

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JANUARY 2023

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

- January 2** – Closed. Happy New Year
- January 9** – Free Hearing Aid Cleaning at Fulton Co. Senior Center, Wauseon
- January 9** – Free Blood Pressure Check at Swanton Senior Center
- January 10** – Free Blood Pressure Check at Delta Senior Center
- January 16** – Closed for Martin Luther King Jr. Day
- January 17** – Free Blood Pressure Check at Archbold Senior Center
- January 23** – Free Blood Pressure Check at Fayette Senior Center
- January 25** – Toenail clinic at Fulton Co. Senior Center, Wauseon (Call for appt.)
- January 30** – Free Blood Pressure Check at Fulton Co. Senior Center, Wauseon

SENIOR SPOTLIGHT



Ask any high school student if they hope to keep coming back to their school for nearly 50 straight years, and don't be surprised if you get some negative answers. Those students are not like Deb Burrow of Swanton. Deb has nearly five decades of service in at Swanton Local Schools. And that doesn't include her years as a Swanton student from third grade to her 1973 high school Graduation.

"I never imagined I would still be in school after all these years. I had no inkling that I would be a secretary in a school in the first place. I was hired as Secretary in the high school Guidance and Attendance Office in August 1974. I held that role for 35 years, then retired in 2009. I was too young to sit around and too young for the Senior Center. So, I tried serving as a substitute in the school system. I subbed for eight years. Then worked as a playground/ cafeteria aide for three years, and now I am subbing again. I truly, truly enjoy it, otherwise I wouldn't be doing it. I have 48 years in the school system. I told them, 'Fifty years, and I'm done!' I don't think there is anybody in the district who has worked there as long as I have," Deb said.

My friend Margie invited me to try the drive-thru Senior Center meals during Covid. The food is wonderful, and the portions are abundant! I love the ham loaf," Deb said. "If a senior has not yet tried the Senior Center, I would tell them, "there's always something fun going on at the Senior Center! I love the day trips and the chit-chat, and the socialization. At the Senior Center, I always have someone to talk to. Give the Senior Center at try," Deb concluded.

TOENAIL APPOINTMENTS ARE BACK

Community Health Professionals will provide toenail clinic appointments at three of our Fulton County Senior Center sites in 2023. Our Wauseon site at 240 Clinton Street will host the first toenail clinic on Wednesday, January 25. Toenail appointments will be offered at Archbold Senior Center, inside the Scout Cabin on Tuesday, February 21. Appointments at Fayette Senior Center are available on Monday, February 27.

Call 419-337-9299 to reserve your spot. A \$15 donation per person will be accepted at each clinic. Please soak your feet for 30 minutes before coming to the clinic so your nails will be softer and easier to work with. If you are diabetic, please indicate that when you sign up for an appointment.

HOME DELIVERED MEALS

If you receive a home-delivered meal, please understand that we value your flexibility. Your meal might arrive slightly behind schedule at times. Weather and road construction are factors. Delays might also happen due to the fact the number of meals a driver delivers on a particular day often varies. We encourage our drivers to take a few moments to make sure the senior receiving a meal is at home and well. Families rely on our meal delivery drivers to check on the welfare of senior family members. In most cases, the driver is simply running behind and has not forgotten you. Please wait to call our Senior Center until 1:00 pm to report that your meal has not yet arrived.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center 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. Level 2 or 3 will cancel meals.

SIMPLE EXERCISES FOR SENIORS

Wrist Curls

1. Place your forearm on a chair's armrest with your hand hanging over the edge.
2. Hold a full water bottle or a canned good with your palm facing upward.
3. Slowly bend your wrist up and down, then repeat 10 times.
4. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.

Knee Extensions

1. Begin seated in a chair with your back straight and knees bent.
2. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
3. Repeat with your left leg.
4. Do 10 reps per leg.

