

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

OCTOBER 2022

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

SENIOR NEWS

INTRO TO PICKLEBALL

On Wednesdays in October, Bob Moening will lead "Intro to Pickleball for Beginners." No experience necessary. If you have a curiosity about the game of Pickleball, Bob is happy to teach you. Classes will be from 2 to 3:30 pm in the Fulton County Senior Center gym, 240 Clinton Street, Wauseon. Bring your own water bottle marked with your name. Bring a pair of sneakers to change into if it's raining outside, to keep water off the court. According to Bob, Pickleball is great exercise, a lot of fun, and "it doesn't take a great athlete to learn to play decent."

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 Is information for your contact person out of date?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. 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?

UPCOMING EVENTS

- October 4** – Road to Wellness (*See Page 2*)
- October 11** – Closed for Columbus Day
- October 18** – AARP Driver Safety Course (*See Page 3*)

SENIOR SPOTLIGHT



Dennis and Bonnie Weiss of Wauseon enjoy the convenience of living in town. "When we moved here three years ago, we were happy to find we could walk to the Senior Center, the library and the Fitness Center," Bonnie said. The Weiss' Australian Shepherd, Sydney, named for the city in Australia, has visited the Senior Center several times with them. "Everyone loves when he comes. He loves the people. My vet was happy to hear Sydney is getting extra socialization at the Senior Center. We are hoping to make regular visits to the Wauseon site," Bonnie said.

When Sydney doesn't accompany them, they both play Pickleball in the Senior Center gym. "Playing here at the Senior Center was our first experience with Pickleball, and we fell in love with it!" Bonnie said. "It has helped me improve my reflexes, strength and stamina," she added. "I like learning all of the different moves, how to serve and hitting the different angle shots," Dennis explained.

The Weisses agree that lunch at the Senior Center is a highlight. "I like the hamburgers and the ham loaf," Dennis said. "The stuffed cabbage is the best! And the cold salads are great, too," Bonnie said.

Next time you're at the Senior Center in Wauseon, introduce yourself to Sydney. "It's best if people stand still and allow Sydney to approach them, since he doesn't like to be approached. We have been working really hard at training. He is very smart. He loves meeting new people," Bonnie said.

FREE SENIOR DAY

Tuesday, October 4 is the 13th annual Road to Wellness Health Care Conference for mature adults and caregivers in and around Fulton County. The theme for the 2022 event is "Nourish to Flourish" and will take place from 9:30 am to 2:30 pm at **Pettisville Missionary Church**, 19055 Co Rd D, in Pettisville. Register in advance and receive a cold pack picnic lunch at the event, consisting of a deli sandwich, cucumber salad, Jell-o with fruit, potato chips, and a cookie. You can expect information that applies to nearly all aspects of a senior's life, along with entertainment by Circle of Friends, a local bluegrass group. Plus, health screenings and flu shots (please bring your insurance and Medicare cards), freebies, and much more. Sign up at local Senior Center sites and Fulton County Health Department. Or call in your registration before September 24 at 419-337-9299 or to the Health Department at 419-337-0915.

SITES CLOSED OCTOBER 4

Please note, on Tuesday, October 4, the Delta Senior Center and Archbold Senior Center will be closed. You are encouraged to sign up for Road to Wellness. Please register to join us at Road to Wellness by calling 419-337-9299 or the Health Department at 419-337-0915.

WHERE'S VAL?

It's October, which means it is Medicare Open Enrollment time! Val Edwards, Information & Referral Specialist, will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299.

Thursday, October 27, from 9 am to 3 pm at Wyse Commons, Archbold

Wednesday, November 9, from 10 am to 3 pm at the Delta Library

Thursday, November 17, from 10 am to 3 pm at the Swanton Library

Tuesday, November 22, from 10 am to 3 pm at the Evergreen Library in Metamora

Val has some appointments available 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.

NEXT OF KIN

Did you know you can add emergency contact information to your driving record? You can have phone numbers on file for law enforcement officials to use if you are involved in an auto collision or another emergency situation. If one of your family members would need to be contacted, law enforcement personnel could notify them quickly, all thanks to this free service.

