

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

NOVEMBER 2022

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm



SENIOR NEWS

FREE LUNCH FOR VETERANS

All Fulton County seniors ages 60 and over are invited to make a reservation for a lunch celebrating Veterans Day. This is a FREE lunch for veterans and spouses. Suggested donation \$3.00 for all other seniors. The lunch will be at noon and the date depends on the Senior Center site. Celebrate at noon on Tuesday, November 8 at the Archbold and Delta Senior Centers. Celebrate at noon on Wednesday, November 9 at the Fayette, Swanton and Wauseon Senior Centers. When you call in your meal reservation, you must specify at which site you will be eating. The last day to make reservations is Tuesday, November 1. Call 419-337-9299.

UPCOMING EVENTS

- Nov 6** – 2 am, Daylight Savings Time Ends
- Nov 8** – Veterans Lunch at Archbold and Delta Sites (Make Reservation)
- Nov 9** – Veterans Lunch at Fayette, Swanton and Wauseon Sites (Make Reservation)
- Nov 11** – Closed for Veterans Day
- Nov 24 & 25** – Closed for Thanksgiving

SENIOR SPOTLIGHT



Steve and Diana Kline started visiting the Fulton County Senior Center in Wauseon in 2007, shortly after they built a home near Lyons, Ohio. “We love coming to the Senior Center because it’s so friendly! The staff members are approachable and helpful,” Diana said. “It’s a family atmosphere,” Steve added.

“We really like participating in Tai Chi twice a week at the Senior Center. Tai Chi keeps my muscles and joints limber, and it helps with balance while I practice deep-breathing,” Diana said. “For me, Tai Chi is a stress reliever. It’s gentle exercise that keeps my joints moving, especially after my recent knee replacement,” Steve said. “There’s no exact way you have to do it, as long as you are moving. We even did Tai Chi every weekday during Covid shutdown by following a DVD,” Diana added.

“We also attend the Silver Sneakers exercise class. It’s very different from Tai Chi. It is a workout that helps with cardio. It keeps me motivated to drink more water, and it helps to get me moving. I like it that it’s simple to modify the exercises, if needed. Sometimes, we stay for Chair Yoga after lunch, too,” Diana explained.

Steve is a Vietnam War veteran, a member of the Disabled Veterans, as well as the Purple Heart Club, among others. Steve served as a Toledo firefighter and paramedic for decades. Diana enjoys knitting, crocheting and sewing. The couple celebrated 54 years of marriage in March 2022.

WHERE'S VAL?

It's November, which means Medicare Open Enrollment is under way! 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.

Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, November 9,
from 10:00 am to 4:00 pm
at the Delta Library

Thursday, November 17,
from 10:00 am to 4:00 pm
at the Swanton Library

Tuesday, November 22,
from 10:00 am to 4:00 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.



CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, November 6 and our clocks "fall back" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks. Did you know that alarm sensors wear out? The fire department recommends replacing your smoke detectors every ten years. When you install a new detector, use a permanent marker to write the date on the inside of the new detector's cover.

SECOND INTRO TO PICKLEBALL

On Wednesdays in November, Ed Bracken will lead "Intro to Pickleball for Beginners." This free class is open to residents of Fulton County, age 60 and over. No experience is necessary. 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. Pickleball is a fun and social sport that people of all ages find "addicting." Come and see for yourself what the excitement is all about. Call to register, 419-337-9299.

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

MENU SUBJECT TO CHANGE

Supply chain issues continue to affect the United States, and the Senior Center is no exception. Please be aware that our kitchen will continue to provide you with nutritious meals. Sometimes we might have to make substitutions, based on the availability of certain food items. We appreciate your flexibility when we must make changes to our menu. Thank you in advance for your understanding.

TRIP SIGN UP REMINDER

Space is limited for our local trips. We encourage you to sign up early if this is a high-interest trip for you. If the trip fills up, we will add your name to the waiting list and you might still have the opportunity to attend due to cancellations. If your name remains on the waiting list, you can be among the first seniors we call the next time the trip is offered.

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, grapefruit, 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

DRIVE-THRU CHRISTMAS LIGHTS EVENING TRIP

Join us for an evening trip on Thursday, December 1, to Nite Lites Drive-Thru Christmas Light Show at Michigan International Speedway. The displays feature five miles of lights, six lighted tunnels and sixteen mega trees. New this year is a set of Noah's Ark lighted structures. You will enjoy the lights from the comfort of a Senior Center bus, with no walking among displays. Suggested donation of \$10 per person covers transportation and admission. All seniors will meet at the Fulton County Senior Center, 240 Clinton Street, Wauseon, at 5:30 pm, to leave at 5:45 pm. The bus will return at approximately 9:00 pm (depending on traffic) to the Fulton County Senior Center. Please pay as you board the bus. Eat supper on your own before you arrive for this trip. We recommend dressing in layers so you are comfortable on the bus. Call Beth to add your name to this trip, 419-337-9299.

CHRISTMAS GIFT IDEA

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation. You'll be confident your senior loved one is enjoying a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remind your senior to reserve their meal one business day in advance. Valet parking is available at our sites, if desired. Simply park in the front of the Senior Center and notify the receptionist or Site Manager when you check in for your meal.