Arm Circles

1. While standing straight with your feet flat on the ground and arms extended out to the side at a 90-degree angle to your body, start moving your arms in small, fast circles forward. If you need to sit for this exercise, make sure your feet are flat on the ground and your back is straight.
2. Do as many rotations as you can and then reverse the motion, doing as many circles as you can in the reverse direction.
3. Take a break and repeat two more times. This arm exercise targets your triceps, biceps, and shoulders. You will feel this exercise in your shoulders. You'll be able to do more revolutions if you keep your abdominal muscles pulled in and tight.

WALK TO HEALTHY STREET

When no gym activities are taking place, you may walk in the gym at the Wauseon Senior Center. Check the Wauseon calendar page in this newsletter for specific walking times.

Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 to 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

NUTRITION EDUCATION

Putting MyPlate on Your Table: Grains

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Find personalized guides and other resources at choosemyplate.gov.

Here is an introduction to the grains food group.

Why Grains? Grains provide energy, fiber, iron and B vitamins.

Which Foods Are in the Grains Group?

Foods in the grains group are made from rice, wheat, oats, cornmeal, barley or other cereal grains. Examples of grain products are bread, pasta, crackers, tortillas, rice, breakfast cereal and oatmeal.

How Much Is Needed from the Grains Group?

This shows the USDA's daily recommendation for grain intake, with at least half of those being whole grains. Women over age 51, 5 ounce equivalent and men over age 51, 6 ounce equivalent.

Note these 1-ounce equivalents:

- 1 slice of bread
- ½ cup cooked rice
- ½ cup cooked oatmeal
- ½ cup cooked pasta
- 1 cup ready-to-eat cereal
- 3 cups air-popped popcorn
- 1 mini bagel
- 4–6 crackers
- 1 small tortilla (6-inch)

Make at Least Half of Your Grains Whole.

Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran (fiber-rich), germ (nutrient-rich) and endosperm (carbohydrate-rich). Refined grains are milled, removing the bran and germ. Refining gives grains a finer texture and improves shelf life, but it also removes healthy vitamins and fiber.

When choosing whole grains, look for product labels that state "100% whole wheat" or "100% whole grain."

You can also look for grain products that have "whole wheat" or "whole grain" listed first on the ingredient list. This is a good indicator that the product contains mostly whole grains.

Examples of whole grain foods include whole-wheat or whole-rye bread, whole-wheat pasta, whole-wheat or whole-grain crackers, oatmeal, brown rice, popcorn

References

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Bridgette Kidd, M.P.H., R.D., L.D., Healthy People Program Specialist, Family and Consumer Sciences, Ohio State University Extension; and Carol Smathers, M.P.H., M.S., Field Specialist, Youth Nutrition and Wellness, Family and Consumer Sciences Duyff, R. L. *The American Dietetic Association Complete Food and Nutrition Guide*. 4th ed. Hoboken: John Wiley and Sons, 2012. USDA. "MyPlate." (2010). Accessed September 2014. choosemyplate.gov. USDA and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*. 7th ed. Washington, DC: U.S. Government Printing Office, 2010.

NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** In later life, you still need healthy foods, but fewer calories.
2. **Consider a multivitamin.** Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
3. **Be active.** Take a walk outside when the weather is good. Stroll around the inside of your home if winter weather is howling outside. Remember, if you get up and move during commercials, that's better than nothing.
4. **See your provider regularly.** Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
5. **Toast with a smaller glass.** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. **Guard against falls.** One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
7. **Give your brain a workout.** The more you use your mind, the better it will work.
8. **Quit smoking.** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
9. **Speak up** when you feel down or anxious; many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
10. **Get enough sleep;** at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