To add, edit or view your next of kin notification information, go online to www.fultoncountyoh.com and click Government. Choose Sheriff from the drop down list. Next, click on Services. This will bring up a list titled Useful Links. Look for Next of Kin – Emergency Contact Information link and "click here." The link will take you to the Ohio BMV (Bureau of Motor Vehicles) website which allows you to securely log in and input your next of kin information. You will need to type in your driver's license number or information from your ID.

MEDICARE OPEN ENROLLMENT

Here is what can be done during Open Enrollment, October 15th - December 7th:

- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan

Any changes made will take effect on January 1, 2023. To schedule an appointment, contact Valerie Edwards at the Fulton County Senior Center 419-337-9299. **Don't delay! Appointment times fill up quickly.**



WINTER WEATHER IS JUST AROUND THE CORNER

It's not too early to start planning for Ohio's unpredictable fall and winter weather. Take action now to keep a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center closes. Also, once the snow starts to fly, remember to keep your driveway and sidewalks clear. Your meal delivery driver thanks you in advance for providing a safe way to bring your meal to your door. If we cancel activities or meals, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency.

PREPARE YOUR PANTRY FOR BAD WEATHER

Ready-to-eat Breakfast Items:

- Cereal
- Dry milk (use bottled water if threat of contamination exists)
- Fresh fruit (apples, oranges, grapefruits, and bananas stay fresh for days to weeks)
- Canned or dried fruits
- Granola bars
- Protein bars

Ready-to-eat Lunch /Dinner Items:

(Don't forget a hand-held can opener)

- Canned meats (tuna, chicken, Vienna sausages, Spam)
- Canned soups, broths
- Canned vegetables, beans

Ready-to-eat Snack Items:

- Nuts
- Nut butters (peanut butter, almond butter, etc.)
- Snack crackers (saltines, goldfish)
- Pre-packaged cookies
- Trail mix
- Bottled or boxed juices
- Bottled water

AARP SAFE DRIVERS CLASS SET FOR OCTOBER 18

Sign up now to attend the AARP Driver Safety Course at the Fulton County Senior Center, 240 Clinton Street, Wauseon, on Tuesday, October 18, 7:30 am to noon. This class is open to all Fulton County seniors age 60 and over. As a participant, you will need your current driver's license and a current AARP membership card, if you have one. AARP members pay \$20; non-AARP members pay \$25 (cash or check payable to AARP on the class day). Reserve your spot with Beth at 419-337-9299 before October 13 and reserve a noon lunch as well. This four and a half hour class includes watching videos and reviewing basic laws of the road. We will meet in the BINGO room. Note, no actual driving takes place during this class. According to AARP Safety Driving Instructor Leonard Stovall, this defensive driving class is a great way to recognize and eliminate bad habits. "Even if we can save just one accident, then everybody wins!" Stovall said. You will receive a certificate upon completing this class. Some insurance companies will give discounts to those who participate in the course every three years. Contact your auto insurance company to find out if you qualify for a discount. Bring \$3 (suggested donation for Fulton County residents age 60 and over) or a meal ticket if you are staying for lunch.

OTHER PREPAREDNESS ITEMS TO CONSIDER

A first-aid kit and backup supply of medications, spare glasses, extra hearing aid batteries, and non-powered alternatives to assistive and medical equipment that may not work without electricity. Paper goods are advisable as well as a radio, flashlights, bulbs, and batteries. Warm blankets that are easy to access, and a back-up supply of pet food, matches, candles, and lamps and lamp oil are good too.

If you have a generator, be sure you know how to use it, you have fuel, and note whether or not you have enough extension cords. Consider storing flashlights in key areas of the house for easy access. If you use your mobile phone to store the names and phone numbers of people you can call for help if you need it, it's best to have them on paper, too, in case there's no way to charge your phone.

WATER AT THE READY

The Red Cross recommends a minimum of one gallon of bottled water per person per day on hand. If you have freezers that have some extra room, wash and fill plastic milk jugs with fresh water and freeze them. If nothing happens, it costs less to keep a full freezer cold than it does an empty or half-empty freezer. If you have only a power outage, DO NOT OPEN THE DOOR. The freezer will stay colder longer full and with an unopened door. If you have a crisis and you need fresh water, you have a good fresh supply on hand. Just thaw it out if you need it.

