

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 2022

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

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



SENIOR NEWS

CHRISTMAS GIFT IDEA

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets for your senior 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 the Wauseon site, if desired. Simply park in the front of the Senior Center and notify the receptionist when you check in for your meal.

UPCOMING EVENTS

Check the calendars for Christmas concerts at our sites.

December 1 – Evening Trip, Drive-Thru Nite Lites at MIS

December 7 – Day Trip, Toledo Walleye Hockey Game

December 8 – Day Trip, Christmas at Wildwood Manor

December 19 – Day Trip, Learn About the Sport of Curling

December 23 – Closed at noon. No meal service.
Merry Christmas!

December 30 – Closed at noon. No meal service.
Happy New Year!

SENIOR SPOTLIGHT



December is a busy month for Phillip and Jean Shirey of Swanton. “Phillip and I will celebrate 54 years of marriage in December, and we both have birthdays in December,” Jean explained. Add in various Christmas celebrations, plus exercise four days a week at the Senior Center, and that makes for a very full month! “We attend the Silver Sneakers class two days a week at the Senior Center, plus Golden Drummers on Fridays, and in January, we are thinking about adding Chair Yoga at the Senior Center on Wednesdays,” Jean said. “Karen and Carol are really good class leaders. They work us hard, but in the end, you feel better for it. They make it fun. You don’t realize how much exercise you are getting until it’s time for a break,” Jean said. “I think the socialization is just as valuable as the exercise, really,” she added. Jean said she and Phillip had gotten sedentary, and the exercise classes keep them moving physically while giving them something to look forward to. “It’s great to be with other people. It’s so fun to get together and laugh. That’s what we do when we come to the Senior Center. If you’re thinking about it, come on out and give it a try!” Jean said. Check the program calendar in this newsletter for dates and times of free exercise classes.

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. You will enjoy the lights from the comfort of a Senior Center bus. There is 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 as temperatures and conditions can be unpredictable.

USE YOUR GIFT AT THE SENIOR CENTER

Calling all volunteers! How would you like to help? Call Bingo? Drive a senior to a local medical appointment? Teach a class or game or hobby? Volunteers are welcome at all of our five Senior Center sites. Tell us what your gift is and where you would like to help. You can only spare two hours a month? We can still use you! Contact Brooke to add your name to our list of valuable volunteers and start making a difference in the lives of local seniors today. Call 419-337-9299.

HOW TO MANAGE ENERGY BILLS YEAR-ROUND

The Percentage of Income Payment Plan (PIPP) helps eligible Ohioans manage their energy bills year-round. Payments are based on a percentage of household income and are consistent year-round.

How does PIPP work?

If your home is heated with gas, you will have a monthly payment of 5% of your gross household income for your natural gas bill, and 5% of your gross household income for your electric bill. If you heat with electric, your monthly payment is 10% of your gross household income. The balance of your utility bill is subsidized by the state of Ohio. There is a minimum monthly payment of \$10.00.

Paying on-time and in-full each month reduces your outstanding balance. If you make 24 on-time and in-full payments, your outstanding balance with your utility company will be eliminated.

Once you are enrolled in the PIPP program, you are required to re-verify your income each year. You must also be caught up on all your PIPP payments by your Anniversary Date, which is the date you signed up for PIPP. Failure to report changes in the household income or household members, missing a payment, or not re-verifying your income can result in being dropped from the program.

Who is eligible for PIPP?

Ohioans with a household income at or below 175% of the federal poverty guidelines and have utility service from an electric or natural gas company regulated by the Public Utility Commission of Ohio are eligible for the program.

A household applying for PIPP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

Income levels are as follows. One-person household, up to \$23,782.50 total household income for 12 months. Two-person household, up to \$32,042.50 total household income for 12 months. Contact NOCAC's (Northwest Ohio Community Action Commission) appointment hotline number 419-219-4641 for more information and income requirements for households with additional members.

CHRISTMAS DONATIONS

Many of you generously want to give gifts to your meal delivery driver, site manager, etc. during the Christmas season. This is a friendly reminder that Fulton County Senior Center employees are not allowed to accept gifts at Christmas time (or throughout the year). Donations to the Senior Center are welcome. Please mail to 240 Clinton Street, Wauseon, OH 43567.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$500 or have 25 percent (or less) of bulk fuel supply remaining. Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2023. Please call the appointment hotline number 419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601. You will need social security number and utility account information when scheduling an appointment.

WINTER SPORTS PASS

If you live in the Delta school district and enjoy watching sports, visit the school office to receive your lifetime sports pass. You must live in the Pike-Delta-York school district, be age 65 or older. Use your lifetime pass to gain admission into regularly scheduled home events (not valid for tournaments or play-offs). Not a Delta resident? Contact your local school to ask about a Senior Sports Pass.