LUNCH CALENDAR

JANUARY, 2023

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
2 CLOSED FOR NEW YEARS DAY	3 Sloppy Joes Roasted Potatoes Malibu Blend Vegetables Pears	4 Breaded Pork Chops Mashed Potatoes Peas & Carrots Fresh Fruit Pudding	5 Baked Fish Macaroni & Cheese Stewed Tomatoes Mandarin Oranges Juice	6 Beef Stew Buttered Beets Fruit Crunch
9 Grilled Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) O'Brien Potatoes Brussels Sprouts Pineapple	10 Salisbury Steak or Liver & Onions Mashed Potatoes Green Beans Mixed Fruit	11 Pasta w/Meatballs Steamed Broccoli Cream Style Corn Apples	12 Potato Soup Turkey Sandwich Cucumber Salad Sunshine Salad	13 Pot Roast Boiled Potatoes Carrots Oranges Yogurt
16 CLOSED FOR MLK DAY	17 Chicken Tenders Rosemary Potatoes Winter Blend Vegetables Peaches Cookies	18 Biscuits & Gravy Hash Brown Casserole Corn Pudding Tropical Fruit	19 Chili con Carne Mexican Style Rice Summer Squash Dark Sweet Cherries Juice	20 Cheese Burgers Seasoned Potato Wedges Steamed Spinach 5 Cup Salad
23 Baked Chicken Roasted Root Vegetables Scandinavian Blend Cranberry Relish	24 Steamed Franks (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Mixed Berries	25 Beef & Noodles Mashed Potatoes Green Beans Fresh Fruit Brownies	26 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cooked Cabbage Applesauce	27 Cream of Broccoli Soup Roast Beef Sandwich Kidney Bean Salad Watergate Salad
30 Shepherd's Pie Summer Squash Fruit Crisp	31 Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Fresh Fruit			

WAUSEON ACTIVITIES

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

JANUARY, 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED FOR NEW YEAR HOLIDAY	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Snowman Hidden Pictures & Quiz 12:00 Lunch NO Choir Today 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym 4 to 5:45 Pickleball for Elite Competitive	8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Snowfall Contest & Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 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 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
9	10	11	12	13
8 to 9:30 Gold Pickleball 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 Gym Open for Walking No Line Dancing 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Tenzi 12:00 Lunch 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym 4 to 5:45 Pickleball for Elite Competitive	8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Just Us 2, the Pembers 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 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 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
16	17	18	19	20
CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 I Spy Paper Game 12:00 Lunch 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym 4 to 5:45 Pickleball for Elite Competitive	8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Peter Villalovos & Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 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 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
23	24	25	26	27
8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 Sequence 12:00 Lunch 1:00 to 2:30 Gym Open for Walking No Line Dancing 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Help Me Hear Better /Free Hearing Screens 12:00 Lunch 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym 4 to 5:45 Pickleball for Elite Competitive	Wear Black & White Today 8 to 10:30 Silver Pickleball 9:30 Toenail Clinic (By Appt.) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Penguin Word Games 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 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 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
30	31			
8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Check 12:00 Lunch 1:00 to 2:30 Gym Open for Walking No Line Dancing 2:35 to 3:45 Bronze Pickleball	White Out Day; Wear White Today 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Snowman Word Search & Picture 12:00 Lunch 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2 to 3:30 Walking in the Gym 4 to 5:45 Pickleball for Elite Competitive			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR NEW YEAR HOLIDAY	9:00 Games 3 11:00 Game Day! 12:00 Lunch 1:00 Box of Brain Games	9:00 Puzzles 4 9:30 Chair Exercises (Senior Led) 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Word Search	9:00 Games 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 6 9:30 Chair Exercises (Senior Led) 10:00 Bunco (Note Time) 12:00 Lunch 1:00 Games
9:00 Games 9 9:30 Chair Exercises (Senior Led) 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	9:00 Puzzles 10 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Search	9:00 Games 11 9:30 Chair Exercises (Senior Led) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 12 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Chit Chat 13 9:30 Chair Exercises (Senior Led) 11:00 Game Time: Spoons, etc. 12:00 Lunch 1:00 Box of Brain Games
16 CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY	9:00 Games 17 11:00 Learn About Med1Care (Program & Treats) 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 18 9:30 Chair Exercises (Senior Led) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Chit Chat 19 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	9:00 Puzzles 20 9:30 Chair Exercises (Senior Led) 11:00 Learn from Swanton Students 12:00 Lunch 1:00 Word Search
9:00 Games 23 9:30 Chair Exercises (Senior Led) 11:00 I Spy On Paper (New Year & Outer Space) 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 24 11:00 Qwirkle, Blockus & Other Brain Box Games 12:00 Lunch 1:00 Games	Wear White & Bring Something White from Home for the Prize Table 25 9:00 Chit Chat 9:30 Chair Exercises (Senior Led) 10:15 to 11:45 White Out BINGO 12:00 Lunch 1:00 Box of Brain Games	Wear White & Bring Something White from Home for the Prize Table 26 9:00 Puzzles 10:15 to 11:45 White Out BINGO 12:00 Lunch 1:00 Word Search	9:00 Games 27 9:30 Chair Exercises (Senior Led) 11:00 Game Time: Wizard, etc. 12:00 Lunch 1:00 Chit Chat
9:00 Coffee & Conversation 30 9:30 Chair Exercises (Senior Led) 11:00 Hidden Pictures (Winter Scenes) 12:00 Lunch 1:00 Games	9:00 Chit Chat 31 10:00 (Note Time) Valentine Craft with Brenda H. (Sign up) 12:00 Lunch 1:00 Box of Brain Games			