LUNCH CALENDAR

OCTOBER, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **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: \$3.00. 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
Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Peaches 3	Chicken Gumbo Soup Deli Sandwich w/Lettuce & Tomato Cucumber Salad Jell-O 4	Sloppy Joes Roasted Potatoes Malibu Blend Vegetables Pears 5	Fish Sandwich Rice Pilaf Mixed Vegetables Vegetable Juice Fresh Fruit 6	Creamed Chipped Beef Mashed Potatoes Green Beans Apricots Pudding 7
CLOSED FOR COLUMBUS DAY 10	Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) Roasted Vegetables Pineapple Juice 11	Swiss Steak Mashed Potatoes Peas & Carrots Bananas 12	Stuffed Pepper Soup Tossed Salad Kidney Bean Salad Sunshine Salad 13	BBQ Pork Sandwich Ranch Style Beans Cole Slaw Fruit Crunch 14
Goulash Cooked Cabbage Sugar Snap Peas Fresh Fruit 17	Baked Fish Macaroni & Cheese Stewed Tomatoes Mixed Fruit Juice 18	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes California Blend Applesauce 19	Beef & Noodles Mashed Potatoes Green Beans Grapes Cup Cakes 20	Hot Dogs (LS Alt=Chicken Breast) Baked Beans Winter Blend Vegetables Peaches 21
Cold Plate Chicken Salad Sandwich Lettuce & Tomato Potato Salad Broccoli Salad Ambrosia 24	Pasta w/Meat Balls Steamed Broccoli Carrots Fruit Salad 25	Biscuits & Gravy Hash Brown Casserole Corn Nuggets Mandarin Oranges 26	Pub Burgers Mixed Vegetables Pineapple Casserole Potato Chips Fresh Fruit 27	Baked Chicken Mashed Potatoes Peas & Mushrooms Pears Cookies 28
Pot Roast Boiled Potatoes Carrots Tangerines 31				