NUTRITION EDUCATION

Don't Let a Fumble Bother Your Food Goals – Punt, Get Back In the Game! You've been doing a great job with your goals whether they are healthier eating or increased physical activity. Then you have an "off" weekend. Maybe it was overindulging in food and drinks and then spending the rest of the weekend sitting and watching multiple games on television while munching on chips or cookies. Come Monday morning, you feel deflated when you realize what you did over the weekend.

Don't let it get you down. Few people can always be consistent with their diet and exercise goals. The important thing now is to get back to your plan! Don't spend time thinking about the past. Look to the future and take control again. Remember, you need to eat 3,500 calories to gain one pound of body fat so your weekend overindulgence may not be as bad as you think.

Here are some hints to "pick up the ball" and "get back in the game".

- Schedule time for physical activity – if it is on your calendar you are more likely to follow through.
- Call your supporting friend – maybe schedule a walking date! Walking in Wal-Mart is often safer and warmer than outside. The gym at the Wauseon Senior Center is available for walking when no other gym activity is scheduled.
- Cut back on what you eat a little for a few days.
- Check out the ads of your local grocery store. Pick up one or two new fruits or vegetables to try this week.
- Look for a couple of new recipes to incorporate healthy fruits and vegetables into your diet. The fiber will help you feel full longer.
- Be more conscious of your portion sizes.
- Track what you eat each day. Being aware of what we are actually consuming can help us make any necessary adjustment.

Maybe most important, be patient! Don't forget the successes you have already had and focus on the future! Wellness is not an overnight process – continue to work on your personal wellness goals such as healthy eating, physical activity and positive outlook and know that you can do it!

Writer: Marilyn Rabe, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Franklin County.

Reviewer: Candace Heer, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Morrow County.

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.

SENIOR CENTER BROCCOLI SALAD

5 cups	Small Broccoli Florets (Raw)
1/3 cup	Diced Onion
1/2 cup	Dried Cranberries
1/2 cup	Sunflower Seeds (Optional)
1 cup	Mayonnaise
1/4 cup	Sugar
1/2 cup	Crumbled Cooked Bacon
1/2 cup	Shredded Cheddar Cheese

In a mixing bowl, combine mayonnaise, sugar, onion and cranberries. Add broccoli and toss to coat well. Refrigerate for at least 1 hour. Just before serving, stir in the sunflower seeds, bacon and cheese.

LUNCH CALENDAR

NOVEMBER, 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

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
	Beef Vegetable Soup Ham & Cheese Sandwich Three Bean Salad 5 Cup Salad 1	Hot Chicken Sandwich Roasted Potatoes Mixed Vegetables Tropical Fruit 2	Country Fried Steak w/Country Gravy Mashed Potatoes Midori Blend Vegetables Peaches 3	Chili w/Beans Mexican Style Rice Summer Squash Mixed Berries Juice 4
BBQ Rib Sandwich Succotash Cole Slaw Baked Apples 7	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Green Beans Fruit Salad 8	Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit 9	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Scandinavian Vegetables Orange Sections 10	11 CLOSED FOR VETERANS DAY
Baked Fish Macaroni & Cheese Stewed Tomatoes Dark Sweet Cherries Juice 14	Hamburger Gravy Mashed Potatoes Summer Squash Apples Cookies 15	Chicken Noodle Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Tossed Salad Jell-O 16	Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Pears 17	Creamed Chicken Buttered Beets Cooked Cabbage Fresh Fruit 18
Pub Burgers Seasoned Potato Wedges Mixed Vegetables Pineapple 21	Sausage & Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Peas Mixed Fresh Fruit 22	Baked Chicken Mashed Potatoes Green Bean Casserole Orange Cranberry Jell-O Pumpkin Pie 23	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING HOLIDAY
Tomato Basil Soup (LS Alt=LS Tomato Soup) Tuna Salad Sandwich Three Bean Salad Hawaiian Fruit Salad 28	Pot Roast Boiled Potatoes Carrots Oranges 29	Baked Ham (LS Alt=Pork Roast) Sweet Potatoes Winter Blend Vegetable Bananas Pudding 30		