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
2	3	4	5	6
CLOSED FOR NEW YEAR HOLIDAY	9:00 Pepper 11:00 ZINGO 12:00 Lunch 1:00 Games	9:00 Cards 10:00 Chair Yoga 11:00 Bonus BINGO 12:00 Lunch 1:00 Word Search	9:00 Chit Chat Snowfall Prediction Contest 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation Snowfall Prediction Contest 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
9	10	11	12	13
9:00 10:00 Chair Yoga 11:00 Hidden Pictures 12:00 Lunch 1:00 Games	9:00 Pepper 10:30 Site Council 11:00 Healthy Skin/ DermaScan with Jamin from Fulton Co. Health Center 12:00 Lunch 1:00 Word Search	9:00 Chit Chat 10:00 Chair Yoga 10:45 Site Council 11:00 From the Brain Games Box: "Things They Don't Teach You In School" 12:00 Lunch 1:00 Cards	Bring a Mug to Give Away Today 12 9:00 Coffee & Conversation 10:15 to 11:45 Get Mugged for BINGO (Bring a gently used coffee mug for the prize table). 12:00 Lunch 1:00 Box of Brain Games	Bring a Mug to Give Away Today 13 9:00 Pepper 10:15 to 11:45 Get Mugged for BINGO (Bring a gently used coffee mug for the prize table). 12:00 Lunch 1:00 Puzzles
16	17	18	19	20
CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY	9:00 Chit Chat 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 Just Us 2 (Marc & Ellen Pember) 12:00 Lunch 1:00 Box of Brain Games	9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games
23	24	25	26	27
9:00 Chit Chat 10:00 Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 11:00 How Could Med1Care Help Me? Program & Treats with Megan 12:00 Lunch 1:00 Box of Brain Games	9:00 Games 10:00 Chair Yoga 11:00 Music by Will Hinton 12:00 Lunch 1:00 Puzzles	Wear White Today 26 9:00 Cards 10:15 to 11:45 White Out BINGO (Bring something white from home to donate to the prize table). 12:00 Lunch 1:00 Games	Wear White Today 27 9:00 Pepper 10:15 to 11:45 White Out BINGO (Bring something white from home to donate to the prize table). 12:00 Lunch 1:00 Word Search
30	31			
9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 I Spy On Paper (Ski & Snowman) 12:00 Lunch 1:00 Box of Brain Games	9:00 Pepper 11:00 Music by Just Us 2 (Marc & Ellen Pember) 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 ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE JANUARY 1, 2023

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 of office hours: 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).