NUTRITION EDUCATION - SUPERFOODS

What are superfoods? Superfood is a term used by marketers to describe foods thought to have certain health benefits. The term 'superfood' tends to be used more by marketers than dieticians, so the lists of superfoods tend to vary. While there is no official definition of a superfood, you can think of superfoods as nutrient-rich foods. Some have used the term 'functional foods' to describe foods that benefit a certain body function. A recent study by the Centers for Disease Control and Prevention developed and validated a classification scheme defining 'Powerhouse Fruits and Vegetables' based on nutrient and phytochemical density (the amount of nutrients compared to calories in the food).

What is all the hype about superfoods? You've probably heard phrases like 'disease risk reduction' or 'slowing aging' in the media paired with words like phytochemicals, micronutrients or flavonoids. It can be difficult to make sense of all the messages about superfoods. A word of caution to the consumer... make sure you know the research behind the claim. Marketing may exaggerate health claims associated with foods from inconclusive research findings, or poorly done studies. Some foods touted as superfoods may also have other components that are either harmful (like toxin in some seaweeds) or high in fat or sugars (like dark chocolate). Check the research... it may not be conclusive. Make sure you know who is behind the message: is it a marketing company or a non-biased research-based entity (like Extension or the American Heart Association).

Eat a variety of foods. Don't count on a superfood to single-handedly reduce your risk of cancer. Many foods advertised as superfoods are grown in other parts of the world and when linked with a health benefit, the food sounds like an exotic cure-all. Superfoods can be part of a balanced diet. Nutrient-rich vegetables and fruits can be helpful in reducing the risk of some diet-related diseases, especially when they are part of a diet that is low in fats, sodium and sugar.

Here is what the American Heart Association has to say about some common superfoods:

- Salmon is a fatty fish that is low in saturated fat and high in omega-3 fatty acids, which can decrease the risk of abnormal heartbeats, reduce triglycerides (the chemical form of fats in most foods and in your body) and slow the growth of plaque in the arteries. The American Heart Association recommends eating at least two 3.5 ounce servings of fish a week.
- Turkey is a leaner substitute for beef that can be grilled, roasted or ground.
- Nuts, legumes and seeds are good sources of protein and polyunsaturated and monounsaturated fats when eaten in moderation. Choices include unsalted almonds, peanuts, pistachios and walnuts. The American Heart Association recommends getting four servings a week.
- Berries like blueberries and strawberries have high levels of phytochemicals called flavonoids. One study showed that women who consumed more blueberries and strawberries had a lower risk of heart attack. The American Heart Association recommends nine servings of fruits and vegetables a day, about 4.5 cups.
- Soy products like tofu, soy butter and soy nuts are high in polyunsaturated fat, fiber, vitamins and minerals but low in saturated fat. They could replace other high-fat proteins in the diet, although it's unknown exactly how soy affects heart disease risk factors.
- Pumpkin is low in calories, high in fiber and high in vitamin A.
- Kale provides vitamins A and C, potassium and phytochemicals.
- Low-fat or nonfat yogurt, which provides calcium, vitamin D and protein, can be a good substitute for sour cream in recipes.
- Dark chocolate (at least 70%) is high in flavonoids, but fat and calories too! Treat yourself in moderation to avoid weight gain. One study showed dark chocolate was associated with lower heart failure risk.
- Red wine in moderation may have some health benefits, but the American Heart Association doesn't recommend drinking alcohol to get them. High alcohol consumption can have negative effects on health, such as increased triglyceride levels, high blood pressure, and liver damage.
- Other lists include many of the above and oats (oatmeal), beans, and other dark green leafy vegetables.

Sources: Ohio State University Extension Office

American Heart Association, (2013). "What's so super about superfoods?" http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Whats-so-super-about-superfoods_UCM_457937_Article.jsp

North Dakota State University, (2012). "Superfoods." <http://www.ag.ndsu.edu/ramseycountyextension/news/extended-to-you/2012-extended-to-you/superfoods>
Di Noia, J., Ph.D. (2014). "Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach." *Prev Chronic Dis* 2014;11:130390. DOI: <http://dx.doi.org/10.5888/pcd11.130390>

Writer: Shannon Carter, Extension Educator, Family and Consumer Sciences, OSU Extension

Reviewer: Pat Brinkman, Extension Educator, Family and Consumer Sciences, OSU Extension