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>8 to 10 Gold Pickleball 1 10 to Noon Silver Pickleball 11:00 Hidden Pictures (Frog, Storks) 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 2 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 3 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 2 to 3 Walking in the Gym</p>	<p>8 to 10:00 GOLD Pickleball 4 (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>8 to 9:30 Gold Pickleball 7 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 Thanksgiving Name Ten Word Game 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 8 10 to Noon Silver Pickleball 11:00 Buzzword (Deal, Two) 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 9 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Terry Shear 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 10 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 2 to 3 Walking in the Gym</p>	<p>11 CLOSED VETERANS DAY</p>
<p>8 to 9:30 Gold Pickleball 14 9:30 to 11:00 Silver Pickleball 10:30 Free Hearing Aid Cleaning 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 15 10 to Noon Silver Pickleball 11:00 Music by Peter Villalovos, Will Hinton and Friends 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 16 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 17 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 2 to 3 Walking in the Gym</p>	<p>8 to 10:00 SILVER Pickleball 18 (Note change) 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Christmas Tree Craft with Carolyn 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 21 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>8 to 10 Gold Pickleball 22 10 to Noon Silver Pickleball 11:00 I Spy On Paper (Tgiving/ Flowers) 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 23 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Basic Name Ten Word Game 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>24 CLOSED HAPPY THANKSGIVING</p>	<p>25 CLOSED HAPPY THANKSGIVING</p>
<p>8 to 9:30 Gold Pickleball 28 9:30 to 11:00 Silver Pickleball 9:00 Decorate for Christmas 11:00 Tai Chi (Senior Led) 11:00 Buzzword 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 29 10 to Noon Silver Pickleball 11:00 Sequence 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 30 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>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Cards 10:00 Bunco (Note Time) 12:00 Lunch 1:00 Box of Brain Games 1	9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles 2	9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards 3	9:00 Coffee & Conversation 11:00 Mexican Train Dominoes 12:00 Lunch 1:00 Box of Brain Games 4
9:00 Cards 11:00 "Healthy Body & Brain" by Alzheimer's Association 12:00 Lunch 1:00 Box of Brain Games 7	9:00 Games 11:00 Free Blood Pressure Checks and "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles 8	Wear Red, White & Blue 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards 9	Wear Red, White & Blue 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Box of Brain Games 10	CLOSED FOR VETERANS DAY 11
9:00 Games 11:00 Free Blood Pressure Checks and "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles 14	9:00 Puzzles 10:00 (Note Time) Christmas Craft with Brenda Harrington (\$3, sign up) 12:00 Lunch 1:00 Cards 15	9:00 Coffee & Conversation 10:00 Treats by Kelly from Right at Home 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games 16	9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games 17	9:00 Cards 10:00 Bunco (Note Time) with Swanton Students 12:00 Lunch 1:00 Box of Brain Games 18
Wear Team Colors 9:00 Puzzles 10:15 to 11:45 OSU Buckeye vs. Michigan Wolverine BINGO (Note Date) 12:00 Lunch 1:00 Cards 21	Wear Team Colors 9:00 Coffee & Conversation 10:15 to 11:45 OSU Buckeye vs. Michigan Wolverine BINGO (Note Date) 12:00 Lunch 1:00 to 3:00 Cards 22	9:00 Chit Chat 11:00 November Name Ten & Other Games 12:00 Lunch 1:00 Puzzles 23	CLOSED HAPPY THANKSGIVING 24	CLOSED HAPPY THANKSGIVING 25
9:00 Coffee & Conversation 10:15 BINGO (Note date) 12:00 Lunch 1:00 Box of Brain Games 28	9:00 Chit Chat 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Games 29	9:00 Cards 11:00 Circle of Friends Concert (Note Date; BINGO is on Nov. 28) 12:00 Lunch 1:00 Puzzles 30		

SENIOR
B-33

ARCHBOLD - SCOUT CABIN
INSIDE RUIHLEY PARK, W. WILLIAMS ST.
TUES. & FRI.

ARCHBOLD / FAYETTE

ACTIVITIES

FAYETTE - FAMILY LIFE CENTER
306 E. MAIN STREET
MON., WED., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Puzzles 10:45 Site Council 11:00 Help Me See Better! Tips & Aids from Sight Center of Northwest Ohio 12:00 Lunch 1:00 Games	9:00 Chit Chat 10:00 Chair Yoga 10:45 Site Council 11:00 Card Games 12:00 Lunch 1:00 Word Search	9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
9:00 Puzzles 10:00 Chair Yoga 11:00 Hidden Pictures (Frogs Rake Leaves & Happy Thanksgiving Storks) 12:00 Lunch 1:00 Games	9:00 Chit Chat 10:15 to 11:45 BINGO (Note Day) 12:00 Lunch 1:00 Word Search	9:00 Games 10:00 Chair Yoga 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards	Wear Red, White & Blue 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	CLOSED FOR VETERANS DAY
9:00 Chit Chat 10:00 Chair Yoga 11:00 Skip Bo Card Game 12:00 Lunch 1:00 Word Search	9:00 Games 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Music by Steve Snider 12:00 Lunch 1:00 Box of Brain Games	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
Wear Team Colors 9:00 Games 9:15 Chair Yoga (Note Time) 10:15 to 11:45 OSU Buckeye vs. Michigan Wolverine BINGO (Note Day) 12:00 Lunch 1:00 Cards	Wear Team Colors 9:00 Coffee & Conversation 10:15 to 11:45 OSU Buckeye vs. Michigan Wolverine BINGO (Note Day) 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 10:00 Chair Yoga 11:00 I Spy (Paper Game) 12:00 Lunch 1:00 Games	CLOSED HAPPY THANKSGIVING	CLOSED HAPPY THANKSGIVING
9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 11:00 Keyboard Music by Jimmy Stewart 12:00 Lunch 1:00 Games	9:00 Chit Chat 10:00 Chair Yoga 11:00 Concert by Nostalgia 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

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE NOVEMBER 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, Michael Grauman, Sam Sanderson).

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).