oils such as olive oil and sunflower oil are great alternatives to use for cooking.

Source: Ohio State University Extension and Ohio Aging Network professionals

**THE BOTTOM LINE**

Dealing with the challenges of aging can be difficult. To help face these challenges, you will need the best nutrition possible. You can stay healthy by following a few simple suggestions.

- Eat small, frequent meals throughout the day.
- Eat plenty of fruits and vegetables each day. (Consult MyPyramid.gov)
- Drink eight to ten glasses of water per day.
- Eat a balanced diet by following MyPyramid guidelines.
- Stay active. Ask your doctor for activity suggestions.
- Eat with friends and family to make your meals more enjoyable.
- Stay curious. An active mind is a healthy mind.

Source: Ohio State University Extension and Ohio Aging Network

**HELP ME TO SEE BETTER**

Do you wear eyeglasses? Has your vision worsened? Approximately 12 million people 40 years and over in the United States have vision impairment, including 1 million who are blind, 3 million who have vision impairment after correction, and 8 million who have vision impairment due to needing eyeglasses, but not wearing them.

Source: cdc.gov website.

If you or someone you love could use tips and aids to assist with vision loss, join us as a vision expert from The Sight Center of Northwest Ohio presents the following programs.

To reserve a noon lunch after the program, call 419.337.9299 at least one business day in advance.

- Tuesday, September 13  
Fulton Co Senior Center,  
240 Clinton Street, Wauseon,  
11 to 11:45 am.
- Wednesday, September 28  
Fayette Senior Center,  
inside Family Life Center,  
306 E. Main Street, Fayette,  
11 to 11:45 am.
- Tuesday, October 11  
Archbold Senior Center, inside  
the Scout Cabin in Ruihley Park,  
West Williams Street,  
11 to 11:45 am.
- Friday, October 14  
Swanton Senior Center,  
inside Faith Lutheran Church,  
620 Dodge Street,  
11 to 11:45 am.
- Tuesday, October 25  
Delta Senior Center, inside  
Delta United Methodist Church,  
101 Northwood Drive, Delta,  
11 to 11:45 am.

# LUNCH CALENDAR

SEPTEMBER, 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
			Chicken Alfredo Pasta <b>1</b> Peas w/Onions Steamed Carrots Tropical Fruit	Baked Ham <b>2</b> (LS Alt=Pork Roast) Scalloped Potatoes Brussels Sprouts Baked Apples
CLOSED FOR LABOR DAY <b>5</b>	Chicken Breast Sandwich <b>6</b> Cheesy Potatoes Mixed Vegetables Fresh Fruit Ice Cream	Goulash <b>7</b> Cooked Cabbage Peas & Mushrooms Bananas	Braised Beef Tips <b>8</b> Egg Noodles Green Beans Pineapple Casserole Juice	Sausage Patty Sandwich <b>9</b> O'Brien Potatoes Butter Beans Mandarin Oranges
Lasagna <b>12</b> Steamed Broccoli Cream Style Corn Pears Granola Bars	Potato Soup <b>13</b> Chicken Salad Sandwich Pea Salad Jell-O	BBQ Beef Sandwich <b>14</b> Roasted Potatoes Cole Slaw Fruit Crunch	Hamloaf <b>15</b> (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Mixed Fruit	Baked Fish <b>16</b> Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Roast Turkey <b>19</b> Mashed Potatoes Peas Orange-Cranberry Relish	Chili w/Beans <b>20</b> Mexican Style Rice Seasoned Corn Pineapple Juice	Chicken & Noodles <b>21</b> Mashed Potatoes Green Beans Peaches Yogurt	Steamed Franks <b>22</b> (LS Alt=Chicken Breast) Baked Beans California Blend Fresh Fruit	Cold Plate <b>23</b> Seafood Salad Sandwich Broccoli Slaw Pickled Beets Cottage Cheese w/Fruit
Pub Burgers <b>26</b> Seasoned Potato Wedges Mixed Vegetables Ambrosia	Baked Chicken <b>27</b> Mashed Potatoes Carrots Fresh Fruit	Rib Patty Sandwich <b>28</b> Succotash Cole Slaw Applesauce	Hamburger Gravy <b>29</b> Mashed Potatoes Peas & Carrots Plums Cookies	Smoked Sausage <b>30</b> w/Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Orange Sections