LUNCH CALENDAR

DECEMBER, 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
			Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple 1	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Applesauce 2
BBQ Beef Sandwich Roasted Potatoes Ranch Style Beans Cole Slaw 5	Chicken Alfredo Pasta Steamed Broccoli Baby Carrots Mixed Fruit 6	Swiss Steak Mashed Potatoes Green Beans Pears Cup Cakes 7	Ham & Bean Soup (LS Alt=LS Vegetable Soup) Egg Salad Tossed Salad Pickled Beets 8	Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice 9
Creamed Chipped Beef Mashed Potatoes Scandinavian Blend Apricots Yogurt 12	Chicken Vegetable Soup Sub Sandwich Pea Salad 5 Cup Salad 13	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cooked Cabbage Applesauce 14	Lasagna Steamed Broccoli Cream Style Corn Grapes 15	Hamburger Gravy Mashed Potatoes Peas & Mushrooms Bananas 16
Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Dark Sweet Cherries 19	Chicken & Noodles Mashed Potatoes Green Beans Peaches 20	Goulash Summer Squash Mixed Vegetables Pineapple 21	Pot Roast Boiled Potatoes Carrots Mandarin Oranges Cookies 22	SITES CLOSED AT NOON NO MEALS SERVED 23
CLOSED FOR CHRISTMAS HOLIDAY 26	Pub Burgers Seasoned Potato Wedges Normandy Blend Vegetables Fruit Salad Ice Cream 27	Beef & Cabbage Soup Ham & Cheese on Rye Corn & Frito Salad Jell-O 28	Sausage & Sauerkraut (LS Alt=Pork Roast) Smashed Red Potatoes Winter Squash Fresh Fruit 29	SITES CLOSED AT NOON NO MEALS SERVED 30

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Evening Trip: MIS Nite Lites 1 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 2 to 3:30 Walking in the Gym	2 8 to 10:00 Gold Pickleball 10:30 Golden Drummers 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
8 to 9:30 Gold Pickleball 5 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	Wear Christmas Sweater, Tie or Socks 6 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Christmas Concert by Nostalgia 12:00 Lunch 1:00 Choir Sing-a-long 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym	Day Trip, Walleye Hockey; Wear Senior Center Shirt/ Hat 7 8 to 10:30 Bronze Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Christmas Word Searches 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	Day Trip, Christmas at the Manor House 8 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 2 to 3:30 Walking in the Gym	9 8 to 10:00 Silver Pickleball 10:30 Golden Drummers 11:00 Christmas Picture Puzzles 12:00 Lunch 12:30 Christmas Concert by Wauseon Chorale 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball
8 to 9:30 Gold Pickleball 12 9:30 to 11:00 Silver Pickleball 10:00 Senior Center Choir to Swanton Sr Ctr 10:30 Free Hearing Aid Cleaning (Hearing Life) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	Wear Red or White or a Santa Hat 13 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Concert by Senior Center Choir 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym	8 to 10:30 Bronze Pickleball 14 10:30 Card Making Class with Deb B 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Concert by Circle of Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 1:00 Bible Study with Roger (Dining)	8 to 10 Gold Pickleball 15 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO (Bingo Room) 12:00 Lunch 12:30 Christmas Music by Evergreen Viking Voices 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2 to 3:30 Walking in the Gym	8 to 10:00 Gold Pickleball 16 10:30 Golden Drummers 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
Day Trip, Curling Demonstration 19 8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Free Blood Pressure Checks (Fulton Co. Health Dept.) 11:00 Christmas Carol Word Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	Wear Green Today 20 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Christmas Name Ten Word Game 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic Exercise 1:30 OPERS (BINGO Room) 2 to 3:30 Walking in the Gym	8 to 10:30 Bronze Pickleball 21 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 I Spy On Paper (Cmas/Winter) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	8 to 10 Gold Pickleball 22 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 3:30 Walking in the Gym	8 to 10:00 Silver Pickleball 23 10:30 Golden Drummers CLOSED AT NOON NO LUNCH SERVED MERRY CHRISTMAS
26 CLOSED FOR CHRISTMAS HOLIDAY	8 to 10 Gold Pickleball 27 10 to Noon Silver Pickleball 10:00 Un-decorate Christmas 11:00 Holiday Trivia 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym	8 to 10:30 Bronze Pickleball 28 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Hidden Pictures (Penguins/Attic) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 1:00 Bible Study with Roger (Dining)	8 to 10 Gold Pickleball 29 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 3:30 Walking in the Gym	8 to 10:00 Gold Pickleball 30 10:30 Golden Drummers CLOSED AT NOON NO LUNCH SERVED HAPPY NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Evening Trip, MIS Nite Lites 1 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 Christmas Hallmark BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	2 9:00 Coffee & Conversation 11:00 Christmas Concert by Nostalgia 12:00 Lunch 1:00 Box of Brain Games
5 9:00 Cards 10:00 Decorate Cookies 11:00 Historical Presenter, "Rosa Parks" by Debbie C. 12:00 Lunch 1:00 Games	6 9:00 Games 10:00 Decorate Cookies 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Puzzles	7 Day Trip, Walleye Hockey; Wear Senior Center Shirt/ Hat 9:00 Puzzles 10:00 Site Council 10:15 to 11:45 BINGO (Christmas Prize Table) 12:00 Lunch & Birthday Dessert 1:00 Cards	8 Day Trip, Christmas at the Manor House 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Box of Brain Games	9 9:00 Chit Chat 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Games
12 Wear Red & Green Today 9:00 Games 10:45 Free BP Checks, Fulton Co. Health Dept. 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Puzzles	13 9:00 Puzzles 10:45 Free BP Checks, Fulton Co. Health Dept. 11:00 Christmas Keyboard Music, Terry Shear 12:00 Lunch 1:00 Cards	14 Wear Christmas Sweater or Tie or Socks 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	15 Wear Christmas Sweater or Tie or Socks 9:00 Chit Chat 10:00 Christmas Music by Evergreen Viking Voices After Music to 11:45 BINGO 12:00 Lunch 1:00 Games	16 9:00 Games 11:00 Game Day 12:00 Lunch 1:00 Puzzles
19 Day Trip, Curling Demonstration 9:00 Puzzles 11:00 Game Day! 12:00 Lunch 1:00 Cards	20 Wear Red & Green Today 9:00 Coffee & Conversation 11:00 Concert by Circle of Friends 12:00 Lunch 1:00 Box of Brain Games	21 Wear White Today & Bring a Wrapped White Elephant Gift 9:00 Chit Chat 10:15 to 11:45 "I'm Dreaming of a White Christmas BINGO" & White Elephant Gift Exchange 12:00 Lunch 1:00 Games	22 Wear White Today & Bring a Wrapped White Elephant Gift 9:00 Games 10:15 to 11:45 "I'm Dreaming of a White Christmas BINGO" & White Elephant Gift Exchange 12:00 Lunch 1:00 Puzzles	23 CLOSED FOR CHRISTMAS HOLIDAY
26 CLOSED FOR CHRISTMAS HOLIDAY	27 9:00 Chit Chat 10:00 Bunco (Note time) 12:00 Lunch 1:00 Games	28 Wear Senior Center Hat/ Shirt 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	29 Wear Senior Center Hat/ Shirt 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	30 CLOSED FOR NEW YEAR HOLIDAY