WAUSEON ACTIVITIES

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

OCTOBER, 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 to 9:30 Gold Pickleball 3 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 Buzzword (Ground, Fruit) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>Wear Senior Center Shirt 4 9:30 to 2:30 ROAD TO WELLNESS at Pettisville Missionary Church (Register) 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 12:00 Lunch NO Choir 1:00 Silver Sneakers® Classic Exercise 2 to 3 Walking in the Gym</p>	<p>8 to 10:30 Bronze Pickleball 5 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Hidden Pictures (Cider, Hippo) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 2 to 3:30 Intro to Pickleball for Beginners</p>	<p>8 to 10 Gold Pickleball 6 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</p>	<p>8 to 10:00 Gold Pickleball 7 (Note change) 10:30 Golden Drummers (Cardio Drumming) 11:15 Site Council 12:00 Lunch & Birthday Party 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>CLOSED FOR COLUMBUS DAY 10</p>	<p>8 to 10 Gold Pickleball 11 10:00 Choir to Archbold Senior Center 10 to Noon Silver Pickleball 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise 2 to 3 Walking in the Gym</p>	<p>8 to 10:30 Bronze Pickleball 12 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Peter Villalovos 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 1:00 Bible Study with Roger (Dining) 2 to 3:30 Intro to Pickleball for Beginners</p>	<p>8 to 10 Gold Pickleball 13 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</p>	<p>8 to 10 Silver Pickleball 14 (Note Change) 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 17 9:30 to 11:00 Silver Pickleball 10:30 Free Hearing Aid Cleaning 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</p>	<p>7:30 to Noon AARP Driver Safety Class (BINGO Room) 18 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise 1:30 OPERS (BINGO Room) 2 to 3 Walking in the Gym</p>	<p>8 to 10:30 Bronze Pickleball 19 10:00 Choir to Fayette Senior Center 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 2 to 3:30 Intro to Pickleball for Beginners</p>	<p>8 to 10 Gold Pickleball 20 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</p>	<p>8 to 10:00 Gold Pickleball 21 (Note change) 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 24 9:30 to 11:00 Silver Pickleball 11:00 I Spy Halloween (On Paper) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 25 10 to Noon Silver Pickleball 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise 2 to 3 Walking in the Gym</p>	<p>8 to 10:30 Bronze Pickleball 26 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Michael Buck 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (Gym) 1:00 Pepper Card Game (BINGO Room) 1:00 Bible Study with Roger (Dining) 2 to 3:30 Intro to Pickleball for Beginners</p>	<p>8 to 10 Gold Pickleball 27 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise</p>	<p>8 to 10 Silver Pickleball 28 (Note Change) 10:30 Golden Drummers (Cardio Drumming) 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>Wear a Costume for Halloween 31 8 to 9:30 Gold Pickleball 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</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Puzzles 3 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards</p>	<p>Wear Senior Center Shirt/ Hat 4 ROAD TO WELLNESS EVENT Held at Pettisville Missionary Church (Make lunch reservation) DELTA SITE CLOSED</p>	<p>9:00 Games 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards</p>	<p>9:00 Coffee & Conversation 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 7 11:00 Medicare Questions & Answers, Val Edwards, Information, Referral & Insurance Specialist 12:00 Lunch 1:00 Box of Brain Games</p>
<p>CLOSED FOR COLUMBUS DAY 10</p>	<p>9:00 Games 11 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards</p>	<p>9:00 Coffee & Conversation 12 9:45 Free Hearing Aid Cleaning by Hearing Life 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Chit Chat 13 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Cards</p>	<p>Wear Senior Center Shirt/ Hat 14 9:00 Chit Chat 10:00 Help Me See Better, Tips & Aids from Sight Center of Northwest Ohio 12:00 Lunch 1:00 Cards</p>
<p>9:00 Games 17 11:00 Fulton Co. Health Center nurse, "Taking Control of Diabetes" 12:00 Lunch 1:00 Cards</p>	<p>Wear Black Today in Memory of 18 Johnny Cash the Man in Black 9:00 Coffee & Conversation 11:00 Johnny Cash Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Chit Chat 19 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards</p>	<p>9:00 Cards 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games</p>	<p>9:00 Cards 21 11:00 Liz Cruz of NOCAC (Northwestern Ohio Community Action Commission). Help for Improving Your Home 12:00 Lunch 1:00 Puzzles</p>
<p>Day Trip, Shipshewana 24 Amish Meal; Wear Senior Center Shirt/ Hat 9:00 Coffee & Conversation 11:00 Game Day 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Chit Chat 25 11:00 Help Me See Better, Tips & Aids from Sight Center of Northwest Ohio 12:00 Lunch 1:00 Cards</p>	<p>9:00 Cards 26 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games</p>	<p>9:00 Games 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Games 28 10:15 Games & Trivia with Swanton students (Note Time) 12:00 Lunch 1:00 Puzzles</p>
<p>Wear a Costume 31 9:00 Chit Chat 11:00 Halloween Fun 12:00 Lunch 1:00 Cards</p>				

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 Chit Chat 10:00 Chair Yoga 11:00 Card Games 12:00 Lunch 1:00 Word Search	3 Wear Senior Center Shirt/ Hat ROAD TO WELLNESS Held at Pettisville Missionary Church (Reservations) ARCHBOLD SITE CLOSED	9:00 Chit Chat 10:00 Chair Yoga 10:45 Site Council 11:00 October Name Ten Word Game 12:00 Lunch 1:00 Word Search	5 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	6 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
10 CLOSED FOR COLUMBUS DAY	9:00 Chit Chat 10:45 Site Council 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Word Search	11 9:00 Games 10:00 Chair Yoga 11:00 Music by Will Hinton 12:00 Lunch 1:00 Cards	12 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	13 Wear Senior Center Shirt/ Hat 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
9:00 Chit Chat 10:00 Chair Yoga 11:00 Word Game: I Spy Halloween 12:00 Lunch 1:00 Word Search	17 9:00 Games 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	18 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Box of Brain Games	19 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	20 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Games 10:00 Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	24 Wear Black & Enjoy Music from "The Man in Black" 9:00 Coffee & Conversation 11:00 Johnny Cash Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Box of Brain Games	25 9:00 Cards 10:00 Chair Yoga 11:00 "Healthy Living for Brain and Body," Alzheimer's Association 12:00 Lunch 1:00 Games	26 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	27 Celebrate Halloween & Wear a Costume 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
28 Celebrate Halloween & Wear a Costume 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Halloween Story Time with Colleen Rufenacht of Bean Creek History Center, Fayette 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

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 OCTOBER 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, 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, Tiffany Emery).

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).