# WAUSEON ACTIVITIES

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

SEPTEMBER, 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Day Trip, Harrison Lake State Park 1</b> <b>Wear Senior Center Shirt/ Hat</b> 8 to 10 Gold Pickleball 10 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 to 9:00 Gold Pickleball <b>2</b> 9:00 to 10 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 11:15 Site Council 12:00 Lunch & Birthday Party 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
<b>5</b>  <b>CLOSED LABOR DAY</b>	8 to 10 Gold Pickleball <b>6</b> 10 to Noon Silver Pickleball 11:00 Hidden Pictures 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	8 to 10:30 Bronze Pickleball <b>7</b> Senior Center Choir Sings at the Fair 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room)	8 to 10 Gold Pickleball <b>8</b> 10 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 to 9:00 Gold Pickleball <b>9</b> 9:00 to 10 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
8 to 9:30 Gold Pickleball <b>12</b> 9:30 to 11:00 Silver Pickleball 10:30 Free Hearing Aid Cleaning 11:00 September Name Ten 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball <b>13</b> 10 to Noon Silver Pickleball 11:00 Help Me See Better, Tips & Aids, Sight Center of Northwest Ohio 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	8 to 10:30 Bronze Pickleball <b>14</b> 10:00 Make Greeting Cards with Deb B. (Sign Up) 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 to 10 Gold Pickleball <b>15</b> 10 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 to 9:00 Gold Pickleball <b>16</b> 9:00 to 10 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
8 to 9:30 Gold Pickleball <b>19</b> 9:00 Flu Immunizations with Health Dept. 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 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball <b>20</b> 10 to Noon Silver Pickleball 11:00 Senior Scams, Wauseon Police Dept. 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	<b>Day Trip; Toledo Zoo; 21</b> <b>Wear Your Senior Center Shirt/ Hat</b> 8 to 10:30 Bronze Pickleball 11:00 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)	8 to 10 Gold Pickleball <b>22</b> 10 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 to 9:00 Gold Pickleball <b>23</b> 9:00 to 10 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
8 to 9:30 Gold Pickleball <b>26</b> 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball <b>27</b> 10 to Noon Silver Pickleball 11:00 I Spy Dogs & Cats Paper Game 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise	8 to 10:30 Bronze Pickleball <b>28</b> 11:00 Ohio Wildlife Furs & Pelts with Amanda Podach 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 to 10 Gold Pickleball <b>29</b> 10 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 to 9:00 Gold Pickleball <b>30</b> 9:00 to 10 Silver Pickleball 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 Welded Pumpkin Craft with Carolyn (Sign up, Dining Room) 1:00 to 3:30 Bronze Pickleball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Day Trip, Harrison Lake State Park 1</b> <b>Wear Senior Center Shirt/ Hat</b> 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	9:00 Coffee & Conversation <b>2</b> 10:00 Music by Michael Buck 12:00 Lunch 1:00 Box of Brain Games
<b>5</b>  <b>CLOSED LABOR DAY</b>	9:00 Games <b>6</b> 10:00 (Note Time) Craft with Brenda Harrington 12:00 Lunch 1:00 Cards	9:00 Word Search <b>7</b> 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	9:00 Coffee & Conversation <b>8</b> 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat <b>9</b> 10:00 (Note Time) Decorate Rocks with Defiance County Rockin' It 12:00 Lunch 1:00 Cards
9:00 Flu Immunizations by Health Dept. <b>12</b> 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Flu Immunizations by Health Dept. <b>13</b> 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles	9:00 Coffee & Conversation <b>14</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat <b>15</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	<b>Wear Black Today 16</b> 9:00 Cards 11:00 Johnny Cash Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Puzzles