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
			Grinch Day; Wear Green Today 1 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	Grinch Day; Wear Green Today 2 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Desserts 1:00 Box of Brain Games
9:00 Puzzles 5 10:00 Chair Yoga 10:30 Site Council 11:00 Left-Center-Right Dice Game 11:30 Hidden Pictures 12:00 Lunch 1:00 Games	9:00 Chit Chat 6 10:30 Site Council 11:00 Concert by Archbold High School's "The Company" 12:00 Lunch 1:00 Word Search	Day Trip, Walleye Hockey; Wear Senior Center Shirt/ Hat 7 9:00 Games 10:00 Chair Yoga 10:30 Christmas Movie 12:00 Lunch 1:00 Cards	Day Trip, Christmas at the Manor House 8 Wear Christmas Tie or Socks or Sweater 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	Wear Christmas Tie or Socks or Sweater 9 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Chit Chat 12 10:00 Chair Yoga 11:00 Concert by Fayette School Band & Choir 12:00 Lunch 1:00 Word Search	9:00 Games 13 10:00 Left-Right Christmas Envelope Game 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 14 10:00 Chair Yoga 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Box of Brain Games	Bring a wrapped secondhand gift 15 9:00 Skip Bo 10:15 to 11:45 White Elephant Gift Exchange BINGO 12:00 Lunch 1:00 Puzzles	Bring a wrapped secondhand gift 16 9:00 Puzzles 10:15 to 11:45 White Elephant Gift Exchange BINGO 12:00 Lunch 1:00 Games
Day Trip, Curling Demonstration 19 9:00 Games 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Cards	Bring a \$5 Wrapped Gift and Wear Red & White or a Santa Hat 20 9:00 Coffee & Conversation 11:00 Free BP Check 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Box of Brain Games	9:00 Skip Bo 21 10:00 Chair Yoga 11:00 Left-Right Christmas Envelope Game, Decorate Cookies & Play Left/ Center/ Right Dice Game 12:00 Lunch 1:00 Puzzles	Bring a \$5 Wrapped Gift and Wear Red & White or a Santa Hat 22 9:00 Puzzles 10:15 to 11:45 Red & White BINGO 12:00 Lunch 1:00 Games	23 CLOSED FOR CHRISTMAS HOLIDAY
26 CLOSED FOR CHRISTMAS HOLIDAY	Wear White or Gold for Happy New Year 27 9:00 Pepper 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Puzzles	9:00 Puzzles 28 10:00 Chair Yoga 11:00 Free Blood Pressure Checks, Fulton Co. Health Dept 11:00 Hidden Pictures 12:00 Lunch 1:00 Games	Wear White or Gold for Happy New Year 29 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	30 CLOSED FOR NEW YEAR HOLIDAY



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 DECEMBER 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).