9:00 Word Search <b>19</b> 11:00 September Name Ten Word Game 12:00 Lunch 1:00 Puzzles	9:00 Coffee & Conversation <b>20</b> 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Box of Brain Games	<b>Day Trip; Toledo Zoo; 21</b> <b>Wear Your Senior Center Shirt/ Hat</b> 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Cards <b>22</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Games <b>23</b> 11:00 Gospel Music by Kelly & Mark Miller 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation <b>26</b> 10:30 Apple Cider & Doughnuts 11:00 Balance & Fall Prevention, Emily with Kingston 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat <b>27</b> 10:00 (Note time) A Simple Tea with Bev Ernst, storyteller 12:00 Lunch 1:00 Cards	<b>Get Mugged at the Senior Center! 28</b> <b>Donate a Mug, Take a Mug Home.</b> 9:00 Cards 10:15 to 11:45 BINGO (Mugs as Prizes) 12:00 Lunch 1:00 Games	<b>Get Mugged at the Senior Center! 29</b> <b>Donate a Mug, Take a Mug Home.</b> 9:00 Games 10:15 to 11:45 BINGO (Mugs as Prizes) 12:00 Lunch 1:00 Puzzles	9:00 Puzzles <b>30</b> 11:00 Learn About Racing Pigeons 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
			<b>Day Trip, Harrison Lake State Park 1</b> <b>Wear Senior Center Shirt/ Hat</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	<b>2</b> 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards
<b>5</b>  <b>CLOSED LABOR DAY</b>	9:00 Cards 10:45 Site Council <b>11:00 Music by Will Hinton</b> 12:00 Lunch 1:00 Word Search	<b>6</b> 9:00 Coffee & Conversation 10:00 Chair Yoga 10:45 Site Council 11:00 I Spy Dogs & Cats 12:00 Lunch 1:00 Box of Brain Games	<b>7</b> 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	<b>8</b> 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
9:00 Cards 10:00 Chair Yoga 11:00 September Name Ten Word Game and Left, Center Right Dice Game 12:00 Lunch 1:00 Word Search	<b>12</b> 9:00 Coffee & Conversation 11:00 Corn Hole and September Name Ten 12:00 Lunch 1:00 Box of Brain Games	<b>13</b> 9:00 Games 10:00 Chair Yoga <b>11:00 Ohio Wildlife Furs &amp; Pelts,</b> <b>Amanda Podach</b> 12:00 Lunch 1:00 Cards	<b>14</b> 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	<b>15</b> 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Hidden Pictures (Painting Party/ Playing Keep Away) 12:00 Lunch 1:00 Box of Brain Games	<b>19</b> 9:00 Flu Immunizations by Health Dept. 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	<b>20</b> <b>Day Trip; Toledo Zoo;</b> <b>Wear Your Senior Center Shirt/ Hat</b> 9:00 Cards 10:00 Chair Yoga <b>11:00 Music by Just Us 2,</b> <b>Marc &amp; Ellen Pember</b> 12:00 Lunch 1:00 Games	<b>21</b> 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	<b>22</b> 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Flu Immunizations by Health Dept. 10:00 Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	<b>26</b> 9:00 Cards <b>11:00 Music by the Sunshine</b> <b>Bell Choir</b> 12:00 Lunch 1:00 Games	<b>27</b> 9:00 Chit Chat 10:00 Chair Yoga 11:00 Help Me See Better! Aids & Tips from Toledo Sight Center 12:00 Lunch 1:00 Games	<b>28</b> 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	<b>29</b> 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles



Forwarding and return postage guaranteed  
Address service requested  
Postmaster: Send address changes to:  
Fulton County Senior Center  
240 Clinton Street  
Wauseon, OH 43567-1109

 If you or a family member would like to receive this newsletter by e-mail, please contact us at [kschroeder@fultoncountyoh.com](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE SEPTEMBER 1, 2022**

**FULTON COUNTY SENIOR CENTER STAFF**

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, Candace Gonzales
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, Aria Frey

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.

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